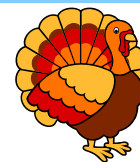


Published For Our Members And Friends



Volume 19 Issue 11



**Jim Stedman**

## Big Sir's Notes

On Tuesday, October 16, 2007 the City of Walnut Creek entered into a lease agreement with Joroda Inc. (dba Sunrise Bistro/Catering) of Walnut Creek to operate the Boundary Oak food service facilities for at least 18 months beginning January 1, 2008. I have asked Little

Sir **Jeff Baily** to negotiate a contract with Joroda Inc. on behalf of Branch 146 for 2008. At this time we don't expect any change to our contract with Blakes for November and December of 2007.

I urge all new members to participate in the activities of the Branch. If you need help connecting or have a suggestion for a new activity, please contact **Dick DeVoe**, Activities Coordinator, at 932-5546. The newest activity, the Book Exchange Group, led by **Terry Marchione**, is off to a good start. Our monthly Guys Dine Out is into its third month, 9-hole golf continues to be a great success, and the Explore & Dine start-up was well received.

Branch 146 now has beautiful high quality 100% cotton golf towels in black and red with the name SIR 146 and the Rooster on them. **Joe Barry** obtained them from his son who owns a weaving company. **Joe** is selling them at his cost of \$7.50 each. These towels are, of course, made for golfers, but they are so well done that others may wish to have one. **Joe** will have them on display at the luncheon meeting.

Remember that our friends and acquaintances are potential members who would benefit from SIR as you and I have. Bring a guest to lunch. Sponsor a new member



## SongSIRS

**Harry Tutton**

November is a time of Thanksgiving and the SongSIRS would like to give thanks for all the great SIR activities that all of us in SIR Branch 146 have enjoyed this year. Remember the old Bob Hope song, "Thanks for the Memories"? Well, **SIR Don Nunn** has written new words for that song and the words comment on all our SIR activities. So, at the November SIR Luncheon, the SongSIRS will be singing the SIR version of "Thanks For The Memories". Hope you enjoy **Don's** lyrics!

Thanks - **Harry Tutton**, Chairman SongSIRS



**Jeff Baily**

## Little Sir's Corner

The speaker at our November Luncheon will be **Gary Villalba**, CCC Veterans Services Officer. Gary will talk about the facilities and services available to assist veterans



## Social Don Nunn

Our 19th dinner dance was a huge success. Everyone appeared to have a great time. Much dancing was done and we hope to elect someone to go on the "Dancing with the Stars" television show.

Many thanks to the many folks for their help and hard work. **Ron Binder, Al and Joan Zamolo, Dale and Joanne Haukland** helped to set up the tables and bar.

**Bill and Sandy Hansen** served as greeters for the 19th time. And the San Francisco gang (**O'Sullivan, Del Bene, Strong and Sheerin**) are always great. If you need any help, Call them.

Also all of the volunteer bartenders. The only complaint we had was that they had a heavy hand while pouring. One of our buddies, **Orlo Jones** had a slight problem, but the firemen and medics swept him to John Muir and he was fine the next day.

Mark your calendars for the first Wednesday in March of 2008.

On March 5th we will have our 20th dinner dance celebration. Plan on being there.

## Bocce Ball Bob Frankland

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



Oct 22 will be our last Bocce Ball game this year. Come join us. We will be going for breakfast after the game.. See you next spring.

**Bob**



## Duplicate Bridge **George Zunich**

*Our match is held each month on the Monday after the SIR Luncheon at various homes. Bring your lunch.*

In October, **Sir Jim Brown** hosted 4 tables of Duplicate Bridge at his home.

The results were as follows. **Fred Kovar** took 1st Place with 47.0 points. **Jim Jackson** came in 2nd with 44.5 points. **Carl Johnson** was in 3rd Place with 44.0 points and **Bill Rees** was in 4th Place with 43.5 points.

