



Big Sir's Notes

Doug Cook

On September 22, **Don Nunn**, **Ray Kan** and I met with **Gerry Blake**, to discuss food concerns previously expressed to me and those enunciated in the returned surveys. The responding members were very clear in that they had little, if any, quarrel with the facilities or with the fish entrees. The major complaint was the meat (beef) entrees and that is where we concentrated our focus. **Gerry Blake** was courteous, cordial and listened attentively to our concerns and we were pleased with his cooperative attitude. The following major points were discussed and oral agreement/consensus reached. 1. **Gerry** acknowledged that the meat quality is mediocre and needs improvement. He assured us that he would speak to his chef regarding this and make a serious effort to improve it. 2. He agreed to meat (not necessarily beef) and fish dishes for the rest of this year and all of next year. 3. A menu has been prepared for next year and will be submitted to the Luncheon chair and the Big Sir for approval. They will then respond to **Blake** regarding changes desired. 4. Chits will not always say beef and fish but will more accurately reflect the meat and fish menu. If the meat is not beef, the chit will not say that it is. 5. And, good news, **Gerry Blake** has committed to the same prices next year for both the luncheon and drinks. There is an old saying that says "the proof of the pudding is in the eating". We need to monitor this and make sure **Mr. Blake** follows through with his commitment next year.

I'd like to thank **Don Nunn** for his excellent work with the survey and also, the highly successful dinner dance. Also, thanks to **Ray Kan** for his valuable input. Finally, welcome to our new members, **Mike Cavallo**, **Frank Fries** and **Allen Johnson**.

We invite you to become involved.



Little Sir's Corner

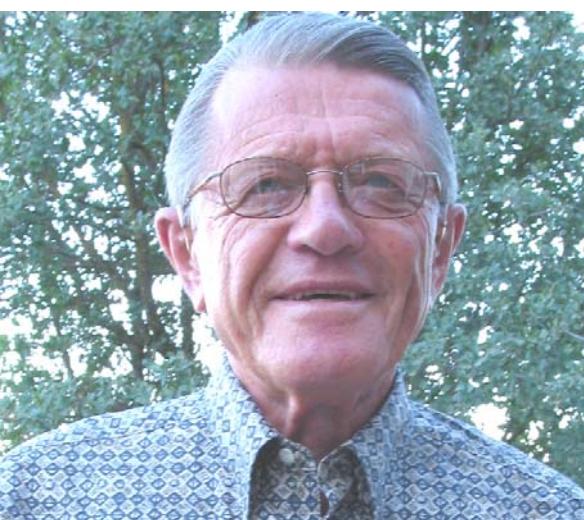
Guest speaker for the November 11 Luncheon will be Commander **James D. Di Matteo USNR**, not to be confused with Commander **Ray Kan** **Domenic Di Matteo USN**

(Retired), a SIR 146 member. He will speak about the status of United States Navy Air Component of today.



Know Your SIR

Otto Wilson



I was born on March 5, 1931 in Cleveland Ohio 'cause I wanted to be near my mother. It was the depression and my dad lost his job with Standard Oil. We moved to Harlem Springs, Ohio, a small country town with one store, a post office and a barber shop. We

eventually moved above the store. The water came from a cistern. We had gas lights and the outhouse was on the hill above the house. We lived there until I started high school. We moved to a nearby town called Carrollton, about 3500 population. My high school class had 70 students. In 1950 I attended Case Western Reserve University in Cleveland and that term was interrupted by four years in the Air Force. All my buddies were sent to Korea but I went to France saving Paris from being invaded by the Russians. Upon my return from France, I was sent to Parks Air Force Base in Pleasanton, CA. I met a young girl named **Roberta** who was a student nurse at Kaiser. After my discharge I returned to school at Case Western Reserve. **Roberta** and I were married the next summer and lived in Cleveland until I finished my education. We returned to California where I took a job as branch manager of a Sherwin Williams store in Sunnyvale. I later joined the DeVilbiss Co., as a sales representative for 12 years. In 1973 a partner and I formed a company in San Leandro called Fischer Industrial Finishing Systems and in 1997 we sold that company and found a new word called retirement. **Roberta** and I have two children, **Cathy** and **Scot**, and five grandchildren. We love to travel and enjoy reading, hiking and computers. I enjoy the wonderful membership in SIR and am active in bowling, pool, the Walking Group and Bocce Ball.

