

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 13 Issue 7

Published For Our Members And Friends

July 2001



Big Sir's Commentary :

The June program was, in my mind at least, one of the most powerful programs we have had in some time. The image of the French consul presenting a thank you certificate from a grateful French nation to our veterans was memorable. It conjured up scenes of our great armada, of Omaha Beach, of a sky full of anti aircraft flak, of an indomitable spirit that pressed on and on and on. France was an occupied country with all the indignities that one envisions but they became free again because of men like those who were honored by the Consul.

Sir **Lynn Freeman**, a charter member of 146 and our most decorated veteran, was responsible for organizing the program and the publicity that followed. (See Contra Costa Times 5/15). Sir Lynn began working on the project over 4 months ago. He was in contact with the embassy via mail and phone weekly. He contacted the other branches in our area, forwarding them the forms that needed to be completed, then followed up on a host of questions from veterans of our branch and others. The consul was bringing a tape recording of the Marseillaise", so Sir Lynn had to find a copy of our anthem which required visiting a number of music stores. Quite a guy, this Sir Lynn! Let him know how much you enjoyed this very special program.

The Executive Board has voted to open the Waiting List. In addition, those sponsors whose applicants were not selected for the list last time may resubmit the name of their candidate and that candidate will be given priority on the list. However, the sponsor should indicate on the top of the form that this is a re submittal.

Applications will be accepted in July and August. The executive board also unanimously endorsed the recommendation of the Nominating Committee. The candidates for office in 2002 are: Directors-**Pablo Chavez, Dale Haukland, Cal Jones, Al Milano, Dick Richmond** and **John Miller**, Assistant Treasurer-**Dean Merritt**, Treasurer-**Jim Adams**, Assistant Secretary-**Doug Cook**, Secretary-**Lo McCarley**, Little Sir-**Bob Yolland**, Big Sir-**Fred Kovar**.

Hole-in-One for SIR Dick Richmond!

That rare, once in a lifetime event was captured by Branch 146's **Dick Richmond** on May 23, 2001. He sneaked out of town to accomplish this feat but claims that it wasn't to avoid buying a round for his customary SIRs golf cronies.

It was the 18th hole at Boulder Creek Golf Course. 120 perilous yards spanning a gnarly creek and a couple of bunkers. Dick "carried the green" with a pitching wedge. The perfect shot grabbed with a slight roll to the right and into the can for the ace! He deserved this. No one is more committed to the recreational game of golf than Dick and we wish him continued success and fun. Your turn Judy.

"Please leave your values at the front desk"notice in a Paris hotel elevator

Birthdays in July

Ralph D'Asto, Olof Johansson, Barney Meade, John Miller, Bob Walton, Ray Weisz, Sal Costanza, John Lewis, Ray Edmondson, Ed Mendelssohn, Don Duerson.

Golfer:

"You've got to be the worst caddy in the world!"

Caddy:

"I doubt it. That would be too much of a coincidence."

Bocce Ball



Al Milano 933-3492

2nd and 4th Mondays at 9 am. Apr- Nov
Concord Bocce Cts. In Newell Park Concord
near the corner of Turtle Creek and Ayers Rds.

2001

July 9 & 23, August 13 & 27, September 10 & 24,
October 8 & 22 and November 12 & 26.



Al Zeppa 685-8920
If you are interested in joining a team or forming your own team for this league, contact Sir **Al Zeppa**, league secretary.

Bowling

The 10 teams in the summer league bowl every Wednesday at 10:00 am at Diablo Lanes. C'mon down if you'd like to play or sub. That way you are not tied down every week.

It is still a close race with Family and Friends capt. by **Al Zeppa**, having a record of 12-4. Next comes the Rolling Blackouts, capt. by **John Zotti** with 11-5 and 3rd is the Lucky Three capt. by **Charlie Maxwell** with a record of 10-4. Leading in the scoring are **Dick Joyce** with games of 246/611, 212/623, 215/593, **Larry Mitchell** 277/634, **Tom Lindeland** 210/608, **Ray Weisz** 214/586, **Norie Zeppa** 212/594, **Jim Chenevey** 201/593. Games; **Wes Van Beveran** 212.

