

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 4

Published For Our Members And Friends

April 2004



Doug Cook

Big Sir's Notes

Ah, April!

Spring is here and we have reached the 1/4 point of 2004. Our members are not only enjoying the regular Sir indoor activities, but now we have all the outdoor activities in full swing as well.

I'm asking for your support for a couple of important luncheon meeting issues:

1. We continue to have a problem with "table talk" while men are at the microphone. Let's all take personal responsibility to not talk, and to politely "sssh" those at our table who persist when the mike is in use.
2. You probably noticed that those arriving just prior to the luncheon often have difficulty finding seats. The problem is largely due to the "saving" of seats for friends, and then those friends not showing up. If you save a seat, and the person doesn't show, again please take personal responsibility and make the seat available prior to the beginning of the luncheon.

Thank you in advance for your fine cooperation on these issues.

Also, thanks to Audit Committee members **Ron Pascoe**, **Sydney Whalen** and **Tom Dunne** for an excellent report. The response to their recommendations has been completed and will be available at the April 8th Executive Committee meeting. Remember, it starts at 9:30 am.

"Going to war without France is like going deer hunting without your accordion." —**Norman Schwarzkopf**



Little Sir's Corner

The Honorable **John Minney**, Superior Court Judge will be our speaker in April. He will bring us up to date on the three strikes law which is now in its tenth year in California. If there is time he will also discuss the releasing of sexual predators.

The early bird may get the worm,
but the second mouse gets the cheese

SIR Branch 146 History

Following are some brief highlights from 1990 to 1999:

1990 - Big Sir **Gil Rhodes**. Membership increased to 150.

1991 - Big Sir **Gene Hackett**--The luncheon meetings were moved to the Concord Elks Lodge and membership rose to 170. Branch 146 added Travel to the list of activities.

1992 - Big Sir **Walt Entelman**--The luncheon meetings were moved to the Boundary Oak restaurant. A Computer Users group was started and membership increased to 190.

1993 - Big Sir E. (**Kap**) **Kaprielian**--The authorized limit of 200 members was reached and a Waiting List was established. Branch 146 sponsored new Branch 171 in the Lamorinda area.

1994 - Big Sir **Joe Jansen**--New activity groups started during the year were Investment, Fishing, Cribbage and Pinochle.

1995 - Big Sir **Bob Walton**--Former Big Sir **Charles Unfried** was the first Branch 146 member to be awarded an Honorary Life Membership by the State Organization.

1996 - Big Sir **Dick DeVoe**--Bocce Ball was added as a Branch activity. The Waiting List reached 28 by year's end.

1997 - Big Sir **Warren Boero**--Branch membership was increased to 210 and the Waiting List was set at a maximum of 30.

1998 - Big Sir **Don Nunn**--The Branch meetings were moved back to Zio Fraedo's restaurant. The first semi-annual Dinner Dance was sponsored by the new Social Committee. A Walking group and a Singing group began as new activities. **Glen Furlow**, **Dave Valladao** and **Bob Walton** were presented with Honorary Life Memberships.

1999 - Big Sir **Dave Valladao**--**Dave** passed away in June and **Jack Calloway** assumed the duties of Big Sir/Little Sir. A Veterans group and an Honorees Committee were formed. **Charlie Kiser** became the first recipient of the Branch 146 Honoree Award. **Joe Jansen** was also given the Branch 146 Honoree Award. The luncheon site was moved to Blake's at Boundary Oak.

Jack Calloway Br. 146 Historian.

SIR Branch 146 History is being presented in 3 parts in the March, April and May issues of SIR Call...ed

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.



Cribbage

Al Tufo

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

Cribbage Club was hosted by **Lang Erickson** once again due to the scheduled member having a prior commitment. We were able to get in two tournaments. These were prep races for the Kentucky Derby. The Italian stallion, after his last races, was in such good condition that there was no stopping him. He broke out of the gate in both races and never looked back. **Lang Erickson**, after practicing on his Computer, has gained such great knowledge that he managed to take second place in both tournaments. Next month on April 14 the Cribbage Club will be hosted by **Dan Meckfessel** at his home on Elmhurst Lane in Concord at 12 noon.



Cooking

Don Nunn

1st Monday at various members' homes.

