



Ray Kan

Big Sir's Notes

What a great time of the year! Spring, long days and a lot of sunshine. We, in the Bay Area, can be thankful for our beautiful climate. Get out and enjoy the outdoors. Our Branch offers bocce ball, fishing, gardening, golf, day trips,

walking and many more activities. In the past two months I have visited two Branches in our Area and enjoyed their meetings. Our Little Sir and Secretary joined me at some of the meetings. Over the past years our leaders have formulated an excellent agenda which serves our Branch well. If we find ideas from those Branches which would work well with our format, they will be brought to our Executive Board.

Thank you, **Howard Harvey** for your work in our successful "Getting to Know You" day. Most of our members seemed to enjoy the April seating. All the members to whom I have spoken sat with at least two members that they have never had the opportunity to get-to-know.

Little Sir's Corner

The speaker for the Ladies Day luncheon in May will be **Margaret Peters**, sometime White House consultant and wife of **Pete Peters**, a former Oakland Raider. Both **Margaret** and **Pete** will be in attendance. **Margaret** has made presentations to other SIR branches in our area and has been well received. She will be talking about her experiences with the White House, the Oakland Raiders and other activities she has been involved with during her career.



Garth Cummings

Bocce Ball Bob Frankland



2nd and 4th Mondays at 9 am April through November except May 26 (Memorial Day) at Concord Bocce

Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Roads.

Come on out and have some fun!

Two fish swim into a concrete wall. One turns to the other and says, "dam!"

Getting to Know SIR Sal Costanza

I was born with a "bang" on July 4, 1933 in the small fishing and oil refining village of Martinez, California. I spent my boyhood days on the make-shift ball fields, on the Alhambra Creek side and in the streets at the northern part of Martinez playing with my buddies, who were mostly 1st and 2nd generation Sicilian/American.

I graduated from Alhambra Union High School in 1951 and enrolled at East Contra Costa Jr. College (now DVC) mainly to play football and baseball. Among my accomplishments at ECC JC, besides earning an A.A. degree in Business Administration, was the honor of scoring the first touchdown in the school's history.

In 1954, **Shirley Serpa** and I were married in St. Thomas Aquinas Church in Reno. At that time I was working in the Accounting Dept. of Union Oil Co. In 1957 I decided to improve my job situation, leaving Union and going to work for Tidewater Oil Co. I was laid off in May of 1958.

I happened to be at DVC getting some baseball sox for a C.Y.O. team I was coaching, when **Carl Drexel** (my first football coach), President of the college, saw me and offered me a groundsman job until Tidewater called me back. Well, this really changed my life because Mr. **Drexel** pushed me to further my education. Without me knowing, he arranged for me to take the entrance exam at San Francisco State. I told him it was impossible to go back to school with a wife and two children to support. He said, "One step at a time". I passed the exam and then the next thing I know Mr. **Drexel** arranges an interview with the Maintenance Dept. at S.F. State. I was offered a job as a custodian. The next three years I worked full time while earning my degree and teaching credential. I taught six years in San Francisco. I came to Pacifica High School in the Mt. Diablo District in 1967. Then in 1974, **Bill Hansen** took a chance and hired me as a counselor at the brand new Northgate High School. I retired in 1993.

Shirley and I have four daughters and one son, ages 40 to 50, seven grandchildren, ages 3 to 25 plus two step-grandchildren and two step-great grandchildren. This past year we celebrated our 50th wedding anniversary with all our children, friends and relatives.

As a SIR I have met many great people. After talking to members of other branches I would have to say Branch 146 is the best!



Bowling

Gus Edwards



The **Dave Valladao** Tournament was a huge success as 200 bowlers took part. Kudos to **Larry Mitchell** for his leadership in making this an outstanding event.

Although Dave's Dudes failed in their quest for a second half championship, because they did win the first half, they will be in a playoff for the overall championship. The results of the championship playoff will be in the next issue as well as any achievements/awards achieved by 146 bowlers. Plans for the summer league are in progress. Bowlers needed.

