

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 7

Published For Our Members And Friends

July 2004



Doug Cook

Big Sir's Notes

I could not attend the May Ladies Day luncheon and so was unable to participate in the ceremony honoring **John Rose**. I would like to take this opportunity to congratulate **John** on receiving the "Senior Member" award. Thank you, **John**, for your many years of commitment and service to Branch 146.

Also, we owe the Song Sirs a well deserved salute for their outstanding performance in Walnut Creek at the Memorial Day ceremony. They just keep getting better and better and bring honor and recognition to our branch. It is men such as those named above that step up and keep our branch operating so efficiently and effectively maintain our activities.

Thus, it is a privilege to present the candidates for 2005 officers and directors as recommended by the 2005 nominating committee of **Bob Yolland** (Chair), **Dick Devoe** and **Jack Calloway**. Thank you for your outstanding slate and thank you, nominees, for agreeing to serve in these vital positions.

At the June meeting the board voted unanimously to accept the following recommendations for 2005:

Big Sir **Ray Kan**, Little Sir **Garth Cummings**, Secretary **Jim Stedman**, Asst. Secretary **Bob Burley**, Treasurer **Frank Rockwell**, Asst. Treas. **Jim Todhunter**,

Directors **Jeff Baily**, **Chuck Bobinecz**, **Ralph Fowler**, **Dick Joyce**, **Stu Somerville** and **Mike Varner**.



Little Sir's Corner

Our July speaker will be **Takashi Tanemori**, an A-bomb survivor of Hiroshima. Come hear the story of an eight year old child left orphan who was 7/10th of a mile from Ground Zero.

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.



Cooking Too

Rich Hanford

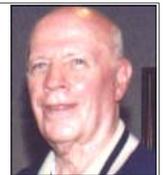
Members of Cooking Too were treated to a gourmet lunch hosted by **Bob Yolland** on June 14th. It started with some excellent Sauvignon Blanc or Beaujolais wine and hor d'oeuvres. The primary dish was an excellent Dijon mustard roasted salmon with Lingonberry sauce, accompanied by fingerling potatoes tossed with dill a Caesar salad and freshly baked French bread. This acclaimed meal was capped off with a berry sherbet and home made Lacey oatmeal cookies. Due to summer vacation schedules the next meeting will be September 13th at the home of **Ken Richter**.



Rich Hanford, **Ken Richter**, **Bill Cammerer** and **Jeff Baily** with **John Demos** and **Don Martin** with their backs to the camera all enjoying the delicious meal prepared by Sir **Bob Yolland** at the June Cooking Too Group meeting.

Bowling

Dick Joyce



Our summer SIR league has started very slowly. This past winter we had sixteen four man teams. We have 12 three man teams now. Daves Dudes is in first place, but several teams are in contention. The other Br. 146 team to watch out for is the Subs.

A blonde was playing Trivial Pursuit one night. It was her turn. She rolled the dice and she landed on Science & Nature. Her question was, "If you are in a vacuum and someone calls your name, can you hear it?" She thought for a time and then asked, "Is it on or off?"



Cribbage

Al Tufo

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

Cribbage Club was hosted by **Barney Meade** on Wednesday, June 9th. We were able to get in two tournaments in the time allowed. The first tournament was won by **Dan Meckfessel** who is on the waiting list of SIR 146. Second place was the Italian stallion warming up for the Preakness Derby in the next event. When the gates opened up, the stallion bolted out and never looked back. He won the race with a clean sweep of the field. **Langley Erickson** who has been running in claiming races and showing great improvement ran a close second. **Barney** as usual made a delicious tofu cake that melted in your mouth, and brewed some outstanding coffee to go with it. The July cribbage will be hosted by **Al Tufo** on Wednesday, July 14.

Wishing you a great summer.

Ciao, **Al Tufo**

Sign in a Walnut Creek veterinary's waiting room:
"Be back in 5 minutes, Sit! Stay!"



