

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 6

Published For Our Members And Friends

June 2003

Big Sir's Notes

The activity we are honoring this month is golf, our largest participatory activity. SIR 146 golf started at Boundary Oak May 3, 1988 with 20 golfers. When our branch was chartered December 19, 1989 the group had doubled in size. Today there are 125 members and 11 wait list members that are golfers. That's over 50% of our group. The golf committee is headed by **Joe Jansen** who also represents us on the Walnut Creek Parks and Recreation Committee. Assisting him are: **Tom Gorman** in charge of scheduling, **Walter Barabash** in charge of handicaps and prizes, and **Dick Richmond**, a SIR Division golf director and a committeeman who fills in wherever needed. Additionally, **Jim Baldrige** is chairman of the Away Golf events and **Lynn Freeman** shepherds an annual Ladies Invitational golf event. Thank you to all those who have made and continue to make golf a great Branch 146 activity. One of our unique founding pillars was to set up a computer program that moves all golfers around to different foursomes each week. This, along with having between 18 and 20 foursomes playing Boundary Oak every Tuesday, has proven to be a real strength. If you're a golfer and currently not part of the group, give anyone on the committee a call and join in the fun.



Bob Yolland

Bill Hansen's great, great uncle's grandfather was killed along with General **George Custer** during **Custer's** last stand at the battle of Bighorn. His ancestor wasn't actually in **Custer's** army. He was camping nearby and, being a **Hansen**, went over to complain about the noise.

Little Sir's Corner

The speaker at the June luncheon will be Captain **Gerald "Jerry" Swanson**, U.S. Coast Guard. **Captain Swanson** is currently serving as the Commanding Officer of Coast Guard Marine Safety Office, San Francisco Bay.



Doug Cook

So you think my nose job is ok?

Ladies Luncheon



Telephone Directory Updates

SIR CALL Newsletter e-mail Sircall@astound.net



Bocce Ball

Al Milano

2nd and 4th Mondays at 9 am, March through November, except May 26 (Memorial Day) at Concord Bocce Courts in Newell Park, Concord near the corner of Turtle Creek and Ayers Rds.

Bowling

Dick Joyce



If you are interested in joining a team or forming your own team for this league, contact **Dick Joyce**, league president.

In last month's SIR Reno bowling tournament a few of our bowlers cashed; **Tom Noonan** and **Tom Lindeland** in singles and **Larry Mitchell** in doubles. **Larry** must have had a good partner. Over 200 men & women participated in that 3 day event.

There are only 2 weeks left in our winter league. Several weeks ago there was an effort to combine the men, women and youth into a single bowling membership organization. The delegates of ABC & WIBC voted the concept down. Any questions please call.

What lies at the bottom of the ocean and twitches?
A nervous wreck.



Cribbage

Al Tufo

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

The Cribbage Club was hosted by **Al Tufo** on May 7th. The first tournament was won by **Larry Reilly** with **Barney Meade** coming in second. The second tournament was won by **Barney Meade** and **Bryant Fischback** with a rush down the stretch, came in second. The Italian stallion was bumped at the gate and never could get in stride again. Cribbage will be hosted by **Barney** on June 11th.



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking group met at the home of **Al Milano** and promptly was spirited away to the Viano Winery in Martinez for a private tasting. It seems that **Al** and the Viano family go back to their childhood. We were treated like royalty and were quite surprised by the great winery right here in Contra Costa.

We then returned to **Al's** home for a super feast of veal scaloppini! We did open a bottle of wine—or two. Next month we will meet at the home of **Sir Barney Meade**. Don't forget to notify him of your attendance.

Recipe of the month—Company Rissotto

Gwenn and Warren Boero

Makes 10-15 Servings.

