

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 11

Published For Our Members And Friends

November 2003

### Big Sir's Notes

As we head toward the end of the year, its good to reflect on our 2003 goals. We still have some time to zero in on those things that will allow us to finish up the year strong.



Bob Yolland

November's meeting will honor our veterans. Thank you **Art Trost** for putting the program together. We're all looking forward to a great meeting.

December 11th is our annual Ladies Day Christmas luncheon. **Lew Thompson** is taking over the organizational duties this year and **Doug Cook** has lined up a terrific program, featuring Clayton Valley High School Women's Ensemble. Be sure you sign up early on the form in this month's Bulletin.

A very special thank you goes to **Dean Merritt** who has done a super job organizing and executing the last several Ladies Day events.

I sincerely wish each of you a very happy Thanksgiving and hope you will reflect on the many things we have to be thankful for and can enjoy the time with your family and friends.

### Dinner Dance October, 2003



Dean & Daphne Merritt and Elaine Richter

### Dinner Dance October , 2003



Dale & Joanne Haukland with Sandy Wagner in the center.

### Telephone Directory Updates

**Chuck Bobinecz's** email: bobinecz@highstream.net  
**Max Burchett's** email: meburchett@astound.net  
**Jim Helmick's** email: jimhelmick@comcast.net  
**Jim Kohl's** email: 4JFK@astound.net  
**Howard Harvey's** email: harmar@astound.net  
**John Wilhelmy's** email: jwilhelmy@astound.net  
**Charles Unfried's** mail: CharlesM@california.com  
**Russ Bliese's** email: russb13431@aol.com  
**John Lively's** email: jelively@astound.net  
**Harry Tutton's** email: hrtutton@astound.net  
**Don Loustalet's** address: 5501 Terra Grenada Drive, Unit 1B Walnut Creek, CA 94595

Make the changes now!

### Little Sir's Corner

November 13th is our annual Veteran's Day Program. Our speaker will be Brigadier General **Bradley S. Baker**, Commander of the 60th Air Mobility Wing, Travis Air Force Base. Our thanks to **Art Trost**, Veterans Committee Chairman, for arranging this program.



Doug Cook

### Bocce Ball

Al Milano



2nd and 4th Mondays at 9 am, March through November at Concord Bocce Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Rds.

### Bowling

Dick Joyce



Our Winter League is in its 6th week with little action from Br.146 bowlers. As of Oct 1, Daves Dudes were in 1st place & were being trailed closely by 4 other teams. There are only 3 more tournaments for 2003: Fremont, Brentwood and San Rafael. Last month the **Zeppas** took the Doubles event in Dublin. Congrats to **Al** who was appointed Vice Chair of the state SIR Bowling Association. At the meeting of the Operations & Policy committees on Oct.2, we voted to abolish the SIR Average Book next year so all SIR Tournaments will use bowlers' highest ABC averages.



## Cribbage

Al Tufo

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

The Cribbage Club was hosted this month by **Larry Reilly** on October 8. We were royally treated by **Theresa Reilly** to all kinds of delicious goodies. As a matter of fact there was so much, we barely had room for the cribbage boards. Don't get spoiled guys. You will not get the same treatment at my house. Well, we were able to get in two great tournaments. The Italian Stallion won the first tournament with **Larry Reilly** coming in second after a long time being a bride's maid. The next tournament was won by **Barney Meade** with **Larry Reilly** coming in second again. Now that **Reilly** is once again getting the taste of glory, he will be tough to keep out of the running.

Ciao, Tufo



## Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group was hosted by **Frank Mandic** on Monday, October 6 at his home. We were treated to a great spread cooked by Sir **Frank**. Our next meeting is at the home of Sir **Charlie Kiser** on Monday, November 10. Please notify Sir **Charlie** of your intentions.

The organizational meeting of the 2nd Cooking Group under the leadership of **Rich Hanford** met at **Jeff Baily's** home on October 20th. They are now at their limit of eight members.