Cooking & Social

Don Nunn

1st Monday at various members' homes.

Our Cooking group met at the home of Sir **Barney Meade** on Monday, June 7 and feasted on Oriental cabbage slaw with sweet soy dressing (yummy stuff), Sesame chicken with stir fried veggies on a bed of shredded red cabbage with mushrooms, snap peas and a superb oriental type ginger-vinegar dressing. All followed by a fabulous fruit fiesta. One of the best meals we have had this month! Of course we sampled a taste of the grape. Next month we will meet on July 15th, due to the fourth of July holiday, at the home of Sir **Bob Spellman** for barbeque heaven!

As announced at our meeting on June 10, we will sojourn to St. Helena for a fabulous treat at Markham Vineyards on August 2. We plan a wine tasting and tour of Markham, followed by a sit down meal in their wonderful historic stone wine cellar with candles, linens and the works. The cost will be \$65 per person and will also include a chartered air conditioned bus. The bus will hold 47 persons and will depart at 9:30 am from Walnut Creek and return about 4pm. We expect this to fill rapidly and if you plan to go, you should respond with a check payable to SIR Branch 146 and mail to Sir **Don Nunn**. We would suggest that you reply no later than June 24th to avoid disappointment.

Remember our previous trip to Clos Du Bois?

Promptness is the word.

P.S. Remember to save October 6 for the dinner dance.

Sign in the front yard of a Concord funeral home:
"Drive carefully, we'll wait."

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

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

We meet 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 of each month from 9:30 to 11:30 am. All Sirs are invited to attend these informative sessions. The next meeting will be July 15. For our next two meetings (July and August) we will have presentations that deal with digital photography. We will also address your computer questions and problems and identify some cool sites to visit on the Internet.

Check their website out by visiting <http://www.sir146.com> Click on "activities" Click on "Area 2 computer group".....ed

Duplicate Bridge

Bob Donahue.

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

SIR **Jim Todhunter** hosted four tables of duplicate bridge in June. **Carl Johnson** was first with 44.5 points and **Fred Bolton** was second with 44 points. **Bob Donahue** was third with 42.5 points and **Bill Snyder** fourth with 40 points.

The next meeting is scheduled for Monday, July 12.

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

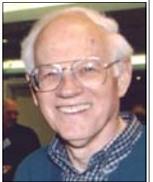


Couples Duplicate Bridge

Lo McCarley

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

Lo and Sue McCarley hosted eight couples for SIR Couples Duplicate Bridge. **Stu and Margot Somerville** took first place with 37 points, **Bob and Janet Yolland** came in second with 35 points, **Lo and Sue McCarley** finished in third place with 34 points, and **Jim and Allison Todhunter** came in fourth with 32 points. The next meeting will be at **Lynn and Dasha Freeman's** on Wednesday, July 21st.



Fishing

Sal Costanza

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

Our SIR fishing trips have been very successful. Pitt river produced some very nice rainbow trout. Our own **John Wall**, I was told, caught the largest fish (20 plus inches). **Pablo Chavez** was the fish master on a trip to the Lower Sacramento River. All six fishers caught nice sized rainbows on a drift from Redding to Anderson. Good to see **Warren Boero** and **Larry Zugnioni** at last meeting. Interested in fishing? Join us!



Garden Club **Chuck Bobinecz.**

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

The July 1st Thursday meeting has been re-scheduled to Friday, July 16th. We will have a BBQ at **Chuck and Mary Bobinecz's** home, starting at 12:30pm. **Fred Kovar** is coordinating the BBQ potluck. Advise **Fred** by July 6th if you plan to attend and what you can bring. Wives and guests are welcome. The August 5th meeting will feature **Debra Bass** from the County Vector Department. The definition of the term vector is "a transmitter or carrier of disease". **Debra** is not a vector but she can inform us what critters are vectors and what the county can and cannot do for you as far as critters are concerned.



