



Ray Kan

Big Sir's Notes

For our April meeting we will have a theme, "Getting to Know You". This will be your one opportunity this year to better know your fellow members. On the back of your meal ticket, in April, will be your assigned table number. Enjoy this format and let's all

make it successful. **Jeff Baily** our SIR Call Editor and Web Master has been spending a lot of time and effort on behalf of Branch 146. Starting in May, **Pete Gates** will take over Editorship of the SIR Call assisted by **Jim Jackson** and trainee, **Rich Ahlf**. **Dick DeVoe** will be assisting **Jim Jackson** in the area of Membership. **Jeff** will concentrate on our Website. At the April meeting let **Jeff** know how much we appreciate the many hours he spends for our group.

The State Officers are looking for applications for 2nd Assistant Secretary, Treasurer and Assistant Treasurer. For information contact **Jim Musci**, Chairman Nominating Committee, jim-emilie@auburninternet.com. He will explain the nature of the job and the basic qualifications. Extensive training will be offered for each position. Let's have one of our own Branch 146 members step up to the plate.

Little Sir's Corner

The speaker for the April meeting will be **Tom Vacar**, Consumer Editor for KTVU/Fox 2 News. **Tom** will be talking about consumer issues for seniors. When he spoke to us several years ago he gave a very interesting presentation and his presentation this time should be equally interesting.



Garth Cummings

He said . . . "What have you been doing with all the grocery money I give you?"

She said . . . "Turn sideways and look in the mirror! "



Bocce Ball Bob Frankland

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

Getting to Know SIR

Bob Muentner

1. Born (1924) and raised in S.F. CA— attended St. Ignatius H.S.— Book Club Pres. And Varsity F.B. Capt. Joined the Marine Corp in 1942-V-12 O.C.S program. Attended USF and College of the Pacific. Played for **Amos Alonzo Stagg**— a great man and coach. We had a nationally ranked team in "43". A serious leg injury limited my marine service—



discharged in 1945. I met **Jeanne Heath**, my late wife, in 1945, married in 1946. We had 2 sons, **Craig** and **Todd**. I have 5 wonderful grandchildren-3 in college - 2 in high school. **Jeanne** died in 1988, a wonderful and beautiful lady.

2. Teaching and Coaching Information.

a. 1945— St. Ignatius H.S.-AAA football Champion

b. 1948— St. Mary's College - Freshman Coach —F.B.

c. 1949-1983— Piedmont H.S. — Coached football for 26 years, P.E

Dept. Chair. Athletic Director. Also coached baseball, swimming, golf, basketball and track.

d. Co-director "Diamond B" football camp with **Bob Troppmann** 1st of its kind in state -22 years.

e. Asst. to Director (**B. Troppmann**) "Coach of the Year" F.B. Clinic in S.F.— run by "**Duffy**" daughter of "**Bud**" **Wilkinson** —27 years.

f. Advisory Coach "Alameda/Center Coastal All Star Cerebral Palsy Football game 1966-85.

3. Individual Honors

a. 1943— Stockton Hall of Fame— member of 43 Pacific Team.

b. 1993— UOP Hall of Fame— for 43 team.

c. United Cerebral Palsy Hall of Fame for 1966-85— advisory Coach for Alameda-Contra Costa All Star football game.

d. Piedmont Sports Hall of Fame— started in 2003

e. Coached the East Bay/West Bay All Star football game 1955.

f. Coached the North squad in North/South All Star Classic in L.A. 1966.

g. Coach of the Year Honor in East Bay— Bay area and Northern California, 1959. 1965 and 1972.

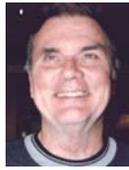
I now have a wonderful companion, **Dorothy Bell**. We travel, golf and really enjoy life.

I was introduced to SIR by my longtime friend **Owen Sullivan**.

Man says to God: "God, why did you make woman so beautiful?" God says: "So you would love her." But God," the man says, "Why did you make her so dumb?" God says: "So she would love you."

