



Ray Kan

Big Sir's Notes

Thank you for a successful Ladies Day. An excellent speaker and 275 members and guests to enjoy the luncheon. Our next big luncheon event will be in December.

Remember that it will be limited to the first 300 reservations.

Filling a whole bus, our Branch enjoyed a very busy outing visiting many sites in one day. The group started out at 7:00 AM and returned at 5:30 PM. First for a tour of the Nummi auto production plant in Fremont, then to the Intel Museum, a leisurely lunch, then for the last stop the NASA exhibit center.

Seems like Spring and the rainy season will never end this year but Summer is approaching. Enjoy daylight savings time, the outdoors, vacations, trips and most importantly your family and friends.

Little Sir's Corner

The speaker for the June luncheon will be **Dave Forst**, Assistant General Manager of the Oakland Athletics baseball team. As **Billy Beane's** assistant, **Dave** is responsible for player acquisitions, contract negotiations and player evaluations. **Dave** will be discussing current plans for the ball team both in the short and long term.



Garth Cummings



Bocce Ball Bob Frankland

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

Looking for a good turnout on Monday, June 13th and June 27th.

Getting to Know SIR

Al Zamolo

I was born on July 8, 1929 in a town, which no longer exists, Port Chicago, CA. At six months of age we moved to Martinez where I lived for the next 38 years. It was while I attended Alhambra High that my future wife **Joan** and I met. We married in January of 1953 and in April of the same year, Uncle Sam decided that I should spend two years with him. After basic training at Fort Ord, he sent me to the Counterintelligence School in Fort Holabird, Maryland.

Upon my discharge in 1955, I was employed in the Mt. Diablo School District, where I spent 34 enjoyable and fulfilling years as a teacher, curriculum consultant and director of personnel. During this time I was also earning my advanced degree at U.C. Berkeley.

We are blessed with six children (4 boys and 2 girls) and 17 grandchildren. All but one of our children live within 15 minutes of our home.

After retiring in 1989 we traveled extensively (5 continents and all 50 states) until 1999 when the dreaded "C" word entered my life. **Joan** and I are active as volunteers in our church and also enjoy tennis, golf, bridge, dancing, bocce and the theatre.

I enjoy the people I have met in SIRS and being a participant in the activities our Branch offers.



Dale Haukland, Charlie Kiser, Bob Spellman and Jim Helmick visit the bar after the NUMMI tour.

When you put the two words "The" and "IRS" together it spells "theirs".

Bowling

Gus Edwards



Dave's Dudes lost the league championship by nine pins. Still, congratulations are in order for **Dave Rasmussen** (Head Dude), **Ray Weisz** (Comeback Dude), **Gus Edwards** (Literary Dude), and **Larry Mitchell** (Major Dude).

Following are the results of the Dave Valladao Tournament. In the B Division, **Maurice Mitchell** (Candy Guy) and **Otto Wilson** (Sunshine Man) were in the money as they finished fifth in doubles. But wait, there's more! **Maurice** also cashed in by finishing eleventh in singles and fifth in all events. **Otto** finished eighth in singles. **Clarence Tooley** and **Bruce Jones** were ninth in doubles. In the A Division, **Larry Mitchell** cashed in with a fourth-place finish in doubles. Lastly, **Gus Edwards** finished second in singles and ninth in all events.

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net
FLOYD SKELTON 838-2515 f.skelton@sbcglobal.net

Meet the 3rd Thursday of each month 9:30 to 11:30 a.m. at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

(continued on page 8)



Party Bridge Fred Bolton

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

We had four tables of bridge, hosted by **Doug Carlson** on May 2nd. Winners were **Lynn Freeman** with 5,670 points, second was **Bill Snyder** with 4,610 points, third to **Fred Bolton** and fourth to **Jim Jackson**. Our next game will be our Ladies Day Bridge & Lunch at Marie Callenders on June 6th. Contact **Fred Bolton** for details.



Duplicate Bridge Bob Donahue

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

SIR George Zunic hosted four tables of duplicate bridge in May. **Carl Johnson** was first with 45 points and **Jim Jackson** was second with 44 1/2 points. **Jim Todhunter** was third with 41 1/2 points and **Bob Yolland** was fourth with 41 points.

