

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 5

Published For Our Members And Friends

May 2002

Big Sir's Commentary:



We have a lot of special activities coming along in the next few months. Our annual Ladies Day Lunch will be on May 9th.

There will be a joint garden tour, wine tasting and lunch in Napa Valley on May 6th. On May 16th the Area 2 State Golf Qualification round will be held at Bethel Island and on June 5th will be the Ladies Golf Invitational in Yountville. SIR's Day will be May 24th at the Sacramento Jazz Festival. I hope as many of you as can will take part in these activities. And heartfelt thanks to **Bob Yolland** and **Stan Jackson; Chuck Bobinecz; Jim Baldrige** and **Dick Richmond; Lynn Freeman; and Owen Sullivan** for putting these programs together. I'm impressed and overwhelmed by the dedication and hard work of so many of our member volunteers

Good judgment comes from experience, and a lot of that comes from bad judgment *Will Rogers*

Little Sir's Corner:

Ladies Day, May 9 Luncheon will feature the Song Sirs and special guest speaker **Julie Haener**, co-anchor of KTVU/Fox news at six with **Dennis Richmond**.



"Doin Lunch"

SIR's **Bill Conley & Lee Schultz** chat prior to lunch.

Old aunts & uncles used to come up to me at weddings, poking me in the ribs and cackling, telling me, "you're next." They stopped after I started doing the same thing to them at funerals.

Happy Birthdays in May

Jim Adams, Jeff Baily, Ken Beattie, Bob Brady, Bob Burley, Tony DeSalles, Fred Donnelly, Tom Dunne, Ernie Figueira, Herb Freeman, Joe Lamanna, Dean Merritt, Dave Obera, Don Patterson, Dave Rasmussen, Bill Root, Larry Sheerin, Ed Wojnar, Leon Wyrick.



Bocce Ball

Al Milano 2nd and 4th Mondays at 9 am.
Concord Bocce Courts in Newell Park,
Concord near the corner of Turtle Creek and Ayers Rds.

Computers

Chris Satterthwaite



Did you know the Internet connects 689 million people and 172 million Internet hosts?

Including the waiting list, Br 146 has 95 members listed in the new Member Directory who have E-mail addressees. This means added e-mail access to one another if desired. It signifies Br. interest in computers and the all encompassing Internet. It also means the Br. probably has its share of computer related problems. Help is at hand via your SIR friends. Check out the Computer Desk/Resource Group. For example, e-mail **Jeff Baily** for help on Windows 98 problems and Microsoft Publisher software, **Don Nunn** for Microsoft Printmaster, **Lo McCarley** for data bases, spreadsheets and **Chris Satterthwaite** for e-mail or the new fiber optic-based broadband network (areas of WC and Concord only for now) and a resource for computer software learning CD-ROMs (not free). Click on www.mayoclinic.com for expert health information and take their Personal Health Scoreboard.

SIR Branch 146 Member Directory

The recently distributed 2002 directory contains some errors and omissions. Our membership chairman is working to have a corrected version printed in the very near future.



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

Bowling

With only about 3 weeks left in the SIR's winter league we find the Adjusters leading with a record of 36 - 16. The team is made up of Captain **Mike Kropf, Larry Reidinger, Wally Azalone and Jack Jagoda**. The number two team is The Numero Uno team captained by **John Zotti** with a record of 32 - 20. With **Dean Lucas, Tony De Bello and Vic Pangrazzi**. Next is The Four Amigos captained by **Lloyd West** with a record of 32.5 - 20.5. We almost had another 300 when **Bob Butterfield** threw 11 consecutive strikes to leave one pin standing in the 12th for a 299. On the same day **Dick Joyce** bowled games of 203 - 278 - 246 727. He has also had a 717. Also coming through with big scores were **Dean Lucas - 279/648, Ken Beldin - 275/655, Ben Zeppa - 267/735, Gus Edwards - 258/688, Mike Kropf - 247/690, Tony De Bello - 266/676, Chuck Price - 244/656, Bob Everett - 244/657, Maynard Hendricks - 266/660**. SIR's tournaments coming up:
 April 30 - May 2 Knotty Pine Lanes, Pollack Pines.
 May 6 - 8 SIR's state tournament, Brentwood. (This tournament for SIRs men only.)



