



**Ray Kan**

## Big Sir's Notes

The State SIR membership is continuing to decline, losing another 16% of its members since 2000. We are fortunate, due to strong leadership and successful activities, that we still maintain a waiting list. For years we have been maintaining a waiting list of 30 potential members. Last year, the Executive Committee voted to change the waiting list format, adding potential members chronologically. Since that time, in one year, our waiting list has almost doubled to 55. A month ago, I asked past Big Sir **Dick DeVoe** and incoming Little Sir **Jim Stedman** to study the membership and waiting list and report back to the Board. Their report was given at the August Board meeting. After discussion by many members and the Executive Committee, a motion was made to increase the membership by 5 members per month for 6 months. At the end of the 6 month period, the Executive Committee would evaluate the effects of growth in membership activities. This motion was tabled until the September Board meeting. Branch 146 regulations state that all club business is conducted by the Executive Committee. If you have opinions or comments regarding this issue please contact a member of the Executive Committee. All members are always invited to the Board meetings. The Board meets at Boundary Oak at 9:30 AM the same day as our general meeting. In this issue of the Sircall (Page 7) you will find a listing of your current Executive Committee. It is also published in your yearly roster. A 3rd Cooking Group was approved by the Board. Isn't that great, three Cooking groups of gourmet chefs in our Branch! If you have any ideas for a new activity (i.e. poker, dining out, book club, 9 hole golf) please contact me or any member of the Executive Committee.

See related article on Page 4...ed



**Garth Cummings**

## Little Sir's Corner

The speaker for the September meeting will be our own **Fred Kovar**. **Fred** will be discussing some of the activities at the Lawrence Livermore National Laboratory including coordination of weapons development with the Department of Defense. This was an activity that **Fred** was involved with at Livermore and also while on special assignment to the Department of Defense in Washington, D.C.

## Getting to Know SIR

### Frank Rockwell



I was born in Spokane, Washington on January 30, 1945. I grew up on a wheat and cattle ranch near Endicott, Washington where I attended grade school and high school. In 1967 I graduated from the University of Idaho with a degree in finance and **Carol**, my future wife, graduated from Washington State University with a teaching degree. Following graduation we were married in St. Patrick's Church in Colfax, Washington.

In 1967, I accepted a job with Potlatch Corporation in Lewiston, Idaho as a management trainee in the accounting department. Two years later the company asked me to relocate to San Francisco in their Treasury Department. In 1974 I was elected Assistant Treasurer. In 1978, I transferred to the Consumer Products Division to become Controller. This division manufactured paper towel, bathroom tissue, napkins and facial tissue. In 1986, I left Potlatch for a completely different corporate experience. I joined Bill Graham Enterprises as CFO and Secretary. More commonly known in the Bay Area as Bill Graham Presents, the companies staged musical concerts throughout the world. It was a very fast paced and interesting job. In 1999, I retired from BGP.

**Carol** and I have a daughter, **Kim** and a son, **Frank III**. We are the proud grandparents of two boys. **Carol** and I enjoy the Lake Tahoe area and travel there often. We also have traveled throughout the United States and Europe. Our families continue to live in the Spokane area causing us to visit frequently.

I greatly enjoy being a part of SIR. It is a great group of men with diverse backgrounds and interests. Although I am one of the younger members in terms of age, it both amazes me and pleases me to be associated with a group of gentlemen who are young in heart and spirit.

*Frank is currently serving as Branch Treasurer ed*



## Bocce Ball Bob Frankland

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

Turtle Creek and Ayers Roads.

We are getting a good turnout and having lots of fun. There is always room for more. Come join us!

## Bowling

Gus Edwards



The final results of the summer league found Team 6 (**Dave Rasmussen, Gus Edwards, and Larry Mitchell**), finishing in fourth place. Individual achievements were at a premium. **Larry Mitchell's** 180 average was the fourth highest. **Ray Weisz's** scratch series of 598 and his handicap series of 694 were also fourth highest. Money winners in the sweeper were **Jim Wray, Dave Rasmussen, and Gus Edwards.** The fall league starts Wednesday, September 7th. Branch 146 has always been well represented in this league. All new and returning bowlers are invited to participate.



