

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 12

Published For Our Members And Friends

December 2003

### Big Sir's Notes

Thank you, Branch 146, for allowing me to serve as Big Sir for 2003. Hopefully you feel as I do that we have had a very good year. The primary reason for our success is the great group of officers, directors and committee chairs we had this past year. Good people do great things well and I thank each and every one of you for your service, contributions, hard work and counsel.



**Bob Yolland**

Over the course of the year we have recognized nearly all the committee chairs and past Big Sirs at the head table. It's the willingness to step up when a need exists that will continue to give us such a strong branch. Our 2004 elected officers/directors and appointed committee chairs are a super group of individuals that will lead us in a most positive way next year. Thank you for agreeing to serve in leadership positions.

Our December Ladies Day meeting should be terrific and feature the installation of our 2004 officers and a fine Christmas program. The holiday season also gives us the opportunity to share the joy of Christmas with our families, friends and, in many cases, with those less fortunate. Take the time to do good deeds and help out when the opportunity presents itself. I wish all of you a most joyous Christmas and happy New Year.

#### Correction

On page 1 of the November issue of the SIR Call, **Joanne Haukland** was identified in the picture caption as Daphne Haukland. My apologies **Joanne...ed**

### Bible Study

Q. What kind of motor vehicles are in the Bible?  
 A. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

### Little Sir's Corner

December 11th is Ladies Day. The award winning Clayton Valley High School Women's Ensemble will entertain us to kick off the holiday season. Don't miss this!



**Doug Cook**

### Did You Know?

Our Branch ages are:  
 Under 65 yrs.... 8 ( 4%)  
 65-69..... 35 (16%)  
 70-74. .... 47 (22%)  
 75-79..... 82 (38%)  
 80+..... 42 (20%)  
 Unknown. .... 1 ( 0%)  
 Total..... 215 (100%)

75 is 2003's median age in our branch... There are 21 at the age 75 midpoint... 68 is our waiting list's median age... There are 15 current members inducted in 1988 (startup) and 14 from 1989 (our charter year)... There are 9-20 current members from each year since startup.

*Thanks to Dick DeVoe...ed*

### Doing Lunch



**Arno Marra, Frank Mathos, Pablo Chavez, Bill Becker, and Jim Barkley**

### Bowling

**Dick Joyce**



The team of Dave's Dudes is still in first place. The members are **Dave Rasmussen, Ray Weisz, Larry Mitchell and Dave Price** who is from Branch 19. There were some good individual scores put up last week. **Stan Strange** had a 713 scratch series and **Otto Wilson** got his ABC watch for his 295 game, including handicap. Last month, **Martin Lyle** got his first 200 game and **Clarence Tooley** and **Wes Van Beveran** partnered to cash in at the Fremont SIR Tournament. Good bowling, fellows.

## Area 2 Computer Group

Floyd Skelton

There will be no meeting of the SIR Area 2 Computer Group in December. The January meeting will be held January 15th. Please check our web site for meeting details, a humorous parody of the "Who's on First" routine by Abbot and Costello and other late breaking news. The web site is located at:

<http://home.att.net/~area2computer/>

We are looking for computer related articles to include on the web site. If you have a contribution please advise Floyd Skelton at:

[f.skelton@att.net](mailto:f.skelton@att.net)

Happy Thanksgiving, *Floyd*



## Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group met on Monday, November 10 for the final meeting of the year. We met at **Charlie Kiser's** home in Rossmoor for a feast of green salad with orange sections, followed with Viennese beef goulash and topped off with chocolate mint ice cream. A fantastic luncheon enjoyed with a sip or two of the grape. Kudos to Sir **Charlie!**

Recipe of the Month

Mexican Zucchini Casserole. Serves six to eight

4 cups shredded zucchini  
1/2 cup finely chopped onion  
3 Jalapeno peppers, seeded and finely chopped  
4 eggs  
1/4 cup vegetable oil  
1-1/2 cups Bisquick  
1/2 cup grated cheese  
salt and pepper to taste

Preheat oven to 375 degrees

In a large bowl mix together zucchini, onion and peppers. In a smaller bowl beat eggs together with oil until combined. Add to vegetable mixture and stir until combined. Add Bisquick and cheese to vegetable/egg mixture. Stir well until baking mix is fully moistened. Add salt and pepper to taste.

Pour into a buttered 9 x 13 inch glass baking dish. Top with more grated cheese, if desired.

Bake for 30 to 40 minutes or until top is browned from heat and cool slightly. Cut into squares and serve warm.