Bowling

Gus Edwards

Week seven finds Dave's Dudes (one of the two pure Branch 146 teams) 2.5 points out of first place. The major Dude, **Larry Mitchell**, is one of the top five bowlers as far as averages are concerned. Thanks to **Dick Joyce** for his work as Bowling chairman. **Gus** is replacing **Dick** as Bowling Chair..ed



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking group has met twice since our last report. We met for our wine bottling barbecue at the home of **Sir Warren Boero** on the 23rd of September. We bottled Cabernet Sauvignon and dined on barbecued leg of lamb accompanied by special dishes that were brought by all members and wives. It was the highlight of our year. The food was terrific and the wine was quite good. All the members had wine labeled with their photographs. For our meeting in October, we dined in Italian style at the home of **Sir Gene Diana**, starting with some vino from Markham winery. It was delicious. That was followed with an extraordinary Italian feast. Our dance on October 6 was a spectacular success. We were sold out once again and everyone seemed to enjoy our band and singer. You really ought to see the Sirs and their lovely brides swing and sway. We will follow up with our next dance planned for March 2, 2005. We will announce it in January and take reservations for SIR members only for 30 days. We will then open it to waiting list members. Come on out and have some fun.

Order your See's Candy. 1 pound certificate is \$9.85. Make your check payable to SIR Branch #146 and send it to **Bob Spellman** 3524 Perada Dr. Walnut Creek, CA. 94598 along with a #10 self addressed, stamped envelope.

Theatre

Bill Hansen

Its fantastic! Its spectacular! It's the theatre trip to NY, the glamour of Broadway. We will not only see the shows Little Women, Reckless and the award-winning Wicked but we will also visit backstage. We will be staying at the Renaissance Times Square Hotel who will serve us four full breakfasts. We will also dine at the Tavern on the Green and the Center Stage Café. It promises to be the trip of the decade, don't miss it. Call me at 939-4951 not the number on the flyer or check Travel Opportunities on page 5 of this issue.



Cribbage

Al Tufo

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

Hi, fellow Sirs. I regret that there is nothing to report this month about the Cribbage Club activities. Due to unforeseen issues we had to cancel our tournaments. They have been rescheduled for next month. Best to all...

CIAO Italian Stallion AKA Al Tufo

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

FLOYD SKELTON 838-2515 f.skelton@att.net

Meet the 3rd Thursday of each month 9:30 to 11:30 a.m. 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).

Our next meeting will be held November 18. At this meeting we will have a presentation on how to set up a wireless home networking system - how to effortlessly connect your wife and your computer to the internet and to make them safe and secure. We'll also have time to talk, hopefully resolve your computer problems and discuss some interesting web sites.

All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://home.alt.net/~area2computer/>.

Duplicate Bridge

Bob Donahue



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

SIR Dick Johnson hosted four tables of duplicate bridge in October. **Jim Brown** was first with 49.5 points. **Bill Snyder** was second with 49 points and **Jim Jackson** was third with 43 points. **Lo Mc Carley** was fourth with 41 points. The next meeting is scheduled for Monday, November 15. Contact **Bob Donahue** 376-4527.

Couples Duplicate Bridge

Lo McCarley

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

Bob and Janet Yolland hosted eight couples for SIR Couples Duplicate Bridge. **Bill and Margaret Rees** took first place with 39 points, **Carl and Anne Johnson** came in second with 36 points, **Bob and Janet Yolland** finished in third place with 35 points, and **Jim and Allison Todhunter** came in fourth with 34 points. The next meeting will be at **Jim and Allison Todhunter's** on Wednesday, November 17th.



Cooking Too

Rich Hanford

2nd Monday at various members' homes.

Stu Somerville pours while **Rich Hanford** and **Don Martin** solve worldly problems at the home of **Jeff Baily**.

Jeff prepared a delicious lunch of green bean salad and barbequed tri-tips topped off with pumpkin pie dessert.



Garden Club

Chuck Bobinecz

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

Our November Garden Club meeting (9:30 am at the Alamo Safeway conference room) will have the honor of a presentation by **Jack Calloway**. His topic will cover such areas as sex, food and beer and about some of the slimy ones we have to deal with. Garden tip of the month: Tomatoes rarely all ripen before the frost in fall. Pick the fruits while green and store with a ripe tomato or banana that give off ethylene, which helps ripening.