Recipe of the Month

Chinese Chicken Salad with Brown Rice

Cook 1 cup brown rice and let cool

Combine rice with:

2 cups cooked chicken, shredded or cubed

1 cup sliced celery

5 green onions sliced

½ teaspoon salt

½ teaspoon pepper

Dressing:

3 Tablespoons wine vinegar

2 Tablespoons soy sauce

2 Tablespoons salad oil (optional)

¾ cup mayonnaise

2 teaspoons sugar

2 teaspoons minced garlic

1 teaspoon ground ginger

Mix dressing, pour over chicken preparation and chill for 4 hours. Delicious! Bon Appetit!

Submitted by **Betty Mae James**

## Duplicate Bridge

Bob Donahue.



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

SIR **Jim Stedman** hosted four tables of duplicate bridge in October. **Bob Yolland** was first with 49.5 points and **Jim Jackson** was second with 45 points. **Chuck Hammond** was third with 41 points and **Jim Stedman** was fourth with 37 points.

The next meeting is scheduled for Monday, November 17. Contact **Bob Donahue** at 376-4527 for information.

Dinner Dance October, 2003



Mary & Chuck Bobinecz



Georgia & Doug Cook

## Couples Duplicate Bridge

Lo McCarley



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

**Stu** and **Margot Somerville** hosted eight couples for SIR Couples Duplicate Bridge. **Jim** and **Allison Todhunter** took first place with 38 points, **Bill** and **Margaret Rees** came in second with 37 points, **Bob** and **Janet Yolland** finished in third place with 34 points, and **Lynn** and **Dasha Freeman** came in fourth with 33 points. The next meeting will be at **Bill** and **Margaret Rees's** on Wednesday, November 19<sup>th</sup>.

## Fishing

Sal Costanza

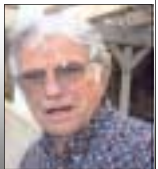


4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway and Highway 4, Concord.

Due to the Thanksgiving holiday, our November meeting will be on Thursday the 20th. We will be having an auction of a variety of fishing gear. This should be a lot of fun! If you enjoy fishing, be there!

## Sunshine

Chuck Smith



**Warren Boero** had an angiogram and a couple of stents and he was home the next day, doing fine. **Ed Mendelsohn's** wife **Donna** doing fine after thyroid surgery. *Continued on page 5*

## Garden Club **Chuck Bobinecz.**



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

The Garden Club will meet at the Orchard Nursery in Lafayette at 9:30 am on Thursday, November 6<sup>th</sup>. **Chuck Smith** has arranged for a conducted tour of the grounds and we will meet one of their garden specialists who will give us a presentation on pruning. The nursery has many attractions and we will be able to see their well known Christmas display. Wives and guests are welcome.

Going west on Highway 24, take the Acalanes Road exit, take the ramp under the freeway and a left on Mt. Diablo Blvd. Orchard Nursery is at 4010 Mt. Diablo Blvd.

Dinner Dance October, 2003



Carl & Anne Johnson, Dave Obera at the keyboard and Margaret & Bill Rees



## Tuesday Golf **Walt Barabash**

September 16 First Flight: **Bob White, Olof Johansson and Ken Richter.**

Second Flight: **Dean Merritt, Joe Jansen and Bob Frankland.** Closest to the Pin: **Sal Costanza.**

September 23 First Flight: **Ed Wojner, Myles Ringle and Joe Himsl.** Second Flight: **Olof Johansson, Ernie Dickson and Ken Richter.**

Closest to the Pin: **Myles Ringle.**

September 30 First Flight: **Jeff Baily, Lew Thompson and Bill Weinberg.** Second Flight: **Garth Cummings, Olof Johansson and Bob Spellman.**

Closest to the Pin: **Myles Ringle.**

October 7 First Flight: **Ed Arbuckle, Gene Diana and Larry Sheerin.** Second Flight: **Bob Spellman, Stu Somersville and Dean Merritt.**

Closest to the Pin: **Frank Marcon.**

SIR golf at Boundary Oak will be held on Wednesday, November 12 instead of Tuesday, November 11 due to the holiday.



