

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 6

Published For Our Members And Friends

June 2004

Big Sir's Notes

Big Sir **Doug** was in Europe until past the time we "went to press". Watch for his column next issue.

This issue features **John Rose** as the Know Your Sir. **John** received the Branch's "Senior Member for Inspiration and Leadership in his 91st year" award at the Ladies Day Luncheon.... ed



Doug Cook

May Ladies Day



Do you have a name big fella?

Err.. big fella will do.

A couple meets in a bar in downtown Walnut Creek
Sandy Wagner & Bill Weinberg

Little Sir's Corner



Ray Kan

East Bay Regional Parks... our local park system that offers hiking, swimming, fishing, camping and many other activities. Come to the June meeting to hear **Ann Kassebaum**, Recreation Services Manager, and learn more about the Regional Parks.

Those...were the days my friend... We thought they'd never end

May Ladies Day



M.C. Dick DeVoe

That's **Dick DeVoe**. I didn't know he could sing!

Who is that man? He is talented.

Wow!



Gary & Jann Schaub sitting with **Phyllis Bolton**.

Check out those DanSIRettes!



Jim Baldrige, Chuck Bobinecz & Ray Weisz

Bowling

Dick Joyce



We had an exciting finish in our winter league playoff for first place. Daves Dudes were playing for the championship. Their anchor man, **Larry Mitchell**, shot a perfect 300 game and had a 734 series. Unfortunately it wasn't enough. They placed second. Congratulations to **Larry**. This was his second 300 game. The state SIR tournament will be held in Sacramento May 24-26. It is for singles, doubles and team event. Our summer league kicked off on May 12. We are still looking for bowlers.



Cribbage

Al Tufo

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

The Cribbage Club tournament for May was postponed due to late scratches. We will attempt to run the Preakness tournament in June, where it will be hosted by **Barney Meade** on June 9, 2004. Ciao, **Tufo**.

Al, that was because everyone was itching to play...ugh...ed



Cooking

Don Nunn

1st Monday at various members' homes.

Our group met at the home of SIR **Dave Johnson**. We were treated to the usual gourmet feast. First we had a broccoli salad that was delightful. We then had a wonderful vegetarian stew served over polenta (extremely tasty). Finally, French vanilla ice cream smothered in crème de menthe!

We are in the planning stage of another very special trip to the wine country. This is a bit different in that we will enjoy a buffet luncheon with wine after the wine tasting. Those of you who remember the trip to Clos Du Bois will enjoy this next trip. Maybe back to Clos Du Bois or another top winery in Napa Valley.

Social Group

Just a reminder to place October 6 on your calendar for our next dance at the Garden Center. Signups will be in the August SIR Call.

May Ladies Day



Branch photographer **Ken Kratz** & his wife **Lynn**

Duplicate Bridge

Bob Donahue

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

SIR **Chuck Hammond** hosted two tables of duplicate bridge in May. **Bill Snyder** was first with 13 points and **Jim Todhunter** was second with 12 points. **Chuck Hammond** and **George Zurich** tied for third with 11 points. The next meeting is scheduled for Monday, June 14. Contact **Bob Donahue** at 376-4527 for information.



SIR 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 June 17, 2004. We will have a guest speaker from CompUSA who will speak on training programs that they make available on the Internet and instructor-led in classrooms at their local retail stores. Training is available in most of the popular software programs as well as basic computer knowledge for new users. We understand that special User Group rates will be offered and will be applicable to our members and their spouses. We will also address your computer questions and problems and identify some cool sites to visit on the Internet. For more information please visit our web site at: <http://home.alt.net/~area2computer/>.

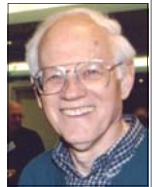
Did you know that the human brain is the only computer in the world made of meat?

