

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 8

Published For Our Members And Friends

August 2003

Big Sir's Notes

As you know our Branch 146 waiting list opened at the June Executive Committee meeting and will close at the August 14th Executive Committee meeting. Anyone interested in submitting the name of a prospective member needs to get a membership application from **Lang Erickson** and return it to him prior to the 9:30 am Executive Committee meeting. Our procedure is to ask Directors to put the names in a hat and draw them out to prioritize the open slots on the waiting list. Those that make the list will need to attend either the September or October Luncheon to be introduced to the Branch by their sponsor. Once on the waiting list they are strongly encouraged to attend all luncheon meetings and get involved in the activities that interest them. Waiting list members must call the Attendance Chairman by the Friday prior to the meeting to confirm their attendance. They can also participate in most of our activities if there is room available. This is a great way to get to know our members and learn more about the great organization we are privileged to have. By recommending quality individuals to be members we can ensure that Branch 146 will remain strong in the future. Please get your candidates' applications in as soon as possible.



Bob Yolland

Branch 146 Nominations for 2004

Big SIR - **Doug Cook**
Little SIR - **Ray Kan**
Secretary - **Garth Cummings**
Asst. Secretary - **Jim Stedman**
Treasurer - **Bob Wheaton**
Asst. Treasurer - **Lew Thompson**
Directors - **Dale Haukland, Howard Harvey, Chuck Bobinecz, Ed Wojnar, Ralph Fowler, Stu Somerville**

Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning".

"I don't believe you", said Dolly.

"It's true, no bull!", exclaimed Daisy.

Telephone Directory Updates

Olof Johansson's email is o.johansson@comcast.net
Pablo Chavez's email is pchavez108cnwc@astound.net

If flying is so safe, why do they call the airport the terminal?

1. Two peanuts walk into a bar, and one was a salted.
2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything".
3. A sandwich walks into a bar. The bartender says, "Sorry, we don't serve food here".
4. A man walks into a bar with a slab of asphalt under his arm. The man says, "A beer, please, and one for the road".
5. A dyslexic man walks into a bra.

Little Sir's Corner

Attention: All Pac 10 Conference fans. Our speaker for the August 14th luncheon will be **Tom Hansen**, the Commissioner of the Pacific 10 Conference. Don't miss this presentation. It promises to be one of the best.



Doug Cook



Geoge James and Dan Hungerford

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.



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group met at the home of **Sir Dan Hungerford** and were regally wined and dined. **Sir Dan** prepared "Joe's Special" from the San Francisco days of "Original Joe's" Restaurant. The Cooking Group now has their own plates and coffee cups featuring a large rooster, courtesy of **Dan**. We also have our own aprons with the Sir logo purchased through the Hardware Chairman, **Sir Ralph Fowler**.

Next month we will meet at the home of **Sir Dave Johnson** for some culinary surprises.

RECIPE OF THE MONTH

Red onions, walnuts, cheese and sage

- ½ cup shaved parmesan cheese (about 3 ounces)
- 1/3 cup extra virgin olive oil
- ½ cup coarsely chopped red onion
- 1 cup chopped walnut meats
- 2 tablespoons chopped fresh sage
- 2 garlic cloves, slivered
- Freshly ground black pepper

Place cheese in a medium-sized mixing bowl and set aside. Over low heat, heat olive oil in a small saucepan. Add onion, walnuts, sage and garlic. Toss for 2 minutes. Pour warm mixture over cheese. Gently toss until mixture cools. Add pepper to taste. Serve at room temperature.

Duplicate Bridge

Bob Donahue.



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

SIR **Bill Snyder** hosted four tables of duplicate bridge in July. **Jim Jackson** and **Carl Johnson** tied for first with 46 points. **Bill Rees** was third with 42.5 points. **Dick Johnson** and **Chuck Hammond** tied for fourth with 39 points.

The next meeting is scheduled for Monday, August 18. Contact Bob Donahue at 376-4527 for information.