## 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.*

### DUCT TAPE FOR WARTS?

Heretofore, the most effective over-the-counter treatment for common warts has been salicylic acid. Would you believe that now researchers are touting duct tape? In studies of children and young adults with warts on their hands and feet, it was found that a small piece of ordinary duct tape applied to the affected area was even more effective in eliminating the warts than cyrotherapy (freezing them with liquid nitrogen).

Patients applied the duct tape as follows: six days on the wart; remove for one night; a new piece for another six days; remove for one night, etc. After two months, 85 percent of the duct-tape group had complete resolution of their warts, compared to only 60 percent of the cyrotherapy group.

Researchers believe that the local irritation caused by the duct tape stimulates the immune system to fight off the viral infection responsible for the warts.

Compared to cyrotherapy, which is often painful and may require several office visits, duct tape applied at home caused only minor skin irritation.

Source: *Health News*, December 2002

### OTC SEXUAL ENHANCEMENT PRODUCTS

Since the FDA approval of Viagra in 1998, a number of over-the-counter products have also come on the scene. Advertisers promise to "spice up your life," "rekindle desire," and "improve sexual performance" with everything from amino acids, such as L-Arginine, to herbs made from the bark of a West African evergreen tree.

Unfortunately, as of now there is no well-established evidence that any over-the-counter treatments for male impotence or female sexual dysfunction are effective.

Source: *Tufts University Health & Nutrition Letter*, December 2002

### WHAT'S ONE DRINK?

- One drink consists of
- One 5 ounce glass of wine
- One 12 ounce can of beer
- One 1.5 ounce glass of 80 proof spirits

Each of these drinks contains about the same amount of pure alcohol (12 to 14 grams). Health experts recommend no more than one alcoholic drink a day for women, and no more than two for men.

Source: *Hope Health Letter*



## Know Your SIR Larry Sheerin

I was born in San Francisco on May 27, 1932, and graduated from Lincoln High School in 1950. Following high school, I worked as an apprentice carpenter.

In 1952, Uncle Sam invited me on a two year "vacation" - it started in Ft. Ord, CA and was followed by a 16 month "stay" in Korea.

Upon my return to freedom, I resumed my carpentry career. Being from an Irish Catholic Civil Service background (my father was a SF firefighter for 49 years), I joined the SF Police Department in April of 1956. I remained with the SFPD for thirty years, and retired in 1986.

I met my wife **Sue** in San Francisco in 1955. For those who were familiar with San Francisco City College in the 50's, we met at the Zanzabar on Ocean Avenue, where **Sue** was "bar hopping" with some of her friends!

**Sue** and I were married at St. Martin's Catholic Church in La Mesa, CA on November 24, 1956. We lived in Daly City until 1972, when we moved to Concord (we still reside in the same home we bought that year).

We have five daughters (**Pat, Lynn, Laurie, Ellen** and **Kit**) ages 36 to 46, so married life was busy to say the least. For the most part **Sue** raised the girls while I "stood guard at the front door". We have eight grandchildren, ages 16 to 24. One is a graduate of UC Davis, several are currently in college, one is a firefighter with the US Forestry Service and one is still in high school. **Sue** and I are very proud of our daughters, and grandchildren, and are fortunate that they all live fairly close by.

**Sue** worked for Macy's part time for 22 years, and retired in 1992. We have done some traveling...stateside and in England, Scotland and Ireland. We have also gone on a few trips with SIRS.

I started playing golf in 1988, and truly wish I started playing earlier in life. **Sue** took up the game in 1992.... and is still trying to beat me.

I really enjoy being a part of SIR, I like the camaraderie shared at the monthly luncheons, and my wife and I look forward to the dinner dances!



The \$ums in Retirement have breakfast at anytime after 7am....the hot cakes are hot, sausage and eggs are great and the coffee pot is always available.

We always have open discussions of meaningful topics that will have interest to most investors.