Tuesday Golf **Walt Barabash**

May 18 First Flight: **Gene Diana, Olof Johansson and Ray Weisz.** Second Flight: **Bob Spellman, Don Del Bene and Pablo Chavez.**

Chavez.

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

Low Gross: **Gene Diana: 82**

May 25 First Flight: **Lew Thompson, Ray Nordstrom and Don Nunn.** Second Flight: **Frank Mandic, Carl Johnson and Pablo Chavez.**

Closest to the Pin: **Doug Cook.**

Low Gross: **Lew Thompson: 83**

June 1 First Flight: **Lew Thompson, Ray Weisz and Don Nunn.** Second Flight: **Stu Somerville, Fred Kovar and Ernie Dickson.**

Closest to the Pin: **John Lewis.**

Low Gross: **Lew Thompson: 81**

June 8 First Flight: **Frank Rockwell, Ed Wojnar and Myles Ringle.** Second Flight: **Ralph Fowler, Don Del Bene and Warren Boero.**

Closest to the Pin: **Pablo Chavez.**

Low Gross: **John Lewis: 81**

June 15 First Flight: **Bob Mehus, Bob White and Bill Becker.** Second Flight: **Olof Johansson, Bob Madge and Howie King.**

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

Low Gross: **Bob White: 83**

A girl was visiting her blonde friend, who had acquired two new dogs, and asked her what their names were.

The blonde responded by saying that one was named Rolex and one was named Timex. Her friend said, "Whoever heard of some-one naming dogs like that?" "HellOOOooo," answered the blonde. "They're watch dogs!"



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.

THAT'S GREEK TO ME

The so-called "Mediterranean Diet" has been debated for decades. Does it really prevent heart attacks? If so, is it the olive oil? The red wine? Or something else?

A recent study from Greece sheds some light on all the conjecture. For more than 4 years, some 22,000 healthy Greeks were followed, and it was determined that those who ate the traditional Mediterranean diet were 33% less likely to die of heart disease and 24% less likely to die of cancer. Overall, they had a 25% lower death rate.

What made the difference? Scientists found that their diets consisted primarily of:

1. An abundance of plant foods: fruits, vegetables, grains, nuts, and beans.
2. Olive oil as the main fat, instead of butter or lard.
3. Small to moderate amounts of fish and poultry, but little red meat.
4. Moderate consumption of wine.

Perhaps most surprising was that the researchers determined that when only one or two of these were present, there was no significant difference in mortality. Rather, it appears to be a result of the cumulative effect of all of these factors.

Source: *UC Berkeley Wellness Letter*, September 2003

USP

You know that UPS stand for United Parcel Service, and USPS stands for United States Postal Service, but do you know what USP stands for?

It stands for U.S. Pharmacopoeia. It's a 100 year old independent, not-for-profit organization that tests products for purity, quality, consistency, strength claims, and dissolvability. If a product does not pass their tests, it does not get the USP stamp.

Many products on drug store shelves do not carry the USP logo. That means either that the manufacturer did not submit the product for testing or that it did not pass the test.

Source: *Hope Health Letter*

SERVING SIZE TRICKS

Food manufacturers play games with serving sizes. The label always lists the number of calories, grams of fat, etc. per serving size. Don't forget to look at what a serving size is.

Coca Cola: A 20 ounce bottle contains 2.5 servings.

Boston Market Chicken Pot Pie: One pie-two servings. One and a half day's worth of fat.

Stouffer's Macaroni and Cheese: One and a half servings per box.

Know Your SIR Dave Rasmussen



Dave Rasmussen entered this world on May 26, 1925 in Oakland CA and was raised in Berkeley. The local schools were Jefferson, Garfield and Berkeley High. Standard stations and the shipyards in Richmond kept me busy for a year and a half then Uncle Sam took over for three years. First it was the infantry then Military Police in Pittsburgh Pa. with no overseas duty.

I was lucky because in July, 1944 I met a wonderful lady in Denver and 20 days later **Claire** was my wife. Standard Oil seemed like a good employer, so from 1949 'til 1982 I saluted the chevron as an accountant.