The next meeting is scheduled for Monday, June 13, 2005. 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.

Bill and Margaret Rees hosted eight couples for SIR Couples Duplicate Bridge. **Lynn and Dasha Freeman** took first place with 42 points, **Bob and Janet Yolland** came in second with 41 points, **Bill and Margaret Rees** finished in third place with 36 points, and **Lo and Sue McCarley** came in fourth with 32 points. The next meeting will be at **Stu and Margot Somerville's** on Wednesday, June 15th.



Fishing

Sal Costanza

4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port

I spoke to about six or seven Sir at the last luncheon who said they were interested in our Area 2 fishing group. Well, let's not just talk about it! Come to our next meeting and get involved. Up coming events: shad fishing on the American River, trout fishing on the Lower Sac., wives night at an Irish Pub, fly fishing on the Truckee. All in June.



Cooking and Social Don Nunn

1st Monday at various members' homes.

The Cooking Group met at the home of Sir **Barney Meade** for our yearly feast with "THE BARNEY." After a bit of the grape, Sir

Barney truly outdid himself with a feast for the gods. Klassy Kalua Pig, marvelous macaroni and shrimp salad, super sweet slaw (Oriental Cabbage), washed down with luscious Limoncello. Truly heavenly.

Next month we will meet on June 6 at the home of **Sir Al Milano**. Call Al for the time of the meeting and to confirm your attendance.

On a chilly winter evening two long married seniors were snuggled together on the floor watching television. During a commercial break, he reached over and gave her foot a gentle squeeze. "Mmmm", she said. "That's sweet". "Actually", he admitted, "I thought that was the remote".



Cribbage

Al Tufo

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

Cribbage was hosted by **Bryant Fischback** on Wednesday, May 11th. Have to tell you first about our coffee and dessert break. **Trudy Fischback** made two of the most delicious pies, a berry and an apricot, that you will ever taste. How do we follow that? Three kudos, **Trudy**.

We were able to get in two derby races. The **Italian Stallion** won the first race and **Larry Reilly** came in second. The second race was won by **Barney Meade** with the **Italian Stallion** running second. Cribbage will be hosted by **Langley Erickson** in June. See you all at the Winners Circle.

Tuesday Golf Walt Barabash

Latest Weekly Tournament Results

April 19 First Flight: **Ken Richter, Olof Johansson and Ken Beattie**. Second Flight: **Don Nunn, Howard Harvey and Bob Wheaton**. Closest to the Pin: **Ken Richter**. Low Gross: **Lew Thompson**: 90

April 26 First Flight: **John Demos, Bob Mehus and Gene Diana**. Second Flight: **Larry Zugnoni, Don Nunn and Dan O'Sullivan**. Closest to the Pin: **Ray Kan**. Low Gross: **Frank Marcon and Gene Diana**: 85

May 3 First Flight: **Bob Spellman, Jack Calloway and Bob White**. Second Flight: **Larry Zugnoni, Dan O'Sullivan and Tom Gorman**. Closest to the Pin: **Russ Bliese**. Low Gross: **Bob White**: 85

May 10 First Flight: **Bob Yolland, Gene Diana and Al Zamolo**. Second Flight: **Walt Barabash, Larry Zugnoni and Bill Boyd**. Closest to the Pin: **Gene Diana**. Low Gross: **Frank Marcon**: 83

Away Golf

Jim Baldrige

Thanks for the great response for the Br #146 Away Golf at Lone Tree Antioch on Thursday May 26. We filled all the tee times and are looking forward to a fun outing. Tournament results will be posted at Tuesday Golf and in the next CALL Away Golf article. Seven of our Br #146 golfers are competing in the Area 2 Qualifier. This is the first level of qualification for the State SIR Tournament at Poppy Hills. Entries were sent in on May 10, the date Area 2 requested them. We will get the results out to you as soon as we get them. **Sir Lynn Freeman** is hosting the next Away event. It's the Ladies Invitational at Vintner's Golf Club in Yountville, on Wednesday June 8. Cost is \$46 per person which includes green fee, cart, buffet and prizes. Male only golf signups are welcome as well; if the wife or lady friend doesn't play they can still join the buffet for \$12. Just include that info when you register. For reservations contact **Lynn** at 925-691-1186 or e-mail to lynnaf@astound.net or sign up via flyers that have been out at Tuesday Golf.