Couples Duplicate Bridge

Lo McCarley

Couples play as partners

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



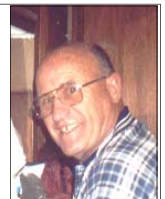
Seven couples had a great time playing duplicate bridge at **Carl and Anne Johnson's** on May 19. There were only seven couples because **Lynn and Dasha Freeman** were in a head-on crash on the way to bridge. We really missed them and wish them quick healing. At bridge **Dave and Claire Rasmussen** took first place, **Bill and Margaret Rees** placed second, and **George Zurich and Tamara Judson** tied with **Lo and Sue McCarley** for third. **Lynn and Dasha Freeman** will host the next bridge party (so they won't have to get out on the road?). It will be held on Wednesday, June 16.

Fishing

Sal Costanza

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

At the April luncheon I asked for a show of hands from those who were interested in fishing. There was a pretty good showing. I'd like to invite all of those who raised their hands and any others to our next meeting. Find out what we have to offer. Great fun and a lot of info. Hope to see you there.



Garden Club Chuck Bobinecz.

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

What's bugging you? If you want to find out, come to the June 3rd 9:30am meeting at the Alamo Safeway conference room. We have an exceptional speaker, **Emma Connery**, who has degrees in entomology (insects) and integrated pest management. She has been a Master Gardener for Contra Costa County for the last ten years.

The July 1st Thursday meeting has been rescheduled to July 16th, which is a Friday. We will have a BBQ at **Chuck and Mary Bobinecz's** home, starting at 12:30. **Chuck and Mary** will provide the sausages and suds.

Fred Kovar is coordinating the rest of the BBQ potluck event (**Peg** will keep him organized). Check with **Fred** by July 6th if you plan to attend and what you can bring. Wives and guests are welcome.

Sunset Gardens Tour



Pat & Chuck Smith

May Ladies Day



Betty Dunne & Madelyn Nunn



Tuesday Golf Walt Barabash

.....Flash! Flash! Flash!.....

Sir **John Humphrey** has joined the club of aces in Sir Br 146 by achieving a hole-in-one on 12 at Boundary Oak Golf Course. It was achieved during the Tuesday tournament on May 18th and he did it with a 5 wood. He graciously picked up the tab at the bar following golf and, as per tradition, the waitress was the recipient of a celebratory passing of the hat.

April 20 First Flight: **Ray Nordstrom, Bill Hansen and Jim Stedman.** Second Flight: **Walt Barabash, Frank McNamee and Bill Becker.** Closest to the Pin: **Jim Brown.** Low Gross: **Jack Calloway: 84**

April 27 First Flight: **Ray Nordstrom, Jim Stedman and Bill Cammerer.** Second Flight: **Ed Wojner, Larry Zugnani and Jim Brown.**

Closest to the Pin: **Jim Stedman.**

Low Gross: **Ray Nordstrom: 83**

May 4 First Flight: **Bill Hansen, Ray Nordstrom and Larry Sheerin.** Second Flight: **Ralph Fowler, Pablo Chavez and Bill Boyd.** Closest to the Pin: **Bob Madge.** Low Gross: **Bob White and Larry Sheerin: 86**



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.

HEART-BRAIN CONNECTION

What's good for the heart appears to also be good for the brain. For years scientists have known that certain risk factors increase the likelihood of heart disease. Now scientists have found that the same risk factors increase the incidence of Alzheimer's.

Interestingly, when faced with a particular risk factor one person will develop heart disease, another, Alzheimer's, while a third might have both. Here are the shared risk factors for both heart disease and Alzheimer's.

High Cholesterol

High cholesterol is often cited as the most predictive condition related to heart disease. Now high cholesterol in midlife has been linked to the development of Alzheimer's in later life. Additionally, the use of drugs called "statins," which lower cholesterol levels, have been associated with lower incidence of memory problems in older adults.

High cholesterol appears to not only be damaging to the heart but to the brain as well.

High Blood Pressure

Some researchers have found that high blood pressure, a significant risk factor for heart disease, also appears related to Alzheimer's. Even those who question this thesis do find a link between hypertension and vascular dementia, often caused by a stroke or a series of small, sometimes unnoticed strokes.

Diabetes

Researchers have identified this disease which increases heart disease risk as a significant risk factor for Alzheimer's. Managing diabetes has important health implications.

Lack of Exercise

Linked to heart disease, lack of exercise has also been associated with lower levels of cognitive dysfunction in later life.