We lived in Taft CA. for 7 years, in Mountain View for 16 and then Walnut Creek since 1972.

We are blessed with 2 daughters, **Anna** and **Jan** who, late in life, have given us 3 grandchildren. Again, we are lucky as they live in Berkeley and Sebastopol. It is fairly easy to see them, enjoy them and leave them.

In school I enjoyed playing tennis for BHS and the clarinet and saxophone in bands for school and outside.

As an adult, tennis was more strenuous so golf and bowling took over. I now bowl 3 times a week. SIR has been a good source for both activities.

I must mention the Heather Farms Homeowners' Association as it has occupied the major part of my spare time for 30 years and still counting. The Finance Committee, Treasurer and Board of Directors have been the objects of my endeavors. I'm happy, the Association is happy and my wife keeps saying "I thought you were retired."

In spite of everything, we are looking forward to our 60th wedding anniversary in August 2004.

Claire, Dave: *Congratulations and Happy Anniversary next month...ed*

Vintner Golf



Golf buddies, L to R, **Rosalie Milano, Sandy Wagner, Judy Baldrige** and **Carol Himsl.**

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

At our July meeting we will be looking at investment suggestions that will help you in your retirement financial plan.



Bocceball

Vintners Golf 2004



Low gross scores medal winners **Lew Thompson & Alicia Bailly**

Luncheon Attendance **Bill Root**

SIR's luncheon 2nd Thursday of every month at Blake's Restaurant, Boundary Oak
Call me by Friday noon prior to the luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and telephone number. Be sure you call.



Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday luncheon.

Sirs bringing a guest:

Call by Friday prior to the Thursday luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Chicken Marsala with buttered noodles
- Pasta Primavera - fettuccini noodles in a light cream sauce

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Sunshine **Chuck Smith**

Lynn and **Dasha Freeman** were in a head-on collision in Moraga last month. **Lynn** was well enough to be at the May meeting, but is not 100%. **Dasha** still has a serious problem with her right shoulder. Best wishes for a quick recovery.

Jeff Baily is recovering well from laser surgery on an enlarged prostate.

..... *A note of thanks from Owen Sullivan who suffered partial paralysis from a stroke 2 years ago:*

Gloria and I would like to thank Br 146 Sirs for their generosity and friendship during the exercise and walking program sponsored by Sir **Don Nunn** for the past several weeks. Each Wednesday a SIR arrived to assist me to walk across the family room. Answering the door at 10 am was the highlight of my week!

Seeing each of the fellows and enjoying a little conversation gave me a tremendous lift! **Don** arranged and maintained the schedule so that each of the 15 Sirs participated once, or sometimes twice, during Feb thru May.

I now have appointments with physical therapists 4 days a



week reserving Friday as TGIF day.

Special thanks to these volunteers: **Jeff Baily, Warren Boero, Jack Calloway, Bill Cammerer, Doug Cook, Ernie Dickson, Tom Gorman, Rich Hanford, Fred Kovar, Don Nunn, Dan O'Sullivan, Dick Richmond, Stu Somerville, Bob Spellman, Jim Stedman.**
Don Nunn plans to renew the schedule in September.

Gratefully, **Owen**

Membership **Jim Jackson**



Branch 146 statistics: Members 210, HLM 4, Waiting List 47. June attendance: Members 172, Honorary Life Members 2, Waiting List 11, Guests 2, Excused 23, Unexcused 15. Total Attendance 187.

Status Changes:

Active status changed to Inactive: **Harry Wilson.**

Inactive status changed to Active: **Dennis Hallett.**

Added to Waiting List: **Robert Royster** and **Gary Thomas**

Current top 30 man Waiting List (prioritized): **Richard Ahlf, Thomas Thomson, Max Burchett, Mike Cavallo, Frank Fries, Allen Johnson, Jim Wray, 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, William Holsberry, Jack Hockel, Ronald Plachy.**

Remaining Waiting List men (prioritized): **Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmech, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas.**

Reminder to Waiting List men and their sponsors: Per direction of the Branch 146 Executive Board at the Committee Meeting of 2-12-04, only the top 30 men on the waiting list are eligible to participate independently in SIR activities, including luncheons. The remaining waiting list men can only participate in SIR activities as the guest of an active member.



