

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 2

Published For Our Members And Friends

February 2002

### Big Sir's Commentary :



Our next meeting will be on February 14, Valentine's Day, so don't forget to present your sweetheart with a lovely romantic gift! And Happy Valentine's Day to you!

I'm slowly finding out what it means to be the Big SIR. It's a mixture of a lot more work and responsibility than I thought, but it also provides satisfaction and a sense of achievement. I appreciate your confidence in electing me to this prestigious position. I would especially like to thank two members who made this possible. First, my original sponsor who introduced me into SIRs, **Chris Satterthwaite**; and second, former Big SIR **Bill Hansen** who, when chosen to be Branch Secretary, asked me to be his Assistant Secretary, bringing me into the officer rotation. Thank you Chris and Bill! (*I think*)

It was pointed out that there are many unsung members who work hard at various tasks to make our Branch so successful. To single out any one for special recognition sets up the possibility that others will feel overlooked. Nevertheless today I'd like to mention the great work done by Sir **John Lewis**. John is in charge of the Friday walking group and although that seems pretty straightforward, John puts a tremendous effort behind the scenes in choosing the walks. He researches all possibilities and dry runs the walks to make sure they are appropriate. In addition, he has volunteered regularly to help get out the Sir Call, folding, organizing and helping editor **Jeff Baily** in any way he can. Thanks much for your volunteer efforts, John!



A handshake, as the baton is passed. Former Big Sir, **Bill Hansen**, wishing new Big Sir, **Fred Kovar** all the best for 2002.

### VIOLENT ATM SIR ROBBERY

One of our fellow Sirs was struck from behind and robbed about 8 pm at a well lit bank ATM machine.

The robber came from hiding in an adjacent parking lot and escaped in a waiting car. Please be acutely aware of your surroundings, especially at night and/or alone, when using an ATM machine.

### Happy Birthdays in February

<b>Hank Berriman</b>	<b>Bill Cammerer</b>	<b>Lynn Freeman</b>
<b>Tom Gorman</b>	<b>Joe Jansen</b>	<b>Jerry Lindahl</b>
<b>Arno Marra</b>	<b>Al Milano</b>	<b>Bill Rees</b>
<b>Hal Rodgers</b>	<b>George Sleevy</b>	<b>Tom Stack</b>
<b>Don Merchant</b>	<b>Jim Stedman</b>	<b>Milt Swenson</b>
<b>Denzil Harrison</b>	<b>Bob Frankland</b>	<b>Dick D'Arezzo</b>

### HISTORY OF SONS IN RETIREMENT

Realizing the social nature of man and his desire for the company of others, particularly those retired from commercial and professional life, the late **Damian L. Reynolds** conceived the idea of Sons In Retirement in the spring of 1958.

Three friends, all retired, would meet with Mr. Reynolds on occasion for a friendly lunch. He suggested to those three (**Claude Hink, Lorenz Hansen and Wallace Plummer**) that they join him in the idea. A kickoff luncheon was held in the Claramar Restaurant in San Mateo on July 23, 1958. The name "SONS IN RETIREMENT" was unanimously adopted by the eighteen members of the club at a second meeting on August 20, 1958. The chosen name seemed to enunciate and give dignity to retirement, the inevitable lot of most men.

Basic guidelines of the Sons In Retirement were set forth at the time of incorporation of the club in the latter part of 1959. Revisions in the Rules and Procedures have been made from time to time by the State Board of Directors. In 1992, these were compiled in the new SIR Manual. The corporation's copyrighted insignia is the rooster. Quoting the late Mr. Reynolds; "of all the creatures on earth, none expresses more independence and dignity with sureness and aplomb that the rooster. The majesty of his presence is felt in every barnyard, and when he crows he can be heard for miles, not in a fainthearted crow, but with a noise that calls attention to his majestic being." *Past Big Sir, Jack Calloway* mused in a recent e-mail; "I once mentioned at a Ladies Day Luncheon that the rooster makes all the noise but the hen does all the work."...ed



**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

300 games in a senior league don't happen very often. Two months ago **Larry Mitchell** did it and recently **Gus Edwards** accomplished the perfect game. Congrats to both of these Sirs.

