

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 9

Published For Our Members And Friends

September 2004



Doug Cook

Big Sir's Notes

I am pleased to announce that in July our state organization published the first issue of our new state newsletter, "Sir Happenings". This will provide us valuable information regarding all of our branches. For your perusal, I will place a copy on each table at our September luncheon. In the meantime, you can receive a copy through e-mail by sending your name and e-mail address to: dwight.sale@comcast.net. **Jeff Baily** has agreed to serve as our "clearing house" so we don't send duplicate articles. If you wish to submit an article, it is requested that you contact him. You may, however, send articles on your own by e-mailing **Don MacGregor** at DLM@foothill.net.

Congratulations to **Ray Kan, Garth Cummings, Jim Stedman, Bob Burley, Frank Rockwell, Jim Todhunter, Jeff Baily, Chuck Bobinecz, Ralph Fowler, Dick Joyce, Stu Somerville** and **Mike Varner** on their election as 2005 Officers and Directors. Their election guarantees that our branch will be ably governed next year. Thank you, gentlemen, for your willingness to take on these most important positions. I'd like to thank **Bill Root** for being our August Jester and special thanks to **Garth Cummings** for providing us with a very entertaining and provocative talk. As we know, there is a wealth of talent among our members and it is appropriate that we tap into that.

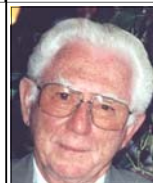
I've received an inquiry regarding the 2005 Sir State RV Rally. It is scheduled for April 24th thru 27th at French Camp RV Park and Golf Course in Manteca, CA. For additional information, contact either **Howie Fisher** at (925) 634-0490 or **Bob Burton** at (415) 456-6451. The information is also listed in "Sir Happenings". Finally, on behalf of our organization, I'd like to welcome new member **Rich Ahlf**. Sir Branch 146 offers an amazing variety of activities that you can participate in. We invite you to join in and to share your time and talent with us.



Ray Kan

Little Sir's Corner

The September meeting will once again feature one of our own members, **Dennis Hallett**. **Dennis** who is an active member, had to take a leave of absence to help his former employer in Iraq. He recently returned and will be sharing his thoughts on Iraq's reconstruction program.



Tuesday Golf **Walt Barabash**

July 20 First Flight: **Gene Diana, Dick Richmond** and **Larry Sheerin**.
Second Flight: **Bob Spellman,**

Don Del Bene and **Charlie Kiser**. Closest to the Pin: **Warren Boero**. Low Gross: **Gene Diana: 80**

July 27 First Flight: **Ed Wojnar, Jim Baldrige** and **Al Zamolo**. Second Flight: **Larry Zugnoni, Dean Merritt** and **Ernie Dickson**. Closest to the Pin: **Bob Mehus**. Low Gross: **Lew Thompson** and **Al Zamolo: 86**

August 3 First Flight: **Bob White, Bill Cammerer** and **Ray Weisz**. Second Flight: **Dean Merritt, Olof Johansson** and **Ray Kan**. Closest to the Pin: **John Lewis**. Low Gross: **Bob White: 80**

August 10 First Flight: **Larry Sheerin, Rich Hanford** and **Myles Ringle**. Second Flight: **Dean Merritt, Warren Boero** and **Dan O'Sullivan**. Closest to the Pin: **Bill Weinberg**. Low Gross: **Larry Sheerin: 81**

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**

Our Summer League is over. We will have a Winter League Meeting at 9:30am at Diablo Lanes on August 25th. Our league will start on September 1st, 2004.

Yes, we need new bowlers. Contact **Dick Joyce** for a team assignment.

Congrats again to the ROTO ROOTERS for winning our Summer League Championship. In the Hillsliders Friday Morning League, the Br. 146 team of **Stan Strange, Dick Joyce, Gus Edwards**, as well as **Joe Littire** from Br. 19, won the Championship.





Cooking and Social Don Nunn

1st Monday at various members' homes.

The Cooking Group met at the home of Sir **Bob Spellman** for our July meeting and were greeted by superb barbecued ribs, potato salad and other goodies (including a bit of the grape). Great job, Sir **Bob!** Our Cooking Group sponsored a trip to Markham Vineyards in St. Helena on August 2. It turned out well with a great tour and luncheon in their circa 1879 barrel storage building. In September, we will have our annual barbecue and bottling day at the home of Sir **Warren Boero**. All hands will participate with the food and we will report later on our success. Please be aware that we are filling up our dinner dance at a rapid rate. If you and your lady friend want to come to an outstanding party, get busy and sign up now using the Reservation Form on Page 7 of this SIR CALL issue.

