

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 4

Published For Our Members And Friends

April 2002

Big Sir's Commentary:

Warmest greetings to you all. It appears that our meals have taken a turn for the better. The food is good and the service also seems to be better. (I guess it pays to complain although we shouldn't have to complain in the first place.) There are a couple of unheralded SIRs that deserve special thanks. They are our Bridge chairmen **Fred Bolton** (Party Bridge) and **Bob Donahue** (Duplicate Bridge). These two men spend a lot of time and energy scheduling the monthly bridge tournaments. They arrange for the location, call the players and unlike golf, bridge can't be played with a twosome or a threesome. They have to arrange for complete tables of four and sometimes it's not easy to find that fourth player. They also bring the cards and tally sheets and do the math after play is over to determine the winners. Thanks, Bob and Fred for a job well done.

Executive Board members please note: we will meet before the luncheon at 9:30 am instead of 9:15 am.

Little Sir's Corner:

April's Luncheon speaker is **Joe Starkey** long time Sports Director at KGO Newstalk and "Voice" of the San Francisco 49ers as well as play by play announcer for the California Golden Bears.



Happy Birthdays in April

Bill Becker, Glen Furlow, Stan Jackson, Cal Jones, Bill Martini, Frank Mathos, William Moresi, Doug Pederson, Chris Satterthwaite, Bruce Smiley, Bob Wedin, John Lively, Larry Zugnoni, Doug Harris, Dick Johnson, Ray Kan.



Bocce Ball

Al Milano 2nd (April 8) and 4th (April 22) Mondays at 9 am. Concord Bocce Courts in Newell Park, Concord near the corner of Turtle Creek and Ayers Rds.



Computers

Chris Satterthwaite

Br. 146 Computer Help Desk

The small group of BR computer experts, who form "the resource group" received some requests for assistance. They did answer several questions including files and e-mail attachments which could not be opened, booting up an OS, and offered suggestions for holding very small group (five or less) get-togethers. That is under consideration. Superfast web access.... Is now the time to hop on the broadband bandwagon? Several Br 146 computer users have done that and seem satisfied. Call or e-mail **Chris Satterthwaite** 939-7826 or chrissatt@aol.com with any questions regarding computers.



SAT Answers

Q: How can you delay milk turning sour?

A: Keep it in the cow.



SAT Exam true response

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.



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

We just had our 11th annual **Dave Valladao** Bowling Tournament which turned out to be very successful. We had 200 singles entries and 208 doubles entries. For years I have been trying to beat the record of 210 entries set by Dave a few years ago, but because of a few cancellations, did not make it. I purchased a number of 200 game pins for the tournament but by the second day they were all gone. We had over 150 200 games and 26 600 series. High game was 286 and high series was 763. High scratch doubles was 1368. We had the following #146 members come in the money. **Cal Jones, Jim Chenevey, Ray Weisz, Bill Martin**, cashed in the "A" & "B" singles. **Dick Joyce** who also had a 701 in doubles, **Ron Morrison, Charlie Sheets, Tom Noonan, Don Patterson** in the doubles. Not letting the women out, wives of **Ray Weisz, (Tippy Weisz)** and **Cal Jones (Ruth Jones)** cashed in the women's singles handicap. Also wanted to mention that **Al & Ben Zeppa** came in 2nd in the "A" singles. **Al** came in 3rd in the all-events and **Norrie Zeppa** came in 9th in the all-events in SIR's Livermore Tournament.

SIR's Tournaments coming up: Apr 9,10 Clayton Valley Concord, April 22 - 24 Reno Hilton, Reno. (Contact **Larry Mitchell** for bus transportation).
April 30 - May 2 Knotty Pines, Pollock Pines.



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

Cooking Group will meet at **Dan Hungerford's** Home on Monday, April 1. Confirm with Dan as to the time and also whether or not you will be in attendance. In March, Sir **Al Milano** taught us how to make a spectacular Pesto sauce. The best ever. Next dance will be on Wednesday, October 2. Mark your calendar!



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

Cribbage

Now that the Cribbage Club has (7) members we are able to play only one tournament in any given month. In order for everyone to play each other it takes about three hours. Then we take a coffee and cake break, and before we

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Duplicate Bridge



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

Sir **Jim Stedman** hosted four tables of duplicate bridge in March with **Jim Jackson** and **Chuck Thompson** tying for first place with 42 1/2 points. **Lynn Freeman** was third with 39 1/2 points and **Carl Johnson** was fourth with 38 1/2 points. The next meeting is scheduled for Monday, April 15. Contact **Bob Donahue** at 376-4527 for information.