In November we have a lot of things to discuss including where to invest your cash in a low-interest environment

### Dinner Dance October, 2003



Barbara & Dave Johnson



Alicia & Jeff Baily



Sal Costanza rips one off the 1st tee at Boundary.



Warren Boero tees off on the 10th at Boundary

### Doing Lunch



All smiles are: Al Zamolo, Chuck Eichten & Tom Gorman

## Investments

**Ben Smith**

4th Wednesday 8:00 to 9:30 am  
at Diablo Creek Golf Course (Legends Grill). North Port  
Chicago Highway and Highway 4, Concord.

## 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*

- Grilled swordfish steak with capers, olives and tomatoes
- Braised lamb shank with roasted garlic mashed potatoes

### *Dessert*

- Daily dessert special
- Regular or decaffeinated coffee and tea



## Membership

**Lang Erickson**

Branch 146 statistics: Members 210, HLM 4, Waiting List 30. October attendance: Members 173, Honorary Life Members 3, Waiting List 12,

Guests 7. Excused: 33 Unexcused: 5

Resigned: **Phil Leigh, John Glynn.**

Inducted: **David Hebble**

*Continued from page 2*

**Mitch Mitchell** is home from hospital..recovery on schedule. **Howard Sebastian** has had some serious stomach surgery, is home from hospital, but recovery is slow. **Bob Wheaton** is doing well after his heart surgery, hopes to be at next meeting. **Al Zeppa** is now at home, needs rest, has complications from bladder infection. Please remember these people, and please look for our table at each meeting. There will be greeting cards for your signature.



## Party Bridge

**Fred Bolton**

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

The Party Bridge Group met on Oct. 6 for its Ladies Day game at Marie Callender's. First place went to **Tom Thomson** and **Chuck Thompson** with 5,000 points. Second went to **Tom & Marilyn Baker** with 4720. Third to **Carl & Anne Johnson** and fourth to **Bill & Margaret Rees**. Our next game will be on Nov.4 at **Lynn Freeman's** house.

## Song Sirs

**Chris Satterthwaite**



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

Dates to be commensurate with **SongSirs** entertainment obligations.

The **SongSirs** were elated to have performed before a standing room only audience at the Montego Heights Senior Lodge in Walnut Creek. Much to the audience's delight the program included many "Golden Oldies" as well as a piano ensemble by our pro Sir **Dave Obara** and a harmonica duet by **Dave** and our harmonica expert Sir **Jim Helmick**. The **SongSirs** are conducting a full court press as we prepare for our most important season during November and December. Looks like our recruiting efforts may be paying off and we do have room for even more musical talent.

Most of us go to our grave with our music still inside of us.

## The Candy Man

It's time to order your See's Candy for the Holiday Season. Price will be \$9.55 for a 1 pound certificate. This is a considerable savings over the regular store price. There is no limit to the amount ordered.

If you want to take advantage of this offer make your checks payable to "Sir Branch 146" and send to **Bob Spellman**, 3524 Perada Dr., Walnut Creek, CA 94598, along with a self-addressed stamped envelope. Certificates will be delivered in time for Thanksgiving.

Deadline for ordering is November 14.

*Want to save your Sir Call in one piece?*

*Send a check with a note and include the following.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City and Zip \_\_\_\_\_

Enclosed is my check for \$\_\_\_\_\_ to cover the cost for \_\_\_\_\_ one pound certificates.



# Travel Opportunities

Charlie Kiser

Dec 12, 2003 Beach Blanket Babylon. r/t bus transport, dinner at a restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106.

Contact **Bob Hagler** Br. 8, 934-7620

Feb 13, 2004 Valentine's Day-Santa Cruz Mountains Motor coach to the famous Brookdale Lodge with a brook running through the dining room. Enjoy lunch and hear America's most loved folk songs by a former member of the New Christy Minstrels. Cost \$89 p/p.

