

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 7

Published For Our Members And Friends

July 2002

### Big Sir's Commentary:

Our year is half over and I think it's been a good one so far. The luncheons have been good, our Little Sir is lining up some interesting and entertaining speakers and our committee chairmen are adding extra day trips, away golf outings and other activities to add to the fun of belonging to SIRs 146. We are going to be adding to our waiting list within the next two months and that brings up the thought that those on the waiting list, both presently and in the future, are welcome and encouraged to attend our luncheon meetings. You'll start meeting other members and get a jump on learning the ins and outs of SIRs. The luncheons are enjoyable from both the social aspect and the speakers have been outstanding. And, sponsors, encourage the men you sponsored to attend. Call our luncheon chairman to let him know you're coming. Executive Board members please note: the Executive Board will meet at 9:30 am prior to our July luncheon.



### Little Sir's Corner:

July 11th - Walnut Creek resident **Frank Heaney**, the youngest guard at Alcatraz will relate some of his very interesting stories and experiences on "The Rock".



#### *Editor's Note*

Between June 20 and September 3 I will be out of town. **Don Nunn** will be putting together the August and September issues of the Sir Call during that time. *Jeff Baily*

### **Nominating Committee Report**

The following Sirs have been recommended for election to the 2003 Branch 146 Executive Board:

Big Sir <b>Bob Yolland</b>	Directors	<b>Cal Jones</b>
Little Sir <b>Doug Cook</b>		<b>Dale Haukland</b>
Secretary <b>Bill Weinberg</b>		<b>Ray Kan</b>
Asst. Secretary <b>Howie King</b>		<b>Dick Richmond</b>
Treasurer <b>Dean Merritt</b>		<b>Howard Harvey</b>
Asst. Treasurer <b>Bob Wheaton</b>		<b>Al Milano</b>

### In Memoriam



**Glen Furlow**, Honorary Life Member of our branch, died peacefully at home June 16 of pancreatic cancer.

Few men have contributed more to the success of Branch 146 from its beginnings 14 years ago to the present time.

While serving as the Golf Committee Chairman for many years starting soon after our branch was formed, his leadership was instrumental in its growth to the current level of over 100 branch golfers. During those years, he provided strong guidance and support as a faithful participant in the monthly Executive Committee meetings. In addition, **Glen** has served as a Director of our Executive Board, Chairman of our Auditing Committee, and Chairman of several Nominating Committees and most recently, as Branch Historian.

**Helen Furlow** expresses her heartfelt gratitude to the members of Branch 146. The many cards and calls of concern meant so much to her and to **Glen** during his illness.

A memorial service and reception afterward will be held at the Moraga Valley Presbyterian Church, 10 Moraga Valley Lane, Moraga at 11am Saturday, June 22.

### SIR Branch 146 Directory changes

Please make the following changes to your SIR Branch 146 directory booklet:

Tom Gorman (925)685-9721

**Bryant Fischback** Lafayette CA 94549

**Roy Fredrickson** RoyJanetFredrickson@Msn.Com

**Martin Lyle** RBLY@Yahoo.Com

**Chuck Smith** Casinwc@Aol.Com



New member,  
**Jim Kohl & Denzil Harrison**



**Al Zeppa**

## Bowling

The SIR winter league ended with the Getting Better team of capt **Charlie Sheets, Jim Wray, Lyle Carter, & Bill Farry** defeating the Numero Uno team of capt. **John Zotti, Vic Pan-grazzi, Dean Lewis & Tony DeBello** 688 - 672, 773 - 779, 817 - 748. **DeBello** captured the sweeper title with scores of 214, 255, 226 plus a 30 hdcp for a 725 series. He was followed by **Louie Zeppa** 704, **Homer Colvin** 699, **Lyle Carter** 692, **Bob Everett** 687, **Andy Anderson** 684, **Mike Kropf** 666. **Don Patterson & Charlie Sheets** tied with 665, **Stan Strange** 664 & **Larry Reidinger** 661. The summer league is running with 12 teams for 11 weeks. If you are interested in being a summer sub, you'll be welcome any Wednesday at 10 am at Diablo Lanes.

Upcoming SIR tournaments:

July 9,10 Tue, Wed, Fireside Lanes, Sacramento  
July 16-18 Tue, Wed, Thu, Nu Generations, Yuba City  
**John Miller** will cover Bowling from June 13 to June 30.



## Cooking

**Don Nunn**

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

SIR **Bob Spellman** held the June cooking demonstration with a superb presentation of a barbecued pork tenderloin luncheon with all the accoutrements and wine. A wonderful meal indeed. Next month, the troops will assemble at the home of **Don Nunn** on July 1 at 10:30 AM for a surprise feast. The correct date for the next Dinner Dance is Wednesday, October 2 at 6 PM.