Tuesday Golf

Walt Barabash

September 21 First Flight: **Gene Diana, Myles Ringle and Rich Hanford**.

Second Flight: **Dan O'Sullivan, Don Del Bene and Don Nunn**. Closest to the Pin: **Don Del Bene**.

Low Gross: **Gene Diana**: 80

September 28 First Flight: **Myles Ringle, Olof Johansson and Joe Lamanna**.

Second Flight: **Fred Kovar, Dan O'Sullivan and Bill Becker**. Closest to the Pin: **Ed Wojnar**.

Low Gross: **John Lewis**: 86

October 5 First Flight: **Ken Beattie, Ed Wojnar and Lew Thompson**.

Second Flight: **Bob Spellman, Bill Weinberg and Garth Cummings**. Closest to the Pin: **Olof Johansson**.

Low Gross: **Jack Calloway and Lew Thompson**: 83

October 12 First Flight: **Frank Rockwell, Bob Mehus and Gene Diana**.

Second Flight: **Frank Mandic, Mitch Mitchell and Dan O'Sullivan**. Closest to the Pin: **Mitch Mitchell**.

Low Gross: **Gene Diana**: 80



Away Golf

Jim Baldridge

Because of the holidays and travel we do not arrange Away Golf events in November and December. But, you can enjoy some good individual golf deals by checking local newspapers sports sections on Thursdays.

Looking ahead, keep Monday April 4, 2005 open for our Annual Invitational event at Silverado Country Club/Napa. We have a 144 player noon shotgun start on the South (members') Course. Cost will be \$45 for SIR members competing in the prize fund and \$43 for guests (price includes green fee and cart). This is a great outing for SIR couples and guests and a great deal considering the regular rate is \$150.



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.

SEA SALT

Unrefined sea salt, made by evaporating sea water, contains small amounts of magnesium, sulphur, and calcium. But it is never sold that way. By the time it is refined, cleaned and processed into a retail product, it is virtually identical to ordinary table salt, though much more expensive. While it is often sold in health food stores, there are no nutritional advantages of sea salt over regular salt. In fact, sea salt does not contain an essential mineral that is added to table salt—iodine.

Source: *UC Berkeley Wellness Letter*, January 2004

ANTI-AGING VITAMINS

Vitamin C boosts the immune function, helps the body fight viruses, bacteria and allergens, and promotes re-growth and repair of body tissue. It helps prevent life-threatening ailments, including heart disease, diabetes, and cancer. So says **Jameson Starbuck**, ND, a naturopathic physician in family practice and a lecturer at the University of Montana, in Missoula

Dr. Starbuck calls vitamin C her “absolute favorite anti-aging medicine.” She recommends 1,500 mg per day: 500 with each meal. She says, however, do not take vitamin C if you have high levels of iron in your blood, as vitamin C increases iron absorption.

Source: *Bottom Line Health*, January 2004

GENERIC DRUGS

About 40 percent of all prescriptions written are for generic drugs. But scientists say that they could be as high as 75 percent. Generic drugs are copies of brand name drugs. The active ingredients, as well as strengths and dosages are the same. The color and fillers may be different, but generic drugs are identical in all important aspects to the brand name ones. Generic drugs are 30 to 50 percent less expensive than brand name drugs. Talk to your doctor about generic versions of prescriptions drugs you are taking. There may be a reason why your doctor prefers to prescribe brand name versions. On the other hand, there may not be.

SERVING SIZES

Serving sizes are getting larger. There are three suggestions from the Center for Science in the Public Interest: Order a “small”... Share with a friend... Put half in a doggie bag before you start eating.

NEW CAR? THINK SILVER

If you’re planning to buy a new car, silver, it turns out, is the safest color. According to studies in New Zealand, occupants of silver colored cars had half the risk of serious injury from crashes compared to white, blue, red or yellow. Silver cars are the most visible; black and brown ones are the least visible.