SIRs Tournaments coming up:

July 5,6 - Fireside Lanes, Sacramento
July 17-19 - Nu Generation, Yuba City
Aug. 6-8 Napa Bowl, Napa.

I talked to **Don Bird**, our retired bowling chairman, the other day. Don and Nancy really enjoy their new home. They are bowling twice a week and playing golf three times. They miss every one and wanted me to pass on their best to all of you.



Computers **Chris Satterthwaite**
939-7826

3rd Thursday at 1 pm at WC ELK'S Club
1475 Creekside Dr. (off S. Main) Chris-satt@Aol.Com

There will be a regular meeting in July. This meeting will provide information on a new subject. We will cover and demonstrate some interesting utility software applications. These are available for downloading, generally for free, from the Internet. Time will also be allocated to individual's computer problems. We will also highlight some interesting WEB sites.



Cooking **Don Nunn** 934-5214
donnunn@tpi.net
fax 934-5559

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

The cooking group met at the Nunn residence on Monday, June 4th for a presentation of homemade "Tortellini" pasta, homemade Italian spicy sauce and salad with (of course) a touch of wine to increase the sensitivity of the taste buds. All went well and the Italian flag flew on high.. Mangi bene!!

On Monday, July 9, we will meet at Sir **Bob Spellman's** residence for a presentation of bar-b-que cuisine. As always, it is imperative that you contact Sir Bob at 934-8428 if you are or are not coming.

Frank Mandic will host the meeting in August with a deluxe wine tasting, tour and catered luncheon at the Clos Du Bois winery in Healdsburg. We will travel by bus round trip from Walnut Creek. this will be opened to members and wives of Branch 146 on a first come first served basis. We can accommodate 48 people. (Waiting List only now). Cost is \$ 54.00 per person. Make checks to Sir Branch 146 and mail to Sir **Charlie Kiser**.



Al Tufo
798-4129

Cri bbage

Dottit2000@Aol.com
2nd Wednesday at 12:30 hosted by different members

The Cribbage Club got together June 13. It was hosted by **Ernie Figueira** in Concord . Eleanor baked a super rum cake that we consumed in a wink of an eye. There were only three of us at this tournament as **Carl Rush** had passed on , and **Bryant Fischback** was out of town. We were able to play six tournaments in quick succession. Your's truly, **Al Tufo**, won three of them, **Ernie Figueira** won two, and **Byron Meade** won one. It was a great day to play Crib. We want to welcome a new member to our club. **Langley Erickson** is joining the Cribbage Club as of July 11th, that will be hosted by **Al Tufo** . Members will be called the first week in July as a reminder.

Duplicate Bridge



Bob Donahue 376-4527 Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

SIR **Bob Coney** hosted three tables of duplicate bridge in June with **Jim Jackson** coming in first with 30.5 points. **Bob Yolland** was second with 27.5 points and **Bob Coney** was third with 27 points.

The next meeting is scheduled for Monday, July 16. Contact **Bob Donahue** at 376-4527 for information.

"Our wines leave you nothing to hope for"..... On the menu of a Swiss restaurant.



Pablo Chavez
256-8516
Pchavez108cnwc@Aol.Com
Coco's Restaurant 3200 Buskirk Ave. 4th
Thursday of every month at 8:30 AM.

Fishing

Bob Walton and **Richard Fish** attended the first SIR State RV Rally and let everyone know about the Area 2 Sirs 4-Fishing activities. Once this information was known, Sirs from many branches came forward to discuss the fishing activities within their branches. We will start sharing our fishing newsletters with these other branches. The annual McSwain Reservoir fishing trip was a real success. Few trout were caught during the three day trip except for two nice Rainbows in the 15-16 inch range, and one 3.5 pound 22-inch German Brown caught by **Tom Hensley**. **Jack Helbert**, Fishing Chairman for Branch 128 in Danville, joined us again at the April Fishing Meeting and told of a very successful salmon fishing trip near Half Moon Bay. Monthly ocean fishing trips are planned on the New Fisherman III out of Berkeley. Jack can be reached at 925-820-0925.

Sal Costanza (Branch 146) and his grandchildren also had a successful fishing trip recently.