Bowling

Gus Edwards



The mighty have stumbled. With four weeks to go, Dave's Dudes have a slim one-half point lead in the Wednesday Sirs league. Spare None (**Pete Grelli, Clarence Tooley, Don Patterson, Bruce Jones**) have managed to climb to fourth place as of this writing. Spare None was formerly affiliated with a religious group. In the next issue we will have news concerning the results of the **Dave Valladao** Tournament. The next Sirs tournament will be held at the Reno Hilton Bowling Center April 18th through the 20th.

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).

The April meeting of the SIR Area 2 Computer User Group will be held on Thursday, April 21. At this meeting we will discuss ways in which you can obtain better computer performance. We'll also have time to hopefully resolve your computer problems and talk about 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.att.net/~area2computer/>.

Cooking

Don Nunn



1st Monday at various members' homes.

The Cooking Group met at the home of Sir **Dan Hungerford** and were greeted with fancy Greek hor d'oeuvres and moussaka. We finished with a beautiful cake. All was preceded by a bit of wine. A great time was had by all.

In April, the Monday of the Cooking Group coincides with the Silverado Away Sir Golf outing. The group decided to proceed and Sir **Dave Johnson** will host the festivities. Please contact him if you can attend or not attend.

Our dinner dance was quite successful. We will notify you all of our October date in the next SIR Call.



Bob & Jo Spellman, Margot Somerville, Joanne Haukland & Ann Gates

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 events include: Fishing seminar at Glory Hole at Angels Camp 1st & 2nd; Trout fishing at Collins Lake 10th-15th; Trout and bass fishing at Lake Berryessa, end of the month; Fishermen Friend - Lodi TBA. To find out more about these and other activities come to our meeting on Mar. 24. Happy Fishing!



Sal & Lake Trout @ Tahoe



Duplicate Bridge

Bob Donahue

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

SIR **Bill Rees** hosted four tables of duplicate bridge in March. **Harry Dillon** and **Fred Kovar** tied for first with 48.5 points. **Bill Snyder** was third with 40.5 points and **Jim Jackson** was fourth with 40 points. The next meeting is scheduled for Monday, April 18.

Contact **Bob Donahue** at 376-4527 for more information.

Cribbage

Al Tufo



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

The Cribbage Club was hosted by **Al Tufo**. We were able to get in a couple of derby tournaments. With all the horses in the starting gate. The bell sounded and the gates opened. The Italian Stallion was bumped at the start by **Langley Erickson** who leaped into the lead and never looked back running wire to wire. The Italian Stallion tried to catch him in the stretch but ran out of gas and came in second. The next race was a little different. This time the I.S. kept his eye on **Langley**, and when the bell rang, bolted to the front, took advantage of the field and won going away. **Larry Reilly** ran a close second. Next month April **Larry Reilly** will host the tournaments.

Ciao **Tufo**



Al Zamolo, Ron DeGolia and John Patton at the luncheon

Garden Club

Chuck Bobinecz

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



The April meeting will be at the home of **Lo McCarley**. **Lo** has new landscaping and will talk about the search for a landscaper and what parts of the plan worked well and what didn't. He will also discuss principles of landscaping architecture and how well his yard embodies these principles. **Lew Thompson** will e-mail directions. For those who do not have a computer, give **Lew** a call. Also give **Lew** a reply so that he can give **Lo** an estimated count for the refreshments.

Our May meeting is changed from the normal first Thursday of the month to Sunday May 1 around 11am. We will tour two homes in the Walnut Creek area to view landscaping with native plants. Master gardener docents will tell us about them and the advantages of using them. After the tours we plan to go to Heather Farms for a spring picnic. You can check out the gardens by going to the web site www.BringingBackTheNatives.net

The Garden Club, the Cooking Groups and the Wine Tasting Group are planning a bus trip on Friday, July 29th to the Gilroy area to visit the Goldsmith Seed Co. (their flowers will be in bloom then) and then will go to the Gilroy Garlic festival for lunch and some garlic ice cream. We will leave around 8:30 and return around 4:30. The Estimated cost is \$25 per person plus a \$6 entrance fee to the garlic festival and the cost of your garlic ice cream. Check out www.gilroygarlicfestival.com. Garden Club, Cooking Groups, Wine Tasting, please sign up by May 20th. This should be a sellout. Contact **Chuck Bobinecz** to sign up for the trip.