Doing Lunch



**Larry Mitchell, Dick Joyce, Don Patterson & Bruce Jones.**



**Al Tufo**

## Cribbage

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

The Cribbage Club was hosted by **Dave Johnson** on June 11th. He served the most delicious cheesecake and the largest strawberries in town. We were able to get in two great tournaments. The first one was won by **Lang Erickson** who put on his spurs, jumped on his trusty steed and sped into the sunset, leaving his partners to the Sheriff. **Barney Meade** came in second. The second tournament was won by the Italian Stallion, **Al Tufo**. Second place was taken by **Dave Johnson**. Cribbage will be hosted by **Lang Erickson** on July 10th. Best of summer to all. **Tufo**



## 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.

## Duplicate Bridge



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

Sir **Chuck Hammond** hosted 4 tables of duplicate bridge in June with **Chuck Thompson** coming in first with 40 1/2 points. **Jim Jackson** and **Bill Snyder** tied for 2nd with 38 points. **Jim Todhunter** was 4th with 37 points. The next meeting is scheduled for Monday, July 15th. Contact **Bob Donahue** 376-4527 for information.



## Fishing

**Pablo Chavez**

Coco's Restaurant  
3200 Buskirk Ave.

4th Thursday at 8:30 am.

The Fishing Calendar is presented below. Check it and call the Fishmaster if you need more information:

July 14-20 A trout fly fishing trip to the Norden/Truckee area with Fishmaster **Tom Hensley**, 925-937-0605.

July 28-August 2 to New Melones and Don Pedro Reservoirs with Fishmaster **Richard Fish**, 925-672-8468.

One new trip to the Grass Valley area is being explored for August. Any new information will be made available in next month's newsletter. Stay tuned.

# Garden Club



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

The July garden club meeting will not be held in July. Instead we will have a potluck – BBQ on July 22nd at our (**Chuck & Mary Bobinecz**) home, 2720 Winners Circle in Alamo, from 1 ‘til 4. Wives and guests are welcome. If you plan to attend please let **Lew Thompson** know by July 11<sup>th</sup>. Garden tip for July: Tomato month. They are susceptible to verticillium and fusarium wilt. The lower leaves yellow, wilt and die, gradually killing the plant. Nothing you can do to save the plant. Next year buy seeds or plants tags that have “VF” on them, which are resistant varieties. Soil diseases can last for years. Do not plant tomatoes in the same spot every year.

## Tuesday Golf Walt Barabash



May 14, First Flight: **Ken Kratz, Myles Ringle** and **Sal Costanza**. Second Flight: **Doug Cook, Frank McNamee** and **Pablo Chavez**. Closest to the Pin: **Pablo Chavez**.

May 21, First Flight: **Bob Yolland, Bill Becker** and **Jeff Baily**. Second Flight: **Stu Somersville, Bob Spellman** and **Howard Harvey**. Closest to the Pin: **John Lewis**.

May 28, First Flight: **Raymond Kan, Bob White** and **Bill Weinberg**. Second Flight: **Bob Wheaton, Doug Cook** and **Pablo Chavez**. Closest to the Pin: **Ray Weisz**.

June 4, First Flight: **Jim Helmick, Myles Ringle** and **Sal Costanza**. Second Flight: **Fred Kovar, Doug Cook** and **Don Martin**. Closest to the Pin: **Joe Lamanna**.

June 17, First Flight: **Bob White, Bill Weinberg** and **Jeff Baily**. Second Flight: **Garth Cummings, Charlie Kiser** and **Frank McNamee**. Closest to the Pin: **Myles Ringle**.

July 18<sup>th</sup> Tilden Park, \$36 for SIRs, \$34 for Guests. Signup before July 9<sup>th</sup>. Call **Jim Baldrige**, 689-9232

## Away Golf Jim Baldrige



July 10<sup>th</sup> Statewide Team SIR Scramble Area 2 Franklin Canyon. Call **Dick Richmond**, 947-1167  
August 20<sup>th</sup> State SIR Team Scramble finals, Reserve at Spanos Park.  
August 29<sup>th</sup> Willow Park, \$37 for SIRs, \$35 for Guests. Signup before Aug. 22<sup>nd</sup> Call **Dick Richmond**, 947-1167  
September 15<sup>th</sup> – 19<sup>th</sup> Solvang, CA.  
October 4<sup>th</sup> – 12<sup>th</sup> Bermuda Cruise with Golf  
October 9<sup>th</sup> Lockford Springs.