Happy drives and putts to all. **Jim Baldrige** 925-689-9232 P.S. - Area 2 Golf Chairman **Ed Myrtle** is also organizing a Team Scramble to be held on Friday, July 22 at Franklin Canyon. We will get flyers out as soon we receive them.

Table Pool Bill Weinberg

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

The Table Pool Club met on the 1st and 3rd Mondays in May, and had good turn-outs on both occasions. Branch 8 has had quite a few new players and the competition is getting better all the time. Hope to see you at Masses, on North Main, the 1st Monday of June (the 6th).



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.

SALT VS. POTASSIUM

Researchers say less salt and more potassium can do high blood pressure a world of good. New guidelines recommended by the National Academies of Science advise sodium intake of no more than 1500 mg per day-about 2/3 of a teaspoon of salt. This is less than the previous recommendation of 2400 mg a day (about 1 teaspoon). The concern is most of the salt in our diets is hidden in processed and restaurant foods.

To offset salt intake, adults should get at least 4700 mg of potassium every day. Five daily servings of fruits and vegetables can help reach this goal since they are low in sodium and high in potassium. Foods highest in potassium content include spinach and other dark leafy greens, cantaloupes, bananas, oranges, tomatoes, almonds, winter squash, and beans.

Dairy products are also a good source of potassium.

Source: *Hope Health Letter*, October 2004

THE OPERATIVE WORD IS "WHOLE"

Looking for fiber in the grocery store? Find the word "whole." Don't be fooled by such terms as "stone ground," "multigrain," "cracked wheat," or "organic." They have all been refined which means that the bran (fiber) had been separated from the starchy endosperm during the milling process. "Whole" is the operative word. It should be part of the first ingredient listed in a product.

Source: *Running & FitNews*, May/June 2004

WAISTLINE

Men with 40-inch or larger waists and women with 39-inch or larger waists have twice the risk of developing colon cancer. The theory is that overweight men and women eat more saturated fat and less fiber, both risk factors for colon cancer. The extra weight may trigger tumor growth. A balanced diet of fruits and vegetables and regular exercise are your best defense.

Source: *Bottom Line Health*, November 2004

DON'T LEAVE HOME WITHOUT IT

Breakfast may play a role in maintaining a healthy weight. A July 2003 study from the University of Massachusetts found that adults who regularly skipped breakfast over a one-year period were more than four times as likely to be obese as those who regularly ate a morning meal. And where you eat makes a difference. Study participants who frequently dined out in the morning were more likely to be obese than those who ate at home.

Source: *Consumer Reports on Health*, September 2004

There's always a lot to be thankful for if you take the time to look for it. For example, I'm sitting here now thinking how nice it is that wrinkles don't hurt.

Garden Club

Chuck Bobinecz

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

The June meeting of the Garden Club will be at the Alamo Safeway conference room.

Chuck Smith has a master gardener, **Ed Jochim**, who will give us a talk on vegetables, A to Z. Before you know it, those delicious vegetables will be ready to harvest. If you've had poor results in the past, **Ed** will take you step by step from plant cultural requirements, soil preparation, plant propagation maintenance and finally the harvest. **Ed** has been an avid vegetable master gardener for many years. We will also have a sexy talk on plant self-pollination by **Lo McCarley**. There are certain plants that are self-pollinating to produce fruit and others require help.

The Garden Club, the cooking groups and the wine tasting group are planning a bus trip on Friday, July 29th to the Gilroy area to visit the Goldsmith Seed Co. (flowers will be at their peak) and then will go to the Gilroy Garlic festival for lunch and some garlic ice cream. We will leave at 9.00 am from the Park and Ride on Mitchell Drive in Walnut Creek and return around 4:00 pm, testing a bit of the grape on the return. The cost is \$23 per person, plus \$6 entrance fee to the garlic festival and the cost of your garlic ice cream. Check out web site www.gilroygarlicfestival.com. This should be a sellout. Contact **Rich Hanford**, **Don Nunn** or **Chuck Bobinecz** and they will sign you up for the trip.