Tuesday Golf Walt Barabash

February 22 First Flight: **Al Zamolo, Bob White** and **Jim Stedman**. Second Flight: **Bill Becker, Don Del Bene** and **Joe Suta**.

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

Low Gross: **Bob White: 74**

March 1 First Flight: **Jack Calloway, Jim Stedman** and **Joe Suta**. Second Flight: **Olof Johansson, Bill Boyd** and **Doug Cook**. Closest to the Pin: **Don Del Bene**.

Low Gross: **Jack Calloway: 84**

March 8 First Flight: **Olof Johansson, Gene Diana** and **Myles Ringle**. Second Flight: **Stu Somerville, Bill Becker** and **Doug Cook**.

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

Low Gross: **Gene Diana: 86**

March 15 First Flight: **Rich Hanford, Bob Yolland** and **Jack Calloway**. Second Flight: **Ken Richter, Olof Johansson** and **Ernie Dickson**. Closest to the Pin: **Ernie Dickson**. Low Gross: **Rich Hanford: 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.

CHEST PAIN? WAIT FOR THE AMBULANCE

A January 2000 study of 2,400 adults treated for chest pain found that those who took an ambulance to the hospital (about one-third) received emergency care faster than those who used private transportation (about two-thirds) even though those who drove reached the hospital a few minutes more quickly, on average. That's because emergency medical technicians can begin treatment as soon as the ambulance arrives. If you have sudden chest pain or other signs of a possible heart attack, such as unexplained faintness or shortness of breath, call 911 immediately. Chew an aspirin, unlock the door, and sit or lie down while you wait. Drive yourself only as a last resort.

Source: *Consumer Reports on Health*, October 2004

ALL CHOKED UP

Doctors recommend knowing how to do the self administered Heimlich maneuver, in case you start choking on food when no one is around to help. Make a fist and place the thumb side against your abdomen, slightly above the navel. With the other hand, grasp the fist and press it in and upward with quick, sharp thrusts.

Source: *UC Berkeley Wellness Letter*, September 2003

HIGH FRUCTOSE CORN SYRUP

This sweetener produced from corn is partially responsible for rising rates of obesity and diabetes. Two recent reports in the *American Journal of Clinical Nutrition* found that high fructose corn syrup, commonly found in soft drinks and many prepared foods, now supplies nearly 10 percent of all calories consumed by Americans. In some people, particularly in children, it is closer to 20 percent. HFCS is worse than regular sugar because in large amounts it can impair blood sugar control and stimulate appetite.

SHOE INSERTS

Orthotics are inserts that you wear inside your shoes to help stabilize the foot. They can relieve discomfort from a number of foot maladies and/or by controlling possible harmful foot motion. Custom molded orthotics are made by podiatrists from an imprint of the foot. However, over-the-counter orthotics are becoming increasingly popular. Usually made of dense foam or soft rubber, these generic varieties cost from \$15 to \$25. If discomfort from walking or standing is mild to moderate, these OTC orthotics may be as effective as the more expensive (\$200 to \$300) custom-made ones.

Source: *Consumer Reports on Health*, September 2004

WOMEN DIETERS: TAKE MORE CALCIUM

Women on Diets to lose weight should consume extra calcium, says the *UC Berkeley Wellness Letter*. A Rutgers University study found that postmenopausal women who are losing weight absorb less calcium from their diets. The suggested goal for dieting women over 50 is 1,800 milligrams or more per day.

A note from the Editor

In October of 2000, our previous Editor, **Don Martin** asked if I would take over the reigns of newsletter Editor. So that November, with some help from **Don**, I produced the December SIR Call. Now its fifty-five issues later and time to pass the baton. **Pete Gates** has agreed to assume the Editor's position and **Jim Jackson** will step into the newly created position of Assistant Editor for the May and ensuing issues.

I wish **Pete** and **Jim** good luck and thanks. Producing the Call for you has been a love of my life. Sure, it has been time consuming and at times daunting but always fun. Anytime one takes on a task where all eyes are critically focused on the results, its scary. I've made tons of mistakes but through it all I hope that the enjoyment that I experienced in producing the paper shone through. **Pete** and **Jim** know about the long hours that the job entails because they have substituted for me, very ably I might say, for a few months in the last couple of years.