The versatility of this dish is wonderful. We have served it hot, cold and even have frozen it. It is also a great hors d'oeuvre when cut into bite size pieces and served with your favorite libation.

Submitted by **Chett Gaida**, a long time friend and gourmet.



## Cribbage

Al Tufo

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

Ho ho ho. Christmas came early this year to the Cribbage Club. We received our gifts in the form of two delicious homemade pumpkin pies and a carrot cake baked by **Trudy Fischback**. Cribbage was hosted by **Bryant** at his home in Walnut Creek on Wednesday, November 5th. We were able to get in two tournaments. The first one was a runaway from the opening gate to the finish line by the Italian Stallion. **Larry Reilly** made a valiant effort in the stretch and ended up in second place. **Langley Erickson** was in the paddock stall and watched the brilliant race in the first tournament on TV. What he learned, he put into practice and copied the I.S. in similar fashion. The Italian Stallion tried to repeat but could only come in second. Cribbage will be hosted by **Barney Meade** on Wednesday, December 3, 2003. Ciao *Al Tufo*

## Duplicate Bridge

Bob Donahue

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



Sir **George Zurich** hosted four tables of duplicate bridge in November. **Bob Donahue** was first with 42.5 points and **Fred Bolton** was second with 41.5 points. **Chuck Hammond** was third with 40.5 points and **Dick Johnson** was fourth with 37.5 points.

## Couples Duplicate Bridge

Lo McCarley

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



Sir Couples Duplicate Bridge was hosted by **Bill and Margaret Rees** on November 19<sup>th</sup>. The winners were **Bob and Janet Yolland** with 38 points, **Bill and Margaret Rees** in second place with 33 points, **Lo and Sue McCarley** in third place with 30 points, and **Jim Brown and Barbara Lundblade** in fourth place with 29 points. The next bridge party will be on December 17th at **Sue and Lo McCarley's**.

## Fishing

Sal Costanza

4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway and Highway 4, Concord.



I don't know if there will be a meeting in December. If there is, it will be on the 3rd Thursday. One way or the other, I'll have the answer at our December luncheon.

## Garden Club **Chuck Bobinecz.**

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



**Bob Yolland** has a timely speaker for our December meeting. **Bob** has arranged for the Home Depot's Outside Garden Department manager to speak on Christmas trees and Christmas oriented flowers and plants. Home Depot plans to have some door prizes. Please invite wives and guests and learn how to pick and care for your perfect Christmas tree. We will meet at 9:30 am at the Home Depot at 2090 Meridian Park Blvd in Concord Thursday, December 4th.

Tired of spam email?

I have heard of many ways to avoid getting spam email. Here are two that are interesting:

1. Create a 2nd email address and give that out to commercial enterprises or discussion groups that you are communicating with. Expect spam email at that address.
2. Use a different version of your email address that others will understand, but that spam tools can't automatically pick up and add to their mailing list

For example, if your actual email address is "emailname@account.com", use "emailname (removethis)@account.com" as your *modified* email address. In this case, the spam tools will send mail to an invalid email address, and others will know to exclude the "(removethis)" when they send you email.

When you post a question or reply to a discussion group, just enter your *modified* email address in the appropriate box. *ed*

A note from Sir **Mitch Mitchell** who recently underwent major surgery to repair an abdominal aorta aneurism:

**Ann** and I would like to thank all of you for all the cards, prayers and offers of help if needed while I was in the hospital and afterwards. Recovery hasn't been as quick as I had hoped but maybe I expected too much too soon.

I would implore all of you who haven't done so to get a vascular screening of the abdomen. I had one by chance and it found my problem which caused the major surgery. It is called the silent killer, as there are no symptoms.

You can call Life Line Screening at 1-800-478-1724 to find out when they will be in the area. It might be the best \$100 you will ever spend. *Mitch Mitchell*

**Henny Youngman** said he and his wife were out for a stroll in Manhattan. They spotted an empty parking space so **Henny** sent his wife to buy a car.



## Health Matters Physical and Mental

The following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co. 1-800-241-6103

*These articles are not intended to provide specific medical advice. That should be obtained from your physician.*

### WANT TO LOSE WEIGHT? THEN SPEED UP YOUR METABOLISM.

Why should you want your metabolism sped up? The answer is simple. Metabolism is the chemical process by which the body burns calories. The faster your metabolism, the more calories your body will burn at rest.

Your body's resting metabolic rate depends to a great degree on your body's muscle mass. Fat doesn't burn calories; muscle tissue does. So the more muscle, the more calorie-burning potential there is.