## Cooking and Social Don Nunn

*1st Monday at various members' homes.*

The Cooking Group met at the home of **SIR Dave Johnson** on August 1st. As usual **Sir Dave** presented a delightful luncheon prepared from scratch (almost). Feta spread with olives and pita chips followed by poppy seed savory salad, rotisserie chicken parts and vegetable antipasto sandwiches. It was followed by Citrus Ice (frozen lemons filled with sherbet). Outstanding **Sir Dave!!** Next month we will meet on September 12th due to Labor Day and we will have our wine bottling party at the home of **SIR Bob Spellman.** Vive le Vino!!



## Cooking Too Rich Hanford

*2nd Monday at various members' homes.*

Cooking Too group met at **Bill Cammerer's** home for a great lunch of boiled omelets with all the trimmings. A glass or two of wine and great fellowship. As you can see in the photo a grand time was had by all.

**Bill Cammerer,  
John Demos,  
Rich Hanford  
and Ken Richter.**  
Boiled omelet?  
Really?



## Fishing

Sal Costanza



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

Fall is quickly approaching and the stripers and salmon are gathering at the mouth of San Francisco Bay ready to make their run through the Carqinez Straits, the Delta and up the Sacramento River to their spawning grounds. Our SIR Fishing group will be making plans to intercept these beauties as they come through. Come to our next meeting and get involved.

## Area 2 Computer Group

**DICK CURRY** 376-5541 [racorinda@pacbell.net](mailto:racorinda@pacbell.net)

**FLOYD SKELTON** 838-2515 [f.skelton@att.net](mailto:f.skelton@att.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). ]

The September Meeting only will be held on the 4th Thursday, September 22th due to a conflict at the meeting location. The topic will be - "FBI Cyber Crime Report"- **Gloria A. Zaborowski**, FBI Supervisory Special Agent, and **Chuck Esposito**, FBI Special Agent, will report on cyber crime and cyber terrorism activities. Both are assigned to the FBI Computer Intrusion Squad, with an emphasis on cyber terrorism and their presentation should be both timely and informative. **Gloria** has 22 years experience with the FBI, and **Chuck** 5 years. Prior to joining the FBI **Chuck** was a police officer/detective specializing in Crimes Against Children and Computer Crimes. For more information visit our Website at: <http://www.sir-web.org/computer/>.

## Couples Duplicate Bridge Lo McCarley

*Meet the 3rd Wednesday of each month starting at 7:00 pm at participants' homes. Couples play as partners.*



Eight couples had a great time playing duplicate bridge at **Jim and Allison Todhunter's** home. **Bill and Margaret Rees** took first place in a very tight contest with 37 points, **Stu and Margot Somerville** (36.5 points) took second, **Jim Brown and Barbara Lundblade** (35.5 points) placed third, and **Lo and Sue McCarley** (35 points) came in fourth. The next meeting, will be held on Wednesday, September 21<sup>st</sup>, at **George Zurich and Tamara Judson's** home.



(L to R) **Bob and Janet Yolland, Mary Bobinecz, Garth and Shirley Cummings, Chuck Bobinecz, Bob and Catherine Calloway and Lew and Carla Thompson** at Heather Farms

## Garden Club

Chuck Bobinecz

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



Please note our new meeting location starting with the September 1st meeting at 9:30 am. **Lew Thompson** will contact you via email or a phone call with directions. "I think that I shall never see a poem as lovely as a tree". I think someone called Kilmer said that. The topic for the September meeting will be on landscape trees and not poetry, presented by **Garth Cummings**. The presentation will cover the pros and cons on lawn trees suitable for Contra Costa County.

It was decided at our August meeting to *cancel the October garden club meeting* because a number of the Garden Club members will be on the SIR Black Sea cruise or will be out of town. We will resume our meetings in November.