The next match will be held on Monday, November 12th. Contact **George Zunich** @ 376-4439 for information. We welcome interested members.



## Party Bridge **Fred Bolton**

*Our match is held each month on the Monday after the SIRS Luncheon at various homes. Bring your lunch.*

We played four tables of bridge at the home of **Dick DeVoe** on Oct 1<sup>st</sup>. First place went to **Fred Kovar** with 5,360 points, second to **Lynn freeman** with 5,100, third to **Bob Donahue** and fourth to **Bill Rees**. Our next game will be on Nov 6<sup>th</sup> at the home of **Bill Snyder**.



## Couples Duplicate Bridge **Lo McCarley**

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

Eight couples had a great time playing duplicate bridge at **George Zunich** and **Tamara Judson's** home on October 17th. **Carl** and **Anne Johnson** took first place with 41 points, **Lynn** and **Dasha Freeman** took second (39 points), **George Zunich** and **Tamara Judson** (35 points) placed third, and **Bob** and **Janet Yolland** (32 points) came in fourth. The next meeting will be hosted by **Jim** and **Allison Todhunter** on Wednesday, November 14th, a week earlier than usual to avoid being too close to Thanksgiving.

## 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 on the 1st of October and had a fine turn out.

We had 3 tables of 8 Ball with 2 man teams. Some new faces are showing up, especially from Branch 8 and looking forward to seeing more.

Remember the 1st and 3rd Monday of the Month at Masses.

## Area 2 Computers and Technology Group

**PHIL GOFF**, Chairman, 831-3692, philgoff@yahoo.com  
**DICK CURRY**, Asst. Chairman, 376-5541,  
racorinda@pacbell.net

*Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the Walnut Creek Elks Lodge, 1475 Creekside Drive (just off South Main.)*

**Thursday, November 15, we will have two presentations -- one on running dual operating systems on your computer and one on making fun photo gifts for Christmas.**

**Floyd Skelton** will show how to run both Vista and Win XP on your computer. He will give an overview and demonstration of two ways of doing so. (1) Microsoft's Virtual PC (free software) and (2) partitioning your hard disk and installing both systems, creating a "dual boot" system. Next, **Phil Goff** will show how to upload your photos to online galleries such as Snapfish, Shutterfly or Kodak. He will demonstrate how easy it is to create calendars and other items as Christmas gifts for your family.

Following the Panel presentation, **Dick Curry** will lead an informative Computer Q&A session.

Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome.



## Cribbage **Al Tufo**

Cribbage Club is beginning to get in full swing for our tournaments. We were able to get in two hard fought tournaments last week. Cribbage was hosted by the Dublin Kid **Larry Reilly**. The first game was won by **Dan Meckfessel**, with **Howie King** coming in second. After some nice refreshments and coffee, we started another game. **Dan Meckfessel** also won again, with **Larry Reilly** placing second. Now enough is enough. It's bad enough that I have a h--l of a time spelling his name. In this case I have to do it two times. Next month Cribbage will be hosted by I haven't played in 200 years **John Pearl**, on November 14, 2007, starting at 12 noon.  
**CIAO TUFO**

## Ode to Thanksgiving

To our National birds

The American Eagle

The Thanksgiving Turkey

May one give us peace in all our states

And the other a piece for all our plates

## Garden Club

Chuck Bobinecz



1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., in the Multipurpose Room, unless otherwise announced.

Our November meeting is an important meeting. The main item on the agenda is to discuss changes to the garden club format.

**Sir Don Nunn**, our speaker, will describe how he grows, dries and uses herbs (the legal ones).

Garden tip of the month: Plant bulbs that will return on their own. Dwarf daffodils, and short tulips come back more dependably on their own and won't blow over during spring rainstorms.



## Wine Tasting ... Dale Haukland

### November 12<sup>th</sup> wine Tasting

Where: Artisan Wine Lounge and Cafe (1633 Bonanza Street in Walnut Creek, between Bonanza Books and Mc Covey's)

Cost: \$10 per person for snacks plus what ever you drink.