Letters to the Editor

Dear Editor:

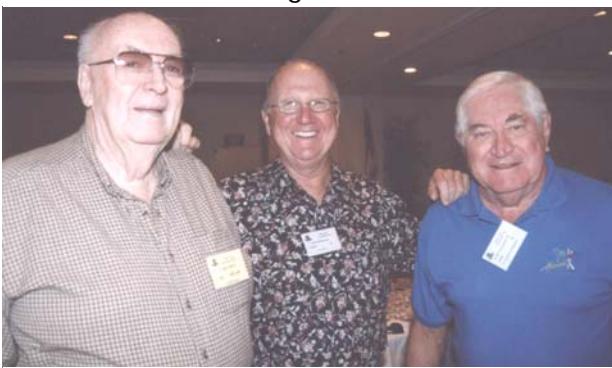
We do have such slow play during our Tuesday golf outings. How about a slow play area of the Call with the names of those who are always slow? Maybe that would help increase the speed of play.

Don Nunn

Some questions on the recent survey allude to spousal involvement in Branch activities and ask for spousal input. Our Branch has already become a social club with too much female participation. Let's retain our organization wherein one can join more often in fellowship with other men only.

John Denham

Doing Lunch



Al Bond, Jack Harrington and Ken Baumgarten



Tom Noonan, Ken Beattie and Milt Swenson



Herb Freeman, Bob Wedin & Bill Martini

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect." "Really," answered the neighbor. "What kind is it?" "Twelve thirty."

Sirs & Spouses get out and have fun

A group of annual Gold Murphy, CA. fol- at Greenhorn Creek.

Milano and Stu
the XI annual Grape junction with the 100 teams com- to determine who juice out of 15 three minutes.

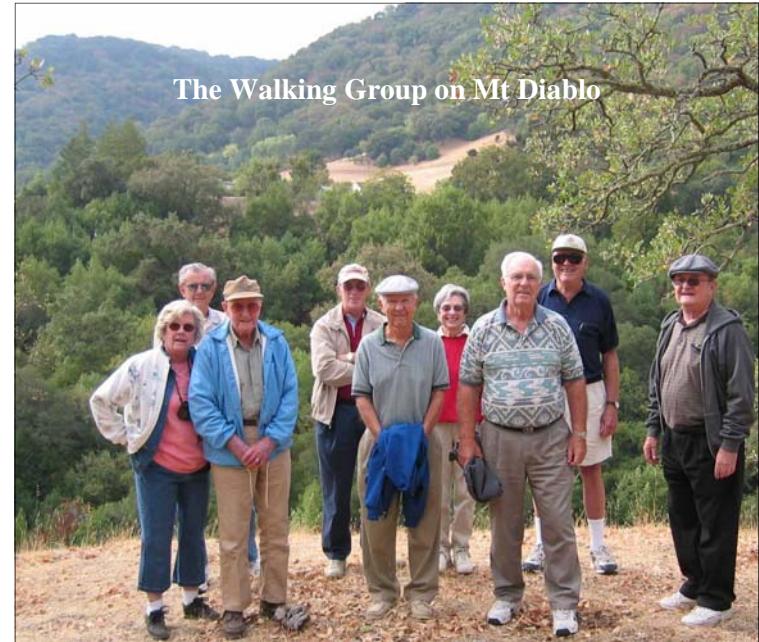
win the stomp, they did take first place in the costume contest.

Antoinette Milano gets credit for designing the winning costumes. **Lady Rosalie** said. "This was our first year; we now know how to win the stomp." **Sir Stu** said, "We expect to have more competition from our East Bay friends next year, but we will be ready."



East Bay wine lovers attended the an- Rush Street Faire in lowing a golf outing

A team of **Rosalie Somerville** entered Stomp held in con- Gold Rush Faire. Over peted, stomping grapes could get the most pounds of grapes in While our team did not



The Walking Group on Mt Diablo
L to R, Donna Snyder, Jack Matthews, John Fontenrose, Jeff Baily, Harry Alderson, Alicia Baily, Art Trost, John Lewis & Bob Madge

Photograph by Bill Snyder

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 bjssmith@Aol.Com

* "\$ums In Retirement" will meet on November 17, 2004. This a change from our normal 4th Wednesday, due to the Thanksgiving holiday. This will be our last meeting of 2004, resuming in January 2005. We will review our past year stock picks, and make our picks for 2005.

Our guest speaker will be **Brian Ambrose**, CPA, Certified Financial Planner with SFG Investments of Walnut Creek. His topic will be "Safe Money Ideas". All Sirs and their guests are welcome. No reservations are required. Bring your ideas and suggestions and make an investment in building your knowledge.