6 Tablespoons (3/4 stick) unsalted butter, plus more for the pan
1/2 cup unseasoned bread crumbs (finely processed, store bought OK)
10 cups chicken stock (or substitute canned broth)
1 onion, finely chopped
2-3 cloves garlic, chopped
1 cup finely chopped mixed herbs such as thyme, rosemary, basil, parsley and oregano.
3 cups Arborio rice
1 cup dry white wine
3/4 cup fresh grated parmesan plus more for garnish.
salt and freshly ground pepper

Lightly butter an 8-inch spring form pan and coat with bread crumbs, shaking out excess. Set aside. In a large saucepan, heat stock to boiling, then lower heat to simmer. In a large saucepan or stock pot over low heat, melt 3 tablespoons of the butter. Add onion, garlic and 2/3 cup of the herbs. Cook until soft, about 8-10 minutes. Increase heat to medium and add rice. Stir well to coat the grains. Add wine and simmer, stirring constantly, until evaporated. Add 1 cup of the hot stock and simmer, stirring

constantly until mostly absorbed, about 3 minutes. Add remaining stock, 1 cup at a time, waiting between each addition to allow stock to absorb. Stir constantly to prevent sticking. The total cooking time should be about 15 to 20 minutes. Taste rice to determine doneness. Add remaining herbs about halfway through the cooking process. If you need more liquid, just add small amounts of hot water at a time.

Stir in remaining 3 tablespoons butter, parmesan and salt and pepper to taste. Pour into prepared pan and cool completely. Refrigerate overnight.

Heat oven to 400 degrees. Bake 30 minutes. Un-mold carefully onto a plate. Sprinkle reserved parmesan on top. Slice into wedges. Garnish with a sprig of parsley.

When everything is coming your way, you're in the wrong lane.

Duplicate Bridge **Bob Donahue.**



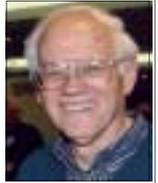
Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

Sir Dick Johnson hosted three tables of duplicate bridge in May. **Bill Snyder** was first with 28 points and **Jim Stedman** was second with 27 points. **Chuck Hammond** and **Jim Todhunter** tied for third with 23.5 points.

The next meeting is scheduled for Monday, June 16. 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.

I have only two tools: WD-40 and duct tape.
If it doesn't move and it should, I use WD-40.
If it moves and shouldn't, I use the tape.

Fishing

Sal Costanza



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

It looks like there may be a couple of openings on our June fly fishing trip on the Lower and Upper Sacramento River. One day of drifting down the Lower Sac with a guide and one day wading with a guide on the Upper Sac. If interested see or contact our own **Pablo Chavez**. Also, in June: fly fishing for shad on the American River with a guide, and ocean salmon fishing on a party boat. To find out more about the many outings we have planned, come to our meeting.

Garden Club **Chuck Bobinecz.**



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

The June 5th meeting will be at the U.C. Davis Arboretum. The Davis Arboretum specializes in plants adapted to a Mediterranean climate, with hot dry summers and cool wet winters. Home gardeners visit the arboretum to gather ideas on low-maintenance, water conserving plants. Contact **Cal Jones** at 925-934-2979. Form your car pools and meet at the information building on Old Davis Road at 10:30 am. From there we will have a tour guide and tour for about an hour and a half. The cost is \$2 per person. There are no restaurants at the arboretum, but there is a picnic area, so bring your picnic lunch.

Bus trip to COPIA on August 7th. Bus trip is sold out. If still interested, call **Rich Hanford** or **Chuck Bobinecz** to be on the wait list for the bus if there are cancellations. For lunch we can pre-order box lunches at the COPIA deli. The box lunch cost is from \$12 to \$15 or you may bring your own picnic lunch. There's a nice picnic area in an olive grove. More details about the box lunches will be in July's Sir Call.

SIR wife #1 "What's your handicap?"
 SIR wife #2 "I'm a scratch golfer."
 SIR wife #1 "Really?"
 SIR wife #2 "Yes, I write down all my scores then I scratch out the bad ones!"