At Artisans you will put the amount of money you want on a card to purchase one-ounce tastes or glasses of wine. There are 24 reds and six whites to choose to taste. They are all little boutique wineries. Come find a new wine for your palette.

Make a check payable to SIRS Branch 146 for \$10 per person and mail to **Dale Haukland** at 148 Santiago Drive, Danville, Ca. 94526 by Nov. 3<sup>rd</sup>.

## Fishing

Sal Costanza



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

**Dick Poole** of Pro-Troll was our guest speaker at the last meeting. He showed how to troll using his company's new E-chip technology on lures and Flashers which greatly improve takes. Fishing reports included successful trips to Crowley Lake, trout to 21 inches; Bass fishing at Kelsey Ranch, excellent results; Upper sac at Dunsmuir, rainbows 12" to 14"; halibut to 8lbs in S.F. Bay. Upcoming events include day trips to the Delta for stripers and salmon and a possible steelhead trip to the Klamath River. Next meeting will be November 15. (3rd Thursday because of Thanksgiving) See you there!!!!



## Health Matters Physical and Mental

The following articles were copied with permission from the *University of California Wellness Letter*. 1-800-829-9170. .

*These articles are not intended to provide specific medical advice. That should be obtained from your physician*

### Do brain calisthenics really work?

As we grow older, we cannot help noticing that our brains don't work as well as they once did. We forget things, including names and keys and sometimes appointments. We wonder how much worse it's going to get. The aging population has become a prime market for "brain calisthenics" programs and other mental workouts (as well as a plethora of useless and occasionally dangerous supplements, hormones, vitamin cocktails and diets). Can "use it or lose it" really be applied to mental ability?

Maybe, but experts counsel caution. Dr. **Timothy Salthouse** at the University of Virginia says, "I would urge people to be skeptical about claims from commercial programs because there is still very little scientific evidences establishing they are effective. Research on such training usually focuses on short-term effects. Still, no one can say that mental exercise is beside the point.

The longest and one of the best studies of mental activity and aging found not only that training can help adults over 65 make improvements in memory and problem-solving, but also that improvements could still be seen (via objective testing) five years later.

Other research has also yielded hopeful results. A UCLA study of older adults with memory problems found that mental training, such as doing puzzles and solving brain teasers, led to measurable improvements if the subjects also followed a healthy diet and got some exercise. A Stanford University study found that memory training might slow down mental decline in older people.

#### A plan for staying sharp

If you follow the tips below, it's a good bet you will feel better, function more effectively and enjoy life more.

- **Make self-education a lifelong project.** Read, take a class, do puzzles, play intellectually stimulating games, Pursue an absorbing hobby.
- **Get some exercise daily.** Regular activity provides your brain with a better blood supply.
- **Get adequate sleep.**
- **Stay in touch.** Volunteer, join a group, get involved and travel with companions.
- **Treat depression.**
- **Eat well.**
- **Get checkups.**
- **Drink alcohol in moderation**, if at all.
- **Don't smoke or use tobacco in any form.**
- **Don't waste your mental energy on the claims of "anti-aging" dietary supplements and potions.**

*Note: This article has been edited to fit this space....Ed.*



## Branch 146 Welcomes Five New Members



**Corrie Oranje  
Introduced by  
Stu Somerville**



**Richard Woodman  
Introduced by  
Jim Todhunter**



**Michael Siebert  
Introduced by  
Jeff Baily**



**John Harrington  
Introduced by  
Chuck Eichten**



**Orren Rupert  
Introduced by  
Jim Kohl**

## Luncheon Attendance **Bill Root**



*SIR Luncheon is the 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 phone number. **Be sure you call!**

### Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

### SIR 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.*

## Luncheon Menu



\*House salad, freshly baked rolls and butter

\*Entrees including vegetables:

**Roast Breast of Turkey with dressing**  
**Orange Roughy with brown butter and pistachio basmati**

\*Daily dessert special, regular or decaffeinated coffee and tea.