Cooking

Don Nunn

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

- 1) Remember to mark you calendar for the next dinner dance October 2.
- 2) Our cooking group enjoyed home cooked "Malfatti" at the home of **Fay and Dan Hungerford**. It was presented in a very fine dinner setting with all 10 members attending. Salad, malfatti, wine and a great home made dessert was enjoyed by all.

On May 6, we will meet at the home of Sir **Dave Johnson** for another gastronomical gathering. Be sure to call Dave and confirm your attendance.

"Doin Lunch"



Sirs **Joe Deas and Elmer Kaprelian** chatting at the luncheon.

Duplicate Bridge



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

SIR **Bill Rees** hosted four tables of duplicate bridge in April with **Dick Johnson** coming in first place with 431/2 points. **Fred Bolton** was second with 42 1/2 points. **Jim Jackson** was third with 42 points and **Carl Johnson** was fourth with 41 points.



Fishing

Pablo Chavez
 Coco's Restaurant
 3200 Buskirk Ave.

4th Thursday at 8:30 am.

Fishing Calendar

April 28-May 3 is a trout fishing trip on the Pit River. **Jack Cunha** (925-284-9705) and **Richard Bal** (925-944-1832) indicate the trip is full at the moment but a waiting list is being developed.

May 17-22 is a trout fishing trip to McSwain and McClure Reservoirs. Interested fishermen should contact Fish master **Al Brunner** (925-687-0594).

Other trips that are filling up and interested fishermen need to call the Fish masters include trout fly fishing on the Sacramento River June 12, 13, 14 with guide **Mike Bias** (**Pablo Chavez** 925-256-8516), a Montana trip with **Jack Cunha** (925-284-9705), and the June and July Kokanee salmon fishing trips to New Melones and Don Pedro with Fish master **Richard Fish** (925-672-8468).

Garden Club



Chuck Bobinecz. 1st Thursday at 1:30 pm at Alamo Safeway conference room unless otherwise announced.

The Garden Club, Cooking & Wine Tasting are sponsoring a SIR's May 6th bus trip to Amador Flower Farm, wine tasting at local wineries & picnic (bring your own or box lunches can be arranged for \$8.50). There will also be wine tasting on the bus coming home. There are still some seats available. Open to all Sirs, wives & guests. Cost is \$20 - \$28 per person depending on final count. Call **Chuck Bobinecz** at (925) 939-8740 or **Lew Thompson** at (925) 686-6880 for reservations and more information, by April 30th.

"When you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson".
Will Rogers

Golf

Tuesday Golf Walt Barabash

March 19 First Flight: **Frank Mandic, Bob Mehus** and **Bill Knapp**. Second Flight: **Frank McNamee, Dan O'Sullivan** and **Tom Noonan**. Closest to the Pin: **Jim Helmick**.

March 26 First Flight: **Bill Cammerer, Ken Beattie** and **Ken Richter**. Second Flight: **Bob Spellman, Tom Noonan** and **Doug Cook**. Closest to the Pin: **Garth Cummings**.

April 2 First Flight: **Bob Mehus, Joe Lamanna** and **Ray Nordstrom**. Second Flight: **Warren Boero, Pablo Chavez** and **Carl Johnson**. Closest to the Pin: **Olof Johansson**.

April 9 First Flight: **Dick Richmond, Bill Hansen** and **Larry Sheerin**. Second Flight: **Fred Bolton, Dan O'Sullivan** and **Pablo Chavez**. Closest to the Pin: **Doug Peterson**.



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

Cribbage

The Cribbage Club was hosted by **Larry Reilly** on April 10. We were able to get in two tournaments this time. The first one was won by **Larry Crisp** in good fashion, **Dave Johnson** took second place. The second tournament was won by **Langley Erickson** with **Ernie Figueira** taking second. The Italian Stallion didn't even get out of the barn. Wishing the best of health to all...Tufo

Away Golf Jim "Ace" Baldrige

Ten stalwart foursomes braved the rain and wind to finish Silverado. "In the money" were; 1st **Dick Richmond**, 2nd **Rich Hanford**, 3rd **Jim, "Ace", Baldrige** who included a hole-in-one in his repertoire, 4th **Bob Spellman**, 5th **Ken Richter** and 6th **Jack Calloway**. Closest to the pins went to **John Demos** and **Bill Boyd**. Winners of gap wedges donated by **Myles Ringle** were **Gene Diana, John Lewis, Bill Becker, Bob White, Lew Thompson** and **Ray Weisz**.