Fishing

Sal Costanza



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

There will be an auction of fishing equipment at our next meeting. Come, make a bid and listen to some "great" fishing stories!!!

Hey Sal, what do you call a fish with no eyes? A fsh!

Couples Duplicate Bridge

Lo McCarley

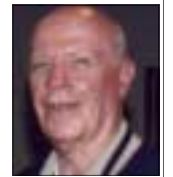


Meet the 3rd Wednesday of each month starting at 7:00 pm at participants' homes. Couples play as partners.

SIR Couples Duplicate Bridge met on July 16th at **Barbara Lundblade's** home. And the winners were **Lynn and Dasha Freeman** in first place with 37 points, **Carl and Ann Johnson** in second place with 34 points, **Bob and Janet Yolland** in third place with 33 points, and **Jim and Allison Todhunter** in fourth place with 30 points. The next bridge party will be on August 20th at **Lynn and Dasha Freeman's** home.

Bowling

Dick Joyce



If you are interested in joining a team or forming your own team for this league, contact Sir **Dick Joyce**, league president.

The SIR TRIO League is really going full bore - this is a short season and will finish in early August. There are 4 to 6 teams in contention for first place. Two of our teams, the Imposters and the Roto Roosters, are in the run for first place. As of July 9th, the Roto Roosters were in 1st, but the all female team is giving the men a case of HEART BURN. Hey guys - crank it up!

There are 3 SIR Tournaments in August - At Napa Bowl on Aug. 4-6, at Kentwig Lanes in Vallejo on Aug. 25,27, and 29, and the real big one at the National Bowling Center in Reno on Aug. 18 thru 20.

Contact Al Zeppa at 685-8920 for details.

Cribbage

Al Tufo



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

Well, SIR members here we go again.

Time to give you the results of our July Cribbage Club tournament. Know you can hardly wait to read them. We were hosted by **Bryant Fischback** at his home in Walnut Creek on July 9th. His wife **Trudy** baked us the best blueberry cheesecake you could ever taste. I didn't think she could outdo her blueberry pie. It was so good I had to have another piece. Here are the tournament results: The first game was won by the **Italian Stallion** with **Bryant Fischback** coming in second. The next game was won by **Fischback** and **Byron Meade** placing second. Then the third game was won by **B.Meade** with the **Italian Stallion** closing fast to take second. We know that **Larry Reilly** was there someplace. Maybe he stayed at the hay barn. Ciao **Tufo**

Garden Club **Chuck Bobinecz**



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

The bus trip, to COPIA in NAPA, sponsored by the Wine Tasting Group and the Garden Club, is Thursday August 7th. We will leave the Rossmoor shopping center at **9am**. Park facing Tice Valley Blvd near the Chevron station. The bus will return to the shopping center at approximately 4pm, with or without the Wine Tasting Group. Call **Chuck Bobinecz** at 939-8740 if you need directions to the shopping center.

Deja Moo - the feeling that you've heard this bull before.



Tuesday Golf **Walt Barabash**

June 17 First Flight: **Doug Cook, Bill Weinberg** and **Joe Suta**. Second Flight: **Stu Somersville, Don Nunn** and **Bill Boyd**. Closest to the Pin: **Gene Diana**.

June 24 First Flight: **Larry Zugnoni, Dick Richmond** and **Bill Hansen**. Second Flight: **Bill Boyd, Howie King** and **Howard Harvey**. Closest to the Pin: **Jack Calloway**.

July 1 First Flight: **Bill Hansen, Ray Nordstrom** and **Bill Weinberg**. Second Flight: **Al Milano, Bill Boyd** and **Tom Gorman**. Closest to the Pin: **Gene Diana**.

July 8 First Flight: **Ernie Dickson, Jack Calloway** and **Rich Hanford**. Second Flight: **Bob Frankland, Bill Boyd** and **Don Del Bene**. Closest to the Pin: **Bob Madge**.