Smoking

Long known as the leading cause of preventable death in the United States, smoking is now seen as increasing the risk of Alzheimer's. Vascular changes associated with smoking result in damage to the pathways of the brain, resulting in memory problems in older adults. The research is clear enough to name smoking as a significant risk factor.

Obesity

Obesity is the second leading cause of preventable death in the United States. Obesity is directly proportionately

(Continued on page 4)

Know Your SIR

John Rose



A Couple of Roses... Kay and Honoree Sir John

My name is **John T. Rose**, born August 3, 1912. My home town is Ossining, N.Y., which is the home of Sing Sing Prison situated on the banks of the Hudson River.

My schooling and education were very limited. During the depression, times were bad and I worked as an apprentice mason with my father to support my younger brothers and sister. I have nine siblings.

Later I worked in a Chevy garage as a grease monkey fixing flat tires and washing cars. I worked my way up and eventually became a mechanic.

In 1943 a friend suggested that I move to Florida and work for the State Roads Department. I was hired to take over the truck maintenance shop in Homestead, Florida.

During the war they were rebuilding a highway from Homestead to Key West. I worked there for 26 months. I also worked at a blimp base for several months. While there, we were hit by a hurricane that destroyed the hangars as well as many blimps that were used to look for submarines in the Gulf.

I moved to Boston and worked for several automobile dealers as a service manager. The last dealer that I worked for let me go as I had reached the age of 60. I then went to work for a friend in the same industry for two years before retiring at 62. Later I worked parttime as a bartender at a famous dinner house.

I moved to California in 1978 and continued to work as a bartender, retiring at 75. I am now ninety one years old and enjoying life with my wife and family. **Kay** and I have been married for fifty six years and have a daughter **Cindy**.

I am a member of the Knights of Columbus, Past Grand Knight and a fourth degree Knight. My hobbies are amateur radio, photography and computing.

Health Matters

(Continued from page 3)

related to heart disease.

Researchers have also been able to connect obesity to cognitive decline and memory impairment.

High Homocysteine Levels

Homocysteine, a chemical found in the blood, raises heart disease risk and has also been linked to Alzheimer's disease. Folic acid and B complex vitamin supplements have been found to lower homocysteine levels. Always consult with your physician before adding a vitamin supplement to your diet to make sure they will not interact with medications you are taking.

Summary

The scientific evidence is clear: reducing heart disease risk factors will help lower your risk of Alzheimer's.

Source: **Amie M Ragan**, *Alzheimers of Central Alabama*

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 June meeting we are planning to have an open format, town hall type meeting and discuss items of general interest to the group. The session will be facilitated by Sir Ben Smith, Branch 116. Some areas of discussion will include: Where we are in today's market with raising interest rates and what defensive moves can we take to protect our assets in these changing times.

Higher interest rates and their effect of stocks and bonds. Good investments in a raising interest climate, etc.

Follies Bizarre, Produced and Directed by **Bill Hansen**

***Bill Hansen** did a great job on the Ladies Day Luncheon entertainment... The Follies, with the Song Sirs, actors with their comedy routines, and lovable DanSIRettes was super theatre. We're fortunate to have such a talented and able showman in our midst... ed*

Sunshine

Chuck Smith



Madelyn Nunn has recovered nicely from heart valve repair surgery.

We regret to report the death of former member **Robert Krenzelo** on May 12. He had been suffering a rare form of Parkinson's disease for 4 years. His family would appreciate hearing from you.

Chris Satterthwaite's wife **Dorothy** is recovering nicely from knee surgery and thanks our members for the many visits and cards.

Harry Wilson has developed Lou Gehrig's disease and will be moving to an assisted living facility. He has been a member of our branch for only a short time.

* Hey Guys! I'll be away this month so call **Dale Haukland** at (925) 820-0189 to be excused or to reserve the June (or July) lunch.

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.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including seasonal vegetables

- Baby back ribs with mashed potatoes
- Oriental beef salad

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 statistics: Members 210, HLM 4, Waiting List 43. May attendance: Members 102, HLM 2, Waiting List 6, Inactives 1, Guests 1. Total Attendance 112.

