

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 8

Published For Our Members And Friends

August 2002

Big Sir's Commentary:

Included in this month's SIR Call is a form to propose new activities for our Branch.

We've had some good suggestions in the past that have added much fun and interest, e.g., cooking, wine tasting, gardening, etc. If there is something you think would be a valuable addition, express your idea. And by the way, activities are successful because of the activity chairmen directing the activity. So if there is something you'd like to see added, think about volunteering to chair it and get it off the ground. Sponsors, don't forget to encourage your waitlist applicant to attend our luncheon meetings. They are just as much fun for the waitlist applicant before induction as they will be after they are full fledged members. As a final note, I'd like to mention another unsung hero who has given his time and energy to a Branch 146 activity. It is **Al Zeppa**, chairman of the Bowling Committee. Thank you, Al for all your hard work! Executive board meets at 9:30 AM on the morning of our regular luncheon day.



Little Sir's Corner:

August 8th - As a lead in to last September's horrendous ordeal, Dr. **Ben Ho**, an associate of the Moraga Fire Department will relate some of his search and rescue experiences following both the Oklahoma City and the 9/11 World Trade Center disasters.



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.

- 1) What happens when you get scared half to death twice?
- 2) There are two times when a man doesn't understand a woman. Before marriage and after marriage.

Happy Birthdays in August

Walter Barabash, Bill Boyd, Doug Carlson, Pablo Chavez, Ernie DeRoia, Harry Dillon, Lang Erickson, Paul Graham, Jim Helmick, Mel Hinrichs, John Rose, Charlie Unfried, Jim Todhunter, Dave Johnson, Bill Snyder, Charlie Kiser, Dan O'Sullivan, Bob White, Jim Jackson, Russ Chaney, Bob Spellman, Bill Sharkey



Computers

Chris Satterthwaite

Holland America Cruise Line ships, via on board Internet Cafes, allow passengers access to the Internet. Yours truly took advantage for 14 days from the Baltic Sea. Sir Internet users know that much, possibly most, of their E-mail comes from "spammers". They are pornographers, low interest mortgagers, Viagra peddlers, miracle cures, financial spam, etc. 5million E-mail addresses may be purchased for \$129 and spammers also swap lists. Today, spam is not just a scourge but a big business. According to E-mail filter experts, the number of spam attacks has risen 500% since March 2001. Brace yourselves for 1500 servings of spam annually by 2006.

It is easy to spot spam, but due to variables involved, hard to automate systems to deal with it. It is beyond the scope of this article to provide ready solutions in the war against spam. Many E-mail service providers such as AOL and Earthlink have programs for filtering spam. Personal Tech expert Mossberg tested a new anti-spam program which cut his spam to zero. He recommends DigiPortal Software anti-spam fighting program at www.digiportal.com for more info or go to your favorite search engine and search for spam. What is your personal solution?

I almost had a psychic girlfriend, but she left me before we met



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

The SIR summer league is in week seven of bowling and there is a very close race for the top spot. The team of "Roto Roosters" (Who dreamed up the winning name?) Captained by **John Miller**, is leading the league with a record of 20-8. Other members of the team are **Tom Lindeland** and **Mitch Mitchell** from Br. 146. Close behind is the team of "Tre Paisan", with a record of 19-9. Members of that team are **Dean Lucas**, **Ken Belden** and **John Zotti**.

Other teams that are hangin' in there are "Par Three", Captained by **Lloyd West** with a record of 16-5 and "Dave's Dudes", Captained by **Dave Rasmussen**, with a record of 16-12.

