

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 10

Published For Our Members And Friends

October 2002

Big Sir's Commentary

Congratulations to all the new applicants who have been accepted to the Waiting List. We are up to a full list now. Sponsors, please encourage your new applicants to attend our monthly luncheons for fun, conversation and enjoying some interesting talks. Sponsors should be the ones to make the reservations to **Dale Haukland** for their applicants. If you haven't turned in your activity sheet to **John Miller** or **Bob Yolland**, please do so since they will be completing the tallies soon. *The Executive Board will meet at 9:30 am prior to our August luncheon.*



Bill Hansen's e-mail is bgfoot10@astound.net
John Miller's e-mail is jondor49@attbi.com
Lo McCarley's new e-mail is LoMcCarley@astound.net
John Denham's new e-mail is JDenham @astound.net
Dave Johnson's e-mail is DavnBarb@yahoo.com
Lloyd West's e-mail is lloydjwest@msn.com
Bob Spellman's e-mail is bobnjo@astound.net

Hey!

Real men bring their ladies to lunch. Remember that the luncheon on Thursday, December 12 is Ladies' Day. Complete the reservation coupon in the next Sir Call.

Little Sir's Corner

To help prepare us for the November elections our speaker this month will be **Dan Borenstein**, political editor for the Contra Costa Newspapers. **Dan** holds a bachelor's degree in journalism and political science and master's degrees in public policy and journalism, all from UC Berkeley. We look forward to a great talk.



Happy Birthdays in October

Jack Calloway, Bill Comley, Chuck Hammond, Luther Jones, Roy Luoma, Frank Mandic, Don Martin, Tom Noonan, Lou Pizza, Gus Edwards, Clarence Tooley, Ken Baumgarten, Bob Wheaton, Bob Yolland, Bill Weinberg, Stu Somerville, George Bjornsen, Bob Nelson, Don Loustalet, Jim Fenner

If you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson.

Telephone Directory Updates

New SIR Branch 146 Directory (blue book) due January 2003.

If you move or change your e-mail address please send change to Sircall@Att.Net or to Sir Call at back page address.

Michael Varner's e-mail is msmvarner@aol.com He is on the waiting list.

Art Trost's e-mail is aftrost@earthlink.net

Roy Fredrickson's correct e-mail address is royjanetfredrickson@msn.com

Martin Lyle's e-mail address is mlyle@astound.net

Gerald "Jerry" Bellows' area code is 925

Olof Johansson's address is 1922 Vicki Lane.

Heino Valvur's wife's name is spelled **Heldi** not Heidi. phone number is (925)283-0178, not 0176, and his new e-mail is valvur@attbi.com . He is no longer on the waiting list.



Bowling Al Zeppa

If you are interested in joining a team or forming your own team for this league, contact Sir **Al Zeppa**, league secretary.

The SIRs winter league has started with 18 teams, one more than we had last year. That's pretty good since this is a senior league and most of the bowlers are up in age. If you are interested in bowling, come to Diablo Lanes Wednesday, at 10 a.m because we can still use a few subs each week.

I spent five days at the Reno Hilton Bowling Center handling the Sirs Annual Reno Tournament, Sept. 9-11. We had approximately 150 bowlers competing in the singles, doubles, and team event, and all-events. The results will be in the next newsletter.

SIRs Tournaments coming up:

October 6,7 - Moury Lanes - Fremont

October 22,24 - Harvest Park - Brentwood

November 6,8 - McHenry Bowl - Modesto



Computers

Chris Satterthwaite

In response to requests for interesting web sites here are some choices:

1. www.amazon.com. This major source for reading material does everything except turn the pages. You can buy used books here.
 2. www.annoyance.com. On-line gambling. Win real money. Take care.
 3. www.Ebay.com. This auction service has no peer. Live auctions start at one dollar.
 4. www.google.com. Try this search engine and you will go "gaga over google". Search your name.
 5. www.hotstuffworks.com. Satisfy the kid in you with descriptions, photos, and diagrams- you name it.
 6. www.ibiblio.org/wn. Full screen images of thousands of paintings by hundreds of artists. Visit the Louve in Paris.
 7. [Http://hubblesite.org](http://hubblesite.org). Star gaze aboard Hubble Space Telescope. An out of this world adventure.
 8. [Http://Thomas.loc.gov](http://Thomas.loc.gov). Run by Library of Congress, tracks congressional activity. Stay on top of what your reps are doing.
- Web sites are getting better but watch out for the increasing number of fee-based web services.



Cooking

Don Nunn

1st Monday 9:30 am at various members' homes.

The SIRS Cooking Group met at the home of **Charlie Kiser**. In the past Charlie has been noted for his outstanding demonstrations on how to open cans. However, this month he prepared an excellent lunch of chicken and marinated artichokes served with a wonderful spinach salad. In fact the chicken was so good that we are including it as Recipe of the Month next month. Our next meeting will be held at **Warren Boero's** house where we will be having a potluck dinner and bottling wine party.