For March, as arranged by SIR **Al Milano**, our Cooking group combined with Cooking Too and traveled by bus to Napa to view the operation at the Bronco bottling facility near the Napa airport. They bottle "2 Buck Chuck" wine. It was a most fascinating and enjoyable outing. Thanks **Al**. On April 5, we are due at the home of SIR **Frank Mandic**. Members please notify him of your intent. On March 3, the spring dinner dance had a Parisian theme and was a roaring success. We regret that we could not accommodate all of those who had wished to attend. In the future, we will offer the tickets on a first come basis to members only for a limited time. At the end of that period, we will take all members of the waiting list on a first come, first serve basis. Details will follow. Save Wednesday, October 6, for our fall dance. Mark your calendar now and watch the SIR Call for details.

Area 2 Computer Group

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 held the 3rd Thursday from 9:30 to 11:30 a.m. The next meeting will be April 15, 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.alt.net/~area2computer/>."

A tour of the Computer History Museum in Mountain View is scheduled following our April 15th meeting. We will car pool from Walnut Creek to Mountain View. Several sandwich shops are located in the immediate vicinity of the museum, They also have one or two picnic-like tables located just outside the main entrance that could be used for those wishing to "brown bag" it. Let Dick Curry know your interest and whether or not you can drive and how many you would be able to accommodate if you can drive, by e-mail to racorinda@pacbell.net

Isabel, keep your eye on these two characters behind us. They might be part of the "underground".

Don't be so silly, that's **Frederique** and **Charles**, artistes of the Rive Gauche.



Duplicate Bridge

Bob Donahue.



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

SIR **Harry Dillon** hosted four tables of duplicate bridge in March. **Jim Todhunter** was first with 46 points and **Bill Snyder** was second with 41 points. **Carl Johnson** and **Fred Kovar** tied for third with 39 points.

The next meeting is scheduled for Monday, April 19. Contact **Bob Donahue** at 376-4527 for information.

Ooh.. la la !

Tomorrow morning it's champagne and croissants my dear.



Fishing

Sal Costanza

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

April fishing events: 4/3-4/4, Glory Hole Fishing Seminar at Angels Camp (free); 4/13-4/17, Collins Lake fishing trip; 4/17, ocean salmon fishing (party boat). May fishing events: 5/3 - 5/7, trolling for trout at McSwain/McClure Reservoir. (basic camping); 5/13 -5/20, Lake Almanor and more. Some great trips! If interested, come to breakfast meeting on the 4th Thursday.



Garden Club

Chuck Bobinecz.

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

The Garden Club will meet at **Fred Bolton's** home on April 1st at 9:30 am. **Fred** is an avid gardener and his gardens are something to see. He will give us a tour and explain some of his methods and how he plans his gardens. Wives and guests are welcome.

We are also having a bus trip to Sunset Gardens in Menlo Park on May 6th. This will include a tour of the gardens. Bring your own lunch for a picnic and wine tasting on the return bus. This trip will be a combination of the Garden Club, the Cooking Groups and the Wine Tasting group. We are planning on leaving at 9am, touring the gardens from 10:30 to noon, picnicking to 1pm and return about 3:00 pm. This should be a sellout. The cost, which includes the bus and wine tasting, is \$14 per person. Contact **Don Nunn** by April 1st and make your check out to SIR Branch #146. Wives and guests are welcome.



Tuesday Golf

Walt Barabash

February 17: Rained out.

February 24 First Flight: **Frank Marcon, Jeff Baily** and **Bob Mehus**. Second Flight:

Fred Kovar, Bill Becker and **Garth Cummings**.

Closest to the Pin: **Bill Becker**.

Low Gross: **Jeff Baily 84**

March 2 First Flight: **Rich Hanford, Jeff Baily** and **Jim Stedman**. Second Flight: **Pablo Chavez, Bill Becker** and **Larry Zugnoni**.

Closest to the Pin: **Ralph Fowler**.

Low Gross: **Rich Hanford 88**

March 9 First Flight: **Ray Nordstrom, Russ Bliese** and **Ken Kratz**. Second Flight: **Ed Wojnar, Fred Kovar** and **Bill Knapp**.

Closest to the Pin: **Lew Thompson**.

Low Gross: **Gene Diana** and **Lew Thompson 87**



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.