Away Golf

Jim Baldrige



Congratulations to the winners at Rooster Run Petaluma. **Rich Hanford** took first place due to a blazing 37 gross on the back nine. **Bill Boyd** was second and **Don Del Bene** was third. **Bob White** won closest to the pin.

Upcoming Events - Mark your calendar.

Tilden Park is our July venue. It's Thursday July 31, starting at 11:00. SIR riders pay \$36, guests pay \$34. We're almost full, so hurry if you want to play.

In August, beat the heat, and play by the Bay at Mare Island. 18 holes, 90 degree rule for carts. Thursday August 21, starting at 9:00. SIR riders pay \$34, guests pay \$32. Questions: call 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 advise. That should be obtained from your physician.

BEER BELLY IS A MISNOMER

It's not from beer, it's from all that other food. A "beer belly" simply comes from consuming more calories than you burn. **Charles Lieber, MD**, a professor of medicine at Mount Sinai School of Medicine says it's also a matter of genetics.

The bottom line is "body-mass index" (BMI). A BMI of 25 or over means you're overweight; if it's 30 or more, you're obese. How do you figure BMI? It's simple.

Divide your weight in pounds by your height in inches. Then divide that number by height in inches again. Multiply that answer by 703.

Example: Weight 175; height 5'11"
 $175 / 71 / 71 \times 703 = 24.4$

ALZHEIMER'S DISEASE AND FOLATE

Alzheimer's disease is a physically debilitating, memory stealing plague. Until recently there was little that could be done to avert the risk. Stopping smoking, exercise and use of cholesterol lowering drugs all seemed to have minimal benefits. Now researchers think that they may be onto something significant.

Scientists have found a direct relationship between Alzheimer's disease and high levels of homocysteine. In fact, persons with the highest levels had twice the risk of developing Alzheimer's disease.

Homocysteine is a natural byproduct of the body's synthesis of protein. It is known to increase the risk of heart disease. Now this recent discovery that ties it to Alzheimer's disease has scientists excited that there may be ways to reduce the incidence of this disease.

The natural enemy of homocysteine are B vitamins, such as folate acid (the form found in food) and folate (the form found in supplements and fortified cereals and grains). They act like detergents on an oil slick, breaking down the homocysteine in the blood.

While there is not yet enough evidence to indicate that taking folate to reduce homocysteine levels will reduce the risk of developing the disease, some researchers suggest hedging your bet by taking a daily multivitamin that contains 400 micrograms of folate.

Sources: *New England Journal of Medicine*, 2002, Vol.346, No. 7
American Journal of Clinical Nutrition, 2001 Vol. 73, No. 5
Journal of the American College of Nutrition, 2001, Vol. 20

An invisible man marries an invisible woman and they start a family. But the kids were nothing to look at.

Know Your SIR Gerald Lindahl

I was born in Poplar, Wisconsin in the northern part of the state. I grew up on a dairy farm and went to grade and high school there. Our high school graduating class had six students with my twin sister being the only girl. Our little town of 480 became popular during World War II as my cousin, **Major Richard America's Ace of P-38s** in the Air Force went to basic training at Lackland Air Force Base in San Antonio Texas. It was then on to Radio Operator School at Scott Air Force Base in Illinois, and I then went overseas with a squadron flying reconnaissance missions on B-29s. After the Korean War, I ended up stateside at McClellan AFB, Sacramento, CA, flying weather reconnaissance missions and participating in a few nuclear tests in the Pacific and down in Indian Springs, Nevada. While stationed at McClellan, I met a California Valley girl from the small town of Winters, in 1952, and we got married on August 1, 1953. I got discharged in March, 1954, and enrolled in an engineering college (Indiana Institute of Technology) in Fort Wayne, Indiana, obtaining a B.S. Degree in Civil Engineering. I came back to California and started work for the Pacific Gas and Electric Company in their General Construction Dept., building steam generating plants. Later, I worked in the Hydro Dept. doing watershed surveys, and then moved on to the Federal Power Licensing Dept. in the General Office for 11 years, after which I moved to the Land Dept., also in the General Office. I finally retired in July, 1990, joining SIRS in 1991, when **Gene Hackett** was the Big Sir.