Contact **Fred Stammen** Br. 171 @ 283-1956

March 18, 2004 Day at the Races Our annual trip to Golden Gate Fields to visit our money we left last year. Includes Turf Club admission, lavish buffet lunch and program. Cost is \$32 with r/t bus transportation or \$19 on your own. Contact **Charlie Kiser** @274-1575

Mar 29-30, 2004 Debbie Reynolds Leading lady of the 50's and 60's musical comedies at the Reno Hilton Showroom. Includes r/t deluxe bus transportation, overnight at Reno Hilton, show tickets, casino stops with a bonus value of \$35 and a hosted cocktail party.

Cost is \$110.00 p/p d/o, single supplement \$17.

Contact **Fred Stammen** Br. 171 @ 283-1956

March 20-27, 2004 Steamboating on Columbia, Willamette & Snake Rivers Cruise on the three Great Rivers of the Pacific Northwest aboard the Queen of the West Steamboat. Follow the Lewis & Clark Exploration Route. Includes r/t airfare to and from Portland, 7 night cruise and all shore excursions and meals on board. Cost \$2840 p/p d/o. Contact **Bob Hagler** Br. 8 @934-7620

April 30-May 5, 2004 Ramona Pageant Deluxe motor coach 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

## Table Pool

Bill Weinberg



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

There has been a suggestion that a "call list" be established so that members who wish to be reminded when the Pool Group is meeting will get a reminder call. For those members that wish to have their names be put on the list, please call **Bill Weinberg** (682-0962) or **Jeff Baily** (906-0521). You can also email [billw@astound.net](mailto:billw@astound.net) or [sircall@astound.net](mailto:sircall@astound.net) your phone number and/or your E-mail address.

## Ladies Day Luncheon at Boundary Oak, Thursday, December 11, 2003.

No. of tickets \_\_\_\_\_ @ \$20 each. Enclosed \$ \_\_\_\_\_

Names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Entrees (no. of each)

Petite filet of beef \_\_\_\_\_ Grilled salmon filet \_\_\_\_\_

Special requirements \_\_\_\_\_

Make check payable to SIR 146 and mail to **Lew Thompson**, 1830 Cleveland Ct. Concord CA 94521 **Lew** advises his e-mail address is [lewist@astound.net](mailto:lewist@astound.net)  
Note: If ordering for a full table, send \$200 and list your companions on an attached sheet. Both must be received by December 1, 2003. **No tickets sold at the door.** Don't wait. Send coupon in today!

## Dinner Dance October, 2003



Donna Strong, Tom & Bev Gorman and Sue Sheerin.

## Away Golf

Jim Baldrige



Congratulations to **Ed Myrtle** our Area 2 Golf Chairman who placed 5th in his flight at the Spanos Park Division 4 tournament on Oct 7.

Unfortunately none of our Br 146 heroes placed. Thanks to **Dick Richmond** for hosting this last event for the 2003 Away Golf season.

p.s. I have an Orlimar pitching wedge that a marshal found on the course. Call me at 689-9232 if you're missing one.

*Jim*



State President Region Director Area Governor	<b>2003 SIR State Officers</b>	<b>James Faverman Dan Gilmore Art Miller</b>
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**Branch 146 Officers and Directors**

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

**Committee Chairmen-2003**

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>Dick Joyce</b>	672-8193
Bridge-couples	<b>Lo McCarley</b>	935-3939
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
Cooking	<b>Don Nunn</b>	934-5214
Cribbage	<b>Al Tufo</b>	798-4129
Fishing	<b>Sal Costanza</b>	689-7647
Gardening	<b>Chuck Bobinecz</b>	939-8740
Golf	<b>Joe Jansen</b>	935-6691
Golf Scheduling	<b>Tom Gorman</b>	685-9721
Away Golf	<b>Jim Baldrige</b>	689-9232
Greeters	<b>Bob Madge</b>	939-4037
Hardware	<b>Ralph Fowler</b>	939-2953
Historian	<b>Jack Calloway</b>	933-7998
Honorees	<b>Dick DeVoe</b>	932-5546
Investment	<b>Phil Leigh</b>	685-8090
Luncheon	<b>Jerry Bellows</b>	376-3352
Membership	<b>Lang Erickson</b>	682-1337
Nominating	<b>Fred Kovar</b>	937-2951
Pianist	<b>Dave Obera</b>	932-2584
Radio	<b>Bill Moresi</b>	837-4645
Social	<b>Don Nunn</b>	934-5214
SongSirs	<b>Chris Satterthwaite</b>	939-7826
Director	<b>Rod Sharretts</b>	372-6566
Sunshine	<b>Chuck Smith</b>	944-4949
Table Pool	<b>Bill Weinberg</b>	682-0962
Travel	<b>Charlie Kiser</b>	274-1575
Asst Travel	<b>Bob Spellman</b>	934-8428
Veterans	<b>Art Trost</b>	934-2889
Walkers	<b>John Lewis</b>	825-3561
Wine Tasting	<b>Rich Hanford</b>	933-9237