Party Bridge **Fred Bolton**

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

The Party Bridge Group met on June 7 at **Chuck Hammond's** home for three tables of bridge. First place went to **Jim Jackson** with 5,900 points, second to **Lo McCarley** with 5,690 and third to **Fred Kovar.** Our next game will be at **Jim Jackson's** home.



Travel Opportunities

Charlie Kiser

Sept 1-3, 2004 Golf-Boulder Creek.

Includes 3 days of golf, 2 nights accommodations, hosted dinner and \$28 food credit per room. Cost is \$200 for a golfer and \$149 for a non-golfer. Contact **Charlie Kiser** 274-1575.

October 3-10, 2004 National Parks of the Southwest.

Includes r/t air SF to Las Vegas and motor coach throughout the tour. Visit Grand Canyon, Bryce and Zion National Parks as well as a 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 plus all admissions. We have 31 people signed up. Come join the group. Cost \$1450 p/p d/o. Single supplement upon request. Contact **Charlie Kiser** 274-1575.

Oct 26-27, 2004 Yakov Smirnoff in Reno.

Includes r/t motor coach, overnight at Reno Hilton, show and casino stops. Cost \$102 p/p d/o. Single supplement \$15. Includes \$30 cash and food bonuses.

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

Nov 14-15, 2004 Carousel Musical. Includes r/t motor coach, overnight at Sands Regency-Reno, Sunday Matinee performance of Carousel and area casino stops. Cost \$80 p/p d/o. Single supplement \$10. Includes \$27 cash and food bonuses.

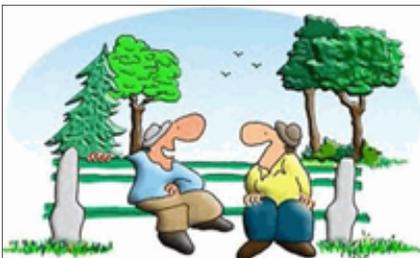
Contact **Carl Raaka** Br. 8 254-0482.

Nov 30-Dec 1, 2004 Holiday in Reno with Robert Goulet. Includes motor coach transportation, 1 night deluxe accommodations at the El Dorado in Reno, **Robert Goulet** show, special holiday gift, hosted cocktail party and 3 meals. Cost is \$108 p/p d/o. Single supplement \$18 with over \$35 in casino bonuses.

Contact **Charlie Kiser** 274-1575.

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

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



The doctor told me to avoid any unnecessary stress, so I didn't open his bill.

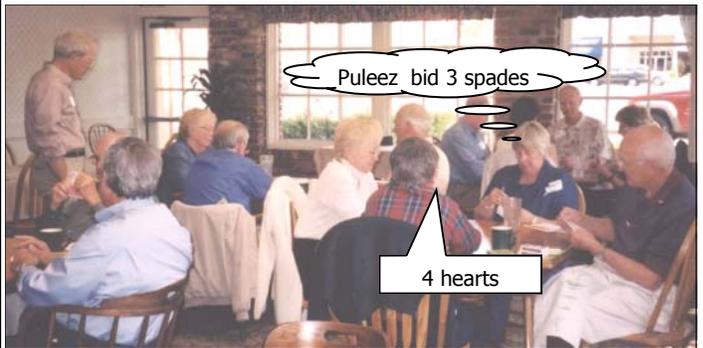
Song Sirs Chris Satterthwaite



Practice is held at the WC Presbyterian Church normally at 3:00 pm Wednesday.

Dates to be commensurate with SongSirs entertainment obligations.