Tuesday Golf **Walt Barabash**

April 15 First Flight: **Ed Arbuckle, Don Loustalet and Ken Beattie.** Second Flight: **Bob Spellman, Don Nunn and Frank McNamee.** Closest to the Pin: **Dick Richmond.**

April 22 First flight: **Don Loustalet, Russ Bliese and Ken Beattie.** Second Flight: **Bob Spellman, Bob Madge and Doug Cook.**
 Closest to the Pin: **Howie King.**

April 29 First Flight: **Ken Beattie, Jim Stedman and Don Loustalet.** Second Flight: **Marshall Moran, Bob Spellman and Doug Cook.**
 Closest to the Pin: **Joe Jansen.**

May 1 First Flight: **Olof Johansson, Jeff Baily and Doug Cook.** Second Flight: **Pablo Chavez, Ray Weisz and Dean Merritt.** Closest to the Pin: **Russ Bliese.**

May 13 First Flight: **Bill Weinberg, Larry Sheerin and John Lewis.** Second Flight: **Larry Zugnoni, Pablo Chavez and Fred Kovar.**
 Closest to the Pin: **Garth Cummings.**



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.

STICKS, STONES & WORDS

Children often retort to abusive language with the saying: "Sticks and stones may break my bones, but words will never hurt me." Won't they? Consider this story from an unknown author appearing in the *Hope Health Letter* (August 2002):

There was once a little boy with a bad temper. His father gave him a bag of nails and told him to hammer a nail into the back fence every time he lost control.

The first day the boy drove 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all.

His father suggested that he now pull out one nail for each time he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father led his son to the fence.

"You've done well but look at all the holes in the fence," he said. "When you say things in anger, you leave a scar just like a nail hole."

"A verbal scar can be just as hurtful as a physical one," he added.

15 YEARS TOWARD FITNESS

Here's a look at how our emphasis (or lack of it) on health and fitness has changed in the last 15 years:

	<u>Then</u>	<u>Now</u>
No. of consumer magazines with the word "fitness" or "health" in the title	9	17
No. of health club memberships	17.3 mil	33.8 mil
No. of states in which 15 percent or more of the population is obese	0	49
Percentage of the people who smoked in the last week	30	26
Per capita annual consumption of coffee (in gallons)	26.9	16.8
Amount in wholesale dollars spent on exercise apparel	\$7.8 bil	\$21.9 bil

Source: *HealthNews* July 2002

Only in America.... can a pizza get to your house faster than an ambulance.

Know Your SIR William (Bill) Root

Born in The Dalles, Oregon I was raised on a farm near Wasco, Oregon. After high school graduation, I became the 3rd generation University.

my future wife, a named **Jill**.

OSU, I enlisted in since the best jobs among veterans. The to continue pursuit of food technology, my chosen field.



to attend Oregon State University. During that time I met a lovely Portland girl named **Jill**. Before finishing at the U.S. Air Force, we were going to graduate. The Air Force allowed me to continue pursuit of food technology, my chosen field.

I attended schools at the San Diego Naval Hospital and the School of Aviation Medicine before being assigned to South Ruislip, near London, England. Prior to leaving the U.S., **Jill** and I were married. Two years later, our eldest daughter **Kristi** was born. During this time I discovered the thrill of motor sport racing and the frustration of golf.

I returned to OSU for my senior year, graduating with a degree in food technology and a minor in microbiology.

We moved to Fremont California when Gerber Baby Foods hired me for their Oakland research facility. In Fremont our second daughter **Shari** was born.

A couple of years later Chef-boy-ar-dee employed me to help build a new facility in Vacaville, CA. I was then transferred in a similar role to LaPorte, IN. However, the giant snow storm in 1968 that closed Chicago's O'Hare airport prompted us to reconsider and we returned west.

Tree Top Inc., an apple juice co-operative, then hired me as Director of Research. I was later asked to manage their eastern operations. **Jill** and I lived 8 months of each year in Grand Rapids, MI and spent time traveling between Michigan, New York, New Jersey and Florida.