Branch Honoree Award

At the August luncheon, Sir **Chris Satterthwaite** was presented the prestigious Branch Honoree Award by Big Sir **Doug Cook**. Congratulations, **Chris**, for your exceptional service to Branch 146 over many years.



Cribbage Al Tufo

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

The Cribbage Club Tournaments on August 11th were hosted by **Larry Reilly** at his home. As usual **Mrs. Reilly** supplied us with numerous sweets and cake with coffee. We were able to get in two great tournaments. The first one was won by the **Italian Stallion** running away. **Larry Reilly** took second place. The second tournament was a different story. **Larry Reilly** said no way was he going to take second again. He took the bit in his teeth, broke out in front and never looked back. **Langly Erickson** gave him some concern in the stretch, but just didn't have enough energy to catch **Larry**. For September, **Bryant Fischback** will host the club. Can't wait to get some of **Trudy's** home-made berry pie.

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

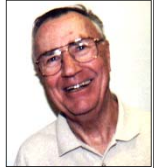
FLOYD SKELTON 838-2515 f.skelton@att.net

Meetings of the Area 2 Computer Users Group are held 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 SIR members are invited to attend these informative sessions. The next meeting will be September 16th. We are deferring our previously announced review of networking home computers to our November meeting. This will give us a chance for a potpourri meeting covering several interesting subjects that we have not yet had time to address. We will also cover your computer questions and problems and identify some cool sites to visit on the Internet.

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

Duplicate Bridge Bob Donahue.

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



SIR **Carl Johnson** hosted three tables of Duplicate Bridge in August. **Carl Johnson** was first with 28 points. **Fred Bolton** and **Fred Kovar** were tied for second with 26.5 points. The next meeting is scheduled for Monday, September 13th. Contact **Bob Donahue** at 376-4527 for further information.

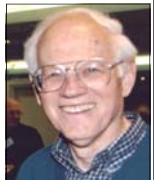
Couples Duplicate Bridge

Lo McCarley

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

Couples play as partners.

For the first time Couples Duplicate Bridge had three tables (six couples) instead of the usual four. **Lynn** and **Dasha Freeman** hosted the gala evening. Finishing in first place were **Jim Brown** and **Barbara Lundblade** with 24 points. They were followed in second place by **Lynn** and **Dasha Freeman** (23 points) and in third place by **Carl** and **Anne Johnson** (20.5 points). **Stu** and **Margo Somerville** will host next month's bridge on September 15th.



Fishing

Sal Costanza

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

I am vacationing at Lake Tahoe again this month. If you want the skinny on how and where the fish are biting, come to our monthly meeting.



Garden Club **Chuck Bobinecz.**

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



The Garden Club will meet at Heather Farms on September 16th, instead of the first Thursday of the month due to the proximity of the Labor Day weekend. A docent will give us a tour of the Heather Farms gardens. We then will conclude with a picnic lunch at Heather Farms Park. Bring your own picnic lunch and a glass or bottle of “2 buck Chuck” for me (still to be determined if alcoholic beverages are allowed and the time of the tour). **Lew Thompson** will be in contact with you regarding the alcohol and time. Wives and guests are welcome.

In October our B.S. **Doug Cook** (The B.S. stands for Big Sir) will give a presentation on keeping a garden journal. **Chuck Bobinecz** will give a talk on why plants wilt.



Bill Hansen, Hank James (Wait List) and Fred Kovar

Away Golf **Jim Baldrige**



With long drives and blazing putters, SIR Br. 146 brought Blue Rock Springs-East to its' knees on Thursday, July 29. Forty of our finest shot some great scores. Congratulations to the winners:

1st **Rich Hanford**, 2nd **Jim Baldrige**, 3rd **Joe Himsl**, 4th **Ken Beattie** and 5th **Fred Kovar**. Closest to the pin were **Russ Bliese** and **Larry Zugnoni**. As I mentioned at the luncheon, there will not be an Away Golf tournament in August due to heavy vacation travel schedules of Golf Committee and other SIR members. For September, we're looking at Adobe Creek-Petaluma or the Chuck Corica-Alameda courses. Planning ahead, remember that the annual Silverado Country Club Invitational is set for Monday, April 4, 2005. This is a 12:00 shotgun, 144 players on the South (members) Course. Cost to Sirs in the prize fund is \$45 and \$43 for guests or Sirs not competing for prizes. Price includes green fee and cart. This is a chance for couples/guests to play a \$150 private course for a nominal fee. Questions: **Jim Baldrige** 689-9232 or **Dick Richmond** 947-1167.