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net
FLOYD SKELTON 838-2515 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).]

Our next scheduled meeting will be held May 19th. For more information please visit our web site at: <http://home.att.net/~area2computer/>.



Cooking and Social Don Nunn

1st Monday at various members' homes.

The Cooking group will meet at the home of SIR **Barney Meade** on Monday, May 2nd at 10:30am.

Please notify **Barney** of your intentions.

We did not meet last month due to a conflict with a scheduled golf event and vacations. We will make it up later this year. Mark your calendar for Wednesday, October 5th for our 14th biannual dinner dance. More to follow.



Duplicate Bridge Bob Donahue

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

SIR **Lynn Freeman** hosted four tables of duplicate bridge in April. **Chuck Hammond** was first with 46 points and **Fred Kovar** was second with 41 points. **Doug Carlson** and **Bill Snyder** tied for third with 38.5 points. **Jim Jackson** was fifth with 38 points, but no cigar.

The next meeting is scheduled for Monday, May 16, 2005. Contact **Bob Donahue** at 376-4527 for information.

Tuesday Golf Walt Barabash



March 22 - No golf tournament due to rain.

March 29 First Flight: **Lew Thompson, Bill Hansen** and **Rich Hanford**. Second Flight: **Ralph Fowler, Joe Lamana** and **Olof Johansson**. Closest to the Pin: **Ken Kratz**. Low Gross: **Lew Thompson: 86**

April 5 First Flight: **Bill Hansen, Bob Mehus** and **Gene Diana**. Second Flight: **Don Nunn, Bill Boyd** and **Howard Harvey**. Closest to the Pin: **Joe Suta**. Low Gross: **Gene Diana** and **Frank Marcon: 86**

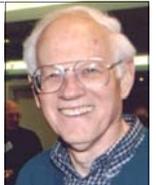
April 12 First Flight: **Joe Suta, John Demos** and **Ken Kratz**. Second Flight: **Ken Richter, Don Nunn** and **Howard Harvey**. Closest to the Pin: **Don Nunn**. Low Gross: **John Lewis: 86**

Couples Duplicate Bridge Lo McCarley

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

Carl and **Anne Johnson** hosted bridge on March 23rd and won first place. **Bill** and **Margaret Rees** took second followed by **George Zunich** and **Tamara Judson**. **Lynn** and **Dasha Freeman** tied for fourth with **Jim Brown** and **Barbara Lundblade**.

The April session was hosted by **Bill** and **Margaret Rees**. **Jim** and **Ruth Adams** came in first and **Lynn** and **Dasha Freeman** took second. **George** and **Tamara Zunich** captured third place. **Bill** and **Margaret Rees** will also host the next bridge on May 18th.



Cribbage Al Tufo

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

The Cribbage Club had only 4 players on April 13th. It was hosted by **Larry Reilly**. With just 4 players we were able to get in 4 Derby races. **Larry Reilly** won the first race and **Dan Meckfessel** came in second. The Italian Stallion went back into the barn and took a walk to cool off. After a nice rubdown, he was ready for the next races. Being refreshed, he won all 3 races going away. **Larry Reilly** and **Barney Meade** ran a close second. Cribbage will be hosted by **Bryant Fischback** at his home in Walnut Creek in May. Looking forward to Trudy's dessert. Ciao, **Tufo**

Fishing

Sal Costanza

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

I went fishing at Shasta Lake on April 16th. Caught 5 salmon and a bunch of black bass. If you want to hear the whole story and the fishing reports of other members, come to our next meeting.



If a man says something in the woods and no woman is there to hear it, is he still wrong?

My wife's credit card was stolen but I'm not reporting it. The thief spends less than my wife did.

Garden Club

Chuck Bobinecz

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

Our May meeting is changed from the first Thursday of the month to Sunday, May 1st.