## Tuesday Golf

Walt Barabash

### Latest Weekly Tournament Results

July 19 First Flight: **Bob Mehus, Olof Johansson and Joe Himsl.** Second Flight: **Ray Weisz, Stu Somerville and Larry Zugnoni.**

Closest to the Pin: **Doug Cook.**

Low Gross: **Jack Calloway, Gene Diana and Bob Mehus: 86**

July 26 First Flight: **Jack Calloway, Bob Yolland and Ray Nordstrom.** Second Flight: **Ralph Fowler, Bill Boyd and Howard Harvey.** Closest to the Pin: **Garth Cummings.**

Low Gross: **Jack Calloway: 84**

August 2 First Flight: **Bob White, Ray Nordstrom and Rich Hanford.** Second Flight: **Bob Spellman, Fred Kovar and Bill Boyd.** Closest to the Pin: **Ken Beattie.**

Low Gross: **Bob White: 80**

August 8 First Flight: **Lew Thompson, Ken Beattie and Dan O'Sullivan.** Second Flight: **Ray Weisz, Stu Somerville and Doug Cook.** Closest to the Pin: **Ray Weisz.**



## Away Golf

Jim Baldrige

Congratulations to SIRs **Jim Stedman, Bob Mehus, Ray Kan and Garth Cummings** who qualified in the July 22 Area 2 scramble. They are

to go on to compete in the State Finals at The Reserve, Spanos Park in Stockton.

I am still trying to get a price under \$40 for a Sept 15th Away Golf event. Prices over that don't attract many players because of all the coupon and on-line specials that are out there. We have a Br 146 scramble scheduled for Thurs Oct 6 at Boundary Oak. Dick Richmond will circulate a sign up sheet. If you are interested, sign up with Dick. He will set up ABCD players list so we can organize teams. We will get a flyer out shortly. Questions: **Jim Baldrige** 925-689-9232 e-mail jimjudy39@aol.com or **Dick Richmond** 925-947-1167 e-mail drichmon@pacbell.net



## 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.*

### THE BENEFITS OF BREAKFAST

A healthy breakfast that includes high-fiber cereal can not only help keep diabetes, heart disease, and stroke at bay, it can also help you achieve and maintain a healthy weight. Research suggests that breakfast eaters are leaner than those who skip the morning meal, with one study reporting that missing breakfast was associated with a fourfold increase in the risk of obesity. High-fiber cereals are central to breakfast's health benefits and can help you reduce the risk of heart disease, stroke, diabetes, and even intestinal polyps and colon cancer. Look for breakfast cereals that provide at least 6 grams of fiber per serving, but make sure your choice is low in sugar (less than 10 grams per serving). Add nonfat milk and bananas, berries, or apple slices to create a tasty meal. You needn't limit your morning menu to high-fiber cereals, but wise choices are important. Stick to whole-grain or pumpernickel breads for toast; opt for trans-fat-free soft margarine or cholesterol-lowering spreads that contain plant sterols. Eggs needn't be banned from the breakfast table, but are better reserved for the occasional brunch, particularly for people with diabetes.

Source: *Harvard Health Publications, March 2005*

### CHEW THE FAT

Eating salad for lunch is smart. Using fat-free dressing may not be.

A recent study for Iowa State University found that without dietary fat, your body won't absorb some of the disease-fighting nutrients in vegetables. Researchers fed people salads for twelve weeks and tested their blood after each meal. Those who topped their salads with fat-free dressings consistently failed to absorb carotenoids, anti-oxidants that have been linked to improved immunity and cancer prevention. "Fat is necessary for the carotenoids to reach the absorptive intestinal cells." Says Wendy White, Ph.D. Bottom Line, choose dressings with healthy fats from olive or nut oils.

