

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 5

Published For Our Members And Friends

May 2004



Doug Cook

Big Sir's Notes

May is a glorious month. The weather is gorgeous, the trees and flowers shower us with beautiful color and it contains special days important to all of us. First, there is Mother's Day, Sunday, May 9th which allows us the opportunity to pay homage to all those, both living and deceased, who nurture(d) and love(d) us so unconditionally. Remember, "no one else, ever, will think you're great the way your mother does" (**Mary Matalin**). Next, on Thursday May 13th is our Ladies Day Luncheon. This day gives us the chance to honor our wives and lady friends for taking over where Mom left off, putting up with us and applying the "finishing" touches. This is always a marvelous affair. Our Treasurer, **Lew Thompson** is Chairman of the Ladies Day Luncheon. Many thanks, **Lew** and to all those who assisted for all of your hard work. Saturday, May 15th is Armed Forces Day and May 31st is Memorial Day. These are historically significant days and certainly are especially important this year. Let us take great care to honor those men and women serving in Iraq, Afghanistan and indeed, around the globe so that we can enjoy the freedoms that we Americans cherish so dearly. Finally, let us pause and reflect on all those who have paid the ultimate sacrifice. Now May is a "go do it" month. Enjoy!

Bill Root, whom we normally call to be excused from a Luncheon, will be away in June only. If phoning in June, please call **Dale Haukland** at 820-0189 prior to the luncheon. Also, waiting list men call **Dale** in June instead of **Bill** for a reservation.

Know it All

Men can read smaller print than women can; women can hear better



Ray Kan

Little Sir's Corner

Be prepared for a fun day, May 13th, Ladies Day. A famous troupe will entertain us with "Follies Bizarre". Get those reservations in early to guarantee a seat at this live stage production. Please carpool to avoid missing a parking place. See coupon on page 6 for details.

SIR Branch 146 History

2000 - Big Sir **Jack Calloway**--**Charlie Kiser** was selected to replace the late **Dave Valladao** as an Honorary Life Member and **Ernie Figueira** was made an Honorary Life Member for his Service as the State Secretary. New activity groups started were Gardening, Cooking, Table Pool and Wine Tasting. An up-dated and revised version of the Branch regulations was approved. The Branch 146 Honoree Award was given to **John Fontenrose** and **Lang Erickson**.

2001 - Big Sir **Bill Hansen**--The first Ladies Invitational Golf Tournament was held in October. The Christmas luncheon entertainment was a play presented by Branch members and their ladies.

2002 - Big Sir **Fred Kovar**--Honorary Life Members **Glen Furlow** and **Ernie Figueira** passed away. The Cooking group published a Cookbook, featuring recipes from members, wives and friends.

2003 - Big Sir **Bob Yolland**--**Don Nunn** was awarded an Honorary Life Membership. A Theatre group, a Couples Duplicate Bridge and a second Cooking group were added to the activities list.

Prepared by **Jack Calloway**
Branch 146 Historian

*SIR Branch 146 History has been presented in 3 parts in the March, April and May issues of SIR Call. Thank you **Jack** ..ed*

Bowling

Dick Joyce



Our winter league ends on May 5. At this time I am not sure who will roll off against the Dave Dudes team, our first half champion. As of April 14 there were 4 teams in contention for the 2nd half title. May 5 is also the day to determine the SIRS Championship. In our recent Dave Vallado Tournament the following members of Branch 146 cashed: Dick Joyce and his partner in the Double Div. Class A. Bob Swick won a few dollars in the Class A singles and our big Winner in the Class B Division was Otto Wilson. He was the All Events winner and cashed in the Class B Div. In the singles event. Congrats to all the guys who cashed and our Branch Bowlers for their support.

Bocce Ball

Al Milano



2nd and 4th Mondays at 9 am. March through November at Concord Bocce Courts in Newell Park, Concord near the corner of Turtle Creek and Ayers Rds.

Know it All

Each king in a deck of playing cards represents a great king from history: Spades - King David, Hearts - Charlemagne, Clubs - Alexander, the Great, Diamonds - Julius Caesar.



Cooking

Don Nunn

1st Monday at various members' homes.