## Membership

**Jim Jackson**



### Branch 146 Statistics:

Members 246, HLMs 5, Waiting List 12, Inactive 9.

### October Attendance:

Members 198, HLMs 2, Waiting List 3, Inactive 0, Guests 2, Excused 36, Unexcused 6.

Total October Attendance: 205.

### Status Changes:

Inducted: **Dick Woodman, Michael Siebert, Robert Johnston, John Harrington, Orren Rupert, Corrie Oranje**

Added to Waiting List: **Louis Meyer, Mike Isola**

Inactive: None

Resigned: None

Withdrew: None

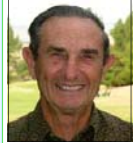
Current Waiting List (prioritized): **Robert Schwab, Robert Bailey, Ray Welles, John Aaro, James Locker, Keith Oleson, Paul Dubow, Peter Miller, David White, Randall Becker, Louis Meyer, and Mike Isola**

## Poker Club #1 **Frank McNamee**



**Bill Cammerer** hosted our monthly gathering and **Howard Harvey** finally figured out our secret code --one is low and two is high--. Consequently he took home the lions share of the winnings with **John Lewis** and **Bob White** taking home lesser amounts. Our next session will be at **Howard Harvey's** residence on Nov. 7th while I'll be crossing the Atlantic on the Wind Surf and **John Lewis** will report on the outcome of that gathering.

## Poker Club #2 **Al Zamolo**



**Ken Kratz** hosted the September session of Poker Group 2. Members were so good to Al Zamolo that with his luck and skill he became the biggest winner thus far in group 2. The October meeting will be held at **Bob Royster's** on Monday, October 29th.

## Poker Club #4 **Chuck Bobinecz**



**SIR Garth Cummings** will host our October 22nd poker session. The name of the game is poker. The poker games are all related, yet no two games are exactly alike.

## Sunshine **Otto Wilson**



Phone: 825-1943

E-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)

**Sir Dick Richmond** is still home recovering from surgery. He will soon have a knee replacement and then back on the golf course. He says he is behaving himself and wishes the time to go by faster.

Former charter member **Sir Hal Rodgers**, who moved to Eugene, Oregon, is recovering from cancer surgery. He is doing well.

**Sally Burley** wife of **Sir Bob** will be going into the hospital for a second surgery on her back, October 17th. She is expected to have a full recovery.

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.

"Pop, what are you talking about?" the son screams. We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her." Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this," She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

## Travel Opportunities

### Bob Spellman



**Nov 15, 2007 Day at the Races.** Sorry, due to lack of participation, this event has been canceled. Contact **Charlie Kiser** 274-1575 for more information.

**Apr 3-12, 2008 The Islands of Hawaii.** Our 50<sup>th</sup> SIR Anniversary trip is back again, better than ever. We will fly to and from the Islands and enjoy two nights at the Hawaiian Village on Waikiki Beach before boarding Norwegian Lines new ship the *Pride of America*. Our 7 day cruise through the Islands includes Hilo, Maui, Kona, Kaua'i and Oahu. The SIR State Golf Committee will be running a Golf Tournament on this cruise. Further information to follow. Cost: Inside cabins start @ \$2554 pp double. Outside cabins start at \$2941. Contact **Charlie Kiser** 274-1575 for more information.