So the first thing in revving up your metabolism is to lift weights. Strength training builds muscle cells; muscle cells burn calories, even when they are resting. If you're new to weight training, begin with a weight that will cause your muscle to fatigue (that is, not be able to lift the weight any more) after eight to twelve lifts (called repetitions).

Do those eight to twelve repetitions one to three times (called sets) two to three days a week.

If losing weight is your goal, see a personal trainer about weight lifting. Weight training will, in effect, train your engine to burn more fuel.

Cardiovascular exercise will burn calories while you are doing it, so you'll want to include aerobic activities in your exercise regimen. Weight training, on the other hand, will help your body burn calories 24 hours a day.

### ITCHY SCALP

Inflammatory skin conditions of the scalp can be irritating.

Here are some non-prescription remedies that may help:

**Tar-containing shampoos,**  
such as Denorex and Neutrogena T/Gel

**Salicylic acid-containing shampoos,**  
such as Neutrogena T/Sal and Scalpicin

**Hydrocortisone scalp lotion,**  
such as Neutrogena T/Scalp

If these don't work, your doctor can prescribe a more potent cortisone lotion.

Source: *ACSM's Health & Fitness Journal*, November/December 2002



## Know Your SIR Ken Richter

Life started for me on January 23, 1938 in San Francisco where I lived for the next 27 years. I attended a K-8 grammar school and then moved on to Polytechnic High School where I graduated in 1956. During my senior year, I joined the Navy Reserves. After six months I was placed in the Inactive Stand Reserves for physical reasons. My education continued at City College of San Francisco for two

years and then on to San Francisco State College. During my college years, I worked at a ski shop during the winter months and life guarded and taught swimming at the pools and beaches in San Francisco during the summer months. While I was in college, I also managed three surfing trips to Hawaii.

I was very fortunate to have a successful track career. I started competing in the sixth grade and continued during my high school and college years. After graduating from college in 1962, I started teaching physical education and coaching track at Richmond High School. I spent the next 36 years in the Richmond schools as a teacher, counselor, and administrator. I retired in January 1998 as the principal of De Anza High School.

My wife **Elaine** and I met when we were in college. We were married on August 3, 1963 and spent three weeks in Hawaii on our honeymoon. We moved to Walnut Creek for warmer weather in 1965 and have lived in the same house for 38 years. We have two daughters and one grandson who all live in Southern California.

**Elaine** and I enjoy our family and traveling.

I have been a member of SIR 146 for four years and have enjoyed getting to know the members and making friendships while playing golf and at social outings.

Snowmen fall from Heaven unassembled.

Doing Lunch



Jim Wyrick, Joe Deas, Don Merchant and Pete Gates



## Tuesday Golf Walt Barabash

October 14 First Flight: **Joe Suta, Jeff Baily and Ken Richter.** Second Flight: **Al Milano, Stu Somerville and Dean Merritt.**

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

October 21 First Flight: **Jeff Baily, Rich Hanford and Lew Thompson.** Second Flight: **Howard Harvey, Stu Somerville and Bill Knapp.**

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

October 28 First Flight: **Jeff Baily, Dick Richmond and Lew Thompson.** Second Flight: **Jim Brown, Don Nunn and Frank Mandic.**

Closest to the Pin: **Don Nunn.**

November 4 First Flight: **Ken Kratz, Jack Matthews and Myles Ringle.** Second Flight: **Raymond Kan, Tom Gorman and Jim Brown.**

Closest to the Pin: **Olof Johansson.**

November 12 First Flight: **Lew Thompson, Myles Ringle and Frank Marcon.** Second Flight: **Warren Boero, Bill Becker and Dan O'Sullivan.**

Closest to the Pin: **Dan O'Sullivan.**

Doing Lunch



Carl Johnson, George Zunich and Dick Johnson



Stan Pieratt, Rollie Nordeen and Bryant Fischback

## Investment\$

**Ben Smith**

4th Wednesday 8:00 to 9:30 am at Diablo Creek Golf Course (Legends Grill).

North Port Chicago Highway and Highway 4, Concord.  
**Ben Smith** (925)820-5403 or bjsssmith@Aol.Com

There will be no \$ums In Retirement Meeting in the month of December 2003, due to the season holidays. Meetings will resume in 2004 on Wednesday, January 28th. All SIR's are welcome. We have breakfast starting at any time after 7:00 am.