Our Cooking group met at the home of Sir **Frank Mandic** in Monday. We were treated to a great kickoff feast for the spring and summer days ahead. The menu consisted of sausages, Sir **Frank's** special beef patties (made with secret ingredients), west coast potato salad, Mediterranean salad, marinated carrots, pesto pasta, pea prosciutto, Cole slaw, pickled olives and the "piece de resistance", Sir **Frank's** home-made chocolate brownies. Outstanding stuff. We will meet at the home of Gourmet Sir **Dave Johnson** on the first Monday of May. Be sure to notify him of your attendance.



Cooking Too

Rich Hanford

We had a great lunch at **Jeff Baily's** home in April. **Jeff** cooked a Ranch Beef Skillet meal that was delicious. He topped it off with his home made Key Lime pie.



Cribbage

Al Tufo

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

Cribbage Club tournaments were hosted by our new member **Dan Meckfessel** on April 14, 2004. Did a great job. The first game was the start of the triple crown racing derbies. All you could hear from the jockey was "whoa, whoa," on the Italian stallion who took the bit in his mouth and just kept running across the finish line in first place. **Barney Meade** could do nothing but place second. Next month will be the running of the Belmont Stakes. The second tournament was won by **Dan Meckfessel** just beating the I.S. by a nose. After a slight rest and some delicious dessert, we played a third tournament. Ho hum, here we go again as a prep race for next month the Italian stallion sprinted across the finish line with **Lang Erickson** placing second. See you all next month where we will be hosted by **Barney Meade** on May 12 Th.. Ciao, **Al Tufo**.

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net
FLOYD SKELTON 838-2515 f.skelton@att.net

Meetings of the Area 2 Computer Users Group are held at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection). Meetings are normally held the 3rd Thursday of each month from 9:30 to 11:30 a.m.

All SIR members are invited to attend these informative sessions. The next meeting will be May 20, 2004. We will address your computer questions and problems and identify some cool sites to visit on the Internet. For more information please visit our web site at:

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

Duplicate Bridge

Bob Donahue.

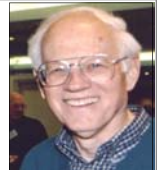


Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

SIR **Jim Brown** hosted three tables of duplicate bridge in April. **Jim Jackson** was first with 33.5 points and **Lynn Freeman** was second with 32 points. **Fred Bolton** was third with 31 points. The next meeting is scheduled for Monday, May 17. Contact **Bob Donahue** at 376-4527 for information.

Couples Duplicate Bridge

Lo McCarley



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

Jim Brown and **Barbara Lundblade** hosted Couples Duplicate Bridge for April. **Stu** and **Margot Somerville** took first in a close, hard-fought contest, **Lynn** and **Dasha Freeman** took second, **Jim Brown** and **Barbara Lundblade** placed third, and **Bob** and **Janet Yolland** came in fourth. **Lynn** and **Dasha Freeman** will host the next bridge party on May 19th.

Fishing

Sal Costanza



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

June fishing activities: Trout fishing (fly) on the lower Sacramento with guide **Mike Bias**-- fish master is **Pablo Chavez**; Shad and striper fly fishing on the American--fish master is **Tom Hensley**; Ocean Salmon fishing - Party boat--fish master is **Jack Helbert**; Trout fishing, fly and lake, at Norden--fish master is **Tom Hensley**. If interested in these kinds of activities come to our meetings and get involved.

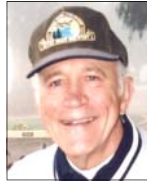
Garden Club **Chuck Bobinecz.**

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

The Garden Club, Wine Tasting and Cooking Groups are sponsoring a bus trip to Sunset Gardens in Menlo Park on May 6th. This will include a tour of the Sunset Gardens; bring your own picnic luncheon for a picnic at a nearby park and wine tasting on the return bus. We are planning to leave at 9:00 am, touring the gardens from 10:30 to noon, picnicking to 1 pm and return about 2:30 - 3:00pm. This should be a sell out. The cost is, which includes the bus and wine tasting, is \$14 per person.

Contact **Don Nunn** and make your check payable to Sir Branch #146. **Don Nunn** will contact you regarding where to meet the bus and other details.

Wives and guest are welcome.