Source: *Men's Health, November 2004*

### SPINACH PASTA

Don't count spinach pasta in your 5-a-day quota for fruits and vegetables. It contains little spinach—the equivalent of less than a tablespoon per cup of cooked pasta. Similarly, pasta made with other vegetable purees contains only enough for visual appeal and a hint of flavor.

Source: *Associated Press*

## Ladies Invitational Golf

October 26th, 2005 at the Vintner's Golf Club in Yountville. The cost is \$48 per person which includes 18 holes of golf, cart, buffet and prizes. Send reservations and checks to **SIR Lynn Freeman** NLT October 20th, 2005. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. There is a limit of 60 players. **SIR Lynn Freeman**, 5363 Crystal Ranch Dr., Concord, 94521. Phone:(925)691-1186 or e-mail: [lynnaf@astound.net](mailto:lynnaf@astound.net)



## WAITING LIST AND MEMBERSHIP DATA

Summarized below are key points from the presentation by **Dick DeVoe** and **Jim Stedman** to the Board on August 11th:

<**Membership**- a motion is on the table to increase by 30 (5/mo.), from 214 to 244. Current 3-yr. "new blood" membership ('03-'05) would have turnaround from lowest 3 yr. level in branch history.

<**Waiting List**- Inductions have averaged 10/yr. over recent years. (this yr: 3 thru Aug.) Without the increase, WL#55 would be inducted in 5.5 yrs, or as low as about 4 yrs. depending on Waiting List withdrawals rate. A proposed 30 slot increase would decrease the current W.L to 25.

<**Activities**- Per our Activity chairs: golf/bowling have slots for the interested proposed inductees. Activities not yet full could take more members until full; new group startups could increase.

<**Men's Luncheons**- Attendance average would increase from 186 to about 212, 71% of the 300 capacity.

<**Special Events with Ladies**- "first come-first served" policy would be in play more often with over-capacity events."

## Investments

### Ben Smith

4th Wednesday \*8:00 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.

**Ben Smith** (925)820-5403 [bjssmith@Aol.Com](mailto:bjssmith@Aol.Com)

*When:* Wednesday, September 28th.

*Time:* Breakfast available at 7:00 am and meeting starts at 8:00am. Order off the menu, no reservations required.

*Program:* A presentation will be made by **Ms. Judith L. Abrams**, Senior Vice President of Fisher Investments. **Ms. Abrams** is a certified Financial Planner for 13 years and has worked as Vice President for Citicorp in Manhattan as a Financial Advisor. Her topic will be *Risk Control In Portfolio Planning*. She will discuss the eight biggest mistakes investors make and how to avoid them.

Come on down and join in what should prove to be an informative and compelling program. Meet some good people and have a good breakfast while learning how to improve your investment skills and make some money.

If you need additional information or have questions, contact **SIR Ben Smith**, 925-820-5403, e-mail: [bjssmith@aol.com](mailto:bjssmith@aol.com)



## Cribbage

### Al Tufo

2nd Wednesday at 12:00 hosted by different members.

Cribbage was hosted by **Dan Meckfessel** on August 10th. There were only four players that could attend this time. We were able to get in two tournaments in the time allotted. **Larry Reilly** jumped out of the starting gate in both races and never looked back, winning the two of them in record time. I think they better take some samples from his feed bag. **Dan Meckfessel** came in second in the first race, and **Howie King** took second in the next. The Italian Stallion had a case of Colic and had difficulty breathing coming around the turn and into the home stretch. Oh well better luck next time. September will be hosted by **Barney Meade**. Starting time has been changed to 12:00 noon from now on.  
CIAO Al Tufo



Otto Wilson



Sunshine

Phone: 825-1943, e-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)

**Dan Hungerford** is now home from the hospital. He is improving and doing better. He starts physical therapy soon. He wants to thank all the SIRS for their support and prayers.

**Bill Schmech's** wife Sandy is home recovering from foot surgery. He says that he is the chief butler taking care of her.

**Heino Valvur** is home from the hospital after having abdominal aorta aneurysm surgery. He is doing fine and hopes to be at the September luncheon.

