

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 1

Published For Our Members And Friends

January 2002

Big Sir's Commentary :

Greetings and a Happy New Year to you. I'm looking forward to an enjoyable and dynamic year ahead. First let me extend a huge "thank you" to outgoing Big Sir, **Bill Hansen**, for the wonderful job he has done. He brought a steady hand and a sense of humor to the office. I'd also like to thank the Executive Committee and the Committee chairmen for the outstanding jobs that they have done throughout 2001. I see that there are 35 committees listed in this Sir Call Newsletter. When you realize that several of those committees have many members that support the effort of those committees, we have to appreciate the high level of volunteerism that we have in our branch. Thank you to all those who volunteer their efforts in making our branch one of the most successful in the state.

As we begin another year in Branch 146, I want you to know that I will always be available to hear your ideas, comments and input on how we can improve our branch. Feel free to offer your ideas.

Fred Kovar



January Happy Birthdays

Garth Cummings
Dick DeVoe
Gene Diana
Ernie Dickson
Chuck Eichten
Art Gagnon
Dennis Hallett
Dale Haukland
Wes Hauschildt

Buddy James
Kap Kaprelian
Bill Knapp
Frank McNamee
Ron Morrison
Ray Nordstrom
Ken Richter
Bill Thorbrogger
Wes Van Beveren



Bonnie Humphrey, Hermoine Nordeen and Trudie Fischback

L
a
d
i
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s

Day



Mother Ferguson (Sandy Wagner) pleading to the villain, Dirty Dan (Bill Weinberg.)



Dave Obera on the piano



Bob & Janet Yolland and Peter & Ann Gates. Peter is on the waiting list.

Why the name "SIR CALL"?

The first Sirs 146 "Call" bulletin was the April 1990 edition. The headline caption showed a rooster in the upper left corner crowing out "call bulletin". This caption was selected by our second big sir, **Gil Rhodes**, now deceased. Prior to this time our periodic or monthly bulletin was called "News Notes". I hope this clears up the origin of our "Call" bulletin.

John Fontenrose - ex editor, 1988-1996



Ray Nordstrom, Betty Skirvin and Eva Nordstrom



The Heroine, Sweet Sue (Mary Suta)



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

In the Country Club Lanes, in San Rafael, **Ben Zeppa** was 5th in the Men's "A" division with a 681. In the All-events, **Allan Anderson**, came in 3rd with a 1397 and **Charlie Sheets** was 10th with a 1337. **Al Zeppa** missed by 3 pins in cashing in the money in the "A" singles and **Clarence Tooley** missed by 3 pins in the "B" singles. In the Sirs winter league we find a very close race shaping up for the first half. The Amigo 5 has been able to stay in front for the last three weeks with a record of 37-15. That team has Capt. **Wes Van Beveran, Tony De Salles, Bill Martin, Stan Strange**. They are all from #146. Followed close behind is the Dave Dudes, with a record of 34-18. Team is made up of Capt. **Dave Rasmussen, Ray Weisz, Larry Mitchell, Gus Edwards**. (Guess what, all from #146). Staying in reach of the leaders are, getting better, with a 33.5-18.5, Capt. By **Charlie Sheets** and numero uno, with a record of 32-20, Capt. by **John Zotti**.

Some high scorers have been recorded in last few weeks by **Gus Edwards** with a 258/688, **Dick Joyce**-248/665, **Stan Strange**-242/653, **Ben Zeppa**-235/641, **Dean Lucas**-248/639, **Allan Anderson**-277/632, **Ray Weisz** 254/620, **Norie Zeppa**-225/616, and **Maynard Hendricks**-259/615.

Sirs Tournaments coming up:
January 21-23-Mon.& Wed.-Gold Country Lanes-Sutter Creek
February 1-3-Fri. and Sun.-AMF Fiesta Lanes-San Jose



Cooking & Social

Don Nunn donnunn@tpi.net 1st Monday 9:30 am at various members' homes or a restaurant or cooking school.

News from the Social Front:

- Candy certificates are here and can be picked up at **Don Nunn's** house. Please call first. 934-5214.
- Mark your calendars for the March 6, 2002 dinner dance. See cut-out for details.
- Cooking will resume the first Monday in February. Contact **Barney Meade** for details.

8TH SIR Branch146 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 now.

.....

■ 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)

.....

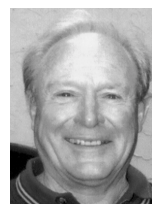
Duplicate Bridge



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

SIR **Bob Yolland** hosted four tables of duplicate bridge in December with **Carl Johnson** coming in first with 44 1/2 points. **Lo McCarley** was second with 44 points. **Lynn Freeman** and **Dick Johnson** tied for third with 40 1/2 points.