**Bob White, Bill Cammerer, Bill Becker, Jack Calloway, Dick Richmond & Olof Johansson** have qualified for the next elimination round of the 2002 State Championship Tournament to be held at Micke Grove on August 22<sup>nd</sup>.

## Health Matters, Physical and Mental



### SUGAR, SUGAR EVERYWHERE

Think you don't eat all that much sugar? The U.S. Department of Agriculture recommends that you eat no more than 10 teaspoons a day. Well, look at how much you get just

from what you drink:

Drink	Amt.	Tsp of sugar
Fruitopia fruit drink	10 oz.	17-19
Sweetened iced tea	20 oz.	15
Orange soda	12 oz	12
Colas	12 oz	9-10
Chocolate milkshake	10 oz.	9

### REVERSE GOLF SWINGS

Does golf hurt your back? Try occasionally swinging the club backwards while you wait to hit the ball. The uncoiling action helps undo the stress from rapid acceleration and deceleration of the sacroiliac joints and the lumbosacral spine associated with the golf swing. Imbalances tend to arise in muscle fibers and ligaments from repeated unidirectional forces. Reverse swings allow for an uncoiling motion that helps re-balance alignment and soft-tissue symmetry.

### WEIGHT LOSS FACTS

“So many diets, so many promises, so many books,” says the Harvard Health Letter (March 2001). So what does it take to lose weight? According to the letter ( and any reputable authority), “You can't get around the biological fact that the only way to lose weight is to take in less energy (consume fewer calories) or to expend more energy (be more active), or both.” It's the “both” that really makes a difference. “By itself, exercise is not a particularly effective way to lose weight,” says HHL. The letter reports that according to its 1998 guidelines on the treatment of obesity, the National Heart, Lung, and Blood Institute says that physical activity among overweight and obese people reduces abdominal fat “only modestly or not at all.” The best results occur when diet and exercise are combined.

### COTTON SOCKS: NOT

Cotton socks aren't athlete-friendly. They wrinkle, lose their shape, bunch up, retain moisture and dry out of shape. They are great if you want blisters and fungal infections. The best choices for athletic socks are those made with synthetic materials such as acrylic, olefin, and Thermax.



# Know Your SIR

## Arthur Gagnon

My name is **Arthur Gagnon**. I was born January 20, 1927 in New Orleans LA., the oldest of two boys. I attended Catholic schools, and graduated from Holy Cross High School in 1943, at the age of 16. After graduation I attended Tulane University in pre-engineering for one year. Just prior to my 18th birthday, I joined the Navy and celebrated my 18th on a train headed for San Diego Naval Training Station in California.



After completing basic training, I was sent to Signal School in Hawaii. I was standing roof guard one night and to pass the time I was reading the light signals from the ships docked at Pearl Harbor. Suddenly all the signals began flashing "VJ", and the harbor burst into a fireworks of flares and tracer bullets. I knew then that Japan had surrendered and the war was over. It was a night that I will never forget.

I returned to school at Loyola University in New Orleans, graduating with a Bachelor of Commercial Science in 1957.

I met my wife **Peggy** in 1999 at a Sorority dance in New Orleans and after dating for about a year, we were married on May 27, 1950. This explains why it took so long to complete my degree. **Peggy** made me promise that I would complete college if she married me, so after one year of day school I spent seven years at night school to earn my degree. Our wedding took place at St. Mary of the Angels church in New Orleans and we honeymooned at Daytona Beach in Florida.

Lots of other things were happening in our lives during that period. I had been working in a CPA's office, when we were married, but switched jobs to go to work for the California Company (now Chevron-Texaco) as a gas accountant in 1950. Our first son, **Gregory**, was born in 1955 and our daughter **Lisa** was born just after I graduated in 1957. Two more sons were to follow, **Jeffrey** in 1960 and **Kevin** in 1962.

Recently we celebrated our 50th wedding anniversary with the renewal of our vows at St. John Vianney Church, followed by a luncheon reception at the California Café in Walnut Creek, and a trip to Ireland.

I worked for Chevron from 1950 until 1986, when I retired. During those 36 years, I held several positions. I was a gas accountant, maintained the general ledger, coordinator of crude oil movements through the Empire Terminal and worked in the sales department. In 1969 I

was asked to join a new group being formed in San Francisco, called S&D Operations. I transferred in February of 1969, and became the Crude Oil Tanker Scheduler for the new group. This involved coordinating with Chevron Shipping the scheduling of the corporate crude oil tanker fleet to load crude oil at Chevron crude oil terminals throughout the world, and the delivery of crude oil to refineries in the US, Belgium, Japan, South America and the Bahamas. I retired as a Senior Analyst in the S&D group.