480 became popular during World War II as my cousin, **Major Richard America's Ace of P-38s** in the Air Force went to basic training at Lackland Air Force Base in San Antonio Texas.

It was then on to Radio Operator School at Scott Air Force Base in Illinois, and I then went overseas with a squadron flying reconnaissance missions on B-29s. After the Korean War, I ended up stateside at McClellan AFB, Sacramento, CA, flying weather reconnaissance missions and participating in a few nuclear tests in the Pacific and down in Indian Springs, Nevada. While stationed at McClellan, I met a California Valley girl from the small town of Winters, in 1952, and we got married on August 1, 1953. I got discharged in March, 1954, and enrolled in an engineering college (Indiana Institute of Technology) in Fort Wayne, Indiana, obtaining a B.S. Degree in Civil Engineering. I came back to California and started work for the Pacific Gas and Electric Company in their General Construction Dept., building steam generating plants. Later, I worked in the Hydro Dept. doing watershed surveys, and then moved on to the Federal Power Licensing Dept. in the General Office for 11 years, after which I moved to the Land Dept., also in the General Office. I finally retired in July, 1990, joining SIRS in 1991, when **Gene Hackett** was the Big Sir.

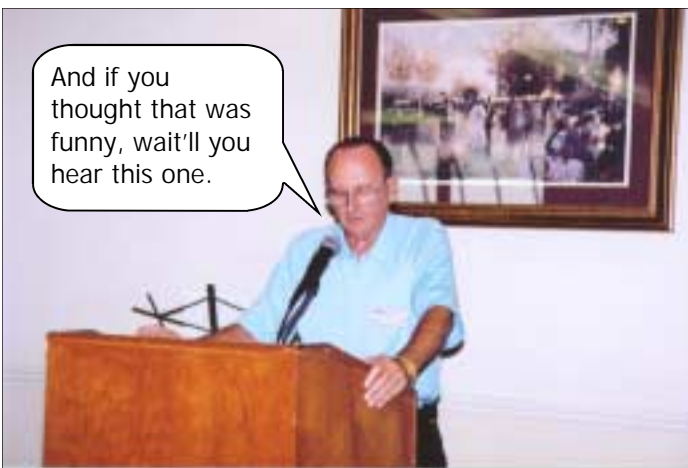


Rollie Nordeen, Paul Graham, Don Nunn and John Humphrey

State SIRS 1st Annual Division 4 Open Golf Tournament

The Reserve at Spanos Park, Stockton, CA.
Tues. October 7, 2003 7:30 AM, Shotgun.
Rate: \$49.00, includes Green Fee, 1/2 Cart, Prize Fund and a Hamburger Buffet Lunch.
Limited to first 144 players.
See **Dick Richmond** for entry forms and additional information.

Put decaf in the coffee maker for three weeks. Once everybody has gotten over their caffeine addictions, switch to espresso.



When the money comes out of the ATM, scream "I won!! I won!! Third time this week."

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.

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

- Beer battered cod with roasted potatoes & cole slaw
- Chardonnay chicken with saffron risotto

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Membership

Lang Erickson

Branch 146 statistics:

Members 209, HLM 4, Waiting list 20.

July attendance: Members 144, Honorary Life Members 2, Waiting list 7, Guests 5.

Total Attendance 158. Excused members 52, Unexcused 15

Two Eskimos sitting in a kayak were chilly: but when they lit a fire in the craft, it sank, proving that you can't have your kayak and heat it too.

Sunshine

Chuck Smith



Your Sunshine Chairman **Chuck Smith** is enjoying a well deserved vacation. So **Rollie Nordeen** is serving in his stead for this month. We are grieved to know that **Tony DeSalles** died on June 22nd. We also lost **Walt Entelman**, past Big Sir, on July 5th. In addition, **Lucille Brady**, wife of **Bob Brady**, passed away. Please keep these families in your thoughts and prayers. We will miss them from our group. **Fred Donnelly's** wife **Laura** is seriously ill in John Muir hospital. Your personal cards for all these folks will be welcomed. The Sunshine table with cards will be available at our monthly luncheon. Please look for it, even if you're not personally acquainted with those that need our support.