Table Pool



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

No news this month



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 - In ocean trips, **Lloyd West** caught 31, 15, and 28 pound salmon on three different trips. **Bill Comley** caught a 26 and 15 pounder. **Dick Thompson** had a long boat ride and **Bob Olson** reported six salmon were caught on one of his party boat trips. **Cliff Boehr** caught many salmon around Vierras and a double hookup of Striped Bass- one 33 pounds and the other 26 pounds. **Charles Bagley** caught limits of salmon in Alaska and **Ralph Codde** caught salmon with guide **Wayne Douma**. **John Slade** was instructing a friend on what to look for when a fish bit while fishing at Del Valle and it actually happened as he was telling it. **Don Mittelstaedt** fished in Utah and Oregon and caught some nice trout. The Klamath River steelhead fishing trip scheduled for November 26-28 with **John Wall** was cancelled due to high water. It has been rescheduled for January 7-9, '02.

Fishing calendar for 2002:

One International Sportsman Expo in Sacramento is scheduled for January 16-20 which will be prior to the next Fishing meeting. The next Expo will be January 30-February 3 in San Mateo.

Garden Club



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

Rich Hanford will give a presentation on Hydroponics - the method of growing plants without soil. There are a lot of advantages to this method from faster growth than soil grown plants to no weeds.

Tip: To keep plants being killed by frost, spray them with cloud cover now and at the end of January.

Golf



Committee
Joe Jansen 935-6691
jjansnx@juno.com

The Golf Committee wishes to commend all 112 golfers for their excellent cooperation in the

2002 NCGA membership renewal program. All goals have been met. We are particularly pleased by the dozens of notes included with your checks which included some very kind words of appreciation for our efforts.

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



Latest Tuesday Golf Results

November 13 First Flight: **Lew Thompson, Rich Hanford** and **Jeff Baily**. Second Flight: **Ernie Dickson, Charlie Kiser**, and **Mitch Mitchell**. Closest to the Pin: **Bill Hansen**.

November 20 First Flight: **Bob White, Dick Richmond** and **Rich Hanford**. Second Flight: **Al Milano, Mitch Mitchell** and **Bob Donahue**. Closest to the Pin: **Miles Ringle**.

November 27 First Flight: **Lew Thompson, Bob White** and **John Lewis**. Second Flight: **Ed Wojnar, Mitch Mitchell** and **Olof Johanson**. Closest to the Pin: **Pablo Chavez**.

December 4 First Flight: **Bob White, John Lewis** and **Bob Mehus**. Second Flight: **Garth Cummings, Fred Bolton** and **Bob Frankland**. Closest to the Pin: **Ken Kratz**.

December 11 First Flight: **Mitch Mitchell, Joe Suta** and **Bill Becker**. Second Flight: **Ernie Dickson, Fred Kovar** and **Dave Obera**. Closest to the Pin: **Rich Hanford**.



Health Matters, Physical and Mental

Pulse Pressure

There's a new measurement for blood pressure. Systolic pressure (the top number) has replaced diastolic pressure (the bottom number) as the main focus for detection, evaluation and treatment of hypertension. But now some experts are suggesting that it is the *difference* between these two numbers that is the most relevant factor in predicting heart disease risk. The difference is called *pulse pressure*.

Healthy blood vessels are elastic; they give with each heartbeat as blood is forced through them. When the arteries are stiff, they don't give as much, and the pressure goes up. Now doctors are taking a look at the difference between the systolic and the diastolic pressures. A difference of 50 Hg is considered normal. When the difference gets up to 60 Hg it is getting on the high side.

Research reported in *Circulation* (July 27, 1999) based on data from the Framingham Heart Study concluded that pulse pressure is an important indication of heart disease risk. Since it is the systolic pressure that tends to go up as we get older, controlling systolic pressure (which most hypertension drugs on the market do) appears to be the proper course of action in keeping pulse pressure in line.