From the early '70's on I found time to campaign a Lotus Elan to several regional sport car road racing championships throughout the Northwest, and was voted "Driver of the Year" in 1984.

After 25 years, I retired early from Tree Top to move to Walnut Creek and form a fruit juice consulting business, Pacific/International Technology. Business contracts called for travel wherever apples were grown-South America, Europe, Japan, China, Eastern Bloc countries and the Soviet Union.

The Institute of Food Technologists conferred the honor of 'Fellow of the Institute' for contribution to the food industry. This honor is usually reserved for distinguished members of academia.

In 1997, a stroke paralyzed my right side, forcing me into final retirement. After several years in recovery, golf now

occupies most of my time when I am not dabbling in genealogy, enjoying traveling with **Jill**, having our granddaughters visit, or acting as Chief of Tech for the Classic Sports (car) Racing Group.

It has been an exciting and wonderful journey for a farm boy from Wasco, Oregon.

Luncheon Attendance

Dale Haukland 820-0189

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



Help! If you are not going to be able to attend the SIR's luncheon, call me. If I'm not home, leave your name, SIR badge number and phone number. Call me by Friday noon prior to the Thursday luncheon if you are going to miss. Be sure you call.

Waiting List:

Men must call by Friday noon prior to Thursday's lunch if you are going to attend. Remember to call

SIRs bringing a guest:

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

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.

Message from the editor

*To lighten up the Sir Call mood somewhat, I've inserted some artwork that **Don Nunn** made of the Song Sirs and also included captions on selected pictures. Please forward any comments or reactions you want to bring to my attention.*

***Jeff Baily**..editor.*

Was it **Larry Sheerin** who said, " Just because you're not paranoid doesn't mean they're not out to get you"?

Area 2 Computer User Group Revival

We are in the process of re-starting the SIR Area 2 Computer Users Group, looking for new members, and asking former members, to help get it going again.

Regular meetings, centrally located, with items of interest to SIR computer users is our goal.

If this sounds interesting to you, send an e-mail to: area2computer@att.net, including your name, SIR branch number, phone number and current operating system (Windows version, Mac, etc.).

The SIRs presently spearheading the effort are **Dick Curry** (former Area 2 Computer Group Chairman), **Wint Mather**, Br 171, and **Floyd Skelton**, Br 116.

You will be contacted soon and given more information regarding topics and structure as we move forward.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Spice crusted salmon filet. with mango salsa
- Sliced tri-tip with roasted potatoes and grilled onions

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Membership

Lang Erickson

Branch 146 statistics: Members 211, HLM 4, Waiting List 21. May attendance: Members 102, Honorary Life Members 2, Waiting List 2, Guests 98 (Ladies Day).

Sunshine

Chuck Smith

We've started a new Sunshine table for our monthly luncheon. . We will have greeting cards addressed to members who are ill or have had some cause for grief in the family. Please look for the table every month and add your signature to any card, particularly if the person is an acquaintance of yours. It means a lot to get a cheery card.



Doug Pederson has more treatment scheduled for his vocal cords but is feeling fine.

Tony DeSalles thanks our members for their visits and letters and hopes to be back with us soon.

Here's hoping that we all have a happy and healthy summer!

Borrow money from pessimists - they don't expect it back.



Party Bridge

Fred Bolton

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

Ladies Day Bridge



Party Bridge . . . cont'd

The Party Bridge Group met on May 5 at **John Lewis's** home for three tables of bridge. First place went to **Bob Yolland** with 6820 points, second to **John Lewis** with 5060, third to **Chuck Hammond** and fourth to **Carl Johnson**. Our next game will be at **Bill Snyder's** on June 2.

Song Sirs

Chris Satterthwaite



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

Dates to be commensurate with Song Sir entertainment obligations.