Tuesday Golf **Walt Barabash**

Judy Richmond, wife of Br. 146's golf guru Sir **Dick Richmond**, had a hole-in-one at the Las Vegas National on Mar. 25. This was on the last day of the SIR tournament. She aced the 3rd hole, 120 yards and she used her 7 wood.

*I understand that she also walked away with most of the other prize money too.
Nice going **Judy**..ed*



Judy Richmond

March 16 First Flight: **Larry Sheerin, Ernie Dickson and Joe Lamanna.** Second Flight: **Bob Frankland, Ray Weisz and Ralph Fowler.** Closest to the Pin: **Frank Marcon.**

Low Gross: **Larry Sheerin: 81**

March 23 First Flight: **Bill Hansen, Rich Hanford and Myles Ringle.** Second Flight: **Bob Madge, Bob Spellman and Howard Harvey.** Closest to the Pin: **Bill Hansen.**

Low Gross: **Rich Hanford: 86**

March 30 First Flight: **Larry Sheerin, Jim Stedman and Joe Lamanna.** Second Flight: **Ralph Fowler, Bill Boyd and Ray Weisz.** Closest to the Pin: **Don Del Bene.**

Low Gross: **Larry Sheerin: 78**

April 6 First Flight: **Gene Diana, Jim Stedman and John Demos.** Second Flight: **Pablo Chavez, Bill Becker and Howard Harvey.** Closest to the Pin: **John Lewis.**

Low Gross: **Gene Diana: 76**

April 13 First Flight: **Jim Baldridge, Bob Mehus and Larry Sheerin.** Second Flight: **Ray Weisz, Howard Harvey and Fred Kovar.** Closest to the Pin: **Bob Mehus.**

Low Gross: **Larry Sheerin and Gene Diana: 83**



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.

PORTION POISONING

The wicked queen in "Snow White" poisoned the damsel with a *potion*. Today our problem is *portion*. Portion size to be exact.

We are eating more than we ever did. A survey of 63,000 Americans found that we are super sizing our food portions and consequently, super sizing our waistlines.

Here's a comparison of portion sizes in 1998 vs.1978.

Food	1978 portion	1998 portion
French Fries	3.1 oz.	3.6 oz. (up 68 calories)
Hamburgers	5.7 oz.	7 oz. (up 97 calories)
Soft Drinks	13.1 oz.	19.9 oz. (up 49 calories)
Salty Snacks	1 oz.	1.6 oz. (up 93 calories)
Mexican Food	6.3 oz.	8 oz. (up 133 calories)

Source: *Journal of the American Medical Association Vol. 289*

CALCIUM TO LOSE WEIGHT

Yogurt has been the standard fare of dieters for years, but can the creamy stuff actually help you shed pounds?

New research says yes! Scientists at the University of Tennessee gathered 34 obese adults and assigned them to one of two reduced-calorie diet groups. Group one ate 1,100 milligrams of calcium a day, including yogurt.

Group two ate only 500 milligrams a day, and no yogurt. Both groups followed an eating plan that consisted of 500 fewer calories than their usual diet.

After 12 weeks, those who ate the high-calcium-yogurt diet lost:

- 22 percent more weight
- 60 percent more body fat
- 80 percent more abdominal fat

According to lead researcher, **Michael Zemel**, PhD, in a reduced-calorie diet, when calcium intake increases, weight and body fat go down.

"The moral of the calcium story," says **Zemel**, "is not to dump dairy when you are dieting. Not only is it critical to keep your calcium levels high so you will not lose bone density, it will also help you maintain your muscle mass and increase your fat loss. A diet rich in low-fat dairy products, such as yogurt, can help make your weight loss efforts easier."