## 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.



## Luncheon Menu

**Jerry Bellows**

This month's luncheon menu

### *Salad*

- House salad
- Freshly baked rolls and butter

### *Entrees including vegetables*

- Herb crusted salmon filet with roasted vegetable orzo
- Char grilled filet of beef with herb roasted potatoes

### *Dessert*

- Daily dessert special
- Regular or decaffeinated coffee and tea



## Membership

**Lang Erickson**

Branch 146 statistics: members 210, HLM 4, waiting list 31. November attendance: members 171, honorary life members 3, waiting list 14, guests 4. Total attendance: 192, excused 35, unexcused 5.



**Ken & Lynn Kratz** celebrating their 50th wedding anniversary on October 3, 2003.

## Sunshine

**Chuck Smith**



Our sympathy to **Ed Arbuckle** on the death of his wife **Carol**, after many months of illness. Our sympathy also to **Al Zeppa** on the tragic accidental death of his son **Steve**, a retired 30 year veteran of the Richmond Police Dept who was killed in a bulldozer accident. **Al** is also fighting illnesses in several parts of his body aggravated because he can't drive. Give him a call.

Please look for our Sunshine table at the luncheons.

It will have greeting cards ready to send to our members. They need your signature.



## Party Bridge Fred Bolton

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

The Party Bridge Group met on Nov.3 at **Lynn Freeman's** home for four tables of bridge. First place went to **Jim Jackson** with 5,330 points, second to **Bob Yolland** with 4,990, third to **Fred Bolton** and fourth to **Fred Kovar**. Our next game will be at **Fred Bolton's** on December 1.

## Song Sirs Chris Satterthwaite

Practice is held at the WC Presbyterian Church normally at 3:00 pm Wednesday.



The Song Sirs are winding down a successful 2003 season. We were pleased to have participated in the November Branch 146 Vets' Day luncheon. We look forward in December to singing at the Walnut Creek Senior Lodge as well as providing the entertainment at Sir Branch 19 Christmas luncheon, the latter to take place at the Oakhurst Golf and Country in Clayton. Practice is scheduled for 3:00pm at the Walnut Creek Pres. Church on Wednesday, 19 Nov. and Wednesday 26 Nov.

Come and join us in making beautiful music.



The **SongSirs** bringing live music to the Assisted Living group at Montego Heights





## Travel Opportunities

**Charlie Kiser**

Feb 10-12, 2004 Reno Snow Train.

Includes r/t train, 2 nights in Reno, show at Harrah's and Winners' Fun Book. Cost \$226 p/p d/o. Deadline December 5, 2003

Contact **Carl Raaka** Br. 8 @254-0482.

Feb 13, 2004 Valentine's Day-Santa Cruz Mountains.

Motor coach to the famous Brookdale Lodge with a brook running through the dining room. Includes lunch and enjoy America's most loved folk songs by a former member of the New Christy Minstrels. Cost \$89p/p. Contact **Fred Stammen** Br. 171 @ 283-1956

March 18, 2004 Day at the Races. Our annual trip to Golden Gate Fields to visit our money we left last year. Includes Turf Club admission, lavish buffet lunch and program. Cost \$32 with r/t bus transportation and \$19 on your own. Contact **Charlie Kiser** @274-1575

Mar 29-30, 2004 Debbie Reynolds. Includes r/t deluxe bus transportation, overnight at Reno Hilton, show tickets, casino stops with a bonus value of \$35 and a hosted cocktail party. Cost \$110 p/p d/o, single supplement \$17. Contact **Fred Stammen** Br. 171 @ 283-1956

April 17-24, 2004 Steamboating on Columbia, Willamette & Snake Rivers. Cruise on the three great rivers of the Pacific Northwest aboard the Queen of the West Steamboat. Includes r/t airfare to and from Portland, 7 night cruise and all shore excursions and meals on board. Cost \$2840 p/p d/o. Contact **Bob Hagler** Br. 8 @934-7620

April 30-May 5, 2004 Ramona Pageant. Deluxe motor coach transportation throughout. 4 nights accommodations in Bakersfield, Desert Hot Springs and Ventura. Includes Crystal Palace Theatre show, Palm Springs Follies, Palm Springs Aerial Tramway ride, Living Desert Museum, Channel Islands cruise and the Ramona Pageant in the Mt. San Jacinto foothills. Includes 8 meals. Cost \$987 p/p d/o. Contact **Fred Stammen** Br. 171 @283-1956

October 3-10, 2004 National Parks of the Southwest. Includes r/t air SF to Las Vegas and motor coach throughout tour. Visit Grand Canyon, Bryce and Zion National Parks as well as Lake Powell cruise, Sedona pink jeep tour, wagon ride and steak fry in Mesquite and sights along the way. Includes 7 breakfasts and 6 dinners as well as all admissions. Cost \$1450 p/p d/o. Contact **Charlie Kiser** Br. 146 @274-1575

You do not need a parachute to skydive.  
You only need a parachute to skydive twice.