I belong to several civic and religious groups, including the Walnut Creek Seniors Club; Sirs Branch 146; the Knights of Columbus, where I am a past Financial Secretary and a past Grand Knight and am currently a trustee on the board of officers; and the SJV Men's Club.

My hobbies are bowling, stamp collecting and playing softball with the Walnut Creek Creakers.

Both **Peggy** and I are enjoying retirement. We love to travel, and have combined our travels with escorting tour groups both locally and abroad. I was brought into the Sirs by **Dan Hungerford**, whom I met on one of our trips. I enjoy the luncheons and the many activities offered by the Sirs.

Golfer: " I think I'm going to drown myself in that lake."  
Caddy: "Think you can keep your head down that long?"

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

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

## Investments

July meeting : July 24, 2002

Place: Diablo Creek Golf course,

Legends Grill Banquet Room. (Note new location)

Time: 8:00 am-9:30 am

Speaker: Mr. **Jim Smith**-(Certified Financial Planner)

Topic: "Strategies for effective asset allocation to protect your investments"

We have breakfast and no reservations are required. Volunteer presenters and participants are encouraged to join in. We share information, look for solid investments and have a good time.

Roll out of bed and come on down.

For any added information or questions contact Sir **Ben Smith** at: 925-820-5403 or e-mail---bjsssmith@aol.com

Don't try so hard. The best things come when you least expect them to.



## Luncheon Menu Stan Jackson

This Month's Luncheon Menu

- House salad
  - Freshly baked rolls and butter
- Entrees including vegetables*
- Halibut steak w/ basmati rice
  - Veal parmesan w/ spaghetti
- Dessert*
- Daily dessert special
  - Regular or decaffeinated coffee and tea

### Notice-Membership Applications

SIR Branch 146 waiting list will open for applicants effective at the July luncheon on Thu., July 11, 2002 and will remain open until the beginning of the September executive board meeting on Thu., September 12, 2002. Application forms will be available at the July meeting.

## Luncheon Attendance



**Dale Haukland** (925) 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.



## Lang Erickson Membership

Branch 146 statistics:

Members 210, Honorary 5, Waiting List 12

June Attendance:

Members 162, Honorary Life Members 5

Waiting List 3, Guests 4, Excused 41

Unexcused no shows 12. Total Attendance 169



**Fred Bolton**

1st Monday at 10 am at

## Party Bridge

various members' homes. Bring a lunch.

The Sirs Party Bridge group met at the home of **Bill Rees** on June 3 for 4 tables of bridge. First place went to **Jim Brown** with 6690 points, second to **Dick Johnson** with 6120 points, third to **Bob Donahue** with 5900 points and fourth to Bill Rees with 5700 points. Our next event will be Monday, July 1, at **Bob Donahue's** starting at 10:00 am.



**Owen Sullivan**

(925) 943-7998

Practices are held

## Song Sirs

after the SIRS monthly luncheon and on the last Wednesday of each month at 4 pm at the WC Presbyterian Church.

### Note

**Song Sirs** are gaining in popularity and they enjoy doing many gigs. If you would like them to sing for your branch give Sir **Owen Sullivan** a call.

## Happy Birthdays in July

**Olof Johansson, Byron Meade, John Miller, Robert Walton, Raymond Weisz, Salvatore Costanza, John Lewis, Ray Edmondson, Donald Duerson, Clifford Daulman, Peter Gates, Vito Magliano**



## Computers Chris Satterthwaite

Mice no longer have tails in the computer realm. Several Br 146ers report satisfaction with their wireless mice pointing devices.

Most have EntelliEye Optical Technology and five buttons to play with. Try [www.microsoft.com/mouse](http://www.microsoft.com/mouse) for more mice tales.

If your computer is 3 years old or less it probably has at least one Universal Serial Bus (USB). This is a hardware connector allowing users to add such devices as a mouse, modems, scanners, printers, external drives, printers etc. without having to restart the computer which is the usual case. Some Sirs have even installed a USB connector device which plugs into your USB port and allows four USB ports vs. one. Keep adding these devices to one another up to 256 (one sales rep opines);

Astound continues its popularity among SIR. Finally try PC Hell ([www.pchell.com](http://www.pchell.com)) for on line computer advice. Let **Chris** know what you think.