Party Bridge

Fred Bolton

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

The Party Bridge Group met on July 7 at **Jim Jackson's** home for three tables of bridge. First place went to **Jim Jackson** with 8410 points, second to **Jim Stedman** with 6140, third to **Dick Johnson** and fourth to **Lo McCarley**.

Our next game will be at **Carl Johnson's** on August 4.

Song Sirs

Chris Satterthwaite



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

Dates to be commensurate with Song Sir entertainment requirements.

The Song Sir contribution to the Branch Independence Day celebration was a hit. We sang seven patriotic songs augmenting our standard uniforms with plenty of red, white and blue. **Sir Owen Sullivan**, our founder, was present, adorned with a tall Uncle Sam hat. **Sir Rod Sharrets**, our director, is recovering from a knee operation. The Call will not be published in time to announce our next practice. It will be announced via e-mail and telephone. We will be working on an agenda for the remainder of the summer. Come and join us.

Two aerial antennas meet on a roof, fall in love and get married. The ceremony wasn't much, but the reception was excellent.

Investment\$

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

Aug. 27 PRESENTATION: "The next step to investing Success". Presented by **Ms. Laurie Nardone**, CFP, who is associated with GE Private Wealth Management Advisory Group Inc. (A GE Financial Company).

No reservations are required and all SIR's are welcome to attend. We welcome your ideas and questions and we review a wide range of investment information.

A sign in the Red Dog Saloon in Juneau, Alaska reads: "If our food, drinks and service are not up to your standards, please lower your standards".



Don Patterson, Bruce Jones and John Miller



Travel Opportunities

Charlie Kiser

Last Chance:

Sept 17-29, 2003 SIR 45th Anniversary

Alaska Cruise.

Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco on Holland America's Volendam. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board, r/t transfers to ship. Lottery for penthouse suite. Cost from \$2495. For those already signed up, sign up a friend and get a \$100 shipboard credit. Contact **Charlie Kiser** 274-1575.

Nov 16-17, 2003 Hello Dolly. Motorcoach transportation, Sunday matinee musical performance of Hello Dolly at the Carson City Community Center, accommodations at the Sands Hotel-Reno. Area casino stops. Cost \$73 with over \$30 in casino credits. Contact **Carl Raaka** Br.8, 254-0482

Dec 12, 2003 Beach Blanket Babylon. R/t bus transport, dinner at New Pisa Restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106. Contact **Bob Hagler** Br. 8, 934-7620.

Jan 19-Feb 2, 2004 Cruise to Hawaii. R/t from San Francisco. Visit all four islands on this 14 day cruise. Includes r/t transfers to the San Francisco pier and on board tips. Cost from \$1953 inside and \$2553 outside cabin p/p d/o. Single rates on request. Contact **Bob Hagler** Br.8, 934-7620.

April 30-May 5, 2004 Ramona Pageant. Deluxe motorcoach transportation throughout, 4 nights accommodations in Bakersfield, Desert Hot Springs and Ventura. Includes Crystal Palace Theatre show, Palm Springs Follies, Palm Springs Aerial Tramway Ride, Living Desert Museum, Channel Islands cruise and the Ramona Pageant in the Mt. San Jacinto foothills. Includes 8 meals. Cost is \$987 p/p d/o. Contact **Fred Stammen** Br. 171, 283-1956



Jerry Lindahl, Rich Ahlf and Bill Snyder

Table Pool **Bill Weinberg**

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

Table Pool Club met with an excellent turnout. Branch 8 is sending as many players as 146 and it looks like 116 is going to attend too. The eight-ball games are starting to get hot and heavy with quite a bit of kibitzing (please, no talking while I'm putting). Hope to see you there ----- remember, it's the first and third Monday of the month.