**Past Big SIR's**

- 1989 **Charles Unfried**
- 1990 **Gill Rhodes**
- 1991 **Gene Hackett**
- 1992 **Walt Entelman**
- 1993 **Kap Kaprielian**
- 1994 **Joe Jansen**
- 1995 **Bob Walton**
- 1996 **Dick DeVoe**
- 1997 **Warren Boero**
- 1998 **Don Nunn**
- 1999 **Dave Valladao**
- 2000 **Jack Calloway**
- 2001 **Bill Hansen**
- 2002 **Fred Kovar**

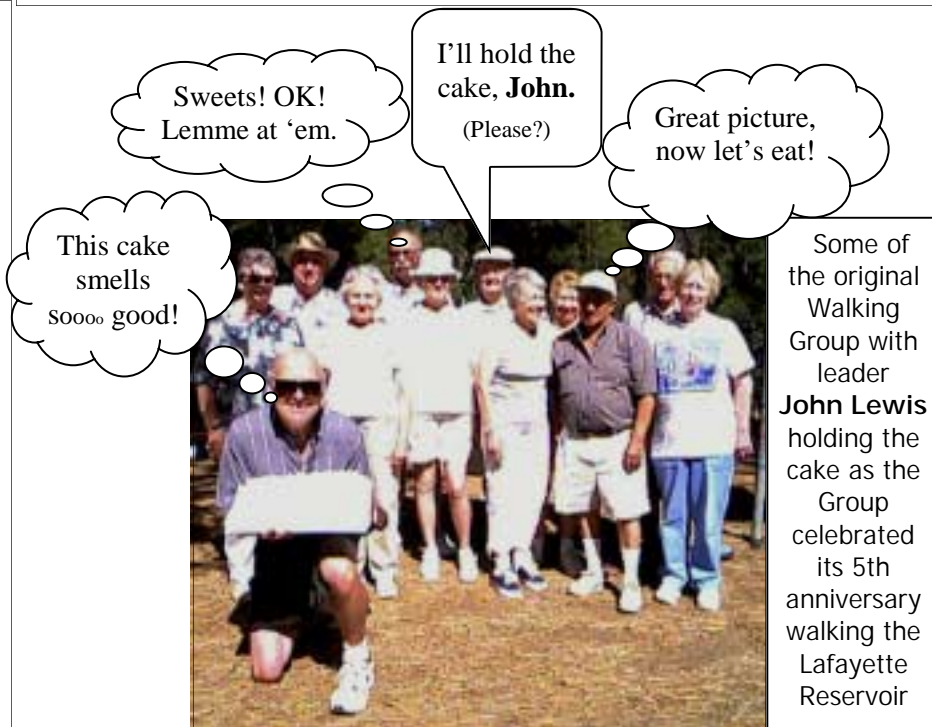


**Walkers**

**John Lewis**

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

- Nov.7 - **Ralph's** Ramble off 680 South. Take Stone Valley Rd. east 2.5 mi. to park on rt. at Glenbrook just before Monte Vista High School. (Great view)
- Nov.14 - Paso Nogal Park (PH). Take Taylor to rt. on Morello to left on Paso Nogal.
- Nov. 21 - **John's** Lost Trail. (WC) Take Homestead to Walnut Blvd. to Rock Springs Place. **John** says, "Trust me, we won't get lost again."
- Nov. 28 - No walk... Thanksgiving.