Recipe of The Month

Green Tomato Pickles by **Fred and Phyllis Bolton**.

A good thing to do with end of the season tomatoes that don't ripen.

Delicious on hot or cold meat sandwiches & hamburgers.

8 lbs green tomatoes, 4 medium sized onions, 3/4c pickling salt, coarse or regular.

Tie in cheesecloth bag:

5 tbsp pickling spices or 2 tbsp whole cloves, 2 tbsp allspice, 4 sticks cinnamon

Leave loose: 5 cloves chopped garlic, 1 tbsp celery seed, 2 1/2 tbsp mustard seed.

3 c brown sugar, 1/4 c dark Karo syrup, 32 oz (1qt) cider or white vinegar.

Slice tomatoes and onions separately to 1/8 inch, or as desired. In large ceramic bowl, alternate tomato and onion slices

covering each with a layer of salt. Cover with Saran-wrap and put dinner plate upside down on top. Let sit overnight. Juice will collect. Drain juice and rinse tomatoes and onions. Put in large soup kettle, add chopped garlic. Bring to a boil. Add vinegar. Don't worry if liquid doesn't cover, as tomatoes and onions will cook down. Add pickling spices in cheesecloth bag, (attached to string so it can easily be removed later) celery and mustard seed, Karo syrup, brown sugar. Cook only 'til onions and tomatoes are slightly cooked- about 10 minutes. Remove spices in cheesecloth bag. Put in pint canning jars with canning lids and screw rings. Process 10 minutes in water bath.

*Readers are encouraged to submit interesting recipes to be featured as "Recipe of The Month". Please send all recipes to **Warren Boero** or **Don Nunn**....ed*



Cribbage

Al Tufo

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

The September Cribbage Club tournament was hosted by **Ernest Figueira**. We were able to get in one tournament. The Italian Stallion, aka **Al Tufo**, jumped out of the starting gate and never looked back. **Langley Erickson** trailed all the way, trying as hard as he could to catch up. Just didn't have it that day. The next tournament will be hosted by **Larry Reilly** on October 8th. Ciao, Tufo

Duplicate Bridge

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



SIR **Harry Dillon** hosted three tables of duplicate bridge in September with **Fred Kovar** coming in first with 30 1/2 points. **Stu Somerville** was second with 28 points and **Bill Snyder** was third with 24 1/2 points. **Chuck Hammond** and **Bob Donahue** tied for fourth with 24 points. The next meeting is scheduled for Monday, October 14.



Fishing

Pablo Chavez
Coco's Restaurant 3200 Buskirk Ave.
4th Thursday at 8:30 am.

The Fish Were Biting: The July fishing meeting was full of reports of catching fish, and not catching fish. **Terry Miller, Al Brunner, Richard Bal, Bill Hooy, Pete Peterson, Richard Fish**, all caught limits of Kokanee salmon while fishing with a guide at New Melones Reservoir. Fishing without the guide was not quite so good as everyone including **Tom Hensley** found out. **Richard Fish** won the Second Annual Area 2 SIRS Fishing Angels Camp Invitational

Horseshoe tournament for the second year in a row. **Rich** may have trouble even participating in next years event as new rules seem to develop as time goes on. Runner-up in a close game was **Al Brunner**. As usual the food was great. Supper on Thursday evening was at the Murphy Hotel and the prime rib and Ironstone Merlot hit the spot. **Al Brunner, George Schultz, Bill Hooy, Pete Peterson, and Sheldon Lawrence** found too many water skiers and jet ski boaters to allow any kind of fishing at Rollins Lake and Scott's Flat Reservoir. **Joe Peterson** caught several 5-7 pound striped bass and a large catfish in the Delta. **Cliff Bohrer** of Brentwood Branch 108 caught two nice salmon in the Delta (16 & 17 pounds) and is looking forward to catching many more this fall.

Garden Club

Chuck Bobinecz.

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

Our October third meeting will be held 9:30 in the Vista Room at the Boundary Oak golf course. **Lew Thompson** has arranged for **Carol Eddington** of Worm Gold to give a presentation on Vermiculture. Wives & guests are welcome.



Tuesday Golf Walt Barabash

August 30, First Flight: **Gene Diana, Frank Mandic** and **John Lewis**. Second Flight: **Frank McNamee, Raymond Kan** and **Bill Knapp**. Closest to the Pin: **Fred Kovar**.

September 3, First Flight: **Rich Hanford, Jerry Bellows** and **Lew Thompson**. Second Flight: **Al Milano, Mitch Mitchell,** and **Doug Cook**. Closest to the Pin: **Jerry Bellows**.

September 10, First Flight: **Joe Suta, Gene Diana** and **Dick Richmond**. Second Flight: **Ray Weisz, Joe Jansen** and **Sal Costanza**. Closest to the Pin: **Ray Garavaglia**.



Away Golf Jim Baldrige

Makeup golf day will be on Thursday, October 24th at Boundary Oak. Start time is 10:30 am.

Special package price green fees and cart prices for residents and non residents.