Again we had many with some pretty by **Ken Beldin** - 246/662, 224/667, 258/665, **Stan Gus Edwards** -



**Gus Edwards**

bowlers come through impressive scores. Led 235/668, **Dick Joyce** - **Maynard Hendricks** - **Strange** - 237/651, 224/629,

**Dean Lucas** - 247/628, **Bob Butterfield** - 253/622, **Bob Everett** - 226/622, **Jack Jagoda** - 210/620, **Larry Mitchell** - 238/614, **Mike Kropf** - 241/612, **Roger McGowan** - 207/611, Tony De Bello - 217/600. SIR tournaments coming up:

Feb 11-13 Mon - Wed. - Granada Bowl - Livermore  
Feb 25, 27, 28 Mon, Wed, Thu - Diablo Lanes Concord  
Mar 11, 13 Mon, Wed - Boulevard Bowl - Petaluma



## Computers

**Chris Satterthwaite**

Chrissatt@Aol.Com

As previously announced, after nine years, the Area 2 Computer Users Group has been disbanded due to lack of volunteer leadership. An effort will be made within Br 146 to reorganize pending a survey to elicit Branch 146 member interests, if any. Sir **Chris Satterthwaite** will attempt to orchestrate this but insists he will adhere to the KISS format. Keep It Simple Stupid. He is thinking about inviting the ladies. *Using the KISS format and inviting the ladies, huh Chris? Sounds interesting. Ed.*



## Cooking

**Don Nunn**

donnunn@tpi.net  
1st Monday 9:30 am at

various members' homes or a restaurant or cooking school.

The Cooking group will meet at the home of **Barney Meade** on Monday, February 4, at 10 AM. Barney will surprise us with his culinary genius. As usual, please contact Barney regarding your intentions.

The dance is rapidly selling out. Don't miss out on another dancing party. Remember the theme is "South of the Border". Wear appropriate clothing. No ties or jackets required. March 6 at 6 PM. see cutout page 5.



**Al Tufo**  
2nd Wednesday at  
12:30 hosted by  
different members  
Dottit2000@Aol.com

## Cribbage

Yahoo...The Cribbage Club is growing by leaps and bounds. For the first time we had seven (7) players attending a tournament. It was hosted by one of our new members, **Dave Johnson**, and he did a great job. Served up a great blend of coffee with some great cake. I don't know what it is about these new members. They no sooner join our club, and start right in to trounce our pants. **Larry Reilly** sat down and never lost a game all day. He, of course, took first place. But, never let it be said, that it was easy. The Italian Stallion gave him a run for the money. Next month, February 14, will be hosted by **Barney Mead**.

The happiest of New Year to all our SIR members.

*Tufo*

## Duplicate Bridge



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

**SIR Fred Kovar** hosted four tables of duplicate bridge in January with **Bob Yolland** coming in first with 43.5 points. **Dick Johnson** and **Jim Todhunter** tied for second with 41.5 points. **Stu Somerville** was fourth with 38.5 points. The next meeting is scheduled for Monday, February 18. Contact **Bob Donahue** at 376-4527 for info.



## Fishing

**Pablo Chavez**

Coco's Restaurant  
3200 Buskirk Ave.

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

Are The Fish Biting? The fish may be biting but Area 2 fishermen enjoyed the holidays and stayed inside out of the winter weather. The Klamath River steelhead fishing trip was scheduled and cancelled twice due to heavy rains and murky waters. Local fishing (Bay, Delta, and reservoirs) should increase after holidays and an improvement in the weather. Fishermen need only to decide they are going fishing and ask a friend or two to join them.

Two International Sportsman Expositions will take place the end of January and in February. The Expo in San Mateo will run January 30-February 3, and in Pleasanton, February 14-17. Car pools to both events can be arranged at the January monthly meeting. A fly fishing trip to Putah Creek may also be finalized at the monthly meeting.