Fishing **Pablo Chavez**
Coco's Restaurant
3200 Buskirk Ave.
4th Thursday at 8:30 am.

Fishing Calendar

April - mid month - A two day fishing trip to the San Luis Reservoir has been proposed by **Bill Hooy** for April 16-17 or April 23-24. If Interested contact Bill (925-686-2627) or outings Chairman **Al Brunner** (925-687-0594) and suggest the best dates.

April 28-May 3 is a trout fishing trip on the Pit River. **Jack Cunha** (925-284-9705) and **Richard Bal** (925-944-1832) indicate the trip is full at the moment but a waiting list is being developed.

May 17-22 is a trout fishing trip to McSwain and McClure Reservoirs. Interested fishermen should contact Fish master **Al Brunner** (925-687-0594).

Other trips that are filling up and interested fishermen need to call the Fish masters include trout fly fishing on the Sacramento River June 12, 13, 14 with guide **Mike Bias** (**Pablo Chavez** 925-256-8516), a Montana trip with **Jack Cunha** (925-284-9705), and the June and July Kokanee salmon fishing trips to New Melones and Don Pedro with Fish master **Richard Fish** (925-672-8468).

Garden Club



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

The March trip to the garden of nature lovers **Jerry and Irene Fritzsche** has been rescheduled for April 4th at 2 PM.. Park on McConnell Lane and walk to their home at 961 Country Lane off Walnut Blvd (not Ave). On May 6th we are planning a

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Cribbage

know it's time to quit. March was hosted by **Ernie Figueira** at his home in Concord. Thanks to his wife **Eleanor** who baked a delicious lemon cake that went superb with our coffee. The first place winner was **Bryant Fischback** Second place was captured by **Larry Reilly**.

Golf

Tuesday Golf Walt Barabash



February 26 First Flight: **Myles Ringle, John Lewis and Rich Hanford**. Second Flight: **Warren Boero, Dick Richmond and Dan O'Sullivan**. Closest to the Pin: **Larry Sheerin**.

March 5 First Flight: **Joe Lamanna, Jim Helmick and Russ Bliese**. Second Flight: **Joe Jansen, Jim Brown and Frank McNamee**. Closest to the Pin: **Tom Gorman**.

March 12 First Flight: **Gene Diana, Joe Lamanna and Frank Mandic**. Second Flight: **Fred Kovar, Dan O'Sullivan and Frank McNamee**. Closest to the Pin: **Fred Kovar**.

Congratulations **Howard Harvey** on your hole-in-one.

Golf News Flash

Two SIR's make holes-in-one !

On Tuesday, Feb 26 Sir **Howard Harvey** sank his first ever hole-in-one on the 170 yard 12th hole at Boundary Oak Golf Course. Waiting to congratulate him at the 19th were the players in the 7 groups ahead of him. Glad to oblige, Howard sprang for the suds as the next 8 groups converged to offer their congratulations. That's Howard below in the center on his cell phone.



On Friday, Mar 15 Sir **Jim Baldrige** aced his first on the 149 yard 15th at Silverado Country Club's South Course. The inclement weather had scared some off the course but Jim's foursome had decided to continue. That decision eventually led to the 15th where Jim accomplished his ace. Those who missed out on the celebratory suds learned that leaving early doesn't pay...Rain tickets?

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Garden Club

bus trip with the cooking & wine tasting groups to the Almador Flower Farm then to the Ironstone Winery for lunch & wine tasting. More information will be on a flier at the next SIR's April luncheon.

Health Matters, Physical and Mental



ARTHRITIS FOUNDATION APPROVES GLUCOSAMINE

Glucosamine may be the first treatment to actually slow the loss of cartilage, the hallmark of arthritis. In a Belgian study of people with

osteoarthritis of the knee for 3 years, it was found that "glucosamine not only relieved their pain but also slowed destruction of the protective cartilage lining in their knee joints," reports *The Lanset* (Jan 2001).

The results of the study has prompted the National Institutes of Health to invest \$14 million to evaluate glucosamine alone and in combination with chondroitin, another potential treatment.