Did You Know?

Our branch member's ages as of April 14, 2005 are:

Under 65 years.....	8 (4%)
65-69.....	28 (13%)
70-74.....	51 (24%)
75-79.....	72 (33%)
80-84.....	45 (21%)
85+.....	10 (5%)
.....	214 (100%)

There are 19 @ the age 77 midpoint.

Age 79 is the largest group, with 23 members.

Of the 55 on our waiting list, there are 3 @ the age 69 midpoint.

The number of current members by induction year are:

'88-'90.....	46 (21%)
'91-'93.....	38 (18%)
'94-'96.....	36 (17%)
'97-'99.....	36 (17%)
'00-'02.....	39 (18%)
'03-'05.....	19 (9%)
.....	214 (100%)

1995 is the midpoint year for their inductions.

The 7 years prior have about the same total number of members as the 10 years after.

Excluding 2005's 1 current member inducted, the range of current members by induction year is 9-19.

(analysis by **Dick DeVoe** from **Jim Jackson's** membership records)

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

Sums In Retirement (Area 2) Financial Group, will meet on Wednesday, June 22, 2005. The meeting will take place at Diablo Creek Golf Course (Grill Room) starting at 8:00am. Breakfast will be served anytime after 7:00am. The meeting will conclude around 9:30am.

The meeting location is at the northern intersection of Hwy. 4, and Port Chicago Hwy., Concord. No reservations are required, just come and join the group and bring your questions and ideas. Feel free to bring a friend.

Our guest speaker will be **Mr. Tim A. Smith**, Vice President, Wachovia Investments. **Mr. Smith** will offer his insights into investment strategies in this volatile and ever-changing investment climate. He will offer suggestions on how to formulate your investments and build your retirement income.

If you have questions, contact **Sir Ben Smith** phone: 925-820-5403, e-mail-bjsssmith@aol.com



The Garden Club at Heather Farms after their picnic

An English professor was reading *The Canterbury Tales* to his class and noticed that a student had fallen asleep. Annoyed, he sent the book spinning through the air and bouncing off the boy's head.

Startled awake, the student asked what had hit him.

"That," said the professor, "was a flying Chaucer.

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.

William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmeh, Ronald De Golia, Charles Kistenmacher.

Remaining Waiting List Men (prioritized): **Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezare, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan, Jim Hanck, Philip Sapunor, Glen Renk, Robert Lipscomb, Robert Figone**



Song Sirs

Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:00 pm on Wednesdays.

The practice schedule for June & July has not been established at this writing. Song Sir members will be notified when it is.

Message to other Sir members: If you have any interest in singing with our singing group, contact me or any other Song Sir member. We would love to have you check us out.

Thoughts to make you smile

1. Being over the hill is better than being under it.
2. Sometimes the gene pool could use a little chlorine.
3. I used to have a handle on life, but it broke.
4. Consciousness: That annoying time between naps.
5. Ever stop to think, and forget to start again?
6. I don't suffer from insanity; I enjoy every minute of it.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Chicken Masala with buttered noodles
- Baked Cod Filet with herb roasted potatoes and tartar sauce
- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics:

Members 210, HLMs 4, Waiting List 54, Inactive 5

May Attendance:

Members 123, HLMs 3, Waiting List 14, Ladies 133
Total May Attendance: 273.

Status Changes:

Inducted: None

New Top 30 Men: **Ron De Golia, Charles Kistenmacher**

Added to Waiting List: **Robert Lipscomb, Robert Figone**

Deceased: **Ray Carberry, Jr.**

Withdrew: **Stan Strange, Doug Butler**

Current Top 30 Man Waiting List (prioritized): **Lee**

Vincent, Jesse Crews, Albert Bond, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan,



Sunshine



Otto Wilson

Phone: 825-1943

Email: ottowilson@astound.net

We were saddened by the death of **Sir Ray Carberry** in April. Our sympathy to his family.