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.

BREAKFAST:THE “MAGICAL” MEAL

Researchers at Harvard Medical School have found that kids who eat breakfast have one-half the risk of developing obesity and insulin resistance, a major risk factor for diabetes, compared with breakfast skippers.

In fact, they are calling breakfast the “magical” meal. “when we eat our body experiences something called the “thermic effect”, which means we burn calories just by digesting and absorbing our food”, says researcher, Lona Sandon, RD, assistant professor at the University of Texas Southwestern Medical Center. “ If you get up at 7 am, skip breakfast, and don’t eat your first meal until noon, that’s five hours during which your calorie burn has slowed down,” she says.

THE NEW FIRST AID

First aid for cuts and scrapes has changed for the better. Most over-the-counter antiseptics, germ killers, and wound cleaners aren’t necessary, and may even be harmful. Here’s a list of what’s new from the *University of California Berkeley Wellness Letter* (September 2003) of the new thinking regarding typical medicine chest options:

Mercurochrome or Merthiolate. These traditional antiseptics contain toxic mercury. Not classified safe or effective by the FDA.

Rubbing Alcohol. Kills germs but can dry the skin. OK for cleaning a needle or tweezers, or applying to intact skin before an injection. Should never be poured on a wound.

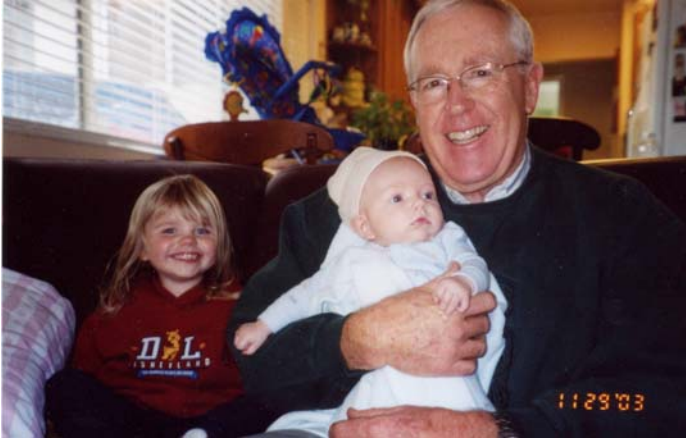
Hydrogen peroxide. Not a good cleansing agent as once thought. It damages the outer layer of the skin and impairs the healing process.

Antibiotic ointments. May help prevent infection in minor wounds, but does not promote healing. For a minor wound, the best cleansing agent is cool, running water. Soap, as it can damage injured tissue, should be used only on the surrounding skin, not on the wound itself. If the wound needs protection apply sterile gauze of a “band-aid” type dressing. Plain ones are better than medicated ones. Change the bandage if it gets wet or dirty. No product applied to the wound will promote healing.

Roses are red, violets are blue. I’m schizophrenic, and so am I.

Know Your SIR

Mike Varner



I was born in Los Angeles in 1941. However, my family and I moved to San Luis Obispo when I was three years old. That was a great place to live and grow up as a kid. After graduation from San Luis Obispo Senior High School, I attended California State Polytechnic University where I received a B.S. in Engineering. From Cal Poly it was on to Harvard University where I received an M.S. degree.

Having dated a lovely girl in high school named **Sharon Pennington**, we fell in love and married after graduation from Cal Poly in 1963.

My first job took me to Seattle where I was an engineer for the University of Washington. Our next stop was Livermore where I worked for Lawrence Radiation Laboratory. After two years, I went to work for Lockheed Aircraft Corporation in Sunnyvale. I then spent 29 years with ASARCO, a company formed by the Guggenheim Family in 1899. I worked the first 23 years with ASARCO in Salt Lake City in various positions. Then I was transferred to New York City, the company's headquarters, for my last six years. While with ASARCO I traveled throughout the United States and also worked in Norway, France, Germany, Yugoslavia, Peru, French Guiana, Australia, Mexico and Canada.

Sharon and I have two sons and a daughter. Our sons live in the Bay Area with our four grandchildren. Our daughter lives in Seattle where she is a free-lance illustrator. While living in Salt Lake City, our family all became avid skiers, but it seems harder to get up to the slopes since living here.

Being a member of SIR has been and continues to be a great experience. And of course, I enjoy warbling with the Song Sirs.

What is 10,9,8,7,6,5,4,3,2,1 ???
..... Bo Derek getting older

Membership Jim Jackson



Branch 146 statistics: Members 210, HLM's 4, Waiting List 51.