This is about the last chance to make reservations for the July 16-20 Kokanee salmon fishing trip to New Melones. A fishing guide has been reserved for two days and there is room for one more fisherman at this time. If you are interested in going, reserve your place today by calling Fishmaster **Richard Fish** at 925-672-8468. Come join us. Plans are also being finalized for a trout and pike-fishing trip to Lake Davis in August. It appears that living space at the lake may be limited so if you would like to know more about the trip and/or to reserve a place, call Fishmaster **Al Brunner** at 925-687-0594.

The October trip to Eagle Lake is taking shape. If you are interested in going, reserve a place by calling Fishmaster **Tom Hensley** at 925-937-0605.

Garden Club

Chuck Bobinecz 939-8740 bobinecz@flash.net
4th Wednesday at 2:00 pm at Alamo Safeway
unless otherwise announced.



July Garden Club Meeting

Butterflies are one of **Jack Calloway's** hobbies. We will meet at his home (224 Wimbledon Road, Walnut Creek) for a tour of his butterfly garden at 2 pm July 25th.

Garden tip of the month:

Don't water after baiting for slugs and snails. The bait kills by dehydration, so if you water they may re hydrate.



Golf **Joe Jansen** 935-6691
jjansenx@juno.com
Every Tuesday at 9 am at
Boundary Oak for all, and once a month
away for those who sign up.

May 22 First Flight: **Gene Diana, Ken Kratz and Doug Pederson**. Second Flight: **Bob Madge, Bob Frankland and Ken Richter**. Closest to the Pin **Bill Rees**.

May 29 First Flight: **Jerry Bellows, Gene Diana and Bill Rees**. Second Flight: **Ralph Fowler, Bob Frankland and Bob Madge**. Closest to the Pin **Doug Pederson**.

June 5 First Flight: **Sal Costanza, Russ Bliese and Bill Cammerer**. Second Flight: **Charlie Kiser, Walt Barabash and Ernie Dickson**. Closest to the Pin **Howard Harvey**.

June 12 First Flight: **Myles Ringle, Bill Becker and Rich Hanford**. Second Flight: **Don Martin, Jim Brown and Ernie Dickson**. Closest to the Pin **Tom Gorman**.

SIR State Contest. Qualifying Round Bethel Island.

Congrats to **Jim Baldrige, Rich Hanford and Ken Richter** who qualified to go on to Mickey Grove on August 23.

Br. 146 Away Golf Tournaments.

Thursday, July 19. Tilden Park, Berkeley. \$36 member fee & cart. \$28 guest. Limit 1 guest/ member.

Thursday, August 16. Willow Park, Castro Valley. \$36 member fee & cart. \$34 guest. 1 guest/ member.

Call **Jim Baldrige** 689-9232
Or **Dick Richmond** 947-1167.

Health Matters, Physical and Mental



Drinking Problem

Most people only drink 4-5 8-oz. servings of liquid a day, reports a nationwide Cornell University Medical School study of more than 3,000 people. That's slightly more than half the recommended amount.

Vitamins In Your Shampoo

Next time you wash your hair, take a look at the ingredients in your shampoo. You're likely to find all the things you ate for supper. You'll likely find all kinds of things: protein, vitamins C and E. All are said to "replenish," "prevent damage," "penetrate." The truth is the hair that sticks out of your skull is dead. You can't heal damaged hair with anything you put on it. The only thing you can do is temporarily coat your hair, making it feel smooth.

Source: Tufts University Health and Nutrition Letter, October 2000

Know Your SIR

Bill Cammerer

I was born on February 14, 1928 in San Francisco, CA. Attended Mission High School, graduating June 1945. I then attended the University of San Francisco, 1945-1946. From September 1946 to March 1948, I served in the U.S. Army. Bernice and I were married on August 28, 1954 in San Francisco. We have three daughters, Nancy, Carrie and Robin.

I worked for 41 years at Habinecht and Howlett Glass Co., becoming V.P. and Manager of the wholesale division. They were contract glazing contractors and wholesale glass distributors. A few of their contracts are now some of San Francisco's landmark buildings, such as the Transamerica pyramid building, Embarcadero Center #1, Bechtel Corp. headquarters, Crocker National Bank headquarters,

Center, (Market St.), office and apt. Davies Hall. building in 1600 Riviera loved playing age 13 to 39, High, High and various A.A.U. teams. Now I get my exercise by playing golf weekly with the SIRS and swimming at home.