We will meet in the parking lot of the Heather Farms Garden Center at 11:00 am and form car pools to visit 2 or 3 homes in the Walnut Creek area that have been landscaped with native plants. The intent of the tours is to see how native plants are used to attractively landscape an area. Some of the gardens are landscaped professionally and others landscaped by the owners. Master Gardener docents will tell us about them and the advantages of using them. A ticket is required for each garden visit. You can get a ticket and check out the gardens by logging on to www.BringingBackTheNatives.net. **Lew Thompson** and I have extra tickets. After the tours we plan to go to Heather Farms for a spring picnic. This is a BYOPL (Bring Your Own Picnic Lunch). Wives and guests are welcomed.

The Garden, Cooking and the Wine Tasting groups are planning a bus trip on Friday, July 29th to the Gilroy area to visit the Goldsmith Seed Co. (their flowers will be in bloom then) and then will go to the Gilroy Garlic Festival for lunch and some garlic ice cream. We will leave around 8:30 am and return around 4:30 pm. The cost is \$23 per person plus \$6 entrance fee to the Garlic Festival and the cost of your garlic ice cream. Check out website www.gilroygarlicfestival.com. Garden Club, Cooking Groups and Wine Tasting members, please sign up by May 12th. This should be a sellout. Contact **Chuck Bobinecz** and he will sign you up for the trip.



Away Golf

Jim Baldrige

Congratulations to all 131 players that played at Silverado Country Club on 4/4 at our Annual Br. 146 Invitational Tournament. It was a great sunny spring day and we had a great time. Special kudos to the winners. 1st **Al Zamolo**, 2nd **Don Nunn**, 3rd **Gene Diana**, 4th **Rich Hanford**, 5th **Bob Mehus**. Winners' checks and refund checks for those who did not play or whose guests did not play are available from **Walt Barabash**.

Our next Br. 146 Away Golf event will be at Lone Tree GC, Antioch on Thursday May 26. Start time will be 10 am. Cost is \$40 for SIRS who want to compete in the prize fund and \$38 for guests or those not competing for prizes. We have room for 40 players and this one fills fast so get checks in before May 16. Make checks payable to SIR 146 Golf and mail to **Jim Baldrige**, 941 Brink Ct., Concord CA 94518.

The SIR Area 2 Qualifier for the State Tournament at Poppy Hills is Friday, May 20th at Franklin Canyon GC. It's a 7:30 am shotgun. Cost is \$38. Fees must be in before May 10th. Make checks payable to SIR 146 Golf and send them to **Jim Baldrige**. Questions: 925-689-9232



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.

ANTIBACTERIAL SOAP

Try as you may, it's hard these days to find handwashing soap that doesn't contain antibacterial ingredients. Seventy-five percent of bar soaps contain antibacterials.

Interestingly, there is no evidence that these soaps are any more effective in reducing bacterial infections than ordinary soap. In a recent study in Manhattan, 238 families with children were given a year's worth of cleaning supplies. Half of the families received antibacterial products (soaps, detergents, and general cleaners). The other half received regular products.

At the end of the year, those using the antibacterial products were no less likely to develop coughs, fever, sore throats, vomiting, diarrhea, or other symptoms than those using regular products. (Colds and flu-which account for most infections-are caused by viruses which are not affected by antibiotics.)

Is there any harm to using antibacterial soaps? Yes. Overuse may give rise to strains of bacteria that are resistant to antibiotic drugs.

Handwashing itself, on the other hand, is the best way to prevent infections. When you wash with soap and water, the germs are removed from the hands and go down the drain.

Source: *U C Berkeley Wellness Letter*, July 2004

SINUS INFECTIONS

A sinus infection is called "sinusitis." It may be caused by either a virus or bacteria. Usually, it's a viral infection at first, but then a subsequent bacterial infection may compound the problem.

Symptoms include inflammation and outflow of secretions in the nasal cavity.

Current guidelines call for waiting 7 to 10 days after initial symptoms to see if there is any improvement before resorting to antibiotics. If you have a bacterial infection, the body's own immune system can likely handle the problem.