Status Changes:

Withdrew from W/L **Roland Sundstrom**.

Added to W/L **William Schmeh, Ronald DeGolia, Charles Kistenmacher, Peter Kautz**.

Current Waiting List (prioritized) Top 30: **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 Schmeh, Ronald DeGolia.

*If you need an extra Member directory call **Jim Jackson** 687-7052*



Party Bridge Fred Bolton

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

The Party Bridge Group met on May 3 at **Bob Donahue's** home for two tables of bridge. First place went to **Bill Snyder** with 7,150 points, second to **Dick Johnson** with 5,070, third to **Tom Thomson** and fourth to **Lo McCarley**. Our next game will be June 7 at **Chuck Hammond's** home.



SIRARC

Bill Moresi

(SIR Amateur Radio Committee)

For those of you who wanted to be radio amateurs in your younger years, but did not want to take an intensive theory test and the dreaded Morse code test, now may be the time to get that license. Recently the FCC made drastic changes in the amateur radio examinations. No longer is Morse code needed in the amateur radio entrance examinations.

Getting a license now is almost as easy as getting a driver's license. Any questions? Ask our SIRARC members **Charley Unfried, Bill Moresi, John Rose, Luther Jones** or **Henry Berriman**. Our SIRARC meeting is open to anyone interested in radio communication. The next meeting is June 25, at J.J. North's Restaurant in Fairfield.

***Bill:** Good to see you in the Call. Check Radio at our web site too.. ed*

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.

On Sunday, May 2nd the Song Sirs performed at the Heather Farms Garden Center for the annual Garden Faire. The flowers were at their peak not to be outdone by the twelve songs sung by the Song Sirs. A great time was had by all and in particular discerning song lovers. A Memorial Day observance will begin at noon on Monday, May 31 at the Walnut Creek Plaza at Civic Drive and N. Broadway where the new Veterans Memorial Plaza will be dedicated. We will be among those scheduled to participate with our medley of Armed Forces songs. We have planned this for a long time and consider it an honor to be representing SIR Branch 146.



Travel Opportunities

Charlie Kiser

July 22, 2004 All SIR Day at Pac Bell Park. SF Giants vs. San Diego. Lower box seats \$34 (limited availability), view level \$21. All seats on if-available basis. Contact **Charlie Kiser** 274-1575

June 1 and June 8, 2004 Opera Special. June 1 night-La Boheme and June 8 afternoon -The Cunning Little Vixon. Cost per opera is \$30 and includes motor coach and tickets. No host lunch or dinner.

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

July 28, 2004 SIR Day at the Oakland A's. See the Oakland A's take on the Seattle Mariners. Wednesday, July 28 12:35PM. Plaza infield tickets \$12. Deadline June 25. Contact **Bob Spellman** 934-8428

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 golfer and \$149 for 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 tour. Visit Grand Canyon, Bryce and Zion National Parks as well as Lake Powell cruise, Sedona pink jeep tour, wagon ride and steak fry in Mesquite and sights along the way. Includes 7 breakfasts and 6 dinners plus all admissions. We have 26 people signed up. Come join the group. Cost \$1450 p/p d/o. Single supplement upon request. Contact **Charlie Kiser** 274-1575.

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 \$18 single supplement with over \$35 in casino bonuses. Contact **Charlie Kiser** 274-1575.

May Ladies Day



Great routine! These girls are fast learners. Must have had a good coach too.

The DanSIRettes L to R, **Mary Suta, Elaine Richter, Sandy Hansen, Janey King and Margaret Rees.**

May Ladies Day

Christy DeVoe, Sandy Wagner & Bill Weinberg were great!



Audrey Tyler and Mitch & Ann Mitchell



Sharon & Mike Varner



Marge Burns & Barney Meade

Away Golf

Jim Baldrige



Seven Br. 146 couples played in the State SIR San Diego tournament Apr 18-23. All did very well. **Judy Baldrige** prevailed as ladies grand champion.

Ten Br. 146 golfers played at the Crow Canyon Country Club tournament hosted by Moraga Br. 171 in April. We didn't end with winning scores but all had a good time.