Chris Satterthwaite came through a hernia operation with flying colors. He says he will be singing first tenor. Did anyone know he could sing?

Bill Knapp has completed his treatment for cancer. He was at the May luncheon and looks great.

Russ Bliese's wife **Opal** is out of the hospital and doing well.

Warren Boero is home from City of Hope. He thanks all the Sirs for their calls, cards and prayers.

Don Del Bene is doing well in his recuperation from heart surgery. He says he will be playing golf as soon as possible.

Travel Opportunities

Bob Spellman



June 29-July 1, 2005 **Boulder Creek Golf**. Package includes 2 nights lodging, 3 rounds of golf, one dinner, cocktail party and \$28 food and drink credit. Cost \$202 for golfer and \$151 for non-golfer. Contact **Charlie Kiser** at 274-1575.

July 20, 2005 **SIRS Day at Giants SBC Park**. Watch the Giants battle the Eastern Division Champion Atlanta Braves. Seats are assigned on a first come, first served basis. Cost \$17 to \$33, depending on location. Contact **Charlie Kiser** at 274-1575.

August 11, 2005 **SIRS Day with the A's**. Join your fellow SIRS at the Oakland Coliseum to see the A's play the Angels. Plaza tickets are available for \$13. The deadline for ordering is July 20th. Contact **Bob Spellman** at 934-8428.

August 17, 2005 **Russian River Escape**. Our first stop will be at the Village Inn in Monte Rio where we will enjoy lunch by the Russian River. After lunch we will be entertained by William Florian, who has been delighting audiences for decades. Florian sang as a member of the famous New Cristy Minstrels plus performs the music of Peter Paul and Mary, John Denver and others. We conclude our escape with a relaxing informative tour of the world famous Korbel Champagne Cellars. Cost is \$68 p/p. Contact **Bob Spellman** at 934-8428.

August 30-31, 2005 **Tea & Tiaras**. A very special Tea Party and Vintage Fashion Show at the Reno Hilton. Package includes motorcoach transportation, one night accommodations, 2 meals, admission to Tea Party and Fashion Show, \$40 Casino Bonus Value. Cost \$87 p/p. Contact **Carl Raaka** of Branch #8 at 254-0482.

Sept 6, 2005 **The Italian Girl of Algiers**. Enjoy a performance of The Italian Girl of Algiers by Gioachino Rossini. Rossini brings his irresistible touch to a madcap romp about a spunky woman and a self-important man. No host dinner at Pier 39, motorcoach travel to San Francisco Opera House. Cost \$33 p/p. Contact **Bob Hagler** of Branch #8 at 934-7620.

Sept 29-Oct 10, 2005 **Black Sea Cruise**. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post-cruise night in Bucharest. Cost from \$3295 p/p d/o. Subject to space available. Contact **Bob Spellman** at 934-8428.

Oct 12-Nov 2, 2005 **Australia & New Zealand**. A 22 day excursion through Australia and New Zealand.

Includes roundtrip airfare, accommodations in 3 to 4 star hotels for 19 nights. Deluxe motorcoach transportation All tax and gratuities at hosted meals and hotels. Cost is \$4980 p/p d/o. Contact **Bob Hagler**, Branch #8 at 934-7620.

Nov 6-7, 2005 **Fiddler on the Roof**. Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center, Sunday matinee and overnight. Includes transportation, one night accommodations at Sands Regency, and admission to Fiddler on the Roof. Cost is \$85 p/p. Contact **Carl Raaka**, Branch #8 at 254-0482.

You can buy almost anything on eBay. I bought the world's oldest globe. It's flat.

Theatre

Bill Hansen



"Wigged Out" June 18, 2005 at 8 PM. Tickets \$35 each. Show is located at 520 San Ramon Valley Blvd. Only a few seats left so call before sending a check.

"Sound of Music" Thursday, July 28, 2005 at 8 pm. Tickets are \$17.50 each. The show will be presented in the outdoor theatre at the Martinez Waterfront Park.