August attendance: Members 156, HLM's 4, Waiting List 17, Guests 4, Excused 46, Unexcused 18.
Total Attendance: 181.

Status Changes: Inducted-**Rich Ahlf**, New Top 30 Man-**Orlo Jones**, Added to Waiting List-**William Danzig**, Inactive-**Paul Graham**

Current Top 30 Man Waiting List (prioritized):

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, Orlo Jones

Remaining Waiting List Men (prioritized):

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, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezure, Thomas Boltz, William Danzig.

Open Comment to Sponsors: While some of the waiting list men shown above are very active in Branch 146, and even attend luncheons regularly, the luncheon attendance of most of these men is very sporadic. While luncheon attendance by waiting list men is not required, it is strongly encouraged. Part of the responsibility of the sponsors of these men is to "look after" them as they progress through the waiting list toward membership. I would ask all sponsors to make a special effort to invite these prospects to attend some luncheons with them, and especially those sponsors who have waiting list men past number 30, as these are men who can only attend luncheons as the guest of an active member.



Jim Jackson introducing new member: **Sir Rich Ahlf**

Luncheon Attendance **Bill Root**



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

Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend.

If I am not home, press 3 and leave your name, badge number and telephone number.

Be sure you call.

Waiting List:

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

SIRs bringing a guest:

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

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



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad

- Freshly baked rolls and butter

Entrees including vegetables

- Beef Lasagna

- Filet Of Tilapia with rice and vegetables

Dessert

- Daily dessert special

- Regular or decaffeinated coffee and tea



Party Bridge **Fred Bolton**

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

The Party Bridge Group met on August 2nd at John Lewis's home for four tables of bridge.

1st Place went to **Jim Jackson** with 7690 points, 2nd to **Jim Brown** with 6640 points 3rd to **Bill Snyder** and 4th to **Bob Donahue**. Our next game will be on September 6th at **Bill Snyder's** home.

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 August 2nd, with **Joe Anthony** taking top honors in 8 Ball. We are starting to have a good mix of regulars and new faces. The next meeting is on August 16th. Join us for some Pool. **Sue** from Blakes may join us. I'll see you there.



Investments

Ben Smith

The next meeting of "\$ums In Retirement" will be held on Wednesday, September.22nd, at the Diablo Creek Golf Course (Grill Room) starting at 8am. Breakfast will be available anytime after 7am. The meeting place is located on the North intersection of Port Chicago Hwy. and Hwy. 4 in Concord. The featured speaker will be Mr. **Michael Yoshikami**, the President and Chief Investment Strategist of YCMNET Advisors, a registered investment advisory firm. His topic will be: "*Probabilities In An Uncertain Market:How To Make Investment Decisions In Today's Environment.*" This presentation should prove to be very informative to all attending and provide current insight into today's market. All SIR's are welcome to attend. No reservations are required, just come and have breakfast and join in the fun. Bring your questions and ideas and be prepared to gain some new investment knowledge. Knowledge Is Power. If you need additional information, or have questions, contact SIR Ben Smith (Br.116) at 820-5403 or e-mail bjssmith@aol.com

Song Sirs **Chris Satterthwaite**



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

The Song Sir's are returning from leave and preparing to get back to exercising their vocal cords. An "Executive Board Subcommittee" meeting is scheduled for Wednesday, September 8th, at the WCPC at 3:00 pm. The first meeting of all hands is scheduled for the following Wednesday, September 15th at the WCPC at 3:00 pm. Practices will be held each Wednesday thereafter until further notice. We are still accepting recruits. Come join us.

Sunshine **Chuck Smith**



Congratulations to Sir **Al Altman** and **Lana Burns**. The happy twosome were married on July 31st and are honeymooning in the Pacific Northwest for most of this month. Sympathies from all of us to **Al Tufo** and family on the death of his wife **Dorothy**. A service was held on July 28th.

A guy goes into a bar, orders twelve shots and starts drinking them as fast as he can
The Bartender says, "Dang, why are you drinking so fast?"
The guys says, "You would be drinking fast if you had what I had."
The bartender says, "What do you have?"
The guy says, "75 cents."



Travel Opportunities

Charlie Kiser

- Sept 16, 2004 FDR's Yacht Potomac. 2 hour historical narrated Bay cruise on FDR's Yacht Potomac. Cost\$28.

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 35 people signed up. Come join the group. Cost \$1450 p/p d/o. Single supplement upon request. Contact **Charlie Kiser** 274-1575.