Source: *Runner's World*, August 2003

Know Your SIR

Joe Schild



I was born in Brooklyn, New York on June 2, 1923 and grew up in St. Albans on Long Island with a brief interlude in New Jersey. I graduated from Andrew Jackson High School in 1941. After a brief period working for an insurance company and a newspaper and attending classes at night at St. John's University I enlisted in the U.S. Navy. I was sent to boot camp at Great Lakes in

January 1943. While I was attending electrician's mate school in Detroit, riots broke out and Detroit was under martial law for a week. Although our base was not directly involved in the disturbances, it was an interesting time. After Detroit, I was shipped to a couple of Naval air bases in the states and the Mariana Islands. I was discharged from the Navy on April 2, 1946. From time to time since that date I've wondered whether or not I could have been recalled to active duty if I had been discharged a day earlier on April Fool's Day. After a brief time in the work force I reentered St. John's University and graduated with a BA in Accounting in 1950. It was while attending college that I met my wife, **Marie**, at an Irish dance. After a whirlwind courtship of three and a half years, we married in St. Elizabeth's Parish in Manhattan on June 28, 1952. We celebrated our 50th anniversary with our family at Lake Tahoe. We have a son, **Joseph**, and two daughters, **Nancy** and **Bernadette**, and two grand-daughters, **Catherine** and **Emily**. I started working for Stauffer Chemical Company in 1956 and we lived in Mineola, Long Island until we were transferred to San Francisco in 1971. We have lived in Walnut Creek since our transfer and are very happy that we chose this area. I retired in 1985 after a company takeover. **Marie** taught school in the Mt. Diablo School District and although retired now, she still substitute teaches and enjoys it very much. We travel several times a year. In fact, we recently returned from a trip to England. I enjoy my membership in Branch 146 of SIR and participate in Song Sirs and the Walkers.

Veterans of Korean Service after 7/27/54:

The Defense Dept has announced the creation of the "Korean Defense Service Medal" for members of the Armed Forces who served in Korea after July 27, 1954. For further information as to how to apply for the award go to: <http://www.defenselink.mil/releases/2004/nr20040209-0334.html>



Rich Hanford, Bob Yolland, Jack Calloway of the Garden Club listening as **Sir Fred Bolton** explains the varied plantings in his back yard

Away Golf

Jim Baldrige



Congratulations to **Jim Willey** and his Branch 19 golfers for a close and well contested Governor's Cup victory at Diablo Creek in April. The following are the results:

Branch 19----598, Branch 8-----599, Branch 146----606, Branch 171----612, Branch 116----624.

The closest to the hole winners were:

Hole #7, **Clay Sealy** Br 171---6' 10" \$15

Roger McGowen Br 19---7'4" \$5

Hole #17, **Lou Ciapponi** Br 171---6'6" \$15

Pablo Chavez Br 146---8'2" \$5

The Governor's Cup will be presented to Branch 19 at their next branch meeting by Area Governor, **Art Miller**. Thanks for all your support. Remember we have the Area Individual Qualifier on May 27 at Franklin Canyon.

Silverado CC Results Fri Apr 2, 2004

We said, "Send us you heroes!". They did.

Congratulations to those who prevailed over a field of 140 of the finest golfers in northern California.

1st **Don Cashman** Br 8, 2nd **Dick Richmond** Br 146,

3rd **Stu Somerville** Br 146, 4th **Bill Becker** Br 146

5th **Glenn Cheetham** Br 8,

Closest to the pin:

Hole #2 **Dick Richmond** Br 146

Hole #11 **Larry Sheerin** Br 146

We had a great turn-out and a fantastic, sunny, spring day.

Thanks to all the Sirs and guests who made it possible.

Hey Guys! I'll be away in June so call **Dale Haukland** at (925) 820-0189 to be excused or to reserve the June or July lunch.

Luncheon Attendance

Bill Root



SIR's Luncheon 2nd Thursday of every month at Blake's Restaurant, Boundary Oak
Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend.

If I am not home, press 3 and leave your name, badge number and telephone number.

Be sure you call.

Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

SIRs bringing a guest:

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

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.

Membership

Jim Jackson



Branch 146 statistics: Members 210, HLM 4, Waiting List 42. April attendance: Members 164, Honorary Life Members 4, Waiting List 9, Guests 2, Excused 39, Unexcused 7, Attendance: 179
Status Changes:

Added to Waiting List: **Jim Reed**

Current 30 Man Waiting List (prioritized): **Richard Ahlf, Thomas Thomson, Max Burchett, Mike Cavallo, Frank Fries, Allen Johnson, Jim Wray, Roland Sundstrom, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, George Hurd, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William Holsberry, and Jack Hockel.**

Remaining Waiting List Men (prioritized): **Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire and Jim Reed.**

There were 195 copies of the Branch 146 Member Directory for 2004 distributed to the membership and waiting list men at last month's luncheon. There were an additional 25 copies distributed to those attending the April luncheon. Also, I appreciate the continued receipt of corrections to the Directory. Please keep them coming!