High individual scores go to:

Jim Chenevey 236/663 **Dave Rasmussen** 234/656
Ben Zeppa 254/654 **Ray Weisz** 252/640
Larry Mitchell 237/631 **Cal Jones** 248/625

Other high games were bowled by:

Ken Belden 279 **Bob Butterfield** 256
Maynard Hendricks 254

For the women: **Dee Zeppa** 204/541 **Dolores Hendricks** 204/524 **Ruth Jones** 169/471

SIR tournaments scheduled:

August 5th-7th, (Mo, Tu & Wed) at Napa Bowl, Napa
 August 19th, 21st & 23rd (Mo, Wed, Fri) At Kentwig Lanes, Vallejo



Cooking

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

Our group met on July 1st at the **Nunn** residence for a feast of chicken, wine, salad and dessert. All went home Happy! We will meet on August 5th at the **Mandic** residence for great fellowship and food. Remember to Call! Our **250 recipe cookbook** was mailed from the manufacturer on July 17th. **You will be contacted by one of us to obtain your cookbook.** When you receive your cookbooks and have any question about the recipe or recipes, please call the author of the recipe. Your Cooking club members worked hard to put the book together, but we take no responsibility for the results of your attempts to cook the recipes. We are very close to being sold out. If you want a cookbook and have not pre-ordered, contact **Donn Nunn** ASAP!!

Families are like fudge Mostly sweet but with a few nuts.
 Old age is choosing the cereal for the fiber, not the toy



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

Cribbage

This month the Cribbage was hosted by **Langley Erickson**. For the first time since the club was started, we were able to get in three tournaments. The first one was won by **Bryant Fischback** with the Italian Stallion (huh?) in second place. The second was won by **Al Tufo** (aka IS) with **Bryant Fishback** in second. And the third game was swept by **Larry Reilly**, with "IS" in second again. Sir **Al Tufo** will be hosting the club on August 14th starting about 12:30

Duplicate Bridge

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



In July, Sir Lynn Freeman hosted three tables of duplicate bridge with **Carl Johnson** coming in first with 29 1/2 points, **Harry Dillon**, **Jim Stedman** and **Jim Todhunter** tied for second with 25 1/2 points. The next meeting is scheduled for Monday, August 12th. Contact **Bob Donahue** at 376-4527 for information



Fishing

Pablo Chavez
 Coco's Restaurant
 3200 Buskirk Ave.

4th Thursday at 8:30 am.

The fish were biting!!, **Don Mittelstaedt**, **Al Brunner**, **Bill Hooy** and **Tom Hensley**; caught Shad while drifting down the American River and fly fishing with guide Mike Bias. **Don Mittelstaedt** also caught big fish at Warm Springs and Rock Creek in Montana. **Pablo Chavez**, **Tom Hensley**, **Rich Fish**, **Sal Costanza** and **John Wall** caught and released trout on a one day drift boat trip down the Sacramento River from Redding to Anderson. **Tom** caught a nice 21 inch rainbow trout, and **Sal** a 19 inch trout. Fishing was slow at Davis Lake for **Al Brunner** and **Pete Petersen**, but **Don Mittelstaedt** and a friend did well fishing from their pontoon boats. The New Melones trip was successful for all fishermen. Lots of Kokanee salmon were caught by **Rich Bal**, **Al Brunner**, **Tom Hensley**, **Pete Petersen**, **Bill Hooy**, **Rich Fish**, **Ernie Holdt**, **Harold Knudson** and **Leon Schultz**.

Roster Correction: **Mitch Mitchell's** address should be mit-chann@att.net. It was mistakenly placed under **Larry Mitchell's** name. Please correct.

Table Pool

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



The Pool Club met on the first Monday of the month and had a very good turnout, plus a visitor and a new player. **Les Foley** from Branch 8 will be playing with us. We should see more players from other branches soon. By the way, we were greeted with a pleasant surprise from Masses. ALL POOL WILL BE FREE DURING THE MONTH OF AUGUST! Except for weekend and nights. Thank you Masses!

PS: **Ken Kratz** is looking for an assistant to help him remember which ball he is trying to hit! You may call for an interview with KK.

Golf

Tuesday Golf Walt Barabash



Latest winners from Branch 146!

June 18 First Flight: **Dick Richmond, Bill Weinberg and Bill Cammerer**. Second Flight: **Stu Somersville, Pablo Chavez and Mitch Mitchell**. Closest to the pin: **Bill Weinberg**.