The Arthritis Foundation, which once viewed glucosamine as just another unproven remedy, now says, "there is emerging evidence to suggest that glucosamine is an appropriate treatment for people with osteoarthritis of the knee." Most of the glucosamine on the market is either in the form of glucosamine sulfate or glucosamine hydrochloride. It is not clear whether one form is more effective than the other.

TOMATOES: ANTIOXIDANT POWER

Lycopene, an antioxidant that appears to decrease the risk of certain cancers, is found primarily in tomatoes. A review of 72 different studies consistently found an inverse relationship between tomato consumption and cancer occurrence. In other words, the more tomatoes and tomato products a person ate, the lower the incidence of cancer.

Cooked tomatoes are better than fresh ones, however, because cooking increases the amount of lycopene that the body is able to absorb. Italian cooked tomatoes (as in tomato sauce) appears the best way to get this antioxidant. Source: *Running & Fitness News*, June 2001

WARM UP, THEN STRETCH

Watch basketball players before a game. They do shooting drills (involving running and jumping) first. Then after they break a sweat, they begin to do their stretching. Stretching should always be done after you warm up. Cold taffy is hard to pull. Warm it up and it becomes pliable and easier to stretch. So it is with muscles. Muscles that have been in bed or sitting at your desk or behind the wheel are not ready for stretching. Warm them up with five to ten minutes of easy jogging. Then stop to stretch before beginning your activity in earnest.

Know Your SIR

Capt. Chris Satterthwaite



Born in Toledo, Ohio on Easter 1922, eldest of six kids, his earliest recollections were of the Great Depression. He lettered in baseball in high school and college and earned a pilot's license. He has a degree from the U. Maryland and Naval Intelligence Post Grad School. After Pearl he enlisted in the Navy as Aviation Cadet. Upon commission he was assigned as a

dive bomber pilot aboard the aircraft carrier, USS Yorktown (Fighting Lady) and flew strikes against Japanese ground and naval forces. When the war ended he flew POW support missions in Japan.

"Capt. Satt" was assigned Combat Information Officer aboard the carrier USS Boxer which visited Inchon, Korea in 1950. He and his fellow officers were introduced to Sigmon Rhee, president of S. Korea. Later he completed a tour as pilot in an Air Transport Squadron qualifying in over 20 different aircraft including single and multi-engine jets. His career took a dramatic change as he was assigned intelligence billets for the remainder of his career. These included Naval Attache in Madrid, Spain where he piloted a transport aircraft with a mission to support the US Embassy. He was staff intelligence officer aboard aircraft carriers during Vietnam. He fought the Cold War with tours in the Pentagon in the Office of Naval Intelligence and the Defense Intelligence Agency. He was CO Naval Criminal Investigative Service Office (NCISO) in Pearl Harbor with offices throughout the Pacific including Vietnam, and lastly CO NCISO San Francisco with offices in eight states.

He and his wife, **Dorothy**, his college sweetheart, whom he married 55 years ago, have two children and one grandchild. They decided to settle down and get involved in their civilian community. He retired in 1975 and they settled in Walnut Creek where Chris completed fourteen years on City commissions including Park/Recreation and Planning. He was also a member of the County Grand Jury. He is a cancer survivor and a founder of the Wellness Community, a cancer support activity. Dorothy has accumulated 5000 hours volunteer duty at JMMC.

As a 10 year member of SIR Br. 146, Capt. Chris was a Director, First Chair of Vets Committee, Chair Computer Committee, member Golf Committee, and enjoys the investment group and the walking group and branch activities as a whole.

Ben Smith

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

Investments

The April meeting will take place on Wednesday April 24, 2002 at Coco's restaurant. Time: 7:45am.

Topic: Strategies for asset allocation.

Presenter: Mr. **Jim Smith**

Chartered Financial planner, MBA.

We meet at 7:45am on the fourth Wednesday of each month at Coco's on Buskirk and Hwy-680, Pleasant Hill. Coco's breakfast is a great bargain and the coffee is hot. All local SIR and guests are welcome and no reservation is required. Phone or e-mail SIR **Ben Smith** (820-5403) bjsssmith@aol.com) for further information or discussion. Volunteer presenters and/or participants are particularly encouraged to join in. We have a good time and meet some nice people.

SAT Answers

Q: What is a Hindu?

A: It lays eggs.