# Garden Club



**Chuck Bobinecz.** bobinecz@flash.net  
1st Thursday at 1:30 pm at Alamo Safeway conference room unless otherwise announced.

Do you have problems with garden pests? Moles, gophers, raccoons, etc.. Sir **George James** will inform us about how to deal with, and manage vertebrate pests at our next meeting on February 7th.

Now is the time to prune roses, fruit trees, berries and grapes. It's a fact that more trees and bushes are killed or ruined by improper pruning than by pests. But smart pruning maximizes a plant's energy for the healthy growth of flowers, fruits and limbs.

This will be a discussion topic at our February meeting.

## At The Luncheon



**Joe Dees & Elmer Kaprielian**

**John Rose & Luther Jones**

Why does "fat chance" and "slim chance" mean the same thing?

## Golf

**Tuesday Golf** Walt Barabash  
Oleciabear @Aol.com



The odds of an amateur scoring a hole in one are 12,600 to 1.

December 18 First Flight: **Lew Thompson, Bob White and Jack Calloway.** Second Flight: **Tom Gorman, Frank McNamee and Jim Brown.** Closest to the Pin: **Fred Kovar.**

January 8 First Flight: **Jack Calloway, Russ Bliese and Jeff Baily.** Second Flight: **Bob Frankland, Dean Merritt and Ed Wojnar.** Closest to the Pin: **Jack Calloway.**

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

Reserve at Stockton - Thursday, February 28.  
\$31 members participating in prize fund. \$29 guests.

**Away Golf**  
**Jim Baldrige**



## Health Matters, Physical and Mental



### "DESIGNER" OIL

Crude oil is refined. So is vegetable oil. And refiners say they are soon to have a man made blend of cooking oils that will help you lose weight and lower your cholesterol. Researchers at McGill University in Montreal have found that persons who eat this new "designer" oil not only increased their metabolism, but also lowered the levels of LDL ("bad") cholesterol by an average of 15 points.

According to research leader **Peter Jones, Ph.D.**, "Your liver appears to burn fat from the new oil immediately, rather than storing it for energy later on." You can expect to see this yet to be named oil, which is a blend of flaxseed oil and other palm oils, on grocery store shelves sometime next year. Source: *Men's Health*, June 2001

### YOUR MUSCLES NEED WORK

Strength training used to be the exercise of choice. Then when **Kenneth Cooper, M.D.**, introduced cardiovascular exercise through his *Aerobics* program, weight lifting took a back seat. The walking/jogging/cycling/aerobic dance craze took over. Now scientists have concluded that it is not an either-or issue. We need strength training as much as we need aerobics. Here's what weight training does:

Builds stronger muscles to:

- A. boost metabolism, helping control weight
- B. enhance mobility
- C. help us stay active in old age

Builds stronger bones to help prevent osteoporosis.

Source: *Aviation Medical Bulletin*, December 2001

### CLEAR SKIN DIET

Got skin problems? "Change your diet!" says **Nicholas Perricone, MD**, of the department of dermatology, Yale University School of Medicine in New Haven. Here's his recommendation for food choices:

**Dark leafy greens** (attack acne)

**Olive oil** (defeats drying)

**Water** (boosts moisture)

**Broccoli** (keeps skin elastic)

**Berries** (fight wrinkling)

**Salmon** (calms inflammation)

**Cantaloupe** (foils flakiness)

Source: *Self*, June 2001



**Owen Sullivan** Practices are held after the SIRS monthly luncheon plus Wednesdays at 4pm at W/C Presbyterian Singers welcome. OandGlo@hotmail.com

## Song Sirs

Next gig is at Montego Heights on Fri, Feb 15 at 4:00 pm.