The Song SIR's did their thing on two occasions since the last Call. We sang at the SIR Ladies Day luncheon and later for a packed house at the Walnut Creek Manor, which provides assistance to live-in seniors. Judging by applause and comments received, each was a great success. Our piano/harmonica duet, recently added to our act, was a big hit. These enthusiastic responses are the kind of stuff that make our efforts well worthwhile. We are staging up for our next gig in July where we will sing patriotic songs that will stir the hearts of Br. 146 SIR's. To this end we will conduct a new series of practices: 28 May, 11 and 25 June and 9 July. Come and join us.

Ladies Luncheon



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 bjssmith@Aol.Com

As usual, the June meeting breakfast will be served any time after 7 am and no reservation is required. Just come on down and join the group. Bring your investing ideas and questions and plan to gain some knowledge and have a good time.

Program: A presentation and discussion will be led by Sir **John Lemak** on "The Key Things To Look For When Selecting a Stock." **John** is a member of the "Dollar Devils" investment club and will provide some key insights into stock picking. This will be a very informative session that you will not want to miss.



Travel Opportunities

Charlie Kiser

June 22-23, 2003 West Side Story. Reno. r/t motor coach transportation, overnight at Sands Regency Hotel, matinee performance of "West Side Story", casino bonus over \$25 value. Cost \$74 p/p. Contact **Carl Raaka** Br. 8, 254-0482.

July 9-11, 2003 Boulder Creek. Includes 3 rounds of golf (cart extra), 2 nights lodging, one dinner and \$28 food credit per couple. 1,2 and 3 bedroom units available. Limited. Cost \$188 for golfer and \$137 for non-golfer. Contact **Charlie Kiser** 274-1575

July 24, 2003 SIR Day at Pac Bell Park. Watch the SF Giants battle Luis Gonzales and the Arizona Diamondbacks Thursday, July 24 at 12:45 pm. Lower box \$32, view level \$18. subject to availability. Contact **Charlie Kiser** 274-1575.

Transportation only option: includes r/t bus, gourmet box lunch & refreshment and prizes. \$37 does not include game ticket. Contact **Fred Stammen** Br. 171 283-1956

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise. Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco on Holland America's Volendam. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board, r/t transfers to ship. Lottery for penthouse suite. Cost from \$2495. For those already signed up, sign up a friend and get a \$100 shipboard credit. Contact **Charlie Kiser** 274-1575.

Dec 12, 2003 Beach Blanket Babylon. r/t bus transport, dinner at New Pisa Restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106. Contact **Bob Hagler** Br. 8, 934-7620.

Jan 19-Feb 2, 2004 Cruise to Hawaii. r/t from San Francisco. Visit all four islands on this 14 day cruise. Includes r/t transfers to the San Francisco pier and on board tips. Cost from \$1953 inside and \$2553 outside cabin p/p d/o. Single rates on request. Contact **Bob Hagler** Br. 8, 934-7620.

Branch 146's 3rd Annual Ladies Invitational Golf Outing

Wednesday, June 11, 2003

Vintners Golf Club, Yountville California

\$44 Golf Cart Food Prizes

\$32 Golf Food Prizes

\$12 Food

Limited to 64 players.

Get your foursomes together and call **Lynn Freeman**, 691-1186 for reservations by June 4. Fours and twos having ladies included get preference. June 1 NCGA index for handicap.

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

Away Golf

Jim Baldrige



Wildhorse - Davis results. Congratulations to **Bob Yolland** 1st place and **Warren Boero** 2nd place. Closest to pin winners were **Jim Stedman** and **Bill Weinberg**.

Upcoming events - Mark your calendar.

May

SIR State/Poppy Hills Qualifier - At Franklin Canyon
Thurs May 29 7:30 shotgun. Riders \$40.
See blue flyer. Get checks to **Dick Richmond**.

June

Rooster Run-Petaluma Thurs June 26 10:30 start.
SIR riders \$35, SIR walkers \$28, guest riders \$33, guest walkers \$26. Flyers to be out shortly.

July

Tilden Park-Berkeley Thurs July 31. 11:00 start.
SIR riders \$36, guest riders \$34.