Walnut Creek Br. 8 is hosting another event at Crow Canyon on Monday, June 21. It's a 9:30 am shotgun; cost is \$60 including cart. Contact **Ralph Bagdonas** Br. 8 838-0568 or ralphbagdonas@comcast.net for details.

On Tues, May 11 we had 35 Br. 146 golfers at the new Dublin Ranch course. Winners were: 1st **Ray Weisz**, 2nd **Gene Diana**, 3rd **Russ Bliese** and 4th **John Lewis**.

Plan ahead and mark your calendar for this. We scheduled Silverado 2005 for a 12 noon shotgun on the South Course on Monday April 4. Cost will be \$45 w/cart for SIR's competing in the prize fund and \$43 for guests (regular rate for this private course is \$150).

We are currently targeting Blue Rock Springs, Vallejo for late June or early July. They have offered interesting rates. Let me or **Dick Richmond** 947-1167 know if you hear of courses with good (less than \$40 w/cart) senior/SIR rates. Questions/comments to **Jim Baldrige** 689-9232.

Table Pool **Bill Weinberg**

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



Bill's in Vienna but will be back next month.

State President Region Director Area Governor	SIR State Officers	Don Schumacher Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Doug Cook	939-4327
Little SIR	Ray Kan	376-2023
Secretary	Garth Cummings	820-0745
Assistant Secretary	Jim Stedman	932-1636
Treasurer	Lew Thompson	686-6880
Assistant Treasurer	Frank Rockwell	943-7743
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Stu Somerville	944-0738
Director	Ed Wojnar	933-9248

Committee Chairmen

Attendance	Bill Root	943-6194
Audit	Ron Pascoe	937-0161
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Bob Spellman	934-8428
Chaplain	Roy Fredrickson	284-5623
Cooking	Don Nunn	934-5214
Cooking Too	Rich Hanford	933-9237
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Luncheon	Jerry Bellows	376-3352
Membership	Jim Jackson	687-7052
Newsletter Editor	Jeff Bailly	932-4758
Mailing	John Lewis	906-0521
Photographer	Ken Kratz	825-3561
Nominating	Bob Yolland	933-7989
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

Past Big SIR's

- 1989 Charles Unfried
- 1990 Gill Rhodes
- 1991 Gene Hackett
- 1992 Walt Entelman
- 1993 Kap Kaprielian
- 1994 Joe Jansen
- 1995 Bob Walton
- 1996 Dick DeVoe
- 1997 Warren Boero
- 1998 Don Nunn
- 1999 Dave Valladao
- 2000 Jack Calloway
- 2001 Bill Hansen
- 2002 Fred Kovar
- 2003 Bob Yolland



Walkers

John Lewis

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

June 4 - Iron Horse Trail north from WC.
Meet at Civic Center parking on Civic Dr.

June 11 - New & Old Trail. Meet at Clayton Station Safeway SE of Ygnacio-Clayton intersection. (nearest Kirker Pass Rd.)

June 18 - Lafayette Moraga Trail. Meet at parking lot near Olympic-Pleasant Hill Rd. intersection.

June 25 - Redwood Park stream trail. Meet at Moraga Safeway parking.

Thanks to **John Lewis, Bob Madge, Jack Matthews** and **Joe Schild** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proofreading.

May Ladies Day



Garth & Shirley Cummings and Lynn Kratz & May Kan



Fred Kovar and Margaret Rees



Carl & Ann Johnson, and Bob & June Donahue



Dave Obera on the ivories

June Birthday Boys

Warren Boero, Ray Garavaglia, Rich Hanford, Tom Lindeland, Larry Mitchell, Ron Pascoe, Joe Schild, Bob Skirvin, Bob Swick, Art Trost, John Wall, Jack White, Harry Wilson and George Zunich.

Oh when your luck is batting zero... get..



Song Sirs **Joe Suta, Ken Kratz, Bill Rees, Don Nunn and Jim Helmick** sing their hearts out.

Wanna see who else shares your birthday?
Go to <http://www.scopesys.com/cgi/today2.cgi>

SIR CALL *Newsletter*

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