Thurs May 16 SIR Statewide Tournament
Area 2 Qualification Round. Bethel Island GC. \$32 incl green fee, BBQ lunch, state prize fund. Walkers permitted. Half cart \$11.

Wed June 5 Lynn Freeman Invitational - Yountville.
Lynn will circulate flyers.

Thurs July 18 Tilden Park, Berkeley. \$36 Green fee & cart; \$34 guests/SIRs not in prize fund.



Health Matters, Physical and Mental



NEW TREATMENT FOR ACHING FEET

Plantar fasciitis is an inflammation of the tendon that runs under the foot and heel bone and connects to the Achilles' tendon. It can cause excruciating pain and is often hard to treat. Now there is a new option recently approved by the Food and Drug Administration.

Called extra corporal shock wave treatment (EWS), it involves sending electrical shock waves to your heel with a device called an OssaTron. The waves break up the scar tissue, adhesions, and inflammation surrounding the plantar fascia, speeding up injury repair. Because it can be uncomfortable, local anesthesia is given before the thirty minute procedure.

Sports podiatrist **Jeffrey Ross, D.P.M.**, an assistant clinical professor at Baylor College of Medicine in Houston, says those best suited for the procedure are persons who have had heel pain for at least six months and have attempted at least three conservative treatment options (physical therapy, ultrasound, orthotics, night splints, whirlpool sessions, massages, anti-inflammatory or steroid injections) and not gotten satisfactory results.

Early studies have shown a success rate of better than 60 percent. Running and other high impact-activities must be avoided for 6 to 8 weeks following the procedure.

The cost ranges from \$3,000 to \$6,000, but many insurance programs cover it. For more information, go to www.healthtronics.com or call 800 464-3795.

Source: *Runner's World*, September 2001

WALKING OFF CALORIES

Want to know how many calories you are burning during your walk (or run)?

1. Divide your weight by 132.
2. Multiply the result by 75.
3. Multiply that result by the number of miles traveled.

Source: *Aviation Medical Bulletin*, March 2002

EXERCISE AND SELF-WORTH

Exercise changes how you feel about yourself. According to a study by the National Institute on Aging, 174 older adults began an exercise program. Some of them did aerobic walking; others followed a program of stretching and toning.

After six months, all of them perceived themselves as stronger and more attractive, showing improvement in overall self-esteem.

Source: *UC Berkeley Wellness Letter*, August 2001

Know Your SIR Fred Donnelly

My spouse is **Laura**. I was born May 8, 1921, in Troy, New York. We had six children — **Fred Jr.**, (dec.), **Anne**, **Maureen**, **Brad**, **George**, and **Jim**.

Our wedding date was November 20, 1948, in St. Paul's Catholic Church, Los Angeles.

I am a graduate of Los Angeles High School and the University of California at Los Angeles (UCLA).

I was employed for over 34 years by Chevrolet Motor Division, General Motors Corp. Worked in various capacities in their wholesale organization with Chevrolet dealers and General Motors fleet users.

Positions held: Parts and Accessories Representative in the Santa Barbara, Pasadena and Los Angeles Districts; District Manager (Cars and Trucks), San Diego; Distribution Manager and Merchandising Manager, Los Angeles Zone; and Fleet Account Executive, Pacific Coast Region, representing the National Fleet Department in Detroit 1947-1982.

Military service was with the United States Marine Corps during WWII in the Pacific. Attained the rank of Captain. Participated in the Peleliu Operation, fall 1944, and the Okinawa Campaign, spring and summer 1945. Was with the initial occupation forces at Yokosuka Naval Base, Tokyo Bay, at the time of the Japanese surrender.

My wife is disabled and wheelchair bound, as a result of four strokes commencing in the fall of 1995. I am the primary caregiver and have a Certified Nurse's Aide with her seven days a week for several hours in the morning. This enables me to do the necessary marketing, etc.