Cholesterol Numbers

Normal cholesterol numbers are good, excellent cholesterol numbers are excellent. Here's a look at both sets for various cholesterol readings:

<u>Cholesterol</u>	<u>Normal</u>	<u>Excellent</u>
Total	180 mg/dl	140 to 150 mg/dl
HDL cleans arteries	>40 mg/dl	>70 mg/dl
LDL Clogs arteries	<120 mg/dl	<80 mg/dl
VLDL Clogs arteries	<15 mg/dl	<10 mg/dl

Source: *Men's Health*, October 2000

Know Your SIR

Dean Merritt



Born in a small town in Iowa, the youngest of ten children, he grew up in Burbank, California. After high school, Dean attended Compton College for two years and decided that what he really wanted to be was a Naval Aviator. (This decision came before his first commercial

flight.) He joined the Navy as a NAVCAD and started flight training in October 1955. He completed ground school, primarily in prop driven aircraft and was selected for the jet syllabus in Memphis, Tennessee. He received his commission in 1956 and after a short stay in Newport, R.I., Dean was assigned to VA146 at NAS Miramar, California. His first and only cruise was to bring the USS Ranger around South America to be home ported on the west coast.

In September of 1958, his life changed drastically: Dean was returning to Miramar when several bad things happened simultaneously. The tower at Miramar was changing from local control to a radar approach control facility. Unbeknownst to Dean, a leading edge droop on the FJ-4B he was flying failed to extend so he did not have the proper wing thickness on one side of the aircraft. As he turned into final an aircraft passed just under him. That aircraft had an afterburner and Dean did not. As Dean's engine was accelerating, the other aircraft's afterburner cut in and he pulled forward and ahead. Dean sank into his slipstream. Dean's right wing stalled and he found himself in a wing-down, nose down, headed for the ground, and pointed at three aircraft that were preparing to take off. About all he had time to do was level his wings and apply full rudder to avoid those aircraft. He plowed into soft dirt perpendicular to the duty runway. The aircraft stayed together and came to rest, which would have been fine until he blew the canopy and heard the crackle of flames. Integrated flight suits were not in use as they are today. In haste, Dean began to disconnect all the things that attached him to the airplane. When he thought he was free of all the connections, he proceeded to go over the side because he was afraid the aircraft was going to explode. Instead, he got hung up with one strap he had not disconnected. As a result, he was inside a fireball for about a minute. As a result of that one minute exposure, he lost his right hand; went through 18 months in the hospital; had surgery 13 times. After recovery at San Diego Naval Hospital, he was transferred to Oak Knoll Naval hospital for therapy

and prosthetics. Four months before he completed treatment, he married his first wife, Audrey. Dean and Audrey had three daughters. Dean went to work at the Naval Air Rework Facility Alameda. Dean finished his college work at night at Golden Gate University. In 1974, he was selected as the first recipient of the Sonny Montgomery Fellowship and attended the University of Southern California where he received his Masters degree in 1975. Dean became the Head of the Management Controls Department in 1977 and moved to the Production Planning Department in 1986. He retired in 1990 after 30 years at the Facility. Dean lost his first wife Audrey to cancer in 1992. In 1994 Dean married **Daphne Heckenlively**, whom he had known for more than 25 years. They are absolutely enjoying retirement. They both enjoy golf, travel, and their seven grandchildren.

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.



Phil Leigh

4th Wednesday
at 7:45 am at
Coco's Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Investments

Pleigh@Hotcoco.Infi.net

January's topic and speaker are "Preferred Stocks" by **Ray White** of Morgan Stanley.

Away Golf

Jim Baldrige 689-9232



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.

"It's not whether you win or lose...it's whether I win or lose" **Anon A. Moose**



The money winners at the SIRs Acapulco Golf Tournament in November. L to r are **Tippy Weisz, Miles Ringle, Carol Ringle, Ray Weisz, Rosalie Milano, Warren Boero, Gwen Boero and Judy Baldrige. Rosalie Milano**, holding the trophy was the Ladies Grand Champion.



Fred Bolton Party Bridge
1st Monday
at 10 am at
various members' homes. Bring a lunch.

The SIRs Party Bridge Group met on Dec. 3 at **Jim Brown's** house for 4 tables of bridge. First place went to Bob Donahue with 6460 points, second to **Jim Jackson** with 5830, third to **Harry Dillon** and fourth to **Bill Rees**. Our next meeting will be on Jan. 7 at **Lynn Freeman's**.

Chuck Smith
Casinwc@aol.com

Sunshine



Sir **Ray Edmondson** had a heart defibrillator installed. He is now home and on the road to recovery.

Sir **Chuck O'Connor** is expected to return home sometime before Christmas. He has completed an extensive series of radiation treatments and has had various setbacks and difficulties with stays in the hospital and other facilities. Although he is not yet out of the woods, it appears that he is slowly recuperating. He still is not prepared for visitors, but he does enjoy your cards. Keep them flowing.