Galleria Shopping Standard Oil Rincon Annex complex and Also an office Walnut Creek at St.Hobbies: I basketball from playing for Jr. School, College

My military life was short but educational. Of the 18 months I was in the Army, 14 months were spent in Korea as part of the occupation forces. Half of the time in the Infantry and half in the Engineers Corp. I was discharged with the rank of Sergeant. I was lucky to have served there between World War II and the Korean War.

I met my wife Bernice in 1951 and we were married in 1954. We both were born and raised in San Francisco and attended Mission High School. For our first 14 years we lived in Pacifica, CA and moved to Walnut Creek in February 1968.

We are very fortunate and happy that our three daughters all live in the area so we are able to see them and our three grandchildren all the time. Two girls and their families live in Oakley and one lives in Concord.

My wife and I love to travel and do so (whenever our bodies allow us to) with friends we have known since junior high school and some of our Walnut Creek

Nobody cares if you can't dance well.
Just get up and dance.

In a Budapest Zoo: Please do not feed the animals.
Give all food to the guard.



SIRs walking group, l to r, **Pablo Chavez, Kent Tyler, Chuck Thompson, Ralph Fowler, Mitch Mitchell and Malcolm McCallum** (Br.19) stand in front of a cave entrance along the Carquinez Scenic Trail which follows the Carquinez shoreline.

Luncheon Attendance



Dale Haukland 820-0189 The second Thursday of every month at 11 am at Boundary Oak.

Members must call **Dale Haukland** by Friday noon before the Thursday Luncheon if you are not going to attend.

Waiting List men must call **Dale Haukland** by Friday noon before the Thursday Luncheon if you are going to attend .

The speaker for the SIRs July Luncheon will be **Emily Bach** of Morgan Stanley. Her topic will be "10 Common Investment Mistakes People Make and How To Avoid Them".



Luncheon Menu

Stan Jackson 939-3314
msidorado@Earthlink.net

July Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees

- Roasted sea bass with Basmati rice and vegetable
- Braised lamb shanks with mashed potatoes and fresh vegetables

Dessert

- Daily dessert special
- Regular or decaffeinated coffee or tea

There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.



Phil Leigh
685-8090

Investments

Pleigh@Hotcoco.Infi.net
4th Wednesday at 7:45 am at Coco's Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Date: Wednesday, July 25, 2001
Topic: Building a Bond Strategy
Presenter: Sir **Ben Smith**, Branch 116

A well balanced asset portfolio should include bonds. Ben will describe a conservative approach to bond holdings, including a process referred to as "laddering" to produce a steady and reliable income stream.



Lang Erickson
682-1337
flang-ley@flash.net

Membership

Branch 146 statistics:
Members 209, Honorary Life 5, Waiting List 17
June Attendance:
Members 155, Honorary Life Members 2,
Waiting List 5, Guests 14, Excused 46,
Unexcused no shows 11. Total Attendance 176



Fred Bolton
932-1580

Party Bridge

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

The SIRs Party Bridge group met at **Fred Bolton's** house on June 4 for 3 tables of bridge. First place went to Bob Donahue with 5360 points, second to **Howard Harvey** with 5010 points and third and fourth to **Jim Jackson** and **Chuck Hammond**. Our next game will be hosted by **John Lewis** on July 2.



Lynn Freeman (L) speaking prior to introducing French consul **Bruno Guerquin** at the recent awards ceremony



Jeff Baily
906-0521
SIRCALL@ATT.NET

SIR CALL

Get "all the news that's fit to print" in to SIR CALL by the 20th of the month. (Please...by e-mail, if you can, or else written)

At your next activity, take a picture of your group so it can be included in the SIR CALL Newsletter.

Notice to SIR Call columnists and other contributors

Jeff Baily, the regular Sir Call editor will be out of town during July and August.

In July please send your Sir Call work for inclusion in the August issue to **Don Martin**. 80 Warfield Drive, Moraga CA 94556-1339. 376-3682 or Moragan2@Aol.Com .

In August please send work for inclusion in the September issue to **Don Nunn**, 2127 Seccombe Ct. Walnut Creek CA 94598-3370 934-5214 or donnunn@Tpi.Net .