June 25 First Flight: **Bob White, Joe Suta and Jack Calloway**. Second Flight: **Doug Cook, Bob Frankland and Warren Boero**. Closest to the Pin: **Ray Nordstrom**.

July 2 First Flight: **Ken Beattie, Joe Suta and Joseph Himsl**. Second Flight: **Bill Boyd, Doug Cook and Bob Frankland**. Closest to the pin: **Joe Jansen**.

July 9 First Flight: **Bob White, John Demos and Russ Bliese**. Second Flight: **Ed Wojnar, Bill Knapp and Ray Weisz**. Closest to the pin: **Stu Somersville**.

Please note that the Area 2 Scramble at Reno was well represented by our golfers, **Gene Diana** (won \$45), **Ken Kratz** won \$115 when his team won 2nd place and another \$20 for 3rd closest to the hole. **Mitch Mitchell** then won another \$105 when his team won 1st place on the 2nd day. He also won \$75 for placing 5th in his flight overall for 3 days! Way to go **Mitch**!

WILLOW PARK in Castro Valley on August 29th with 10:00AM start.

Away Golf Jim Baldrige



Deadline for sign-up is August 22nd but please sign up earlier so we can confirm with the course. Sir Riders \$37, Guest Riders \$35. Guest are not eligible for prize money. Mail checks to **Dick Richmond**, 2608 Fox Circle, Walnut Creek, CA 94596. Pick up form at Tuesday golf.

Playin' golf is kinda like trying to herd cats!!

Health Matters, Physical and Mental



DIET WEBSITE

Want to know if your diet is healthy? The US Department of Agriculture's Center for Nutrition Policy and Promotion has created the Interactive

Healthy Eating Index at

www.usda.gov/cnpp/. You can enter what you eat and the website will analyze it in four different ways. **Do you really want to know how you stack up?**

YOU CAN EAT TOO FEW CALORIES

Trying to lose weight? The way to do it is to restrict calories. But, did you know you can eat too few calories? "If you restrict too much for an extended period of time, you can actually trigger what is known as the 'starvation adaptation response.'" This simply means that your metabolism slows down to accommodate your lower caloric intake, and your body conserves fat rather than burning it for energy," says **Susan Kleiner, Ph.D., R.D.**, author of High Performance Nutrition.

When calories are severely restricted, the body thinks that it is starving. Its reaction is to try to hold on to every ounce of fat it can as a means of self-preservation. "Never go below 1,200 calories per day if you're a woman and 1,600 if you're a man," warns Kleiner.

When did I last eat less than 5000 calories per day???

Sunshine Chuck Smith



Ex-Sir **Sherm Tjornsberry** passed away last month. The following members are receiving medical care and would appreciate your support: **Walt Entleman,**

Larry Sheerin, Stan Jackson, Chris Satterthwaite and Phil Leigh's wife, June.

Ex-Sir **Ted Kammerer** of Pleasant Hill passed away last week. The service will be held at Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill on Saturday, August 3rd at 2 PM.

Please advise the Sunshine chairman if you; a fellow Sir(or wife), has an illness OR have reached a special milestone in life. We'll make contact, send a greeting card, and with their approval, announce it at our monthly meeting or in SIR Call.

Attention! News Bulletin Attention!

Your temporary Bulletin Editor, Old "Whatchamacallit" respectfully requests your input data for next month by the 18th of August. Mail to **Don Nunn**, 2127 Seccombe Court, Walnut Creek, CA 94598

Short bits of wisdom

1) There's a fine line between fishing and standing on the shore like an idiot!

2) Drive carefully! It's not only cars that can be recalled by their maker!

Know Your SIR

Gus Edwards

I was born in 1931 in Shadyside, Ohio. As all you geography buffs know, Shadyside lies between Bellaire and Pawhatan-two hotbeds of civilization-on the Ohio river across from Wheeling, West Virginia.



Gus Edwards

In 1949 during my senior year, I had my first taste of athletic notoriety. While a stellar member of the Shadyside Casketmakers, our basketball team was beaten 103-69 by the Yorkville team. That was bad enough, but one of the Yorkville players individually scored 70 points of their 103 total. That put Shadyside on the sports map and I became a charter member of the Shadyside "Hall of Shame" Still, I did graduate and subsequently enrolled at Miami University (Ohio). While at Miami I was vicariously involved with **Woody Hayes, John Pont, Ara Parseghian, Carmen Cozza**, et al.