The Group Chairmen who have contributed their time and effort in producing their columns monthly and without fail have been great. Those columns are such an important part of the Call. I thank all the contributors.

I would also like to thank **Ken Kratz** for all the photographic work he has done for us. He spends a lot of time at every luncheon foregoing the enjoyment of camaraderie and taking great pictures for us all to enjoy.

Dick DeVoe has been proof reading for the last few years and has done a superb job, even if I don't like the way he gloats every time he finds a mistake. And it happens so much! Thanks, Dick. The labeling and folding crews have also been wonderful. Finally, I would like to thank **John Lewis**. He was there every month with his folding crew, took the Calls to the post office and mailed them to you. His gentle way, kind remarks and dedication to the job will stay with me. He would do any duty, spend any time, so long as it resulted in making my job as Editor easier... Thank you, my friend.

Don Martin, and those who went before, I just don't know how you did it all by yourselves!

To all of you over the years, who have mentioned how much you appreciate the newsletter, I also offer my thanks. Those were my paychecks and because of them I consider myself a rich man.

Jeff Bailey

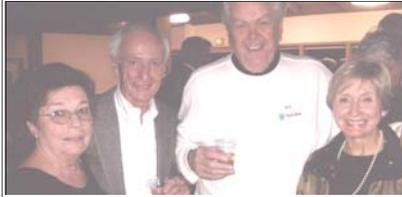
The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends. If they're okay, then it's you.



Lynn Kratz, Betty Dunne & Peg Kovar



Margaret Rees & Ray Kan



Bernice Cammerer, John Demos, Bill Cammerer & Charlyne Demos



Br. 146 pool shark Sir Bill Weinberg with pool professional Dave Piona.



Beverly Murray and Bill Weinberg between dances



Joe & Mary Suta



May Kan and Bill Rees



Mary and Chuck Bobinecz

Investment\$

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

We have a very special program in place for you. Our guest speaker will be Mr. **Steve Butler**, president of Pleasant Hill based "Pension Dynamics Corp." and author of the book, "401(k) Today". His financial advice column appears regularly in the San Ramon Valley Times newspaper and he is recognized as a financial expert with a broad array of knowledge in financial matters. Mr. **Butler's** presentation should prove to be very enlightening and informative. This is a chance to meet the man behind our morning paper and our second cup of coffee.

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.

Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezare, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerre, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan, Jim Hanck, Philip Sapunor.



Party Bridge **Fred Bolton**

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

We had four tables of bridge hosted by **Jim Stedman** on March 7. Winners were **Tom Thomson** with 5980 points, second was **Lo McCarley** with 5780, third to **George Zunich** and fourth to **Bob Yolland**. Our next game will be on April 4 at **Chuck Hammond's**.



Song Sirs

Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:pm on Wednesday.

Song Sirs will resume Wednesday practices on March 30 in preparation for a gig at Montego Heights on May 19. Its good to know that Spring is just around the corner.



Sunshine



Otto Wilson

Phone 825-1943.
email: ottowilson@astound.net

Bill Sharkey had major knee surgery in March .
Bill Knapp starts treatment for cancer of bladder in March .
Warren Boero has been accepted by the City of Hope for treatment of acute leukemia. **Warren** says hi to all **SIRS** and thanks you for your support and prayers.
Stan Strange has had successful cataract surgery. He is now bowling again and doing well. I had mistakenly reported to the **SIRS** that **Stan** had moved to Carmichael, CA. That was wrong. I knew I was getting old, but not that old.
Dick Joyce, who moved to Carmichael, CA (this is correct) has joined **SIRS Branch 14** and is bowling twice a week. He is feeling much better.
Owen Sullivan and his wife **Gloria** are still at San Miguel Convalescent Hospital. They both are doing much better and **Owen** wants the **SIRS** to know how much he misses you. He loves having visitors.
It was good to see **Charlie Kiser** at the March lunch. He had been in the hospital for irregular heart beat.
Don Del Bene is recovering from multi by-pass heart surgery. He is doing well at Summit Medical Center in Oakland. No word yet on when he will be coming home.