Party Bridge Fred Bolton

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

The Party Bridge Group met at Marie Callender's for Ladies Day Bridge in April. First place went to **Lynn & Dasha Freeman** with 6,240 points, second to **Fred Kovar & Tom Thomson** with 5,750, third to **Tom & Marilyn Baker** (Br 8) with 5,230 and fourth to **Dick & Christy DeVoe** with 3470. Our next game will be on May 3 at **Bob Donahue's** home.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad - House salad

- Freshly baked rolls and butter

Entrees including vegetables

- Petit filet of beef with twice baked potatoes.

- Filet of salmon with roasted vegetable orzo.

Dessert

- Daily dessert special

- Regular or decaffeinated coffee and tea

Song Sirs Chris Satterthwaite

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

Next gig (performance) will be May 2 at the Heather Farms Garden Center.



Sunshine

Chuck Smith



We appreciate your reports on the health status of your golfing buddy, bowling buddy, bridge buddy, etc. We are proud that Br 146 cares about its members. **Frank Mathos'** wife **Bonnie** is doing very well after an unexpected seizure. **Don Patterson's** treatment for chemo reaction is complete. **Al Tufo's** wife **Dorothy** has been fighting several serious medical conditions. We wish you well **Dorothy**. **Allen Johnson's** chemo and radiation treatments are continuing and **Allen** says the outlook is brighter.

Table Pool Bill Weinberg

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

The Table Pool Club met on the 5th of April and among other things, welcomed back **Martin Lyle** and **Otto Wilson**. Play was competitive and fun. Remember, 1st and the 3rd Monday of every month.





Travel Opportunities

Charlie Kiser

May 28, 2004 Sacramento Jazz Festival. All day pass to all locations, special SIR location at Cal Expo. Cost \$20. Deadline May 1. Contact **Bob Spellman**, 934-8428.

July 22, 2004 All SIR Day at Pac Bell Park SF Giants vs. San Diego. Lower Box Seats \$34 (limited availability) View Level \$21. All seats on if available basis. Contact **Charlie Kiser** 274-1575.

July 28, 2004 SIR Day at the Oakland A's. See the Oakland A's take on the Seattle Mariners. Wednesday July 28 12:35PM. Plaza infield tickets \$12. Deadline June 25. Contact **Bob Spellman** 934-8428.

Sept 1-3, 2004 Golf-Boulder Creek. Includes 3 days of Golf, 2 nights accommodations, Hosted Dinner and \$28.00 food credit per room. Cost is \$200.00 for golfer and \$135.00 for non-golfer.

Contact **Charlie Kiser @** 274-1575.

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. We have 26 people signed up. Come join the group. Cost \$1450 p/p d/o. Single supplement upon request. Contact **Charlie Kiser** 274-1575.

Nov 30-Dec 1, 2004 Holiday in Reno with Robert Goulet. Includes motor coach transportation, 1 night Deluxe accommodations at the El Dorado in Reno, **Robert Goulet** show,, special Holiday gift, hosted cocktail party and 3 meals. Cost is \$198.00 p/p d/o 18.00 single supplement with over \$35.00 in casino bonuses. Contact **Charlie Kiser** 274-1575.

Know it All:
Coca-Cola was originally green.



Sir **John Denham** had them rolling in the aisles (well, at least rolling their eyes) at the April Luncheon.



The Honorable **John Minney**, Superior Court Judge spoke on the 3 strike laws and also on sexual predators.



Wine Tasting

Bob Burley

The next wine group activity is May 6. This will be part of a joint activity with the garden group and the gourmet group. The picnic that day will follow the Sunset Garden tour will be accompanied by wine tasting to enhance your lunch. You bring the picnic and the wine will be supplied.

Investments

Ben Smith

4th Wednesday 8:00 am at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway and Highway 4, Concord.

Ben Smith (925)820-5403 bjsssmith@Aol.Com

The May meeting will be held Wednesday, May 26, 2004. Our speaker will be **Robert Muto**. He is a financial advisor at Freedom Financial Services Located in the Walnut Creek. He specializes in working with retired people.