During the summer of 1950 while playing some semi-pro baseball, I had my second run-in with fate. I threw a 2-0 waste pitch high and wide to this kid and he hit a triple over the left fielder's head. That kid (drum roll) was future Hall of Famer **Bill Mazerowski**. Maybe that wasn't the hit heard 'round the world, but it really did irritate me.

After graduating in 1953 and after not being drafted by any major league club, you can imagine my excitement when I was drafted by the U.S. Army. I spent the next two years at Camp Gordon, Georgia, where my duty was camp librarian. Since I had learned to read earlier, I was well suited for this top position. One of my fellow soldiers was **Gay Brewer** who was later to be a Masters winner. **Gay** was an MP, but I know he spent most of his time playing golf with the officers while I was reading in the library. Despite the fact that I was Corporal Edwards and knowing that in twenty years I might be a sergeant, I accepted my honorable discharge and returned to Miami University where I earned my teaching credential.

Upon receiving my teaching credential I was recruited by the Mt. Diablo Unified School District and began my teaching career at Pleasant Hill High School. I later earned my Master Degree from Miami, and while at graduate school I met my future wife, **Carol**. We were married in 1961 and have two children, **Heather** and **Blake**. During my 24 years at Pleasant Hill High School, I worked for three members of SIR- **Bill Hansen, Ralph Belluomini, and Chuck Jordan**- who were principals during those years. After Pleasant Hill High School closed, I concluded my teaching career at Ygnacio Valley High School. I retired in 1993.

Since moving to California in 1957, I have played club tennis and have played in several "C" level tennis tournaments with occasional successes. My main recreation is bowling in three Senior Leagues. I still play tennis on weekends when possible. My wife and I enjoy traveling, primarily to England and to various Canadian provinces. We also enjoy the theater, especially in London. We recently visited our daughter in New York and saw "The Producers" which in our opinion is one of the best musical comedies we have seen.

4th Wednesday at 8:00 am at Coco's Restaurant at 3202 Buskirk Ave.

Investments

Pleasant Hill. **Ben Smith** (925)820-5403

An old, old Sailor and an old Marine were sitting at the VFW arguing about who'd had the tougher career. "I did 30 years in the Corps" the Marine proudly declared, "and fought in three of my country's wars. Fresh out of boot camp, I hit the beach at Okinawa, clawed my way up the blood soaked sand and eventually took out an entire enemy machine gun nest with a single grenade. As a sergeant, I fought in Korea alongside General MacArthur. We pushed back the enemy inch by bloody inch all the way up to the Chinese border, always under a barrage of artillery and small arms fire. Finally, as a gunnery sergeant, I did three consecutive combat tours in Vietnam. We humped through the mud and razor grass for 14 hours a day, plagued by rain and mosquitoes, ducking under sniper fire all day and mortar fire all night. In a firefight we'd fire until our arms ached and our guns were empty then we'd charge the enemy with our bayonets!"

"Ah" said the old sailor with a dismissive wave of his hand. "Lucky SOB.....All shore duty, huh?"

Luncheon Attendance



Dale Haukland 820-0189

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

Help! If you are not going to be able to attend the SIR's luncheon, call me. If I'm not home, leave your name, SIR badge number and phone number. Call me by Friday noon prior to the Thursday luncheon if you are going to miss.

Be sure you call.

Waiting List:

Men must call by Friday noon prior to Thursday's lunch if you are going to attend. Remember to call

SIRs bringing a guest:

Call and leave your name and the name of your guest.

Call by Friday noon prior to the Thursday luncheon.