**Oct 6-19, 2008 Danube Dream.** Glide past fairy-tale castles and medieval villages aboard the MS Switzerland II riverboat traveling the second longest river in Europe. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Enjoy a 2 night stay in Budapest followed by a 7 night cruise on the Danube and 3 night stay in Prague. Cost: \$3415 to \$3660. Sponsored by Branch 8. Call **Bob Hagler** for more information. 934-7620

## Investments

### Dave Munson

*4th Wednesday, 8:00am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord*

To \$ums Investment Attendees,

The November 14 meeting of \$ums in Retirement, Area 2 Investment Group will be held at the Diablo Creek golf course starting at 8am. Breakfast is available starting at 7am. Our speaker for the November meeting will be **Mr. Michael O'Neill**, Chief Investment Officer, Sage Investment Management of Lafayette, CA. Sage focuses on equities with an emphasis on large and mid-cap stocks including both growth and value. **Michael** has over 35 years experience in the investment management business. He started with Putnam in 1970 and worked there until 1985 when he became President of JT Capital in San Francisco until it was bought by a larger investment management company. He started Sage Investment Management in 1988. He has an undergraduate degree from the U. of Pennsylvania and an MBA from Harvard.

Regards,  
**Dave Munson**, Chairman, Area 2 \$ums in Retirement Investment Group

## Away Golf

### Jim Baldrige



Our nine hole group continues to enjoy monthly, informal golf get togethers. To participate check with **Dick Richmond**.

**Ron Binder, Gene Diana** and **Lew Thompson** are planning to compete November 5th at the Statewide SIR Individual Tournament at Poppy Hills in Monterey. We will get results to you in our next issue.

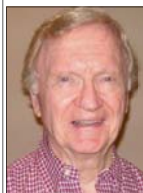
All the SIRs and ladies enjoyed a great day at the Ladies Invitational Tournament at Yountville on September 20. Great food, fun golf and a tough putting contest put on by **Lynn Freeman**. Thanks **Lynn**.

Our last state travel events for 2007 are the two Ixtapa Mexico trips scheduled for the weeks of November 9th and November 30.

Mark your next year calendar for our Annual Br 146 Silverado Country Club Invitational Tournament scheduled for Monday April 7, 2008. This 12:00 o'clock shot gun event is an opportunity for our SIRs to invite guests to play a private country club and resort course at a great rate. They have reserved the South Course for us and we plan for a full field of 144 SIRs and guests. The cost is \$44 for guests and \$46 for SIRs competing in the prize fund. The cost includes green fee and cart. There is no risk in signing up early as we don't pay the course until the day of play. Last minute cancellations before you hit the first ball are refunded.

We will circulate flyers beginning in November. We invite SIRs and guests from nearby branches, other clubs and golf groups so this event fills early. We inform Br 146 members first so they have first priority and can plan ahead.

Questions: **Jim Baldrige** 925-689-9232 or **Dick Richmond** 925-947-1167.



## Cooking

### Dave Johnson

*1st Monday at various members' homes.*

We all try to arrive early at **Don Nunn's** house for two reasons: 1) he always does a great job and 2) we like to monitor the amount of wine that is used when he cooks. After passing two breathalyzer tests, he started us off with a great selection of deli meats and cheeses. Then, he served a superb French entree of chicken braised with bacon and potatoes. He accompanied this with a salad containing mixed greens, peppers, onions and his special herb dressing. Dessert was a generous dish of crème glace, topped with a wedge of chocolate pastry. At the end of the lunch, everyone was speaking French fluently but only one member could touch his nose with his eyes shut. Next month is Ladies Night.



# Tuesday Golf Walt Barabash

## Latest Tournament Results



**Walkers**

**John Lewis**



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

September 18 First Flight: **Ron Binder, Bob Royster and Jim Kohl**. Second Flight: **Bill Hansen, Joe Suta and Ralph Fowler**. Closest to the Pin on Hole No. 2: **Jim Stedman**. Closest to the Pin on Hole No. 12: **Ralph Fowler**. Low Gross: **Ron Binder with 80**.