"I played a blank tape at full volume. The mime next door complained."...**Anon A. Moose**

Rollie Nordeen
284-1199

Sunshine



RNordeen3@Home.com

Orville Thisius passed away.

Al Milano is in good condition following a mild heart attack.

Glen Furlow is recovering from a mild stroke and is feeling well.

Al Altman's wife, **LaVonne** is seriously ill.

Chuck O'Connor will be entering the hospital on Tuesday, June 26 for surgery. Cards and prayers only please.



Don Martin (R) introducing new member **John Glynn**



John Lewis (R) introducing new member, **Frank McNamee**.



Lo McCarley (L) introducing new member **Martin Lyle**.



Travel Opportunities

Charlie Kiser 274-1575
Charlieki@Webtv.net

July 11-13, 2001-Boulder Creek Golf and Fun.

2 nights lodging, 3 days golf, 1 dinner and \$28 food credit. Cost is \$174 for golfer and \$123 for non-golfer. Contact **Charlie Kiser** 274-1575.

Aug 16, 2001-All SIR Day at Pac Bell Park. SF Giants vs Florida Marlins. Wait list only. **Charlie Kiser** 274-1575

Sept 5-7, 2001-Konocti Harbor Resort, Clear Lake Golf, swimming, sightseeing. Incl 2 nights lodging, 2 rounds of golf including cart at Buckingham Golf and Country Club. Cost \$215 for golfer and \$139 for non golfer. Contact **Charlie Kiser** 274-1575.

Sept 11-20, 2001-Canadian Maritime Provinces Cost \$2177 p/p double occupancy-\$2552 single occupancy. Contact **Carl Raaka** Br 8, 254-0482.

Oct 12-26, 2001-14 day Panama Canal Adventure San Francisco to Ft. Lauderdale aboard Holland America's Veendam. Includes Cabo San Lucas, Acapulco, Huatulco, Costa Rica, Panama Canal transit Curacao and Ft. Lauderdale. Cost from \$1628 to \$2090 p/p double occupancy. Return Air to San Francisco is additional. Contact **Ron Weber** Br 19, 689-5602.

Oct 16-23, 2001-Arizona Indian Nations Includes r/t air to Phoenix. 7 nights at various locations, extensive touring of the land of the Southwestern Nations American Tribes, 14 meals. Cost per person \$1557 double and \$1857 single. Contact **Fred Stammen** Br 171, 283-1956.

Oct 20-Nov 3, 2001-China and the Yangtze River. China, the land of mystique, the basis of eastern civilization, Buddhism, Taoism, Confucianism, 400 years of history, over a billion people, oceans to mountains, deserts to flooded valleys, the Great Wall, awe-inspiring, unlike any place in the world. Includes r/t air San Francisco to Shanghai, 9 day land & 5 day cruise on the Yangtze River. Extensive sightseeing including Shanghai, Beijing, and the Great Wall. Evening cultural performances featuring acrobats and Tang Dynasty show. Includes all shore excursions from ship. Almost all meals included during the trip. \$2599 per person double occupancy. Outside cabin. Contact **Owen Sullivan** Br 146, 943-7998.

Oct 24-31, 2001-Columbia and Snake Rivers. 8 day cruise. From \$1799. Contact **Vic Johnson** Br 116, 680-1501.

Nov 4-5, 2001 Carson City. The Music Man. One night at the Sands Regency Hotel. Deluxe Motor coach transportation, matinee performance of the Music Man at the Carson City Community Center. Area casino stops.

Bonus includes \$18 cash, \$5 match play and \$5 food credit. Cost \$53 p/p double occupancy, \$8 single supplement. Contact **Carl Raaka** Br 8, 254 0482.

Dec 13, 2001-Beach Blanket Babylon Christmas Show. Deluxe bus transportation, dinner at New Pisa Restaurant. Cost \$93 per person. Contact **Bob Hagler** Br 8, 934-7620.

Dec 31 New Years-Paris as follows

Dec 28, 2001-January 5, 2002 New Years on a Riverboat in Paris. Cruise the Seine on your floating hotel the MS Arlene with plenty of shore time in Paris. New Year's Eve dinner on board with dance band. Outside cabin, all inclusive including air, all meals, tips and gratuities.