I work out several times a week at "Club Sport" located on Valley Vista Road, halfway down the hill from Boundary Oak, while the Nurse's Aide is with **Laurie**. An hour is spent in the fitness center on the Star Trac, also working with dumbbells, etc. Then another hour in the outdoor swimming pool doing water calisthenics. Then a shower and out!

I love golf but gave it up due to my wife's condition. Takes too much time.

My son, **Brad**, has been a client of Las Trampas, Inc., Lafayette, for many years and I have been serving on the Board of Directors, representing the parents, guardians and conservators. This is ongoing.

The Sirs luncheons are enjoyed very much—both the time with friends, as well as the wide range of interesting speakers.



IQ Test: Divide 30 by 1/2 and add 10. What is the answer? *answer at the bottom of this page.*

Ben Smith

4th Wednesday at 7:45 am **Investments**
at Coco's Restaurant at 3202 Buskirk Ave. Pleasant Hill.
Bjsssmith@Aol.Com

Wed. May 22, 2002 the SIR Investment group will meet. Topic: "Investing In a Changing Market" Topic leader: Fidelity Investment Management. The coffee is good and Coco's offers many breakfast specials for you to choose from. No reservations required.....just come on down. All local SIR's and guests are welcome. Volunteer presenters and participants are particularly encouraged to join in. We share information, look for investment opportunities and have a good time with good people. Roll out of bed and join in.

"The quickest way to double your money is to fold it over and put it back in your pocket" ... **Will Rogers**

Luncheon Reservations

Dale Haukland

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

SIR Members

Call me by Friday noon prior to the Thursday's lunch if you **are not** going to attend. Remember to call.

Waiting List:

Call me by Friday noon prior to Thursday's lunch if you **are** going to attend. Remember to call

SIRs bringing a guest:

Call me and leave your name and the name of your guest by Friday noon prior to the Thursday's lunch.

Note:

Starting at the June Luncheon:
Lunch ticket sales will commence at 10:30 am
Lunch ticket sales will close at 11:45 am
After 11:45 locate **Jim Adams** at his table.

It is appreciated when members present exact amount of \$17 or \$22 to make change.

MAKING IT WORK: Two times a week my wife and I go to a nice restaurant, have a little wine, good food and companionship. She goes Tuesdays, I go Fridays.

the answer is 25.
Answer: 70. If you multiply 30 by 1/2 and add 10



Luncheon Menu Stan Jackson

This Month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Petite filet of beef with stuffed potatoes
- Grilled salmon filet with Basmati rice.

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson Membership

Branch 146 statistics: Members 210, Honorary Life Members 5, Waiting List 17, Attendance: Members 174, Honorary Life Members 1, Waiting List 7, Guests 2, Excused 34, Unexcused no shows 6. Total Attendance 184, Resigned: **Loren Long, George Sleevy,** Dropped from W/L: **Russ Anderson, John Chambers, Deane Craig, Mario Massone, Vernon Scholes,** Inducted: **Les Birdsall, George Bjornsen, Joe Himsl, Bob Muentner, John Wilhelmy.** Deceased, **Chuck O'Connor.**



Party Bridge

Fred Bolton

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



The players at the April 1st Ladies Day Party Bridge. They are, from left to right, **Barbara Lundblade, & Jim Brown** in 4th place, **Carl & Anne Johnson** in 2nd place with 5120 points, **Jim Jackson & Richard Johnson,** in 1st place with 6900 points, and **Jim & Allison Todhunter** in 3rd place. Our next game will be on May 6 at **Carl Johnson's** home.



Sunshine Chuck Smith

A Letter to SIR Branch 146

On behalf of us both, even though Chuck is no longer with me, we are thanking all you wonderful men of SIR Branch 146 for your many kindnesses, your cards and notes of encouragement and your moral support.

There was a time when Chuck and I were very optimistic about his chances of surviving cancer. We were told it was slow growing and had been there for about two and a half years at the time of the diagnosis in the spring of 2001. But Chuck was already frail and had too many other problems. The radiation treatment was brutal and may well have shortened his life. He really did suffer so terribly at times. He refused pain medication even when the pain was at its worst. In the final weeks he **Chuck O'Connor** did accept extra-strength Tylenol. In the end he said he was not in pain but his confinement really upset him.