September 25 First Flight: **Joe Fuchs, Bob Royster and Joe Barry**. Second Flight: **Stu Somerville, Ray Kan and Chuck Clark**. Closest to the Pin on Hole No. 2: **Joe Fitzsimmons**. Closest to the Pin on Hole No. 12 which were all Birdies: **Stu Somerville, Joe Barry and Mitch Mitchell**. Good Going Sirs!! Low Gross: **Jim Burk with 76**. Another outstanding round for **Jim Burk!!!**

October 2 First Flight: **Myles Ringle, Joe Barry and Bob Royster**. Second Flight: **Ray Weisz, Chuck Clark and Stu Somerville**. Closest to the Pin on Hole No. 2: **Bill Boyd**. Closest to the Pin on Hole No. 12: **Joe Fuchs**. Low Gross: **Joe Barry with 88**.

October 9 First Flight: **Lew Thompson, Rich Hanford and Bob White**. Second Flight: **Dean Merritt, Don Del Bene and Pablo Chavez**. Closest to the Pin on Hole No. 2: **Bob Royster**. Closest to the Pin on Hole No. 12: **Dean Merritt**. Low Gross: **Jim Burk with 82**.

### November 2 Westridge Redwood Grove Trail

Meet at Moraga Safeway for car pooling to Sky Gate Trail, starts from right off parking area. Not Paved– Not Level  
Coffee & Donuts at site

### November 9 Lafayette Reservoir

Meet at reservoir area, bring quarters for parking Paved– Not Level– Some Shade  
Coffee at the Rising Loafer

### November 16 Heather Farms East Ygnacio Rd

Meet at end of Heather Farms Walk Contra Costa Canal Paved– Level– Some shade. Coffee at Sweet Affair–Ygnacio Plaza

### November 23 NO WALK recovery from Thanksgiving

### November 30 Walnut Creek Civic Center North-Civic Dr-

Meet at Civic Arts parking-walk north on Iron Horse Trail Paved– Level-Some Shade  
Coffee at La Scala

Thanks to **Bill Cammerer, Bob Madge and Jack Matthews** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.

### Gala Ladies Day Luncheon Thursday, December 13, 2007

No. of tickets \_\_\_\_\_ @ \$24 each. Enclosed \$ \_\_\_\_\_

Names:

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

Choose from the following entrées:

Filet of Beef \_\_\_\_\_ Herb Crusted Filet of Salmon \_\_\_\_\_  
Special requirements \_\_\_\_\_

Make check payable to SIR 146 and mail to:

**Tom Thomson**, 563 Monarch Ridge Drive, Walnut Creek, CA 94597-2950.

Tom's e-mail address is [thomsonsa@astound.net](mailto:thomsonsa@astound.net)

Seating for this event is now limited to 290. We are accepting only SIR member reservations until October 31st. After October 31st, both SIR member and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by December 1st. Guests will be accommodated on December 1st if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entree choice on an attached sheet. Don't delay!

### TREASURER'S REPORT THIRD QUARTER 2007

Bank balance June 30, 2007 \$8,744.53

#### General (operating) accounts

Contributions \$ 847.00  
Expenses \$ 627.56  
Net general accounts \$ 219.44

#### Custodial (activity) accounts

Receipts \$14,410.00  
Disbursements \$ 17,332.45  
Net custodial accts. (\$2,922.45)

Bank balance Sept. 30, 2007 \$6,041.52

# SIR CALL *Newsletter*

Sons In Retirement, Inc.  
2106 Hoover Court  
Pleasant Hill, CA 94523

[sircall@hotmail.com](mailto:sircall@hotmail.com)

<http://www.sir146.com>

Non Profit Org  
US Postage Paid  
Permit No 364  
Concord CA

Time Value Mail  
Please deliver as  
soon as possible.



THE COOKING GROUP CELEBRATING **FRANK MANDIC'S** (CENTER) 90TH BIRTHDAY  
2nd row, **Charlie Kiser, Al Milano, Bob Spellman and Dave Johnson**  
Back row, **Gene Diana, Dan Hungerford, Barney Meade and Don Nunn**