It was great to see **Owen Sullivan** at the August lunch. He appreciates the SIRS keeping in contact.

Heard from **Dick Joyce** recently. He enjoys the Carmichael area and is going to serve as Little Sir at the SIRS branch.

**Harry Rieck** is under another chemo therapy for cancer. He has

After a long career of being blasted into a net, the human cannonball was tired. He told the circus owner he was going to retire. "But you can't!" "Where am I going to find another man of your caliber?"

## 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.

*Remaining Waiting List Men (prioritized):* **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, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione.**



## Party Bridge **Fred Bolton**

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

We had four tables of bridge hosted by **Lynn Freeman** on August 1st. The winners were **Carl Johnson** with 6050 points, **Fred Kovar** was second with 5830, third went to **Jim Jackson** and fourth to **Bob Donahue**.

Our next game will be on September 5th, hosted by **Harry Dillon**



## Duplicate Bridge **Bob Donahue**

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

**Sir Jim Brown** hosed three tables of Duplicate Bridge in August. **Sir Fred Bolton** took First Place with 27.5 points, **Sir Bob Yolland** was Second with 26.5 points and **Sir Jim Stedman** was Third with 25.5 points. The next meeting is scheduled for Monday, September 12th. Contact **Bob Donahue** at 376-4527 for information.



## Table Pool **Bill Weinberg**

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

I hope to see many of you at Masse's on September 5th.

## Song Sirs

**Bill Rees**



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

On August 10, the Song Sirs entertained residents at the W.C. Manor. The program included a variety of love songs and other "OLDIES" along with some patriotic numbers. These were broken up with a number played by the "Sirmoncats" and another on the piano and drums.

It is my opinion that in spite of a couple of minor glitches, this was one of our best performances to date. CONGRATULATIONS guys!

Our practice schedule going forward will be each 1st & 3rd Wednesday until we schedule a gig that will put us into an every Wednesday mode.

## Luncheon Menu

**Jerry Bellows**



This month's luncheon menu:

*Salad* - House salad

- Freshly baked rolls and butter

*Entrees including vegetables*

- Roast Loin of Pork with Apple Mashed Potatoes

- Swordfish Filet w/ herb butter, roasted vegetable orzo

*Dessert*

- Daily dessert special

- Regular or decaffeinated coffee and tea

## Membership

**Jim Jackson**



*Branch 146 Statistics:* Members 209 , HLMs 4, Waiting List 56, Inactive 4.

*August Attendance:* Members 170, HLMs 3, Waiting List 15, Inactives 1, Guests 2, Excused 36, Unexcused 4.

*Total August Attendance:* 191.

*Status Changes:* Inducted: None, New Top 30 Men: None

Resigned: **Bill Starkey**, Added to Waiting List: **Steve Loftin, Terry Marchione**

*Current Top 30 W/L Men prioritized:* **Jesse Crews, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold "Bill" Powell, Roger Maire, Jim Reed, William Schmech, Ronald DeGolia, Charles Kistenmacher, Peter Kautz, Robert Royster.**

## Travel Opportunities Bob Spellman



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 \$4980 p/p d/o

Contact **Bob Hagler** Branch #8 at 925-934-7620

Nov 6-7, 2005: **Fiddler on the Roof.** Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center. A Sunday Matinee.

Includes transportation, one night accommodations at Sands Regency, and admission to Fiddler on the Roof.

Cost \$85 p/p d/o contact

**Carl Raaka** Branch #8 at 925-254-0482

Dec. 30, 2005: **Mexico & The California Coast.** Sail from San Francisco. An eleven day cruise aboard the Dawn Princess. Includes stops in Catalina Island, Cabo San Lucas, Mazatlan, Puerto Vallarta and San Diego.

Cost \$1605 to \$2035 per person.

Contact **Fred Stammen** Branch #171 at 925-283-1956

May 16-26, 2006: **Alaska Cruise.** Leave from San Francisco to Ketchikan, Juneau, Skagway, Tracy Arm and Victoria on the Regal Princess.