CHOLESTEROL FREE: SO WHAT?

All margarines are cholesterol free. To put "Cholesterol Free" on the label is, says the *Hope Health Letter*, meaningless.

While there is no cholesterol in any margarine, because all margarines are made with vegetable oils, there is something that you should look for: "trans fat."

When an oil such as soybean or sunflower (or any other oil) is hydrogenated or partially hydrogenated, it remains solid at room temperatures and it becomes less likely to spoil (turn rancid).

But the introduction of that hydrogen molecule or molecules causes healthy oil to turn into bad-for-you-artery-clogging trans fat.

So don't pay any attention to the words "Cholesterol Free." Look instead for the words "hydrogenated" and "partially hydrogenated".

GRAPE JUICE LOWERS BLOOD PRESSURE.

Men with elevated blood pressure who drank Concord grape juice for 12 weeks experienced a significant drop in both their systolic and diastolic blood pressures, according to a preliminary study presented at Experimental Biology 2003.

"This is one of the first randomized, double-blind, placebo-controlled studies to use whole juice— in this case Concord grape juice," says Kevin Maki, Ph.D., Director of Nutrition and Metabolic Research Unit, Radiant Research, Chicago. "In our study, blood pressure was measured as part of the basic health information of the study participants. When we reviewed the data, we saw reductions of nearly six points in both systolic and diastolic blood pressure measurements among hypertensive men drinking Concord grape juice. Those on the calorie-matched placebo showed no significant change."

The US National High Blood Pressure Education Program estimates that lowering systolic pressure by five points would result in a 14% reduction in deaths from stroke and 9% reduction from heart disease.

Two previous clinical studies have shown that consuming Concord grape juice improved arterial wall flexibility, suggesting a possible mechanism of action for the reduced blood pressure. Research has also shown that purple grape juice can slow down the oxidation of LDL cholesterol and also inhibit the tendency of blood to clot. The study was underwritten by Welch Foods, Inc.

Know Your SIR Stu Somerville



I was born in Buffalo, NY on Oct. 17, 1936. When I was eleven, my parents relocated to California.

We settled in Pasadena where I attended junior high and high school. I graduated from UCLA with a BA in psychology and then to Cal State, Los Angeles for an MS. I served eight years in the

USAR and the California National Guard where I was a commissioned a 2nd Lt.

I started my working career with the Ames Division of Miles Laboratories selling diagnostic products to physicians and hospitals. Soon I was promoted to the advertising department and relocated to Elkhart, Indiana. Miles Laboratories paid for me to obtain an MBA from Michigan State University. While I enjoyed Elkhart, I wanted to live in a bigger city. My job search landed me an offer from Amersham Inc. in Chicago. At the time, Amersham was the world's largest supplier of radioactive isotopes for medical and research purposes. I spent the next 20 plus years in the radioisotope industry, first as a director of marketing for Amersham and later as president for Medi+Physics a subsidiary of Hoffman La Roche in Emeryville, Ca. Both of these companies were foreign owned which offered me the opportunity to frequently travel in Europe and Japan.

When I returned to California with Medi+Physics, I settled in Walnut Creek. It was there I met my lovely wife **Margot**. Together we have six children and five grandchildren.

We love to travel, golf, play bridge and, of course, spend time with the family. SIR Branch 146 activities have become a major part of our retirement lives.

**Margot and Stu
Somerville** at Sir 146
Dinner and Dance,
March 2004.



Bowling

Dick Joyce



Our Winter League is winding down and the Roto Roosters have a chance of winning the second half. If they do, they will face Dave's Dudes, our first half winners for the championship. **Stan Strange's** 713 high scratch series is still holding up. In a recent tournament only **Clarence Tooley** cashed. According to ABC, 169 is average bowling. Forty three of the sixty four bowlers in our league are below 169. Come on guys, let's crank it up!

Couples Duplicate Bridge

Lo McCarley



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

Eight couples had a great time playing duplicate bridge at the home of **George Zurich** and **Tamara Judson** on March 17. **Lo and Sue McCarley** took first place with 38 points, **Bill and Margaret Rees** took second (37 points). **Bob and Janet Yolland** (34 points) placed third, and **Lynn and Dasha Freeman** (32 points) came in fourth. **Jim Brown** and **Barbara Lundblade** will host the next meeting at **Barbara's** home on Wednesday, April 21.