You know you're Italian when you can bench press 325 pounds, shave twice a day and still cry when your mother yells at you.



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Lamb Shanks, Osso Bucco style with vegetable risotto
- Filet of Sole with pesto fettuccini, lemon & tartar

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 210 , HLMs 4, Waiting List 55

March Attendance:

Members 170, HLMs 4, Waiting List 12, Guests 0, Excused 32, Unexcused 8.

Total Attendance: 186.

Status Changes:

Added to Waiting List: **Philip Sapunor**

Current Top 30 Man Waiting List (prioritized): **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, John Hayes, Harold Powell, Roger Maire.**

Remaining Waiting List Men (prioritized): **Jim Reed,**

William Schmech, Ronald DeGolia, *continued next column*



Travel Opportunities

Bob Spellman

April 3, Warriors Basketball vs. Seattle Supersonics. Game starts at 3:00p.m. at the Arena in Oakland. No minimum order, so take lots of friends. Cost \$30p/p. Pick up brochure

at next meeting for ordering information.

Contact **Bob Spellman** 934-8428

May 19, A Day at the Races. Includes r/t coach transportation to Golden Gate Fields, Turf Club admission, lavish luncheon buffet and program. Cost \$35.

Contact **Charlie Kiser** 274-1575

May 23-June 2, Branson & Barging. A unique combination of the entertainment world of Branson plus 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

May 27, Sacramento Jazz Jubilee. All day pass to all locations, including special SIR program at Cal Expo. Cost \$20 p/p which is half the regular price. Deadline May 1.

Contact **Bob Spellman** 934-9428

June 29-July 1, Boulder Creek Golf. Package includes 2 nights lodging, 3 rounds of golf, one dinner, cocktail party and \$28 food and drink credit. Cost \$202 for golfer and \$151 for non-golfer. Contact **Charlie Kiser** 274-1575

July 20, SIRS Day at Giants SBC Park. Watch the Giants battle Eastern Division Champs Atlanta Braves. Seats are assigned on a first come, first served basis. Cost \$17 to \$33 depending on location. Contact **Charlie Kiser** 274-1575

August 11, SIRS Day with the A's. Join your fellow SIRS at the Oakland Coliseum to see the A's play the Angels. Plaza tickets are available for \$13. The deadline for ordering is July 20th. Contact **Bob Spellman** 934-8428

Sept 29-Oct 10 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post-cruise night in Bucharest. Cost from \$3295 p/p d/o. Subject to space available. Contact **Bob Spellman** 934-8428

Oct 12-Nov 2, Australia & New Zealand. 22 day excursion through Australia and New Zealand. Includes roundtrip airfare. Accommodations in 3 to 4 star hotels for 19 nights. Deluxe motor coach transportation All tax and gratuities at hosted meals and hotels. Cost \$4980 p/p d/o

Contact **Bob Hagler** Br. 8 934-7620

Q. Why are married women heavier than single women?
A. Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in bed and go to the fridge.



Theatre

Bill Hansen

It's amazing, amusing, astonishing, and fun. It is about a defective, effective, man of the **Sam Spade** era. A good looking, well-below-average man who falls into, or solves crimes or misdemeanors. Bring your dearest to this show which shows how really bright you are. It is "Bullshot Crummond" at the Town Hall Theatre May 7. Showtime is 8 pm. Tickets are \$18 each. Checks to SIR 146 and mail to:

B. Hansen at 3098 Manzano, W.C. 94598

Wine Tasting Dale Haukland

SIRS Wine Tasting Group will be meeting Thursday, April 21st at 2 pm. until 4 pm to imbibe and quaff some delightful Pinot Grigio or Pinot Gris and Zinfandels. We will gather at the home of **Bob** and **Sally Burley** at 478 Muller Road in Walnut Creek. Please call them to say you will be coming and which wine you will bring. All wines must be \$19.99 or less. Remember it is Pinot Grigio or Pinot Gris and Zinfandel time at the **Burley's**. Telephone number: 934-5816



Left to right, **Sue Sheerin**, **Donna** & **Don Strong** and **Larry Sheerin** at the dance



Branch 146 Photographer **Ken Kratz** who also sings in the Song SIRS, enjoying a moment between Song Sir tunes

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 1st Monday of March and had a great turnout. We had **Dave Piona**, a professional pool player and instructor, show us different shots and techniques. He brought some beautiful pool cues and in general was very informative and entertaining. We definitely will have him again. Some of the members are planning to take lessons from him. Hope to see you on the 3rd Monday to enjoy the fun.