Chuck loved the men of Branch 146 individually and as a group but he did not want you to see him so ill. I'm sure that his spirits would have been uplifted had he not kept visitors away. He was unwell for a very long time before the diagnosis last spring. In the end he seemed to review his whole life; I'm sure he said "goodbye" to every one of you.

For Chuck and for me and for his entire family I thank you all so very much. You are a wonderful group of men.

Sincerely, *Estelle O'Connor*

P.S. The "Sunshine" SIR is very important to us all... take my word for it...*Estelle O'C.*

Larry Zugnoni:

It was nice to see Larry at the April luncheon. He's recovering from a lung operation to remove a tumor. His feistiness and sense of humor have also recovered.

Chuck Hammond: Chuck is still recovering from a double whammy heart attack and stroke back in the fall of '99. He still feels the effects of the stroke on his vision and muscle movement on the right side. Golf is probably out but his friends at bridge say he's still sharp as a tack and, as always, in good spirits.

Walt Barabash: Walt is lying low from golf due to some troubling shoulder and knee arthritis but hopes to be back in good form in the not too distant future.

Ray Edmondson: Ray is recovering at home from his 3rd bypass operation; a 2-way in '78, a 6-way in '88 and a 2-way, less invasive, between-the-ribs this time.



Travel Opportunities

Charlie Kiser

May 24, 2002 SIR Day at Sacramento Jazz Festival
Cost of 17.50 entitles you to all day admission. (Regular price \$35.00) Send check payable to SIR 146 to **Owen Sullivan**, 943-7998

June 6, 2002 Oakland A's SIR Day
See the Oakland A's vs Seattle 12:35PM. Field Infield Tickets and are priced at \$11.00 Contact **Charlie Kiser**, 274-1575 Deadline May 6, 2002

June 7-15, 2002 France in the New World
A unique look at the lovely Province of Quebec. Cost \$1830 p/p d/occ. Contact **Fred Stammen** Br. 8 283-1956

July 24-26, 2002 No. Calif Micro-Brewery Hop and Skunk Train and much more. Contact **Fred Stammen** Br 171 at 283-1956

Sept 4-6, 2002 Golf-Boulder Creek
2 nights lodging, 3 days golf, 1 Dinner including tax, gratuity and 1 glass of wine and \$28.00 food credit per room. 1, 2 or 3 bedroom. No single rooms. Cost for Golfer \$186.00 and non-golfer \$135.00. Contact **Charlie Kiser** 274-1575. Deadline May 6, 2002

Sept 14-27 2002 Canada's Atlantic Coast
Cost \$2049 p/p. Call **Vic Johnson** Br. 116 @ 680-1501

Sept 21-Oct 1, 2002 Branson and St Louis-Ohio River Cruise Cost \$2575.00 to \$2725.00 d/o. Contact **Bob Hagler** Br. 8. 934-7620

Oct 4-Oct 12, 2002. Bermuda Cruise w/Golf Includes 7 night cruise to Bermuda. Tour the city that never sleeps. Visit the United Nations and Ground Zero. Sail past the majestic Statue of Liberty to Beautiful Bermuda. Cost from \$1605.00 for golfer and \$1380.00 for non-golfer Contact **Charlie Kiser** 274-1575

Dec 2, 2002 Reno Holiday Comedy with Charlie Prose. One night at Eldorado Hotel Casino, Charlie Prose Show, private group cocktail party, special Holiday Gift for each person and \$21 cash and \$4 food credit. Cost \$93.00 p/p Contact **Charlie Kiser** Br. 146 @ 274-1575

Dec 28, 2002-Jan 2, 2003 Mazatlan New Year's
Six days at Mazatlan's El Cid Castilla Resort. Includes r/t air, all meals, drinks, services, and transfers. Cost \$1320.00 p/p d/o. Contact **Bob Hagler** Br. 8 @ 934-7620

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise
Sail r/t from San Francisco to Alaska and celebrate the 45th anniversary of Sons in Retirement. No air involved. One lucky couple will be selected for a free upgrade to a penthouse as you set sail from San Francisco. Cost from \$2495. Contact **Charlie Kiser** 274-1575.