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 April meeting of "\$ums In Retirement" will be held on Wednesday, April 28, 2004.

Our guest will be **Richard M. Del Monte**. He is a certified planner and holds an MBA specializing in financial planning. He has been a financial planner since 1985 and has an extensive background in the investment arena. He has also been a host of financial radio talk shows and financial expert for local television and print media. He is the principal of the Del Monte Group in Danville.

His topic will be "Building Wealth and Reducing Risk in this Changing Market". Anyone interested in making and keeping money will not want to miss this excellent presentation.

No reservations are needed. Just come on out, have breakfast and get the day off to an enjoyable and informative start. Your ideas and questions are always welcome. We welcome all SIR members.....meet some nice folks, and have a good time.

We will also be reviewing our \$IR portfolio stock picks for 2004 and review the recently compiled financial profile of the \$ums group.

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.

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 and Roger Maire.**

The Branch 146 Member Directory for 2004 was distributed to the membership and waiting list men attending the March luncheon. Thank you to the five (5) men that, so far, have advised me of corrections to their entries. Please keep any more corrections coming to me, now and throughout the year, so next year's Directory can be as accurate as possible.



Party Bridge Fred Bolton

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

The Party Bridge group met on March 1 at **Bill Rees'** home for four tables of bridge. First place went to **Dick Johnson** with 6730 points. Second to **Bob Donahue** with 5430, third to **Bill Snyder** and fourth to **Chuck Hammond**. Our next game will be Ladies Day at Marie Callender's for lunch and bridge on April 5.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Chicken Teriyaki with rice
- Breaded cod filet with herb roasted potatoes

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 Wednesday.



The Song SIRs finished the winter season with two very successful performances. We spent a delightful evening at the Montego Heights Senior Lodge in WC. There we sang a selection, by our Director, of 15 songs. Many were "golden oldies". All were accompanied by our superb pianist. Also included were songs played by our intrepid harmonica duet. At the March luncheon we sang songs in honor of St. Pat's Day, punctuated by the rousing song "Stout Hearted Men", as we marched to and from the launching platform. The Song SIRs were adorned with uniforms appropriate for each occasion. As we kick off our spring season, our first practice will be on April 7th at 4:00 PM at the Walnut Creek Presbyterian Church.

Membership

Jim Jackson



Branch 146 Statistics: Members 210, HLMs 4, Waiting List 41. March Attendance: Members 175, HLMs 3, Waiting List 10, Guests 1, Excused 23, Unexcused 12. Total March Attendance 189. Inducted: **Gary Schaub, Otto Wilson, William Roberts**
Addition to Waiting List: **Roger Maire**

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,**

Now let's see... une, deux, trois, quatre, cinq....

Janet, we're getting a French-English dictionary before going back to France next month.





Travel Opportunities

Charlie Kiser

May 16-17, 2004 Camelot Musical.
Motor coach transportation, Sunday

Matinee performance of Camelot w/Reno accommodations.
Cost \$79, \$10 single supplement.

Contact **Carl Raaka** Br.8, 254-0482

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

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

"The only time France wants us to go to war is when the German army is sitting in Paris sipping coffee." —*Regis Philbin*

Mike, I love it when you sing to me in French.

Oooh, Hinky-dinky parley-voo

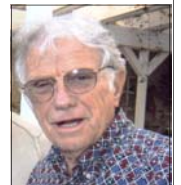


Ticklish in ze ribs, mon cher ?



Sunshine

Chuck Smith



These members are in various stages of mending and recovery: **Jim Baldrige, Olaf Johansson, Dan O'Sullivan's wife Donna, Howard Sebastian, Owen Sullivan, Joe Suta, Bob Walton, and Al Zeppa. Bryant Fischback** had successful high tech knee surgery on March 18. **Al Tufo's wife Dorothy** is hospitalized with shingles and complications. She needs our prayers.