Cost from \$1193 to \$2043 per person.

Contact **Carl Raaka** Branch #8 at 925-254-0482.

Oct 23-Nov 5, 2006: **Eastern Mediterranean & the Greek Isles.** A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens, Greece on board Oceania Cruises' Nautica. Ports will include Kusadasi, Turkey; Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu, Greece ;and Dubrovnik, Croatia.

Cost from \$3364 to \$5036 p/p d/o.

Contact **Bob Hagler** Branch #8 at 925-934-7620

## Theatre

**Bill Hansen**



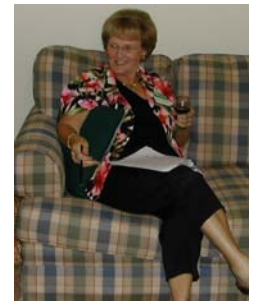
It is mean spirited, funny and a fascinating look at the female inner circle. It is "The Women" presented by the City Rep at the Regional Center for the Arts in Walnut Creek on Thursday, November 27th. Tickets are \$29 dollars each. Send checks made out to Sir 146 to **Bill Hansen**, 3098 Manzano Drive, Walnut Creek, 94598.

## Wine Tasting Dale Haukland

Check out these pictures from our July tasting at the home of **Hank** and **Hazel James**:



Grab your glass, score sheet and let's have some fun!



**Don and Donna Strong** looking very relaxed



**Hank and Hazel James** checking for aromas



## At the August Luncheon



**John Lewis and Bill Becker**



**Olaf Johansson, Walt Barabash and Dick Richmond**

State President Region Director Area Governor	<b>SIR State Officers</b>	<b>Jim Donovan</b> <b>Art Miller</b> <b>Harry Hubinger</b>
<b>Branch 146 Officers and Directors</b>		
Big SIR	<b>Ray Kan</b>	376-2023
Little SIR	<b>Garth Cummings</b>	820-0745
Secretary	<b>Jim Stedman</b>	932-1636
Assistant Secretary	<b>Bob Burley</b>	934-5816
Treasurer	<b>Frank Rockwell</b>	943-7743
Assistant Treasurer	<b>Jim Todhunter</b>	283-3974
Director	<b>Jeff Baily</b>	906-0521
Director	<b>Chuck Bobinecz</b>	939-8740
Director	<b>Ralph Fowler</b>	939-2953
Director	<b>Pete Gates</b>	937-2035
Director	<b>Stu Somerville</b>	944-0738
Director	<b>Mike Varner</b>	938-3778

**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.

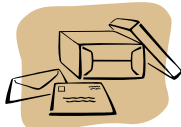
Sept 2 - Iron Horse Trail (N). Meet at Civic Park, Walnut Creek. Bring information about lunch in SF on Sept. 23.

Sept 9 - Donner Cabin Site Trail, Clayton. Meet at Clayton Library.

Sept 16 - Iron Horse Trail (N). Meet at the church parking lot on Danville Blvd between Rudgear Rd and Livorna.

Sept 23 - Citiscapes and Public Places (SF). Start at Native Son's Monument on Montgomery & Market. \$5 fee for walk plus lunch in the City. Meet at WC Bart just before 10 am. Must have confirmation two weeks ahead. See John for more information if interested.

Sept 30-.Donald Dr. in Orinda. From Freeway, take Moraga Way south about two miles past two churches on left to a left on Hall Dr., which leads to Donald Dr.