April 2, 2004 Silverado 2004

12:00 shotgun North Course,
SIR riders \$45, guest riders \$43.

Questions: Call **Jim Baldrige** 689-9232.

Why did Pilgrims' pants always fall down?
Because they wore their belt buckle on their hat.

Don't fret Jim,
your putting
will improve.

Ladies Luncheon



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 Monday the 5th of May and had about 5 hours of steady pool. We had 4 players from Branch 8 and I'm told that table pool is now an official activity for Branch 8 also...Looks like there will be a great many competitive matches coming up.

Remember the 1st and 3rd Monday of every month.

State President Region Director Area Governor	2003 SIR State Officers	James Faverman Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Bob Yolland	932-4758
Little SIR	Doug Cook	939-4327
Secretary	Bill Weinberg	682-0962
Assistant Secretary	Howie King	932-0727
Treasurer	Dean Merritt	671-7380
Assistant Treasurer	Bob Wheaton	939-4512
Director	Cal Jones	934-2979
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Ray Kan	376-2023
Director	Al Milano	933-3492
Director	Dick Richmond	947-1167

Committee Chairmen-2003

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
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
Bulletin	Jeff Bailly	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
Cooking	Don Nunn	934-5214
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
Hardware	Ralph Fowler	939-2953
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Jerry Bellows	376-3352
Membership	Lang Erickson	682-1337
Nominating	Fred Kovar	937-2951
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
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Art Trost	934-2889
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

- 1989 **Charles Unfried**
- 1990 **Gill Rhodes**
- 1991 **Gene Hackett**
- 1992 **Walt Entelman**
- 1993 **Kap Kaprelian**
- 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**



Walkers

John Lewis

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

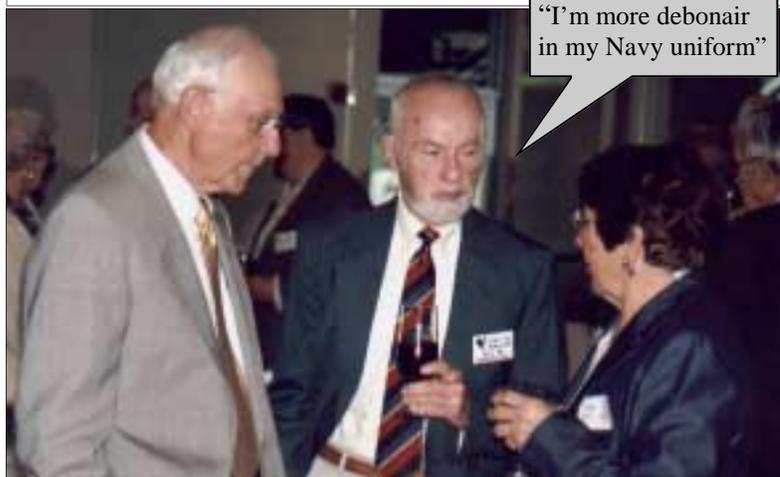
June 6 - Shell Ridge walk. Meet at the end of Marshall Dr. (WC)

June 13 - Meet at Inspiration Point parking off Wildcat Canyon Rd. (Orinda)

June 20 - Back Creek Trail. (3rd time's the charm.) Meet at Clayton Library.

June 27 - Labyrinth Walk. Meet in parking lot outside Peet's (WC) opposite Heather Farms.

Ladies Luncheon



"I'm more debonair in my Navy uniform"

Thanks to **John Lewis, Bob Madge, Joe Schild, Bill Snyder** and **Art Trost** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.
Thanks also to the Rector and staff at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.

Ladies Luncheon



"Dave, I sing better in B Flat"

"Jim, regardless of where you sing better, we are singing at Ladies Day"

"I can play anywhere"

If they start in about golf, I'm outta here

Ladies Luncheon



SIR CALL *Newsletter*

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Walnut Creek, CA 94598

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by May 31



Ladies Luncheon