# Know Your SIR

## Haradon (Harry) Dillon



Born in St. Paul, Minnesota, on August 17, 1921, the eldest of three children. Lived in Illinois and Oregon, before arriving in Olympia, Washington, at the age of 7. Two years later my father died unexpectedly in the midst of the great depression. I was 9, my sister 7 and my brother was 2. Luckily, our mother was a strong person, who taught us what we could do without and what was important. Although we lost our house to a foreclosure sale, we survived.

Graduated from Olympia High School in 1938 at the age of 16 with the ambition of becoming a reporter. I worked part time as a reporter for two newspapers, a wire service and then a local radio station. Later I became a radio announcer, doing newscasts, sportscasts, interviews and spinning records. Also did play-by-play for football and baseball games of local high schools and colleges. Worked at KGY Olympia and KVOS in Bellingham, Washington.

When Pearl Harbor was bombed, I quit my job to enlist. Wound up in the Coast Guard, and after serving for 19 months, contracted rheumatic fever while stationed on the east coast. Spent the next ten months in two different naval hospitals and was then released to return to limited duty. Received a medical discharge in 1945 with a 50% disability rating for rheumatic heart disease.

Entered college under the GI bill and received a BSBA degree from the University of Denver, and a JD from Hastings College of Law of the University of California. Began practicing law as a sole practitioner, but 8 years later went to work as an employee of a 2-man law partnership in Oakland.

Married a girl I met in college, had four children, three girls and a boy. The marriage was dissolved in the 60's. In 1969, I married my present wife, Shirley, who had 3 children of her own. We have been blessed with 13 grandchildren, ranging in age from 3 to 23 and scattered from Florida to Okinawa.

The law partnership in which I was employed was incorporated in 1973 and I became an owner at that time. By the time I retired in 1989, the firm had 22 lawyers working for it and I was one of two senior partners. The firm was called McNerney and Dillon, and although I no longer have any financial interest in it, it still goes by the name. From time to time I am called back to help. Operated the Bank of Dillon, financing houses, cars and tuition for the 7 children and their children. Had a

wonderful 80th birthday party this year, with all 7 children and their spouses, 12 of our 13 grandchildren, my sister and brother and Shirley's brother in attendance. Still do all of the family tax returns.

Since our retirement we have traveled a great deal, mostly to Hawaii and Europe and on 8 cruises. We take frequent driving trips, having made two coast-to-coast journeys. We also go to Shirley's home in Nebraska almost every year.

Joined SIR Branch #146 in 1989 and have enjoyed the golf, bridge, travel, and computer groups, but most of all the camaraderie of the members.



**Phil Leigh**

4th Wednesday  
at 7:45 am at

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

## Investments

The February 2002 SIRs Area 2 Investment Group will meet on Wednesday, February 27, 2002.

Topic: "Financial outlook for 2002" and "Five top ways to lose money in the market"

Presenter: **Tom Kopas** of Merrill Lynch

A nine-year-old's interpretation of the Bible:  
"Solomon, one of David's sons, had 300 wives and 700 porcupines."

## Luncheon Attendance

**Dale Haukland**

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



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

### Waiting List:

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

### SIRs bringing a guest:

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

If love is blind, why is lingerie so popular?

## Enola Gay Crewmember To Speak in February!

*Navigator on Board Airplane That Dropped the First Atomic Bomb on Hiroshima to Address SIRs.*

**Ted Van Kirk** will speak at the Sirs luncheon on Thursday, February 14. Don't miss this one!



# Luncheon Menu **Stan Jackson**

This month's Luncheon Menu

### Salad

- House salad
- Freshly baked rolls and butter

### Entrees including vegetables

- Grilled talapia (fish) with Basmati rice.
- Grilled turkey tenderloin piccata (lemon)

### Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Striking a pose. Bowling whizzes **Al Zeppa** & **Wes Van Beveran** take a break in the activities.



Sirs **Jack White** & **Ray Carberry** enjoy pre-lunch camaraderie.

Outgoing Treasurer Sir **Jim Brown** reports that our bank balance as at Dec 31, 2001 was \$3,734.69 vs Jan 1, 2001 balance of \$2997.38. Nice work Jim!