Doing Lunch



Me neither, **Russ**. I've seen too many of them get elected.

**Ray**, I don't like political jokes.

Ray Yonce & Russ Chaney

## Away Golf

**Jim Baldrige**



Congratulations to all the Br. 146 players who competed in the 11/1-11/8 event at the El Tigre course in Puerto Vallarta. The **Barabash's, Baldrige's, Boero's, Milano's, Richmond's, Weisz's and Bob Frankland** all played. Some won mucho pesos. Keep Friday April 2, 2004 open for Silverado: 12:00 noon Shotgun. SIRs pay \$45, guests pay \$43 (includes cart). Flyers to be out late November or early December. Moraga Br. 171 has invited us to enter 25-30 SIR players in their Monday Mar 1, 2004 shotgun at Crow Canyon Country Club along with Br. 116 and Br. 8. Cost \$50, including cart. Flyers to be out shortly, sign up is first come first served. Local courses currently seeking SIR business include Blue Rock, Roddy Ranch, Spanos Park and Oakhurst. Call me at 689-9232 or **Dick Richmond** at 947-1167. Let us know of your preferences for 2004.



Judy Richmond, Warren Boero, Gwen Boero, and Ray Weiss doing Puerto Vallarta

Branch 146 was well represented at the SIR State Golf Tournament in Puerto Vallarta, Mexico in November. Six out of eight SIRs placed in the money with **Dick Richmond** the big money winner, taking two third places, one fifth place and second place over-all. All six ladies finished in the money with **Tippy Weisz** winning the most by taking one first, one second, one third and coming in first over-all.

## Table Pool **Bill Weinberg**

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

We met on the third Monday of November and had a very good turn-out. There were 3 tables in play with background hoopla supplied by **Ken Kratz**. It seems **Ken** was making some shots he didn't think he had in his game. See you on December 1st. That will be the only meeting we will have for December.



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-couples	<b>Lo McCarley</b>	935-3939
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
Lunch Attendance	<b>Dale Haukland</b>	820-0189
Lunch Menu	<b>Jerry Bellows</b>	376-3352
Membership	<b>Lang Erickson</b>	682-1337
Nominating	<b>Fred Kovar</b>	937-2951
Pianist	<b>Dave Obera</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 Kaprielian**
- 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**



**Walkers**

**John Lewis**

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

Dec. 5 - **Mitch's** Trail. Meet at Clayton Library. **Mitch** may actually be there.

Dec. 12 - Lafayette Moraga Trail. Meet at Lafayette Community Center on St. Mary's Rd.

Dec. 19 - W.C. Christmas decorations walk. Meet at W.C. Civic Center on Civic Dr.

Dec.26 - No walk. Recover from Christmas and get ready for the new year.

Thanks to **John Lewis, Bob Madge, Ken Richter** and **Chris Satterthwaite** for folding and labeling, 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.



Br. 146 "Cooking Too" Group organizational meeting at the home of **Jeff Baily**. Pictured L to R are **Jeff Baily, John Demos, Stu Somerville, Lee Schultz** and our leader, **Rich Hanford**. Hot dogs were served!  
*(Hey! It's a start.)*



**Bocce Boys End The Season**

Back Row: **Dan Hungerford, Bob White, Bob Frankland, Tommy Thompson,** & **Howard Harvey**. Front Row: **Frank McNamee, Mr. Bocce Ball Al Milano, Ray Kan, Bob Spellman, Harry Tutton & Stan Jackson.**

**December Birthday Boys**

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



# SIR CALL *Newsletter*

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

SirCall@astound.net

Non Profit Org  
US Postage Paid  
Permit No 364  
Concord CA

Time Value  
Mail  
Please deliver  
As soon as  
possible



Br. 146 Original Cooking Group Special Night Out With The Lovely Wives

Back Row: **Warren Boero, Barbara Johnson, Rosalie Milano, Al Milano, Frank Mandic, Jo Spellman, Bob Spellman, and Barney Meade.**

Center Row: **Gwen Boero, Fay Hungerford, Dan Hungerford, Marcie Burns and Madelyn Nunn.**

Front Row: **Dave Johnson and Don Nunn.**