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.



Luncheon Menu Jerry Bellows

This month's luncheon menu

Salad - House salad

- Freshly baked rolls and butter

Entrees including vegetables

- Roast loin of pork with apple mashers
- Trout Almandine with rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership Jim Jackson

Branch 146 statistics: Members 210, HLM 4, Waiting List 50. October attendance: Members 160, Honorary Life Members 3, Waiting List 14, Guests 4. Excused 43, Unexcused 7, Attendance: 177



Inducted: **Mike Cavallo, Frank Fries, Allen Johnson.**

New Top 30 men: **Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner.** Added to the Waiting List: **James Burk, George Knies.** Resigned: **Ed Arbuckle.** Inactive: **Ray Carberry, Dick Joyce.** Withdrew: **Bill Hoban.** Died: **George Hurd.**

Current Top 30 Man Waiting List (prioritized): **Jim Wray, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, 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, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert**

Hutfliess, Richard Colombo, Miles O'Conner.

Remaining Waiting List Men (prioritized): **John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmeh, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezore, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies.**



Party Bridge Fred Bolton

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

Sir Lynn Freeman hosted three tables of Party

Bridge on Monday, October 4, 2004. **Bill Rees** was the winner with 5,110 points, **Bob Donahue** was second and third place went to **Bob Burley**.

Our next event will be Ladies Day at Marie Callender's on Monday November 1 at 10:00 AM. Please contact Sir **Fred Bolton** at 932-1580 if you are interested in playing.



Song Sirs Chris Satterthwaite

Practice is held at the WC Presbyterian Church normally at 3:00 pm Wednesday. The Song Sir are winding down a busy 2004 with practices scheduled on Wednesdays for the remainder of the year. This, to facilitate performances scheduled/anticipated for: Sir Br 146 luncheons Nov/Dec; Senior Manor in WC: Group of Retired Seniors at a church in WC and a Christmas party at the Gardens at Heather Farms." Should be fun and rewarding.



Sunshine

Chuck Smith

Harry Rieck is facing the probability of chemo treatments of the throat and some other areas. He is confident that he can have it under control in short order.

Our sympathy to **Dick Joyce** and family upon the death of his wife **Pat.** She had suffered for 7 years and died Sept. 26.

We received the following note from Kay Calloway

"With gratitude to all Sirs and families for their many calls, cards, plants and food sent to encourage and help me over the rough time.

Thank you,

Kay Calloway " Continued speedy recovery to you, Kay.



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 Monday, the 18th, and had 3 tables going. We welcomed some new faces: **Jim Powell** and **Lee Schultz.** The weather inside Masses was fine; much nicer than outside. We're still trying to get **Ray Weisz** with a date to come and demonstrate all his trick shots. Our next get together is Monday, the 1st of November. See you there....



Travel Opportunities Charlie Kiser

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 \$108 p/p d/o, \$18 single supplement with over \$35 in casino bonuses. Contact **Charlie Kiser** 274-1575.

Dec 29, 2004-Jan 2, 2005 Grand Old New Years. A five day tour to Music City, USA Nashville, Tennessee. Includes r/t air, 4 nights at Opryland Hotel, New Years celebration. 7 meals and sightseeing tours. Cost \$1235 p/p d/o, \$325 single supplement. Contact **Bob Hagler** Br. 8 934-7620

January 24-28, 2005 NYC Theater Tour Includes r/t air and Times Square accommodations. 3 Broadway shows, backstage meeting with cast of Wicked. Radio City Music Hall backstage tour. Cost \$1573 p/p d/o.

Contact **Bill Hansen** Br. 146 939-4951

Feb 8-10, 2005 Reno Snow Train r/t Amtrak to Reno. Two nights at Silver Legacy Hotel. All meals free or discounted. Show at Harrah's and bonus coupons. Cost \$230 p/p d/o.

Deadline Dec 3, 2004. Contact **Carl Raaka** Br. 8 254-0482

May 23-June 2, 2005 Branson & Barging. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer. In Branson deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**, Mississippi barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o. Contact **Charlie Kiser** 274-1575

Sept 29-Oct 10, 2005 Black Sea Cruise Discover the beauty of eastern Europe on a new deluxe cruise ship starting in Budapest and ending in Bucharest. Trip includes r/t air, 24 meals, shore excursions and transfers. Cost from \$3295 p/p d/o. Contact **Bob Spellman** 934-8428



Inez Ferrari & Frank Mandic taking a break at the Cooking Group Bottling party in October.