Make checks out to Sir 146 and mail to **Bill Hansen**, 3098 Manzano Dr., Walnut Creek 94598.

Wine Tasting Dale Haukland



We have two summer wine tasting events for your imbibing pleasure. Please join us for some fine wine and good fellowship. All you have to do is bring a bottle of wine. All wine must be under \$20, so scout out those exceptional finds to share with your fellow connoisseurs.

Call to reserve your spot.

June 16, 2005

2-4 P.M.

Hank and Hazel James

3067 Avellano Dr.

Walnut Creek, Ca. 94598

Phone 934- 3072

Merlot and or Sauvignon Blanc

August 25, 2005

2-4 P.M.

Leon and Betty Wyrick

60 Deerhaven Place.

Pleasant Hill, Ca. 94523

Phone 313-9227

Cabernet and or Chardonnay

Looking forward to seeing you.

State President Region Director Area Governor	SIR State Officers	Jim Donovan Art Miller Harry Hubinger
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Branch 146 Officers and Directors

Big SIR	Ray Kan	376-2023
Little SIR	Garth Cummings	820-0745
Secretary	Jim Stedman	932-1636
Assistant Secretary	Bob Burley	934-5816
Treasurer	Frank Rockwell	943-7743
Assistant Treasurer	Jim Todhunter	283-3974
Director	Jeff Bailly	906-0521
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Pete Gates	937-2035
Director	Stu Somerville	944-0738
Director	Mike Varner	938-3778

Committee Chairmen

Attendance	Bill Root	943-6194
Audit	Syd Whalen	837-7143
Badges	Dick Richmond	947-1167
Bocce Ball	Bob Frankland	284-7222
Bowling	Gus Edwards	930-6368
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Mitch Mitchell	686-0537
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
Golf Treasurer	Walt Barabash	935-2964
Away Golf	Jim Baldrige	689-9232
Greeters	Ed Mendelssohn	935-0592
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	Pete Gates	937-2035
Assist. Editor	Jim Jackson	687-7052
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Doug Cook	939-4327
Pianist	Dave Obara	932-2584
Radio	Bill Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Bill Rees	376-3098
Director	Rod Sharretts	372-6566
Sunshine	Otto Wilson	825-1943
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Bob Spellman	934-8428
Assist Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Bailly	906-0521
Wine Tasting	Dale Haukland	820-0189

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
- 2004 Doug Cook



Walkers John Lewis

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



Rain cancels any walk.

June 3 - HapMcGhee Park. Take Fwy 680 south to right on El Pintado, next exit after Stone Valley Rd., followed by quick right on La Gonda Way to the park, just before crossing back under the Fwy.

June 10 - West Ridge Trail, Oakland hills. Meet at Moraga Safeway for carpooling. Coffee & donuts at the site.

June 17 - Exploring Clyde. Meet at north end of Port Chicago Hwy., off Hwy 4.

June 24 - Hammill Trail. Meet at end of Marshall Dr. in Walnut Creek.

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.

Ladies Day in May



Guy Rudberg and Dale Haukland are ready to greet the ladies.



Larry and Betty Mitchell, Roberta Wilson, and Wes and Carla Hauschildt



Barbara Stedman and Betty Wyrick



Little Sir Garth Cummings presents SIR plaque to Speaker **Margaret Peters**



Janice Belluomini, Charlotte Garavaglia and Ruth Lyle

SIR CALL

Sons In Retirement, Inc.
2106 Hoover Court
Pleasant Hill, CA 94523

sircall@hotmail.com

<http://www.sir146.com>

Newsletter

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.

(continued from page 2)

Meetings are held the 3rd Thursday of each month from 9:30 to 11:30 a.m. All SIR members are invited to attend these informative sessions. Our next scheduled meeting will be held June 16th. At this meeting we will follow on to our May presentation on Microsoft's Office XP with a presentation on tips for using Microsoft's Word software program. We'll also have time to talk and hopefully resolve your computer problems and talk about some interesting web sites. For more information please visit our web site which has been relocated to: <http://www.sir-web.org/computer>.

Dick Curry and Floyd Skelton, Co-Chairmen.