**Lang Erickson**  
flangley@flash.net

## Membership

Branch 146 statistics:

Members 210, Honorary Life 5, Waiting List 23

Attendance:

Members 191, Honorary Life Members 4,  
Waiting List 9, Guests 2, Excused 12,

Unexcused no shows 8. Total Attendance 206



**Fred Bolton**  
1st Monday  
at 10 am at

## Party Bridge

various members' homes. Bring a lunch.

The SIR's Party Bridge Group met Jan 7 at **Lynn Freeman's** house for four tables of bridge. First place went to **Carl Johnson** with 5,400 points, second to **Lynn Freeman** with 5,220, third to **Bill Snyder** and fourth to **Jim Brown**. Our next meeting will be on Feb. 4 at **Dick Johnson's**.

## 8<sup>TH</sup> SIR Branch 146 DINNER DANCE. (aka Spring Fling)

What: Branch 146 Biannual Dinner Dance  
Where: Heather Farms Garden Center  
1540 Marchbanks Dr. located north of the swimming center. Carpool best for limited parking.

How Much: \$ 71.00 per couple  
Includes: Cocktails, Dinner, Wine, Dancing.  
When: March 6, 2002  
Cocktails: 6:00 pm  
Dinner: 7:00 pm  
Dancing: 7:30 pm to 10:00 pm

Our theme for this grand event is "South of the Border" Colorful casual dress is encouraged.

If you have a dietary restriction, we can get a vegetarian meal by advance request. Make a note on your coupon. To assure a spot, send the reservation coupon below

.....

■ Name(s): \_\_\_\_\_

■ Lady's first name(s) \_\_\_\_\_

■ We need \_\_\_ vegetarian \_\_\_ beef \_\_\_ chicken.

■ Send check payable to Br. 146 SIR for \$71.00 per couple

■ To:

■ **Sir Don Nunn**

■ 2127 Seccombe Court,

■ Walnut Creek CA 94598

■ This is always a sellout so hurry and reserve early!

■ (If you don't want to tear your Sir Call, just print on a piece of paper)

.....

**Chuck Smith**  
Casinwc@aol.com

## Sunshine



It's great to see **Ernie Figueira** back in action. He attended the January SIR Branch 146 Board meeting.



**Flo & Ernie Dickson** celebrated their 50th wedding anniversary in December '01. The Dicksons have three children and four grandchildren.



# Travel Opportunities

Charlie Kiser Charlieki@Webtv.net

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

Mar 28, 2002 A Day at The Races. Help! We need more people by Feb.25 or this gets cancelled. Includes Turf Club admission, Lavish Buffet Luncheon, program and bus transportation. Cost \$31. Contact **Charlie Kiser** 274-1575.

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

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

May 19-20 Musical-Anything Goes Deluxe Motor coach transportation, overnight in Reno, matinee performance of "Anything Goes", Area Casino Stops. Casino Bonus \$16 cash, \$5 food credit, \$5 match play and a buffet. Cost \$63.25 Contact **Carl Raaka** Br. 116 254-0482

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.

Sept 21-Oct 1. 2002 Branson and St Louis-Ohio River Cruise Includes r/t air to Kansas City, 4 nights in Branson with 8 shows, 4 days on the River Explorer cruising the Ohio River including all Shore excursions. Cost \$2575.00 to \$2725.00 d/o Contact **Bob Hagler** Br. 8 934-7620

Oct 4-Oct 12, 2002. Bermuda Cruise w/Golf. Includes R/T Air to Newark, NJ, overnight in Newark, 4 hour city tour of New York, 7 night cruise to Bermuda, 2 day golf tournament and all transfers. Cost from \$1605.00 for golfer and \$1380.00 for non-golfer Contact **Charlie Kiser** 274-1575

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Rev. Glum,  
(**John Denham**)  
sermonizing about  
being "God's Guy".



Molly The Seductress,  
(**Madelyn Nunn**)  
to any male around  
"I'll marry ya".