Luncheon Menu Stan Jackson

This month's Luncheon Menu

- House salad
- Freshly baked rolls and butter
- Entrees including vegetables
 - Roasted Sea Bass with Basmati rice.
 - Sliced Roast Beef with Whipped potatoes
- Dessert
 - Daily dessert special
 - Regular or decaffeinated coffee and tea

The ceremony was over. The deceased husband was buried, and the widow stood beside the grave with her best friend. As of that moment, she confided, she had no money left.

"How can that be?" said her friend "you told me you got \$40,000 from an insurance policy. How can you be broke already?"

The widow answered, "Well the funeral home cost me \$5000 and the rest went for the memorial stone."

"Your spent \$35,000 for a memorial stone? Good grief, How big is it?"

The widow extended her hand and stuck out her ring finger, "Three and a half carats..."



Lang Erickson Membership

Branch 146 statistics:

Members 209, Honorary 4, Waiting List 12

Total July Attendance: 174

Members 163, Honorary Life Members 1

Waiting List 5, Guests 5, Excused 39

Applications for the waiting list expansion are now being accepted. The forms may be obtained from Sir **Lang Erickson**.



Party Bridge

Fred Bolton

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

We met on July 1st at **Bob Donahue's** home for four table of bridge. First place went to **Dick Johnson** with 7,340 points, second place to **Fred Kovar** with 6000, third to **Jim Jackson** and fourth to **Jim Steadman**. Our next game will be on August 5th at **Harry Dillon's**.



Owen Sullivan The show must go on

Song Sirs

On July 3rd our group was scheduled to enter-

tain at the Walnut Creek Manor with **Bev**

Obera as our hostess. Sir **Dave Obera**, our pianist had a fever of 102 degrees and our leader had double pneumonia. Both dragged themselves to the Manor and 9 or our faithful Song Sirs performed a set of patriotic songs for a group of about 60 lovely folks. **Beverly Obera** provided the punch, cake and cookies for the entire audience. Kudos to **Beverly** and **Dave Obera** for the faithful support.

Dinner-Dance

Our **8th** semi-annual Dinner Dance will be held on **October 2nd!!**

When: October 2, 2002 from 6 to 10 PM

Where: The Garden Center at Heather Farm.

Dancing to live music of the Dalt Williams Quintet, food by the Sunrise Bistro Catering. Hors D'oevres, cocktails, wine, 3 course meal with Chicken entrée and wonderful dinner companions. This is always a sellout. Please send in your reservations soon to avoid disappointment. No theme, just Casual attire!

Cost is \$75.00 per couple—great bargain. You may reserve table of eight **only** if you send in all the money at once.

Name: _____ lady _____

Name: _____ lady _____

Name: _____ lady _____

Name: _____ lady _____

Vegetarian? _____

Mail to **Don Nunn**, 2127 Secombe Court, Walnut Creek, CA, 94598—Phone 934-5214



Swingers Georgia and Doug Cook and Millie and Tony DeSalles just havin' fun at the March Dinner Dance! As Tony and Doug said, "If things get any better, We may have to hire somebody to help us enjoy it!!" Aint' they just as cute as a sack full of puppies??



Travel Opportunities

Charlie Kiser

Charlie will be gone until August 23rd. Any travel questions, please contact **Owen Sullivan** 943-7998

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

November 3-4, 2002 Oklahoma in Reno. Deluxe motor coach transportation, overnight Sands Regency, matinee performance of Oklahoma, \$22 cash and food. Cost is \$62.25 p/p Contact **Carl Raaka** Branch 8 at 254-0482

November 5-18 The Spirit of Aloha 10 night cruise on board NCL's Norwegian Wind, 3 night pre-cruise accommodations, r/t air.

Contact **Fred Stammen**, Branch 171 at 283-1956

February 22-March 1, 2003 The "Mayaribbean" Cruise out of Houston to Caribbean and Central America aboard the Olympia Voyager. Features r/t air, 5ports of call, 2 days cruising the Gulf of Mexico

Contact **Bob Hagler**, Branch 8 at 934-7620

April 26-May 10, 2003 Cruising America's East Coast. 13 nights on the Norwegian Sea plus a night at the Waldorf Astoria. From \$1841 For air/cruise, ship board meals, all taxes, transfers, New York city tour. From Halifax down to Charleston, 10 ports of call. Meeting friendly natives, no language barrier and favorable money exchange.