Luncheon Reservations



Dale Haukland

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

SIR Members

Call me by Friday noon prior to the Thursday's lunch if you **are not** going to attend. Remember to call.

Waiting List:

Call me by Friday noon prior to Thursday's lunch if you **are** going to attend. Remember to call

SIRs bringing a guest:

Call me and leave your name and the name of your guest by Friday noon prior to the Thursday's lunch.



Luncheon Menu Stan Jackson

This Month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Braised lamb shanks with mashed potatoes
- Pan fried filet of sole with Basmati rice.

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson Membership

Branch 146 statistics:

Members 209, Honorary 5, Waiting List 19

Attendance:

Members 175 Honorary Life Members 4

Waiting List x, Guests 2, Excused 29

Unexcused no shows 6. Total Attendance 181

Resigned: **Norman Zeppa**

Withdrew: **Deane Craig, Norman Anderson.**

Inducted: **George Bjornsen, Joe Himsl**

Spring Candy Sale closes April 28!

See's candy at \$9.45 for a 1 lb. certificate
or \$18.90 for a 2 lb. certificate. Call **Bob Spellman** at
934-8428 or just mail him a check payable to "Sirs
Branch 146" at 3524 Perada Dr.
Walnut Creek CA 94598.

SAT Answers

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.



Party Bridge

Fred Bolton

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

The Party Bridge Group met on March 4 at **Jim Stedman's** home for four tables of bridge.

First place went to **Dick Johnson** with 6420 points,
second to Jim Jackson with 6120, third to **Bob Donahue**
and fourth to **Carl Johnson**. Our next game will be our
ladies' day game at Marie Callender's on April 1.



Owen Sullivan

Practices are held
after the SIRS

monthly luncheon and on Wednesdays at 4
pm at the WC Presbyterian Church.

Song Sirs

Absent our unsung hero, Dave Obera, starting in the
proper key and the luxury of his sterling accompaniment
were sorely missed. **Mike Varner** and **Joe Schild** have
joined the Song-Sirs. We sang some Irish
ditties at the Luncheon rendered numbers at
dance to a "Ole!"



some Irish
March
and
some Latin
the dinner
resounding

Gala Ladies Day Luncheon at Boundary Oak, May 9, 2002.

No. of tickets _____ @ \$20 each. Enclosed \$ _____

Names):

Entrees (no. of each)

Petite Filet of Beef _____ Grilled Salmon Filet _____

Special requirements _____

Make check payable to SIR 146 and mail to treasurer
Jim Adams, 1046 Kaski Ln., Concord, CA 94518.

Note: If ordering for a full table, send \$200 and list
your companions on an attached sheet. Both must be
received by April 25, 2002. No tickets sold at the door.

Sunshine

Chuck Smith

Tom Dunne-recovering from an incredibly
painful penicillin reaction. Like a bad
sunburn all over his body. Recovery is
progressing well, and he hopes to be back
with us soon.



Dave Obera- after a long immobilizing illness they
determined that Dave has an herniated disc in his back and

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Travel Opportunities

Charlie Kiser

May 19-20, 2002 Musical-Anything Goes Overnight in Reno. Cost \$63.25

Contact **Carl Raaka** Br. 116 254-0482

May 24, 2002 SIR Day at Sacramento Jazz Festival
Enjoy SIR Day at the Sacramento Jazz Festival at half price. Cost of 17.50 entitles you to all day attendance. (Regular price \$35.00) Send check payable to SIR 146 to **Owen Sullivan**, 148 Gordon Road, Walnut Creek, CA 94598. Enclose a stamped, self addressed envelope for return of tickets.

June 6, 2002 Oakland A's SIR Day

See the Oakland A's vs Seattle Mariners on Thursday June 6 12:35PM. These are Field Infield Tickets and are priced at \$11.00 (reg. \$22.00) Send check payable to SIR 146 along with a stamped, self-addressed envelope to:

Charlie Kiser, 1575 Ptarmigan Dr, #1A
Walnut Creek, CA 94595 Deadline May 6, 2002

June 7-15, 2002 France in the New World
A unique look at the lovely Province of Quebec. Cost \$1830 p/p d/occ. Contact **Fred Stammen** Br. 8 283-1956