There is no standard test to determine whether the infection is viral or bacterial. Swabbing and testing secretions from the nose or throat do not provide a reliable indication, however, symptoms may provide a clue. Bacterial infections tend to cause focused areas of pain in your face or behind your eyes. Colds sometimes develop into sinus infections. The best way to prevent that from occurring is to keep the sinus passages as open as possible. Drinking fluids helps. So does breathing steam through your nose. Nasal decongestants can help, but they should not be used for more than 3 to 4 days.

Source: *Harvard Health Letter*, June 2004

A Bit of History

You may recall that we ran a three part series on the history of Branch 146 last summer. Our Historian, Jack Calloway, has updated that document for the year 2004. It reads as follows:

“2004 - Big Sir Doug Cook--The Branch Regulations were changed to open the Waiting List to all applicants. **Jeff Bailly** constructed a Branch 146 Web site with many useful features including a monthly Activities Calendar.

Chris Satterthwaite received the Branch Honoree Award”.

Ed...

Wine Tasting Dale Haukland

The Wine Tasting group has yet to schedule an event following the one on April 21st. However we expect that to change soon. Stay tuned.

Meanwhile, enjoy the following pictures from our gala February tasting.



Tom Boltz (waiting list), **Lo McCarley**, **Otto Wilson** and, on the far right, Hostess **Ann Gates** enjoy sipping and quaffing some tasty Pinot Noirs and Sauvignon Blancs.



Smiles all around for **Joanne Haukland**, **Marlys Boltz** and **Roberta Wilson**



Jim Wyrick and **Bill Hansen**



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 bjsssmith@Aol.Com

The May Meeting of "Sums In Retirement" (Area 2 Financial Group) will be held on Wednesday, May 25, 2005. No Reservations are required, just come and have breakfast, gain some financial knowledge and meet some fine people. Feel free to bring a fellow SIR or a friend.

The meeting will conclude around 9:30 am.

We will be having a very informative presentation presented by Mr. **John Glazier** and Ms. **Jill Lubarsky**, principals of C-M-G Investments and Mortgage Services. They will be presenting proven techniques on how to make money and get started in real estate investments. Specific topics will include:

- Learn how to leverage equity in your Real Estate
- Know which financing tools to choose
- Understanding the tax advantages of investing in Real Estate
- Boost your buying power of your IRA's
- Learn 5 basic approaches used by expert investors.

Mr. **Glazier** is a Stanford University Economist and has been an Investor in the East Bay since 1976. Ms.

Lubarsky is a Real Estate Investor and Financial Advisor since 1986.

This is an opportunity to learn about investing in the "Real Estate Sector" and gain some new knowledge on how to expand your investment portfolios and increase your net worth in these ever changing investment times. If you have questions or need added information, contact SIR Ben Smith (Branch 116) 925-820-5403, e-mail bjsssmith@aol.com.



Tom Vacar –Speaking at the March Luncheon

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): **Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, 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**



Party Bridge **Fred Bolton**

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

We had two tables of bridge, hosted by **Chuck Hammond** on April 4th. Winners were **Bill Rees** with 6010 points. **Chuck Hammond** was second with 5660 and third went to **Bill Snyder**. Our next game will be on May 2nd, hosted by **Doug Carlson**.



Song Sirs

Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:00 pm on Wednesday.

The Song Sirs have a gig coming up at Montego Heights on May 19th. Practices will continue at the normal time and place until that performance. Any Sir interested in singing with the Song Sirs should contact me, any current member of the group or just show up at a scheduled practice. The welcome mat is always out.

A waiter asks a man, "May I take your order, sir?"
"Yes," the man replies. "I'm just wondering, exactly how do you prepare your chickens?"
"Nothing special, sir. We just tell them straight out that they're going to die."



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees, including vegetables

- Petite Filet of Beef with twice baked potatoes
- Herb Crusted Filet of Salmon, long grain and wild rice
- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 210, HLMs 4, Waiting List 54.

March Attendance: Members 172, HLMs 3, Waiting List 11, Guests 3, Excused 36, Unexcused 2

Total Attendance: 186

Status Changes: Added to Waiting List: **Glen Renk**, Resigned: **Howard Sebastian** (from Inactive list).