- Oct 26-27, 2004 Yakov Smirnoff in Reno. Includes r/t motor coach. overnight at Reno Hilton show and casino stops. Cost \$102 p/p d/o, single supplement \$15. Includes \$30 cash and food bonuses.

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

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

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

- 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.

- Dec 29, 2004-Jan 2, 2005 Grand Old New Years.

A five day tour to Music City, USA: Nashville, Tennessee. Includes r/t air, 4 nights at Opryland Hotel, New Years Celebration. 7 meals and sightseeing tours. Cost \$1235/p/p d/o, \$325 single supplement.

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

- March 31-April 11, 2005 Japan Includes r/t air: SF to Osaka and return from Tokyo. First class and deluxe accommodations, all meals hosted, various Japanese cities, Bullet train: Osaka to Hiroshima. This one is too good to miss. Cost \$3165 p/p d/o. Single supplement \$75. Contact **Bob Hagler** Br. 8 @934-7620.

What did Alexander the Great and Kermit the Frog have in common?..... Their middle name. What happens when Batman and Robin get run over by a steamroller?They become Flatman and Ribbon.

Theater

Bill Hansen



There are still some seats left for the opening of "Sleuth". The Role Players are an excellent organization and you will love their rendition of this fun mystery. October 15th, \$15 each, 8pm, Danville.

Coming December 11th, a show that was sold out every night last year, added performances and still played to an SRO sign. "It is Christmas My Way" with a talented cast singing forty of the Sinatra songs. A great Christmas gift at \$25 per ticket. Send checks to **Bill Hansen**, 3098 Manzano Drive, Walnut Creek, 94598

Wine Tasting

Bob Burley



We have been grabbing the shirttails of the Cooking Group for our wine tasting outings and it is time to get a wine tasting of our own. Looking at September as a month to get going again, I am asking for volunteers to host a wine tasting. It can and should be a casual get together. Just choose a wine varietal and let me know when you would like to have it. I will help organize if needed. If September is too busy with travels, etc., look at October.



Jim Baldrige behind the wheel on Lake Coeur D'Alene, Idaho while visiting **Jeff and Alicia Baily**

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

- Sept 3 - (New trail for us) Hemme Trail in Las Trampas Regional Wilderness (lots of shade). Meet at south end of Stone Valley Rd. Shopping Center, Alamo.
- Sept 10 - Carquinez Shoreline Trail. Take Marina Vista west off Hwy 680 (last exit before Benicia Bridge), through Martinez to right on Talbart which becomes Scenic Hwy. Park past cemetery on left.
- Sept 17 - Iron Horse Trail (south). Meet at Alamo

Christian Assembly Church back parking lot on Danville Blvd., halfway between Rudgear Rd. and Livorna Rd.

Sept 24 - Buckeye Ranch Trail. Meet at the end of Springhill Rd. west off Pleasant Hill . in Lafayette.

Thanks to **John Lewis, Bob Madge, Rich Ahlf** and **Joe Schild** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.



September Birthday Boys

Ralph Belluomini, Fred Bolton, Ray Carberry, Dee DiMatteo, Pete Grelli, Jack Harrington, Dave Hebble, Carl Johnson, Howie King, Fred Kovar, Bob Mehus, Bob Muentner, Myles Ringle, Howard Sebastian, Don Strong, Al Tufo, Syd Whalen, John Wilhelmy.

12TH DINNER DANCE at the Gardens at Heather Farms

1540 Marchbanks Drive, Walnut Creek

Casual Night Out

Yes, I want to attend the Dinner Dance on Wednesday, October 6th. The evening starts at 6 pm and ends at 10. We will hold the price at \$80 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet, and a rousing group of retirement couples to party the night away.

Send check payable to SIR Branch 146 to **Don Nunn**,
2127 Seecombe Court, Walnut Creek, CA 94598.

SIR Name: _____ POSSLQ* _____

Steak _____ Cornish Game Hen _____ Cannelloni (Vegetarian) _____

If you wish to order tables of eight, please send the total amount or all of the checks with your request.

Names of table mates-(Please include checks)

*Person of opposite sex sharing living quarters (or maybe not).

Non-Responsibility Clause

All travel events and activities sponsored by SONS IN RETIREMENT, INC. or its branches are for the convenience and pleasure of the members and their guests who desire to participate. SONS IN RETIREMENT, INC. and its branches do not assume any responsibility for the well-being or safety of the participants or passengers, or their property or any damage whatsoever, in any manner to said travel activities.

SIR CALL *Newsletter*

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

SirCall@astound.net

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.



Eager wine tasters, ready to get started.



Don Nunn: Does he look happy or what?



Great food! Great company! Beautiful setting!