Away Golf

Jim Baldrige



Deja Vu all over again. Moraga Br#171 has invited 30 of our BR 146 SIR players to play Crow Canyon with them and Br 8 on Monday April 26; 9:00am shotgun. Cost is \$50 including cart. Because of 30 player limit let's keep signups to Br. 146 members for now. Course is private, requires soft spikes, dress code (collared shirts/no jeans) and cart path only. Flyers are out. Sign up deadline is Apr. 15. First come first served. Silverado Friday, Apr. 2 12:00 shotgun is full at 144 players. Thanks for the great response. I will take standbys in case of last minute cancellations. Questions **Jim Baldrige** 689-9232 or **Dick Richmond** 947-1167.



French dancing is really my second area of expertise. I'm primarily a conversationalist.

Oh Tom! Its soo French in here!

Oui, oui, bebe.

How to visit our new SIR Branch 146 website:

Type "<http://www.sir146.com>" (no spaces and without the quotation marks) into the address window on your browser. Then click on "Go" at the right end of that window. Call the Webmaster at 906-0521 if you have any questions.

Table Pool **Bill Weinberg**



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

We had the two regular Monday meetings (1st and 3rd Mondays) in March and as I said before, the new format and rules are working out very well. **Howie King** even agrees with some of them! We're even in the process of making up name badges so that we won't embarrass ourselves calling our partner by the wrong name. Look for good times in the coming months. See you there.

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 Bailly	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obara	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.

April 2 - Shell Ridge Walk (WC). Meet at end of Marshall Drive.

April 9 - Donald Dr. (Orinda). Take Moraga Way (s) off Freeway, to left on Hall and up hill to Donald.

April 16- Castle Rock Trail (WC). Meet at end of Castle Rock Rd.

April 23 - Buckeye Ranch Trail (Laf). Meet at end of Springhill Rd. off Pleasant Hill Rd.

April 30 - Mitchell Canyon Trail. Meet at Clayton Library.

Thanks to **Fred Donnelly, John Lewis, Bob Madge, Bill Snyder and Art Trost** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proofreading.



Wine Tasting

Bob Burley

The SIR 146 wine tasting group will meet at my home on Wednesday April 7 at 2:30 pm. We will be tasting several Rhone wines, both red and white. The cost will be \$10. Sally and I will provide the cheese and appetizer. I will contact those who are on the sign up sheet the beginning of April with directions. Anyone who would like to participate and have not signed up, please contact me by April 1.



Check the date!

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. Both must be received by April 30. **No tickets sold at the door.** Don't wait. Send coupon in today!

April Birthday Boys

Bill Becker, Don Del Bene, Doug Harris, Stan Jackson, Dick Johnson, Cal Jones, Ray Kan, John Lively, Bill Martini, Frank Mathos, Bill Moresi, Doug Pederson, Chris Satterthwaite, Bob Schroder, Bruce Smiley, Mike Varner, Bob Wedin, and Larry Zugnoni.

SIR CALL *Newsletter*

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Concord CA

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

Email: SirCall@astound.net

Web site: [Http://www.sir146.com](http://www.sir146.com)

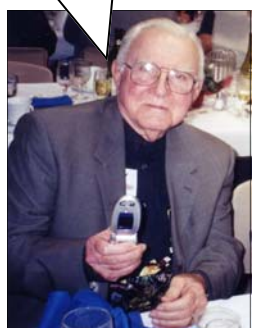
Sally, these wines are superb, but when I told a lady that the Beaujolais had a nice nose, she thought I was complimenting her.



C'est la vie!

Time Value Mail
Please deliver as soon as possible.

Pssst.. Wanna see some pictures straight from Parea, mon ami ?



Bon soir, Mademoiselle from Armantieres.

Oh Don, you remind me of a French high school friend named Gaston.

Chez-moi or chez-toi, bebe?



Theater

Bill Hansen

The next Theater outing will be to the Willows Theater at 3pm on Sunday, April 18. The life and times of characters from the Paradise to the Great Flood. "Children of Eden" is a must see. The book and lyrics are from the people who fashioned "Godspell" and "Les Miserables". Tickets are \$27.

Make check out to Sir Br. 146 and send to **Bill Hansen** at 3098 Manzano Drive, Walnut Creek, CA 94598.

You know, **Betty**, we're convinced. The very best French wines come from Napa, California.



Janey, I've had it with "French" anything. From now on it's "gimmee a plate of freedom fries".



Ah **Pat**, it's toujours la dance.