Janet Yolland, Howie King, Bob Yolland & Janey King



Barbara & Reg Fromm with Madelyn & Don Nunn

The boy said, "My dad is an accountant".
His friend said "Really?" "Yeah, what does your dad do?"
"He's a lawyer." "Honest?"
"No just the regular kind."



Alicia & Jeff Baily and Barbara & Jim Stedman



Phyllis & Fred Bolton and Anne & Carl Johnson



Walkers John Lewis

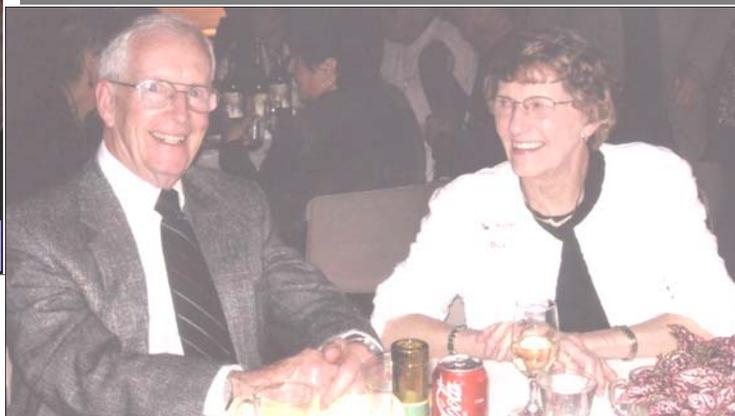


Every Friday at 9:30 am at various locales. Call **John** or just show up.

Rain cancels any walk.

- April 1 - Shell Ridge (WC). Meet at end of Marshall Drive.
- April 8 - Paso Nogal Park (PH). Take Taylor to Morello(N) to left on Nogal for 1/4 mile to left into park.
- April 15 - Back Creek Trail. Meet at Clayton Library.
- April 22 - Rose Walk (WC). Meet at Heather Farms Swim Club parking lot.
- April 29 - Osage Park Rose Walk. Take Hwy 680(S) to east on Sycamore Valley to quick right on Camino Ramon to left on El Capitan to 1st left past Iron Horse Trail.

Thanks to **Fred Donnelly, John Lewis, Bob Madge,** and **Jack Matthews** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.



Tom & Bev Gorman

Gonna "Yount" this year?
Ladies Invitational Golf, Vintner's Golf Club-Yountville June 8. \$46 per person includes 18 holes of golf, cart, buffet and prizes. Reservations and checks to **SIR Lynn Freeman** no later than May 23. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. Limited to 60 players. **SIR Lynn Freeman**, 5363 Crystyl Ranch Dr., Concord 94521. 925/691-1186 or lynnaf@astound.net



Arno Marra, Frank Mathos and Bill Becker

SIR CALL

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

SirCall@hotmail.com
<http://www.sir146.com>

Newsletter

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.

Ladies Day Luncheon at Boundary Oak, Thursday, May 12, 2005.

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

Names:

There will be
no tickets
sold at the door

Petite filet of beef _____ Herb crusted filet of salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to **Franklin Rockwell**,
2261 Deer Valley Lane, Walnut Creek CA 94598-5004.

Frank's e-mail address is Frankrock@Aol.com

Seating for this event is now limited to 300. We are accepting only SIR member reservations until March 31. After March 31, both SIR member and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by May 1. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entree choice on an attached sheet. Don't delay!

Christy was driving in Arizona when she saw an elderly woman walking. She stopped the car and asked the woman if she would like a ride. With a word or two of thanks, she got in the car. After resuming the journey, the elderly woman noticed a brown bag on the seat next to **Christy**. "What's in the bag?" asked the old woman.

Christy looked down at the brown bag and said, "It's a bottle of wine. Got it for my husband."
The woman was silent for a moment, and then, with the quiet wisdom of an elder, said "Good trade."