Luncheon Menu Stan Jackson

January Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including rice or potatoes and vegetables

- Grilled swordfish steak
- Baked meatloaf

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson
flangley@flash.net

Membership

Branch 146 statistics:

Members 208, Honorary Life 5, Waiting List 27
Ladies Day Attendance: Members 126, Honorary Life
Members 3, Waiting List 7, Guests 143.
Total Attendance 279



Computers Chris Satterthwaite

3rd Thursday at
1 pm at WC ELK'S Club 1475 Creekside Dr.
(off S. Main) Chrissatt@aol.com

The Area 2 Sir Computer User's Group's future is unclear for 2002. If the group folds, which is a good possibility, Br 146 will continue to have a Computer Committee chaired by SIR **Chris Satterthwaite**. Future computer activities will be worked out pending a Branch survey.

What is Expected of a Son in Retirement

Luncheons :

Sirs should try to attend all luncheons .
You are expected to attend at least 6 luncheons per year.

Sirs missing 3 consecutive luncheons
may be subject to termination.

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 page for menu.

If you are unable to attend, you must call the attendance chairman , **Dale Haukland** at 820-0189 by noon the

Friday before the luncheon. Unexcused absentees
will be asked to pay for the luncheon

Guests are welcome. Notify Dale the Friday before.

There are no dues in SIR. Our pay as you go plan adds a
contribution of \$1 to the luncheon cost and is included in
the \$17 to finance expenses like the newsletter, etc..

Welcome.

We are pleased to have you as a member of Branch 146.

A good rule of thumb: Get Involved.

Use the directory of committee chairmen listed on page 7
to call about enrolling in any activities you wish.



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 p/p d/o. 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

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 occ. **Charlie Kiser** 274-1575.



Pictured l to r, **Jerry & Joann Bellows, Molly & Bill Boyd** and **Allison Todhunter**.



Owen Sullivan Practices are held after the SIRS monthly luncheon plus once per month at **Dave Obera's** place at 3 pm. Singers welcome. OandGlo@hotmail.com

Song Sirs

The award winning Songsirs of ol' 146 sang to residents of W/C Manor on 12/12. Then rehearsals for the Handsome Hansen Players featuring Dirty Dan et al. At Ladies Day the Songsirs opened the program with "Silver Bells" and 3 more favorite Christmas renditions. Practice will begin again January 10, 2002 at Boundary Oak.



Walking Group leader Sir **John Lewis** just can't seem to shake the image of taking the wrong trail. Pictured here after one of his more wayward treks, John peers out over the hills of Afghanistan we think! "I just wanted to see if I could find Osama where others have failed".

Ladies Day Cont'd



Actor **Joe Jansen** with **Janey & Howie King**



The Hero, Harry Hairbreadth, (**Dick DeVoe**) pontificating about being a nice guy.



Nancy Battey & actor Bill Weinberg



Merton on the right (**Rich Hanford**) giving Sweet Sue (**Mary Suta**), Father (**Joe Jansen**) & Mother Ferguson (**Sandy Wagner**) some advice regarding the Villain ,Dirty Dan (**Bill Weinberg**) and the Hero, Harry Hairbreadth (**Dick DeVoe**) who are seeking Sweet's hand in marriage.

Officers 2001

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

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

Committee Chairmen-2001

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
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 Scheduling	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	Bill Hansen	939-4951
Pianist	Dave Obara	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

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



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

Walkers

January 4 - Mitch's Walk. Meet at Clayton Library
January 11 - Lafayette Reservoir. Meet in parking lot.
Bring quarters for parking meters.
January 18 - Canal Trail from San Carlos to Wiget, W.C.
Meet at Ygnacio Plaza opposite Peet's Coffee Shop
January 25 - Donald Drive (Orinda). Take Highway 24 to
Moraga Way. South to left on Hall Drive



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

Cribbage

Cribbage was hosted by **Al Tufo** on December 12. The tournament was won by **Ernie Figueira**. **Al Tufo** came in second. We welcomed a new player of SIR 114, **Larry Reilly**. Merry Christmas to all SIR members and their families.

Al Tufo

Thanks to **Rich Hanford, John Lewis, Bob Madge, Chris Satterthwaite** and **Art Trost** for folding and labeling and to **John Lewis** for mailing and **Dick DeVoe** for proof reading.



Backstage, **Dick Richmond**, actress **Mary Suta** & **Charlie Kiser**.



Bob & Sandy Mehus



l to r, Al Altman, Lori Garcia & Daphne Merritt



l to r, Mary Bobinecz, Lynn Kratz & Shirley Cummings



Alicia Baily, of the walking group, at a picturesque spot on Mount Diablo.



l to r, Elaine Richter, Jo Spellman & actress Sandy Wagner.



The Songsirs led by Don Nunn sang a medley of Christmas tunes.

SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364

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