Withdrew: **Larry Busboom, Jack Waddell**

Current Top 30 Man Waiting List (prioritized): **Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, 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 Powell, Roger Maire, Jim Reed, William Schmeh**

Sunshine **Otto Wilson**



Phone 825-1943

email: ottowilson@astound.net



Don del Bene is home recovering from heart surgery. He is walking every day and showing good signs of recovery.

Rich Ahlf had eye surgery for cataracts. He's doing just great and is playing bridge better than ever.

Frank Rockwell's mother-in-law passed away April 4th.

Warren Boero is back at the City of Hope in his fight against acute leukemia.

William Knapp has had 3 cancer treatments with 3 more to go. He says he is doing well and looking forward to getting back to the lunches.

Russ Bliese's wife **Opal** is back in the hospital for cancer treatment.

Ray Carberry is in Mt. Diablo Hospital. No visitors at this time. Talked to him Friday 4/15, not doing well. Keep him in our prayers.

Travel Opportunities

Bob Spellman



May 19, 2005 A Day at the Races. Includes r/t coach transportation to Golden Gate Fields, Turf Club Admission, lavish luncheon buffet and program. Cost \$35.

Contact **Charlie Kiser** 274-1575

May 23-June 2, 2005 Branson & Barging. A unique combination of the entertainment world of Branson plus casual cruising aboard the River Explorer. In Branson, deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**. Mississippi Barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o.

Contact **Charlie Kiser** 274-1575.

May 27, 2005 Sacramento Jazz Jubilee. All day pass to all locations, including special SIR program at Cal Expo. Cost \$20 p/p which is half the regular price.

Contact **Bob Spellman** 934-9428.

June 29-July1, 2005 Boulder Creek Golf. Package includes 2 nights lodging, 3 rounds of golf, one dinner, cocktail party and \$28 food and drink credit. Cost \$202 for golfer and \$151 for non-golfer.

Contact **Charlie Kiser** 274-1575

July 20, 2005 SIRS Day at Giants SBC Park. Watch the Giants battle Eastern Division Champs Atlanta Braves. Seats are assigned on a first come, first serve basis. Cost \$17 to \$33 depending on location.

Contact **Charlie Kiser** 274-1575

August 11, 2005 SIRS Day with the A's. Join your fellow SIRS at the Oakland Coliseum to see the A's play the Angels. Plaza tickets are available for \$13. Deadline for ordering is July 20th.

Contact **Bob Spellman** 934-8428

August 17, 2005 Russian River Escape. Our first stop will be at the Village Inn in Monte Rio where we will enjoy lunch by the Russian River. After lunch we will be entertained by **William Florian** who has been delighting audiences for decades. **Florian** sang as a member of the famous New Cristy Minstrels plus performs music of Peter Paul and Mary, John Denver and others. We conclude our escape with a relaxing informative tour of the world famous Korbel Champagne Cellars. Cost \$68 p/p.

Contact **Bob Spellman** 934-8428

August 30-31, 2005 Tea & Tiaras. A very special Tea Party and Vintage Fashion Show at the Reno Hilton. Package includes motorcoach transportation, one night accommodations, 2 meals, admission to Tea Party and Fashion Show, \$40 Casino Bonus Value. Cost \$87 p/p.

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

Sept 29-Oct 10 2005 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post-cruise night in Bucharest. Cost from \$3295 p/p d/o. Subject to space available.

Contact **Bob Spellman** 934-8428

Oct 12-Nov 2, 2005 Australia & New Zealand. 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 #8 925-934-7620

Nov 6-7, 2005 Fiddler on the Roof. Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center Sunday Matinee and Overnight. 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 #8 925-254-0482