Carpool if possible due to 2 events at Boundary Oak. Parking's gonna be tight!

Ladies Day Luncheon at Boundary Oak, Thursday, May 13, 2004.

No. of tickets _____ at \$21 each. Enclosed \$ _____

Names:

Entrees (no. of each)

Petite filet of beef _____ Grilled salmon filet _____

Special requirements _____

Make check out to SIR 146 and mail to **Lew Thompson**, 1830 Cleveland Ct. Concord CA 94521.

His e-mail address is Lewist@astound.net

Note: If ordering for a full table of ten, send \$210 and list your companions on an attached sheet **No tickets sold at the door**. Don't wait. Send coupon in today!



Sirs **Jeff Baily** and **Dick DeVoe** get ready for golf at Silverado in April.

State President Region Director Area Governor	SIR State Officers	Don Schumacher Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Doug Cook	939-4327
Little SIR	Ray Kan	376-2023
Secretary	Garth Cummings	820-0745
Assistant Secretary	Jim Stedman	932-1636
Treasurer	Lew Thompson	686-6880
Assistant Treasurer	Frank Rockwell	943-7743
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Stu Somerville	944-0738
Director	Ed Wojnar	933-9248

Committee Chairmen

Attendance	Bill Root	943-6194
Audit	Ron Pascoe	937-0161
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Bob Spellman	934-8428
Chaplain	Roy Fredrickson	284-5623
Cooking	Don Nunn	934-5214
Cooking Too	Rich Hanford	933-9237
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Luncheon	Jerry Bellows	376-3352
Membership	Jim Jackson	687-7052
Newsletter Editor	Jeff Baily	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obera	932-2584
Radio	Bill Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Chris Satterthwaite	939-7826
Director	Rod Sharretts	372-6566
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Bob Burley	934-5816

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
- 2003 Bob Yolland



Walkers

John Lewis

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

May 7 - Heather Farms Rose Walk (W/C). Meet at Swim Club parking lot.

May 14 - Osage Park Rose Walk (Danv). Take 680 (S) to Sycamore Valley (E) to quick rt. on Camino Ramon to left on El Capitan to first left pass Iron Horse Trail into Osage parking.

May 21 - Valley Vista-San Leandro Res. walk. Meet at Moraga Safeway.

May 28 - Benicia waterfront walk. Meet at Sun Valley B of A for carpooling.

Thanks to **John Lewis, Bob Madge, Jack Matthews, Bill Snyder** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Mitch Mitchell** for proof reading.



Jeff Baily lets one rip off the 7th tee at Silverado Golf Club.



Arms and shoulders form the recommended "V" as Sir **Tom Gorman** practices at Silverado



Jim Baldrige, Br 146's Ace at Silverado and Away Golf organizer takes a break with wife **Judy**.

May Birthday Boys

- James Adams, Jeff Baily,**
- Ken Beattie, Bob Brady,**
- Bob Burley, Fred Donnelly,**
- Tom Dunne, Herb Freeman,**
- Don Gremaux, Joe Lamanna,**
- Dean Merritt, Dave Obera,**
- Don Patterson, Dave Rasmussen,**
- Bill Root, Larry Sheerin,**
- Ed Wojnar, and Leon Wyrick.**

SIR CALL *Newsletter*

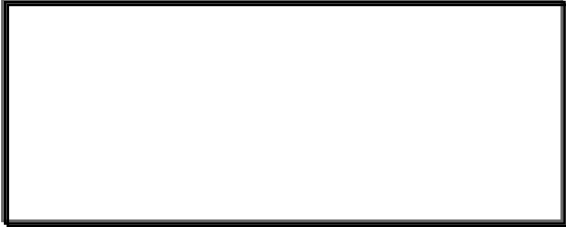
Non Profit Org
US Postage Paid
Permit No 364
Concord CA

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

SirCall@astound.net
Or check out our website
<http://www.sir146.com>



Time Value Mail
Please deliver as
soon as possible.



Sir **Al Milano** organized this trip to Bronco Bottling in Napa where we watched them bottle "Two Buck Chuck" amongst other wines. It was a most interesting day out which included lunch at Jonesie's at the Napa International Airport.