The Song Sirs (sub. Birds) have three very important practices at the WCPC in preparation for Branch 146 Lunch in July. They will be on 23rd/30th June and 7 July. They were given a standing ovation for singing military songs at the Walnut Creek Veterans Plaza Dedication on 31 May. There were very few seats available. Seriously there were adequate kudos on hand. Same obtained at the Birds performance at Heather Farms Park on 3 May.



Ladies Day Bridge at Marie Calender's.

Away Golf

Jim Baldrige



Thanks to **Lynn Freeman** a whole gang of SIR couples had a wonderful time at the Ladies Invitational at the Vintners Golf Course in Yountville on Wednesday June 9. **Alicia Baily** and **Lew Thompson** took top honors and **Judy** and **Dick Richmond** won enough sleeves of golf balls to fill their van.

Walnut Creek Br 8 is looking for players at their June 21 shotgun at Crow Canyon Country Club; 9:30 am start, cost is \$60. Contact **Ralph Bagdonas** at (925) 838-0568 or e-mail ralphbagdonas@comcast.net.

Our next Br 146 away event is at Blue Rock Springs Vallejo East Course on Thursday July 29. Start time is 11 am. Cost is \$31 for SIR members participating in the prize fund and \$29 for guests or Sirs not competing in the prize fund. Cost includes green fee and cart. Carts can be used 90 degrees. Time is short for sign-ups so please get names/checks to me as soon as possible.

p.s. Get to the Benicia bridge just before 10 am with three in the carpool and get across free. **Jim** 689-923.

Table Pool Bill Weinberg



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

The quality of play is improving. My thanks to **Les Foley** who stood in for me in my absence.

State President Region Director Area Governor	SIR State Officers	Don Schumacher Dan Gilmore Art Miller
---	---------------------------	--



Walkers

John Lewis

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

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

July 2 - Heather Farms Trail (WC). Meet at parking nearest canal trail.

July 9 - Walk Carquinez Bridge. Meet at Sun Valley B of A for carpools and directions to Dead Fish Restaurant in Crockett. Lunch at restaurant after walk.

July 16 - Valley Vista staging area. Meet at Moraga Safeway.

July 23 - Back Creek Trail. Meet at Clayton Library.

July 30 - West Ridge Trail in Oakland Hills. Meet at Moraga Safeway. Coffee and donuts at the site.

Note: No walks scheduled for August.

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 Treasurer	Walt Barabash	935-2964
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 Baily	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obera	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

Thanks to **John Lewis, Bob Madge, Joe Schild,** and **Pete Gates** for folding and labeling, to **Ken Kratz** and **Stu Somerville** for photography, **John Lewis** for mailing, and **Mitch Mitchell** for proof reading.

Walking Group View of the Rose Garden at Heather Farms in Walnut Creek



In My Humble Opinion

Ann Kassebaum, Recreation Services Manager of East Bay Regional Parks was our guest speaker at the June luncheon and gave an informative and entertaining talk. Unfortunately some members of SIR 146 asked a few questions in less than courteous tones seemingly wanting to pin our guest down on issues she mightn't have had the resources to deal with. This writer was a little uncomfortable and embarrassed and hopes that we don't stop treating our guest speakers with politeness and courtesy that are a hallmarks of SIR Branch 146. Jeff Baily, editor

Tournament master, **Lynn Freeman** with **Harry & Shirley Tutton**



Vintner Golf 2004

Closest-to-the-pin winner
Judy Richmond displaying her winnings.



July Birthday Boys

Sal Costanza, Don Duerson, Pete Gates, Olof Johansson, John Lewis, Vito Magliano, Byron Meade, Ed Mendelssohn, John Miller, Moe Moran, Jack Patton, Guy Rudberg, Bob Walton, Ray Weisz, Al Zamolo.

SIR CALL *Newsletter*

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

Newsletter e-mail address:
SirCall@astound.net

Branch 146 web site:
<http://www.sir146.com>

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.