Wine Tasting Bob Burley

Next tasting is on November 18 at 2pm at **Dale Haukland's** home at 148 Santiago Drive, Danville. Couples bring a bottle of Chardonnay or Merlot under \$20. We will have some snacks and a blind tasting and a drawing for a bottle from our cellar. Call to say you are coming 925 820-0189.

The Walking Group and those dang foxtails



October 2004 Dinner Dance



Ken & Lynn Kratz



Dorothy Satterthwaite & Don Nunn



Ray Kan, Bill Hansen, May Kan & Sandy Hansen



Madelyn Nunn, Mary & Joe Suta and Larry & Betty Mitchell

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath he ordered a banana split. The waitress asked kindly, "Crushed nuts?" "No," he replied, "arthritis."

October 2004 Dinner Dance



Walkers

John Lewis

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

Nov 5 - Berkeley Aquatic Park. Meet at Orinda Village Safeway. Take Hwy. 24 to 580 West (stay in right lane) to right on Hwy 80 to Berkeley University Ave. exit. On University off ramp take frontage road to 2nd Street, turn right, then right on Addison to left on Bolivar. Take Bolivar to end and park. Lunch at Spengers!

Nov 12 Mt. Diablo Regional Trail from Macedo Ranch Staging Area. Take 680 South to Stone Valley Rd. East. Follow Stone Valley Rd. to left on Green Valley Rd. until it ends at Macedo Ranch State Park.

Nov 19 - Larkey Park Trail. Meet at Lindsay Museum parking lot.

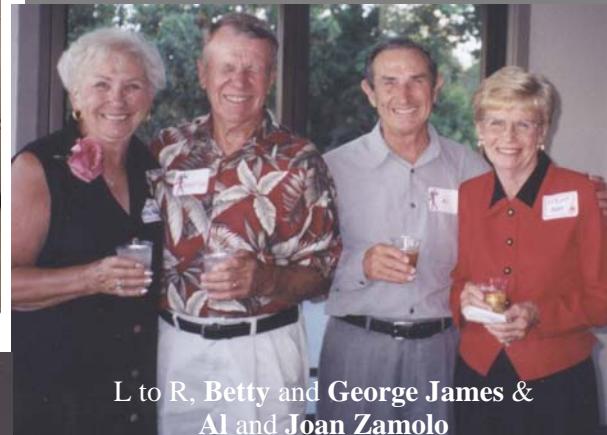
Nov 26 - No walk. Day after Thanksgiving. Wives, especially **Flo**, must be given a chance to recover.

Kay & Jack Calloway



Madelyn & Don Nunn

Thanks to **Rich Ahlf**, **John Lewis**, **Bob Madge**, and **Art Trost** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.



L to R, **Betty and George James & Al and Joan Zamolo**

October Dinner Dance



Orlo & Ilarene Jones

Wasn't it **Chris Satterthwaite**, a former carrier pilot roaming the Pacific Ocean, who often wondered why Kamikaze pilots wore helmets?



Doug & Eleanor Harris

Jeff's note

The officers' and committee chairs' names have been omitted from this issue in order to be able to accommodate more pictures and reports of Branch 146 people and activities. That list will be published through the following year only when space permits but at least twice, in January and June.



Branch 146 Walkers just before lunching at the Dead Fish Restaurant

SIR CALL

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

SirCall@astound.net
<http://www.sir146.com>

Newsletter

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soon as possible.



Georgia & Doug Cook with Shirley & Garth Cummings

Branch 146 tour of
National Parks of the Southwest in October.



Alicia Baily, Fay Hungerford & Marcie Morgan & friends

Pictured on the left from L to R are: **Dan Hungerford, Fred Bolton, Charlie Kiser, Peg Kovar, Phyllis Bolton, Fred Kovar, Jim Stedman, Barbara Stedman, Mary Bobinecz, Margie Wedin, Chuck Bobinecz , Fay Hungerford, Bob Wedin, Dee DiMateo and Florie DiMateo**