# Travel Opportunities

**Charlie Kiser**

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

Oct 4-Oct 12, 2002. Bermuda Cruise w/Golf includes 7 night cruise to Bermuda. Tour the city that never sleeps. Visit the United Nations and ground zero. Sail past the majestic Statue of Liberty to beautiful Bermuda. Cost from \$1605 for golfer and \$1380 for non-golfer Contact **Dick Richmond**, Br. 146, 947-1167.

Sept. 17-29, 2003 SIR 45th Anniversary Alaska Cruise. SIR and Golden Gate Tours have established a cabin-sharing program that will match singles who want to share a cabin. The cabin roommate matching system set up by Golden Gate Tours will match gender and smoking preference. SIR members, affiliated SIR members, SIR guests, and SIR widows may participate in this program. They will permit singles and avoid the additional cost of a single supplement. For further info phone Golden Gate Tours: (800) 874-4345. Price from \$2495.

Nov 3-4, 2002 Oklahoma Deluxe Motor coach. Transportation, overnight Sands Regency-Reno, matinee performance of Oklahoma, \$22 cash and food. Cost \$62.25 p/p Contact **Carl Raaka** Br. 8, 254-0482.

Dec 2, 2002 Reno Holiday Comedy with Charlie Prose. One night at Eldorado Hotel Casino, Charlie Prose show, private group cocktail party, special holiday gift per person and \$21 cash and \$4 food credit. Cost \$95 p/p. Contact **Charlie Kiser** Br. 146 @274-1575.

Nov 24-29, 2002 The Big Apple. Sights, Shows, Shopping. Highlighted by the Macy's Thanksgiving Parade. Includes R/T air, accommodations and 20 meals. Cost \$1999 p/p d/o, single \$2499.  
Contact **Vic Johnson** Br. 116, 680-1501.

Dec 28, 2002-Jan 2, 2003 Grand Ole New Years. Nashville, Tennessee. Includes r/t Air, New Year's Eve celebration, sightseeing and much more. Cost \$1450 p/p d/o Contact **Fred Stammen** Br. 171, 283-1956.

Dec 28, 2002-Jan 2, 2003 Mazatlan Six days at El Cid Resort, all meals, cocktails and daily activities.  
Cost \$1320 p/p d/o Contact **Bob Hagler** Br 8, 934-7620.

I used to work in a blanket factory, but it folded.

A true friend is someone who reaches for your hand and touches your heart.

## Sunshine **Chuck Smith**



Sir **Ernie Figueira** is struggling with cancer but is hopeful that the FDA will soon approve a very promising drug that is in the pipeline to aid in the fight.

Sir **Don Nunn** is down with recently diagnosed pneumonia and his prescribed medications seem to be helping.

**Marie & Joe Schild** celebrated their 50th wedding anniversary on June 28th.



## Table Pool

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



The table pool club met and had some very competitive games....fun was had by all. Please take note: the new day of the month for the get together will be the 1st Monday of the month which, in July, is July 1st ( Previously it was the second Monday of the month). The reason for the change is that many of the other SIR Branches have their luncheons on the 2nd Monday and can't make it to play pool with us. So, again, the 1st Monday of the month will be our meeting day from now on.

Doing Lunch



L to R, **Harry Dillon, Chuck Eichten & Tom Gorman**



## Officers 2002

State President  
Region Director  
Area Governor

Irv Craig  
Dan Gilmore  
Art Miller

### Branch 146 Officers and Directors

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

### Committee Chairmen-2002

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

### Past Big SIR's

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



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

# Walkers

July 5 - Markham Tree walk. Meet at Coco's Restaurant, (back parking lot) on Treat Blvd. One block west of Clayton Rd. in Concord.

July 12 - Valley Vista staging area trail. Meet at Moraga Safeway.

July 19 - Cardinet Trail. Meet at Clayton Library. All this and Emu too.

July 26 - Lafayette Reservoir. Meet in the parking lot and bring quarters for parking meters.

### Doing Lunch



**Ralph Fowler & Ken Kratz**

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

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

### Doing Lunch



**Bill Sharkey III, Al Milano & Dave Johnson.**

Don't cry because it is over,  
smile because it happened.



**Olof Johansson (r)**  
introduces new member  
**Heino Valvur.**



L to R, **Roy Fredrickson, Howie King & John Humphrey.**



**Jim Jackson & Dick Johnson.**



**Ray Nordstrom & Ray Yonce**



**Rich Hanford (r)**  
introduces new member  
**Don Loustalet.**

Doing Lunch



Song Sirs, **Ron Morrison & Dick Shelley**



**Lee Schultz & Ernie Figueira.**

# SIR CALL *Newsletter*

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

SirCall@Att.Net

place  
stamp  
here