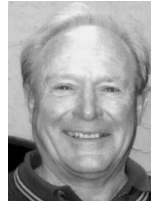
"Doin Lunch"



SIR's **Don Strong, Ray Garavaglia and Don DelBene** .

Table Pool

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



The table pool club met on April 8th (the second Monday of the month, as usual) and had a terrific time. We confirmed the next date of May 13th (which is also the second Monday of the month). Mark your calendar now for next month and we'll see you at Masse's.

"Never miss an opportunity to shut up" .. **Will Rogers**

"Doin Lunch"



Sponsor, Sir **Owen Sullivan**, left, presents **Bob Muentzer** for induction into SIR.

RETIREMENT: "Retirement can be a happy time, a pleasant time, a joyous time - unless you are married to the person who retired" **Anon A. Moose**



Owen Sullivan
Practices are held after the SIRS monthly luncheon and on the last Wednesday of each month at 4 pm at the WC Presbyterian Church.

Song Sirs

A father said to his son, "When **Abe Lincoln** was your age, he was studying books by the light of the fireplace." The son replied, "When Lincoln was your age, he was President."

Late Breaking Golf News

As we go to press the following Lone Tree results came in; 1st place **Rich Hanford**, 2nd **Ken Kratz**, 3rd **Bill Weinberg**, 4th **Harry Rieck**, 5th **Jack Calloway**. Winners of gap wedges donated by **Myles Ringle** were **Charlie Kiser**, **Ernie "Eagle" Dickson**, **Ken Richter** and **Olof Johansson**.

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

Big SIR	Fred Kovar	937-2951
Little SIR	Bob Yolland	932-4758
Secretary	Lo McCarley	935-3939
Assistant Secretary	Doug Cook	939-4327
Treasurer	Jim Adams	685-4216
Assistant Treasurer	Dean Merritt	671-7380
Director	Pablo Chavez	256-8516
Director	Dale Haukland	820-0189
Director	Cal Jones	934-2979
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick "Ace" Richmond	947-1167

Committee Chairmen-2002

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
Computer	Chris Satterthwaite	939-7826
Cooking	Don Nunn	934-5214
Cribbage	Al Tufo	798-4129
Fishing	Pablo Chavez	256-8516
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	938-2934
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Bill Hansen	939-4951
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

1989 Charles Unfried	1996 Dick DeVoe
1990 Gill Rhodes	1997 Warren Boero
1991 Gene Hackett	1998 Don Nunn
1992 Walt Entelman	1999 Dave Valladao
1993 E (Kap) Kaprelian	2000 Jack Calloway
1994 Joe Jansen	2001 Bill Hansen
1995 Bob Walton	



John Lewis

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

Walkers

May 3 - Heather Farms Rose Walk. Meet at swimming pool parking lot.

May 10 - Fowler's Flower walk Osage Park. Take 680 to Sycamore Valley Rd (E) to right on Camino Ramon (about 1 mile) to left on El Capitan to left on Orange Blossom. Look for Osage Park sign.

May 17 - Castle Rock Trail. Park at end of Castle Rock Road.

May 24 - Carquinez Hwy (Martinez). Take 680 to Marina Vista (West) -last turnoff before Benicia Bridge. Take Marina Vista through town to right on Talbert which becomes scenic Hwy to left in parking lot just past cemetery.

May 31 - Mitch's Trail. Meet at Clayton Library.

My wife and I always hold hands.
If I let go she shops.

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

"Doin Lunch"



Photo by Sir Ken Kratz

In one of the longest, animated and amusing talks.. ever, former Big Sir **Bill Hansen** presented **Les Birdsall** for induction.

WASTING TIME: "The time you spend wasting time is not wasted time"*Bertrand Russell*

SIR's Day At The Races



In the winners' circle at Bay Meadows with winning jockey **Jason Lumpkins** are, left to right, Sir's **Charlie Kiser, Gene Diana, Bob Yolland, Jeff Baily and Howie King.**

Don't squat with your spurs on..... *Will Rogers*

SIR CALL *Newsletter*

Sons In Retirement, Inc.
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Walnut Creek CA 94598

SirCall@Att.Net

Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364

Mailed April 22, 2002