This cake smells soooo good!

Sweets! OK! Lemme at 'em.

I'll hold the cake, **John**. (Please?)

Great picture, now let's eat!

Some of the original Walking Group with leader **John Lewis** holding the cake as the Group celebrated its 5th anniversary walking the Lafayette Reservoir

Thanks to **Dick D'Arezzo, John Lewis, Art Trost** and **Chris Satterthwaite** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.  
Thanks also to the Rector and staff at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.

Living on Earth is expensive, but it does include a free trip around the sun every year.

**November Birthday Boys**

- Jim Brown, John Demos,**
- Harv Harvey, Bob Madge,**
- Jack Matthews, Mitch Mitchell,**
- Hal Ruby, Lew Thompson,**
- Bryant Fischback, Rollie Nordeen,**
- Ralph Fowler, Al Altman,**
- Denny O'Loughin, Ed Arbuckle**

**Cold War Certificates Still Available**

Service members, veterans and federal employees who served between September 2, 1945 and December 26, 1991 are still eligible for a Cold War Recognition Certificate.  
An application for the Cold War Recognition Certificate can be found on the internet at <https://coldwar.army.mil>  
The web site informs applicants about the correct procedures and the required documentation to receive the certificate. Turn-around time is six months. Applications will only be accepted by fax or mail. More information can be found by calling (703) 325-5864.

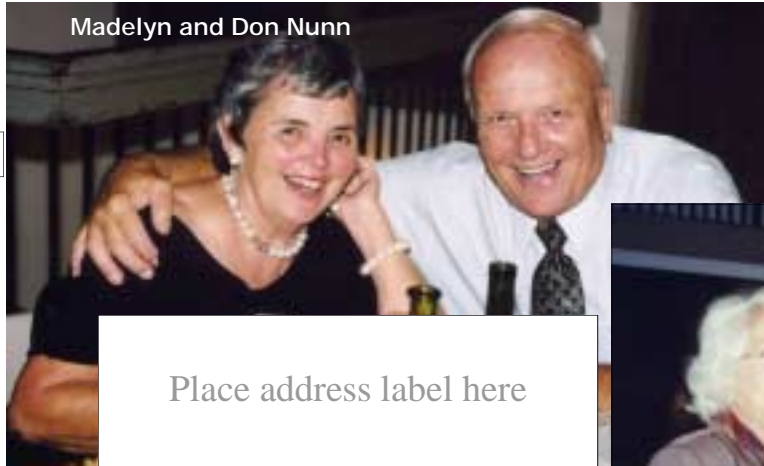
# SIR CALL *Newsletter*

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

SirCall@astound.net

Madelyn and Don Nunn



Place address label here

Time Value  
Mail  
Please deliver  
by October 31



Roberta & Otto Wilson



Marge Burns & Barney Meade

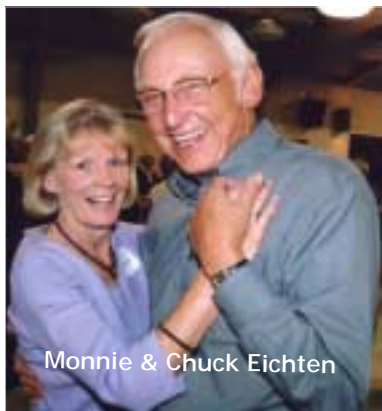


Shirley & Garth Cummings



Ann & Ron Pascoe, Lynn Kratz,  
Bill & Sandy Hansen

**Dinner Dances**  
**October 2003**



Monnie & Chuck Eichten



Dorothy & Chris Satterthwaite



Charlyne & John Demos



Joe & Mary Suta and  
Nedra & John Biasotti



Frank Mandic  
and Inez Ferrari



Tom & Bev Gorman, Monnie Eichten,  
Jack & Kay Calloway