Sept 4-6, 2002 Golf-Boulder Creek
2 nights lodging, 3 days golf, 1 Dinner including tax, gratuity and 1 glass of wine and \$28.00 food credit per room. 1, 2 or 3 bedroom. No single rooms. Cost for Golfer \$186.00 and non-golfer \$135.00. Contact **Charlie Kiser** 274-1575. Deadline May 6, 2002

Sept 21-Oct 1, 2002 Branson and St Louis-Ohio River Cruise 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 7 night cruise to Bermuda. Tour the city that never sleeps. Visit the United Nations and Ground Zero. Sail past the majestic Statue of Liberty to Beautiful Bermuda. Cost from \$1605.00 for golfer and \$1380.00 for non-golfer
Contact **Charlie Kiser** 274-1575

Dec 28, 2002-Jan 2, 2003 Mazatlan New Year's
Six days at Mazatlan's El Cid Castilla Resort. Includes r/t air, all meals, drinks, services, and transfers. Cost \$1320.00 p/p d/o. Contact **Bob Hagler** Br. 8 @ 934-7620

Sept 17-29, 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.

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Sunshine

he'll be receiving a steroid injection which might solve the problem. If not, it's likely surgery very soon. He'll be anxious (and welcome) to play the keyboard for us ASAP.

Chuck O'Connor-has a troubling cancer of the tongue which limits his eating and has many discouraging side effects. A cheery card would be a great idea. He can hardly wait to get back on the golf course.

Doug Cook-3 stents inserted on a Tuesday to keep the blood stream flowing and golfed at Silverado 3 days later.

Larry Zugnoni - Back home after "wedge" surgery for malignant lung tumor. He'll be up and about in a week or so but no golf for a while. Cards appreciated.

Q: Give the meaning of the term "Caesarean Section."
A: The caesarean section is a district in Rome.

Table Pool

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



Fun was had by all at the last meeting of the table pool club and we are looking forward to seeing you at the next get together on Monday April 8th at Masse's.

Away Golf

Jim "Ace" Baldrige



Reserve - Stockton Feb 28 results: 1st **Dick Richmond**, 2nd **Bill Becker**, 3rd **Dan O'Sullivan** 4th **Jack Calloway**. Closest to the pin **Gene Diana**. Winners for drawing of wedges **Jeff Baily**, **Russ Bliese**, **Jack Calloway**.

March 15 Silverado Napa results: Still collecting cards. Results to be announced.

Upcoming Events:

Thurs April 18 Lone Tree, Antioch.
\$38 Green fee & cart. \$36 Guests/SIRs not in prize fund.

Thurs April 25 Diablo Creek Concord
Area 2 Governor's Cup. (Call **Dick Richmond**)

Thurs May 16 SIR Statewide Tournament
Area 2 Qualification Round. Bethel Island GC. \$32 incl green fee, BBQ lunch, state prize fund.
Walkers permitted. Half cart \$11.

Wed June 5 Lynn Freeman Invitational - Yountville.
Lynn will circulate flyers.

Thurs July 18 Tilden Park, Berkeley. \$36 Green fee & cart; \$34 guests/SIRs not in prize fund.

Officers 2002

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 "Ace" Richmond	947-1167

Committee Chairmen-2002

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 be healthy.

Walkers

April 5 - Lafayette Trail. Meet at parking lot on Olympic Blvd. near Pleasant Hill Rd.

April 12 - Shell Ridge. Meet at end of Marshall Drive.

April 19 - Mitchell Canyon. Meet at Clayton Library.

April 26 - Martin's, East Ridge Trail. (Oakland Hills).

Meet at Moraga Safeway to carpool to Skyline Gate.

Note: This one is new and special. Thanks to Don & Jodie.

Thanks to **John Lewis, Bob Madge, Lew Thompson, Chris Satterthwaite** and **Joe Schild** for folding and labeling, to **Ken Kratz** for photography, to **Mitch Mitchell** for proof reading and to **John Lewis** for mailing.

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



Fellow Sirs who are sick or otherwise hurting need to know that there are people in the SIR organization who care about them. We can show them a measure of that concern by letting the Sunshine Committee know of their situation. The information will be held discretely until we have talked with them or their family and have their permission to publish it in this newsletter.

When you hear of a person who is sick or otherwise hurting call the Sunshine Committee at 944-4949. Your thoughtfulness will be appreciated by all.





Branch 146 March 2002



Dinner Dance



SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Standard Mail
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Concord CA
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