Theatre

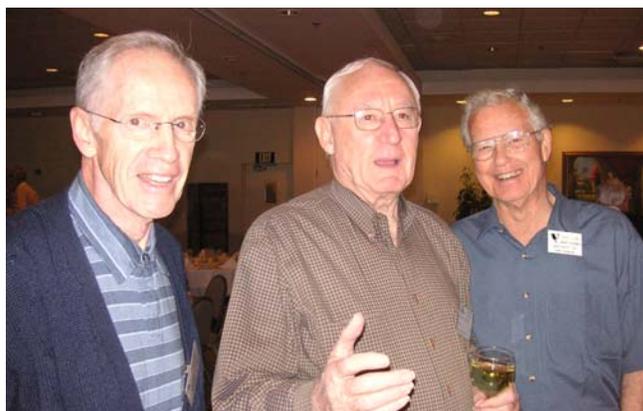
Bill Hansen



Last year we saw the old show at Wiggled Out, the new show has received rave reviews, so we have ordered thirty seats for June 18, 2005.

Tickets are \$35 each. The Theatre-Hair Salon is located at 520 San Ramon Valley Blvd. This is the last night of the new show, so it may be a little more risqué than usual. Send your checks made out to Sirs 146 and mail to **Bill Hansen** at 3098 Manzano, WC 94598.

For those of you who have followed **Jann Rose** from her WC TV programs to her performances at the Regional Center or in San Francisco, and even if you don't know who this accomplished actress is, we are gathering a group to attend her last vehicle, a comedy "Over the River and through the Woods" in Benicia May 13. If you are interested e-mail us at artzar@aol.com.



Russ Chaney, Bill Martin and Bryant Fischback

Table Pool

Bill Weinberg



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

The Table Pool Club met, as usual, on the 1st and 3rd Monday of the month. I personally was unable to be at either due to other commitments. Les Foley of Branch 8 took my place and I understand there was a good turnout and some great pool played. Hope to see you there in May.



Dale Haukland joins the other Activity Chairmen in thanking **Jeff Baily** for all of his (and **Alicia's**) years of hard work as SirCall Editor. **Dale** honors **Jeff** with a fine bottle of wine.



Walkers John Lewis



*Every Friday at 9:30 am at various locales. Call **John** or just show up. Rain cancels any walk.*

- May 6 - St. Mary's Walk. Meet at Moraga Safeway parking lot.
- May 13 - Paso Nogal Park (PH). Take Taylor to Morello (N) to left on Nogal for 1/4 mile to left into park.
- May 20 - Buckeye Ranch Trail (Laf). Take Pleasant Hill Rd. to left on Springhill Rd. until it ends..
- May 27 - Back door to Castle Rock. Meet at Stone Valley Rd. (W) shopping center parking lot.

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



Dick DeVoe introduced **Bob Lipscomb**, his guest for the March Luncheon.



Japan's Koraku-en Gardens are considered one of the three most beautiful gardens in the entire country. **Jim and Caroline Jackson**, **Dasha Zablocki** and **Lynn Freeman** paused long enough to get their picture taken in this beautiful spot.



Bob Figone, **Roger Maire** (waiting list) and **Bob Spellman** share a moment.



Charlie Kiser, **Harry Rieck** and **Bob Muentner** share a laugh.

A blind man walked into a bank with his seeing-eye dog that guided him everywhere. He walked into the center of the bank floor, took the dog by the chain and started swinging him around his head. Everyone stopped what they were doing and stared. The other customers were taken aback and some were very upset at the way the animal was being treated. One of the tellers ran up to the blind man and asked "Sir, what are you doing!?" The man turned toward the teller and said, "Oh nothing, just looking around."

SIR CALL

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Pleasant Hill, CA 94523

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<http://www.sir146.com>

Newsletter

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How SIR Started

Realizing the social nature of man and the desire for the company of others, particularly those retired from gainful employment, the late Damian L. Reynolds conceived the idea of SONS IN RETIREMENT in the Spring of 1958.

Three friends, all retired, met with Mr. Reynolds on occasion for a friendly luncheon. He suggested to these three, Messrs: Claus Hink, Lorenz. H. Hansen and Wallace Plummer, that they join him in his idea. A kick-off luncheon was held in San Mateo, California on July 23, 1958.



Wallace Plummer



Claus J. Hink



Damian J. Reynolds



Lorenz H Hansen