Presentation July 17 at Civic Park Community Center, 1375 Civic Drive, Walnut Creek. Cost from \$2180 p/p double occupancy. Contact **Bob Hagler**, Br 8 at 934-7260

March 1, 2002 -21 day South America Adventure.

Cruise from Santiago to Rio de Janeiro on M.S. Ryndam. Includes R/T Air, two nights first Class Hotel and Samba Dinner show in Santiago, Chile, 17 night cruise around the Straits of Magellan, flight to Iguassu Falls (2 days) Cost from \$4599.00 to \$6699.00 per person. Contact **Vic Johnson** Br. 116 at 680-1501

Veterans

Lynn Freeman 691-1186

Field trips. Notification will be given.



In a ceremony at the June 14 luncheon, 13 members of SIR 146 were presented "Thank You America" certificates by the French Vice Consul of San Francisco. The certificates express the gratitude of the French people to the WWII veterans who helped liberate France between D Day and VE Day.

Korean Vets are reminded that a Korean War Service medal is still available to those vets who served in Korea between June 25, 1950 and July 27, 1953.

Anyone interested in either of these awards should contact Sir **Lynn Freeman** at (925) 691-1186.

The patient experienced sudden onset of severe shortness of breath with acute pulmonary edema at home while having sex which gradually deteriorated in the emergency room.



Dale Haukland

820-0189

Meet once per

quarter at wineries, or at various members' homes or restaurants.

Wine Tasting

Officers 2001

State President
Region Director
Area Governor

Dwight Sale
Robert Eden
Art Miller

Branch 146 Officers and Directors

Big SIR	Bill Hansen	939-4951
Little SIR	Fred Kovar	937-2951
Secretary	Bob Yolland	932-4758
Assistant Secretary	Jim Baldridge	689-9232
Treasurer	Jim Brown	689-2797
Assistant Treasurer	Jim Adams	685-4216
Director	Pablo Chavez	256-8516
Director	Dean Merritt	671-7380
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167
Director	Hal Ruby	686-2748

Committee Chairmen-2001

Attendance	Dale Haukland	820-0189
Audit	Roy Fredrickson	284-5623
Badges	Dick Richmond	947-1167
Badge maker	Lang Erickson	682-1337
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-dup	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Chaplain	Tom Stack	846-8430
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 Sched	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	631-0158
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Jack Calloway	933-7998
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Rollie Nordeen	284-1199
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Dale Haukland	820-0189

Past Big SIR's

1989 Charles Unfried	1995 Bob Walton
1990 Gill Rhodes	1996 Dick DeVoe
1991 Gene Hackett	1997 Warren Boero
1992 Walt Entelman	1998 Don Nunn
1993 E (Kap) Kaprelian	1999 Dave Valladao
1994 Joe Jansen	2000 Jack Calloway



John Lewis

825-3561

Every Friday

at 9:30 am at various locales.

Call John or just show up and get healthy.

Walkers

July 6– Meet at Clayton Library for Cardinet or Mitch's Trail.

July 13– Meet at Sun Valley Bank of America to carpool to Benicia Marina & old state capitol.

July 20– Meet at end of Sutherland (W.C.) to walk Indian Creek Trail.

July 27– Walk the Shoreline Trail at Crown Memorial State Park (Alameda) & view restored Victorians on Grand Street. Meet at Orinda Village Safeway for carpools.



SIR walking group stops for a group picture along the Carquinez Scenic Way



Owen Sullivan 943-7998.

Practices are held after the SIRS monthly

luncheon plus once per month at Dave Obera's place at 3 pm. Singers welcome. Sullivansojanko@Aol.Com

Song Sirs

Thanks to **Bob Madge, Joe Schild, Lew Thompson and Rich Hanford** for folding and labeling. Thanks also to **Dick DeVoe** for proof reading and to **Ken Kratz** for taking the pictures.

Blast From The Past

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every movie has a 'hell' or a 'damn' in it."...1959

Table Pool

Bill Weinberg 682-0962

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

Billanne@Infi.net



Merci Beaucoup America!



French consul, **Bruno Guerquin** making his remarks at the June 14 SIR luncheon at Blake's. Monsieur Guerquin presented 13 certificates of appreciation to Branch 146 members for their part in the liberation of France from Nazi occupation

SIR CALL *Newsletter*

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

SirCall@Att.Net

**Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364**

Mailed June 21, 2001