Contact **Owen Sullivan**, Branch 146 at 943-7998

The only cow in a small town in Poland suddenly stopped giving milk. The people did some research and found they; could buy a cow from Moscow for 2000 rubles or one from Minsk for 1000 rubles. Being frugal they; bought the cow from Minsk The cow was magnificent. It produced much milk and the people were happy. They decided to buy a bull to mate and produce more cows like this marvel. They bought a bull and put it in; the pasture with the cow. But the cow would move away whenever the bull came near. No matter how the bull tried the cow would move away and the bull would fail in his quest.

The people were devastated and decided to ask their Rabbi, who was very wise and loved by all the people. They told the Rabbi what was happening. "Whenever the bull approaches from the back the cow moves forward, whenever the bull approaches from the side she moves away and walks to the other side". The Rabbi thought for a minute and then asked, "Did you this cow from Minsk?" The people were dumbfounded, since they had never mentioned where they had gotten the cow. "Your are truly a wise Rabbi," they said, "How did you know that we got the cow from Minsk?" The Rabbi answered very sadly, "My wife is from Minsk."

Garden Club

Chuck Bobinecz



The August Meeting headed by **Ron Morrison** will be a field trip to Filoli Gardens in Woodside on August 22nd. We will car pool (arrange your own car pool) and plan to meet at 12 PM at Filoli-Garden's Quails Nest Café. At the café they have sandwiches, salads, etc. Box lunches are available (to be ordered in advance). There will be a guided tour at 1 PM. Admission fees are \$10 per person and the tour led by a docent is \$8. You may also take a self-guided tour and volunteers are posted in the house and in the gardens to answer questions. Commitment and checks to **Ron Morrison** needed by August 2nd. Wives and guests are welcome.

*Editors Note: On July 22, Sir Chuck Bobinecz hosed a barbecue for the Garden Club group and their wives. **Chuck** has an outstanding garden in Alamo. All hands participated in bringing some food, while **Chuck** donated sausages and beer. A delightful outing that was enjoyed by a group of 38 Sir's and wives. **Pictures next month.***

- 1) I intend to live forever....so far, so good!!
- 2) Just think, if it weren't for marriage, men would go through life thinking they had no faults at all!!



Rich Hanford
Locale to be announced

Wine Tasting

The wine club will be going to Concannon Vineyards for a wine tasting on Wednesday, August 21st. We will have a picnic after the tasting to sample more wine and enjoy good company. Those wishing to attend, contact Rich Hanford at 93-9237 for details. P.S. Bring your mate!

SAGE ADVICE FOR AUGUST

- 1) Never do card tricks for the group you play poker with!
- 2) The early bird may get the worm, but the second mouse gets the cheese!
- 3) Time is a great healer, but a lousy beautician.
- 4) Brain cells come and go, but fat cells live forever!

State President
Region Director
Area Governor

Officers 2002

Irv Craig
Dan Gilmore
Art Miller



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

Walkers

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 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	

The waling group has decided to recess for the month of August. After three years on continuous hiking around the Bay Area, it was mutually decided to rest the weary old legs and feet and just sit around and find other ways to get in trouble.....but only for one month!!

Bob Madge puts in another way. "As we grow older year by year, the less and less we feel our oats, and more we feel our corns"

Thanks to **Rich Hanford, John Lewis, Bob Madge, Joe Schild, and Art Trost** for folding and labeling, to **Ken Kratz** for photography 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

One of our prominent Sir 's received this note and we pass it on to you for your information and review!!

PLAYGIRL, INC.

1801 Century Park East
Los Angeles, CA 90067

Dear Sir (name omitted for obvious reasons):

We wish to thank your for your letter and Polaroid picture which we recently received. We regret, however, that the company will not be able to use you as Playgirl's man of the month centerfold.

When rated by our panel of AAW (Average American Women) on a scale of 1 to 10 you body was rated a minus 2.The AAW is comprised of women, ages 60 to 75, who have not been involved with sex for five years or more.