L to R, **Lew Thompson, Martin Lyle, Bob Burley & Otto Wilson** at the January Luncheon.

## Table Pool

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



There was some great competition between **Barney Meade, Martin Lyle, Lew Thompson** and **Bill Weinberg** this month. It was discovered that **Martin Lyle** has a unique strategy in 8 ball where he does not sink any of his balls waiting to snooker his hapless opponent behind all of his - it was (unfortunately) all too successful, Barney and Lew treated the gathering to beer this time. The management reaffirmed that any Sir can play for \$5.00 anytime other when they are extremely busy or have a promotion going on - this should not be a problem for us.

The nine year old's notes on history..  
Romeo's last wish was to be laid by Juliet.

## 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>	939-2951
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>Glen Furlow</b>	938-2934
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 Obara</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>	



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

# Walkers

February 1 - Hap McGhee Park. Meet in Park parking lot. (Alamo).

February 8 - Canal Trail. Meet at Arbolado Park, Walnut Creek.

February 15 - Blackhawk Plaza & Museum. Meet in parking lot by Blackhawk Theater.

February 22, - Lafayette - Moraga Trail. Meet at Moraga Safeway to walk toward Canyon.

Thanks to **John Lewis, Bob Madge, Lew Thompson, Rich Hanford and Chris Satterthwaite** for folding and labeling, to **Ken Kratz** for photography and to **John Lewis** for mailing and **Doug Cook** for proof reading.

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



L to R, **Pete Gates, Jim Wyrick & Br 146 Secretary Lo McCarley**, at the January Luncheon.



"Where's the beef?" Pals, **Lou Pizza, Bill Becker, Olof Johansson and Frank Mathos** awaiting table service.

Why is it called "after dark" when it really is "after light"?

*The park bench was deserted  
as I sat down to read  
Beneath the long, straggly branches  
of an old willow tree.  
Disillusioned by life  
with good reason to frown,  
For the world was intent  
on dragging me down.  
And if that weren't enough  
to ruin my day,  
A young boy out of breath  
approached me, all tired from play.  
He stood right before me  
with his head tilted down  
And said with great excitement,  
"Look what I found".  
In his hand was a flower,  
and what a pitiful sight,  
With its petals all worn  
not enough rain, or too little light.  
Wanting him to take his dead flower  
and go off to play,  
I faked a small smile  
and then shifted away.  
But instead of retreating  
he sat next to my side  
And placed the flower to his nose*

*and declared with overacted surprise,  
"It sure smells pretty  
and it's beautiful, too.  
That's why I picked it;  
here, it's for you."  
The weed before me was dying or dead.  
Not vibrant of colors,  
orange, yellow or red.  
But I knew I must take it,  
or he might never leave.  
So I reached for the flower,  
and replied, "Just what I need."  
But instead of him placing  
the flower in my hand,  
He held it midair  
without reason or plan.  
It was then that I noticed  
for the very first time  
That weed-toting boy could not see:  
he was blind.  
I heard my voice quiver,  
tears shone like the sun  
As I thanked him for picking  
the very best one.  
You're welcome," he smiled,  
and then ran off to play,  
Unaware of the impact  
he'd had on my day.*

*I sat there and wondered  
how he managed to see  
A self-pitying woman  
beneath an old willow tree.  
How did he know  
of my self-indulged plight?  
Perhaps from his heart,  
he'd been blessed with true sight.  
Through the eyes of a blind child,  
at last I could see  
The problem was not the world;  
the problem was me.  
And for all of those times  
I myself had been blind,  
I vowed to see the beauty in life, and  
appreciate every second that's mine.  
And then I held that wilted flower  
up to my nose  
And breathed in the fragrance  
of a beautiful rose  
And smiled as I watched that  
young boy, another weed in his hand  
About to change the life of an  
unsuspecting old man.*

**Author Unknown**

# SIR CALL *Newsletter*

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**Mailed January 21, 2002**