Two Real Yankee Doodle Dandies



I don't panic when I get lost. I just change where I want to go.

Ray Weisz, Larry Zugnoni and Al Milano

Taking a wee break from the golf circuit, Tiger Woods drives his Volvo into an Irish gas station.. "Top o' the morning", says the attendant, unaware who the golf pro is.

Two golf tees fall out of Tiger's pocket as he gets out of the car, and the attendant asks, "So, what are those, son?" "They're called tees", replies Tiger.

"And what would ya be usin 'em for, now?", inquires the Irishman. "Well they're for resting my balls on when I drive", says Tiger.

"Jaysus, Mary and Joseph!", exclaims the Irish attendant. "Those fellas at Volvo think of everything".

State President Region Director Area Governor	2003 SIR State Officers	James Faverman Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Bob Yolland	932-4758
Little SIR	Doug Cook	939-4327
Secretary	Bill Weinberg	682-0962
Assistant Secretary	Howie King	932-0727
Treasurer	Dean Merritt	671-7380
Assistant Treasurer	Bob Wheaton	939-4512
Director	Cal Jones	934-2979
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Ray Kan	376-2023
Director	Al Milano	933-3492
Director	Dick Richmond	947-1167

Past Big SIR's

- 1989 **Charles Unfried**
- 1990 **Gill Rhodes**
- 1991 **Gene Hackett**
- 1992 **Walt Entelman**
- 1993 **Kap Kaprelian**
- 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**



Walkers

John Lewis

Every Friday at 9:30 am at various locales.
Call **John** or just show up.
There are no walks scheduled for August.
Next walk will be in September.

Thanks to **John Lewis, Bob Madge, Art Trost, Joe Schild,** and **Chris Satterthwaite** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proofreading.

Thanks also to the Rector and staff at St. Paul's Episcopal Church, Walnut Creek, for the use of their facilities.

Committee Chairmen-2003

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
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
Bulletin	Jeff Bailly	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
Cooking	Don Nunn	934-5214
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
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Hardware	Ralph Fowler	939-2953
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Jerry Bellows	376-3352
Membership	Lang Erickson	682-1337
Nominating	Fred Kovar	937-2951
Pianist	Dave Obera	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
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Art Trost	934-2889
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

And then when my partner trumped my ace, I almost lost it!



Lo McCarley and Bill Weinberg

SIR DATE NIGHT

WHAT: Branch 146 10th Biannual Dinner Dance
WHERE: Heather Farms Garden Center
HOW MUCH: \$80 per person
INCLUDES: Beef or chicken, vegetable, dessert, rolls & butter, Coffee or tea
 Open bar and wine on table. Dancing to the ballroom music of The Dalt Williams Quintet
WHEN: October 1, 2003
 Hosted cocktails and hors d'oeuvres - 6:00 pm
 Dinner - 7:00 pm
 Dancing - 7:30 pm to 10:00 pm

Sir : _____ & date: _____

Enclosed is our check for \$ _____

Beef _____ Chicken _____ Vegetarian _____

We'll sign up as a couple. Seat us anywhere _____

We'll sign up with a full table of eight, below are the names of the others:

1: _____ 2: _____

3: _____ 4: _____

5: _____ 6: _____

August Birthday Boys

Walt Barabash, Bill Boyd, Doug Carlson, Pablo Chavez, Ernie De Roia, Harry Dillon, Lang Erickson, Paul Graham, Jim Helmick, Merrill 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 III

SIR CALL *Newsletter*

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Walnut Creek, CA 94598

SirCall@astound.net

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value
Mail
Please deliver
by July 30



Song SIRs Chris Satterthwaite, Bill Rees, Mitch Mitchell, Bill Boyd, Jim Helmick, Mike Varner, Ralph Fowler, Ken Kratz, Harry Tutton, Al Altmann, and Joe Schild, with Owen Sullivan in the front.