To further justify our ratings, we submitted your photo to a panel of women in the age bracket of 25 to 55. Due to their laughter, we were unable to obtain a rating from them.

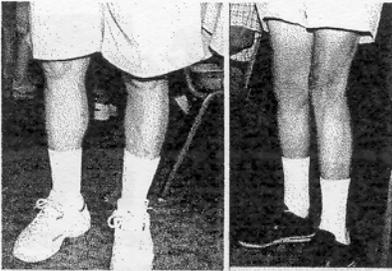
Please be assured that should the taste of American Women change so drastically that bodies of your type are in demand for our centerfold, we will call you.

Sincerely,

PLAYGIRL INCORPORATED

Marilyn Seller, Editor

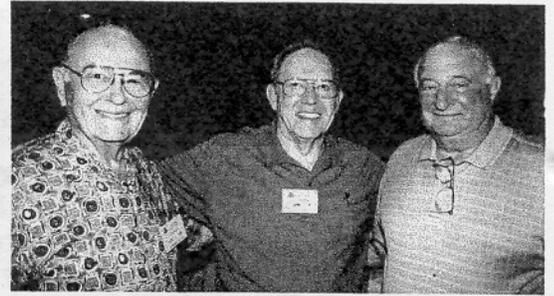
P.S.: We regret to tell you that the staple used to hold the centerfold would have completely covered what you referred to as "your item of interest."



Bob Madge & Hal Rodgers gams



Those gams broke Sue up!!



Leon Schultz—Jim Kohl—Frank Fries



Bruce Smiley & Bob Swick



Jim Jackson & Bill Snyder



Don Patterson—John Miller—Bruce Jones



Stu, and Margot with Sandy and Rich



Sue and Larry Sheerin



Ray Nordstrom, Warren Olson & Jim Helmick

SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Org
US Postage Paid
Permit No 364
Concord CA



A Non Profit Organization For Retired Men Devoted to the Promotion of Independence and Dignity of Retirement

SIR Branch 146 Interest Survey

We need your help to make sure we are meeting the activity desires of our members. Check your participation level, **Regular, Occasional, Interested**, on current activities. Also check the potential activities you would be active in if available. Based on the interest level the board may establish a new activity. We welcome your ideas and suggestions.

Please put a stamp on your survey and mail to **John Miller**, 166 Ludell Dr. Walnut Creek, CA 94597-2026, (phone 934 9778) or bring it to the meeting and drop it off at the table when you pay for your lunch. **Thank you !**

Current Activities/ Groups

Potential activities

Reg Occ Inter

Will be active if offered

- ___ Bocce Ball (2nd & 4th Monday's)
- ___ Bowling (every Wednesday)
- ___ Bridge-Party (1st Monday)
- ___ Bridge Duplicate (Monday after SIR'S)
- ___ Cooking (1st Monday)
- ___ Computers (3rd Thursday)
- ___ Cribbage (Wednesday before SIR'S)
- ___ Dinner Dance (October & February)
- ___ Fishing (4th Thursday)
- ___ Garden Club (1st Thursday)
- ___ Golf (Tuesday's)
- ___ Golf Away (3rd Thursday)
- ___ Investments (4th Wednesday)
- ___ Radio (daily)
- ___ Song SIR'S (Wednesday's)
- ___ Table Pool (1st Monday)
- ___ Travel (As announced)
- ___ Veterans (As announced)
- ___ Walkers (Friday's)
- ___ Wine Tasting (As announced)

- ___ Aerobics
- ___ Animals
- ___ Art Appreciation
- ___ Baseball
- ___ Bicycling
- ___ Book Review
- ___ Bowling Lawn
- ___ Dancing Country
- ___ Dancing Square
- ___ Genealogy
- ___ Golf Clinic
- ___ Health
- ___ Health Support
- ___ Hiking
- ___ Photography
- ___ Pinochle
- ___ Singles
- ___ Swimming
- ___ Tennis
- ___ Theater Night

Other Suggestions: _____

Name _____ Phone _____ Date _____