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

<b>Committee Chairmen</b>		
Attendance	<b>Bill Root</b>	943-6194
Audit	<b>Syd Whalen</b>	837-7143
Badges	<b>Dick Richmond</b>	947-1167
Bocce Ball	<b>Bob Frankland</b>	284-7222
Bowling	<b>Gus Edwards</b>	930-6368
Bridge-couples	<b>Lo McCarley</b>	935-3939
Bridge-duplicate	<b>Bob Donahue</b>	376-4527
Bridge-party	<b>Fred Bolton</b>	932-1580
Candy Sales	<b>Mitch Mitchell</b>	686-0537
Chaplain	<b>Roy Fredrickson</b>	284-5623
Cooking	<b>Don Nunn</b>	934-5214
Cooking Too	<b>Rich Hanford</b>	933-9237
Cribbage	<b>Al Tufo</b>	798-4129
Fishing	<b>Sal Costanza</b>	689-7647
Gardening	<b>Chuck Bobinecz</b>	939-8740
Golf	<b>Joe Jansen</b>	935-6691
Golf Scheduling	<b>Tom Gorman</b>	685-9721
Golf Treasurer	<b>Walt Barabash</b>	935-2964
Away Golf	<b>Jim Baldrige</b>	689-9232
Greeters	<b>Ed Mendelssohn</b>	935-0592
Historian	<b>Jack Calloway</b>	933-7998
Honorees	<b>Dick DeVoe</b>	932-5546
Investment	<b>Ben Smith</b>	820-5403
Luncheon	<b>Jerry Bellows</b>	376-3352
Membership	<b>Jim Jackson</b>	687-7052
Newsletter Editor	<b>Pete Gates</b>	937-2035
Mailing	<b>Bill Cammerer</b>	932-7887
Photographer	<b>Ken Kratz</b>	933-7989
Nominating	<b>Doug Cook</b>	939-4327
Pianist	<b>Dave Obera</b>	932-2584
Radio	<b>Bill Moresi</b>	837-4645
Social	<b>Don Nunn</b>	934-5214
SongSirs	<b>Bill Rees</b>	376-3098
Director	<b>Rod Sharretts</b>	372-6566
Sunshine	<b>Otto Wilson</b>	825-1943
Table Pool	<b>Bill Weinberg</b>	682-0962
Theatre	<b>Bill Hansen</b>	939-4951
Travel	<b>Bob Spellman</b>	934-8428
Asst Travel	<b>Charlie Kiser</b>	274-1575
Veterans	<b>Lynn Freeman</b>	691-1186
Walkers	<b>John Lewis</b>	825-3561
Webmaster	<b>Jeff Baily</b>	906-0521
Wine Tasting	<b>Dale Haukland</b>	820-0189

**GET READY (For See's Candy)**

It is time to start thinking about buying See's Candy for your friends and loved ones in time for the Thanksgiving holiday. You will see the application to buy candy in the October and November SIRCALL. So plan ahead and save your money. Remember, candy is good for you and keeps you fat which smoothes out the wrinkles in your body.

**14th Biannual Dinner Dance**  
**"The Good Old Days"**

Yes! I want to attend the Dinner Dance on Wednesday, October 5th. The evening starts at 6 PM and ends at 10 PM. Over in time for the evening news. We will once again beat the inflation rap with a price of \$ 80 per couple. This once again includes cocktails, dinner with wine and dancing to the melodies of Dalt Williams and his quintet. Come out and wiggle your tootsies to tunes of "The Good Old Days".

Sir Name: \_\_\_\_\_ DancingPartner: \_\_\_\_\_  
Beef: \_\_\_\_\_ Chicken: \_\_\_\_\_ Cannelloni: \_\_\_\_\_

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

Names of table mates-(Please include checks)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Reservations will be limited. We will take reservations on a first come, first serve basis. Please make checks to Sir Branch 146 and mail to Don Nunn.

**Since we have 12 couples on the Black Sea Cruise, waiting list people are welcome.**



# SIR CALL

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<http://www.sir146.com>

## Newsletter

Non Profit Org  
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Time Value Mail  
Please deliver as  
soon as possible.



The *Sirmoniacs*: Dave Obera, Olaf Johansson and Jim Helmick at the Walnut Creek Manor. Check out the new summer uniform below



More August Luncheon Shots. Check out these shirts.



John Wall, Stan Jackson and Bill Boyd



Art Trost and Bob Madge