Residents \$21.50 and non-residents \$27.50. We are planning a fun format. On Tuesday morning there will be a signup sheet at Boundary or contact **Jim Baldrige** at 689-9232 or **Dick Richmond** at 947-1167.



When you rearrange the letters:
Snooze Alarms: Alas! No More Z's
A Decimal Point: I'm a Dot in Place
Slot Machines: Cash Lost in em



Health Matters Physical and Mental

WHAT'S IN THAT MULTIVITAMIN?

A typical multivitamin contains as much:

Vitamin A as in four baby carrots

Vitamin E as in 2 oz of sunflower seeds

Folic Acid as in 1 1/2 cups of cooked spinach

Niacin (B3) as in a boneless, skinless chicken breast

Vitamin C as in a large orange

Selenium as in 4 oz of tuna

Vitamin B6 as in a 10 oz salmon fillet

Magnesium as in 10 oz of long-grain brown rice

Zinc as in an oyster

Vitamin B12 as in 1/2 of an Alaskan king crab leg

Remember that it's better to eat healthy than to take vitamins.

Source: *Men's Health*, October 2001

RESOURCE GUIDE POTASSIUM

Bananas, lima beans, potatoes, oranges, tomatoes, spinach: they are all high in potassium. And potassium is turning out to be a mineral that helps keep blood pressure under control. In a study that appeared in *Stroke* (July 2001), it was reported that persons who ate a low potassium diet had a 28% higher risk of stroke than those who ingested the recommended amount.

Source: *Health News*, September 2001

REMOVING BRIARS AND SMALL SPLINTERS

Briars and small splinters can be removed from the skin by applying a nontoxic household glue (such as Elmer's but not Crazy Glue) to the area of skin affected, topped by a single layer of gauze. When it dries remove the gauze and glue and the briars and splinters should come out. According to one study, this method worked better than any other.

Source: *UC Berkeley Wellness Letter*, November 2001

DOCTORS OF THE OPPOSITE SEX

A poll of members of a large HMO found that patients, both men and women, report that they are generally more satisfied with doctors of the opposite sex than those of the same sex.

1st Sir: " Look at my new hearing aid that I just bought. It is the latest in technology and boy, can I hear!"

2nd Sir: " Wow! Looks great! What kind is it?"

1st Sir: " Half past four."

Know Your SIR Ralph Fowler



My name is **Ralph Fowler** and I was born in Portland, Oregon on November 11, 1928, the year of the Dragon. I lived in Portland until entering the University of Oregon in 1946 majoring in History. Upon graduation just three months before being drafted for the Korean War, I enlisted in the Air Force. I became a basic training

instructor and was stationed in Texas and California. While stationed at Parks Air Force Base in Dublin Ca., I met my future wife, **Charlotte**. We were married in May of 1953 in Orinda, Ca. We returned to the University of Oregon, where I earned a masters degree in General Studies. While in the Air Force I found that I really enjoyed teaching and decided to become a teacher. I taught high school in Brookings, Oregon. After two years we moved to California, my wife's home state, where I taught at Pleasant Hill High School for three years and College Park High School for five years. In 1965 I started teaching at Diablo Valley College, primarily Economics, Political Science and Asian History. We have 4 children and 12 grandchildren, and 1 great-grandchild. While teaching at DVC, I became interested in retirement issues and was appointed to the California State Teachers Retirement Systems board of directors in 1986. I served for ten years, including three years which I served as chairman. I retired from DVC in 1994, but taught an additional five years as an emeritus instructor. I enjoy travel, with particular interest in Asia, primarily China, Japan, and Korea. Fortunately I was introduced to the joys of SIR and all its wonderful activities like golf, walking, singing and whatever.

Helicopters can't fly;
they're just so ugly the earth repels them.

Doing Lunch



Assistant Secretary **Doug Cook** and guest speaker **Brad Davis** who gave a spellbinding talk on 2 days in the life of a fellow Morgan Stanley employee. September 10 and 11, 2001.

Investments 4th Wednesday 8:00am

at Diablo Creek Golf Course Banquet Room (Legends Grill), North Port Chicago Highway and Highway 4, Concord. **Ben Smith** (925)820-5403. You can order breakfast starting at 7:00 am.

Program- General open discussion relating to current hot topics of interest- If you have areas that you would like to discuss with the group, feel free to bring them along.

We will have breakfast and no reservations are required. Come on down with some good ideas ready to gain some new knowledge, and have a good time.

If you have questions or want added information, contact **SIR Ben Smith** at 925-820-5403 or e-mail bjsssmith@aol.com. Remember, you never go broke taking a profit.

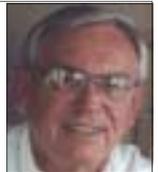
Pilot Career in Retrospect

You start with a bag full of luck and an empty bag of experience. The trick is to fill the bag of experience before you empty the bag of luck.

Luncheon Attendance

Dale Haukland 820-0189

SIRs 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.

Doing Lunch



Dale Haukland, attendance chairman, and **Guy Rudberg** (Waiting list)



Bill Rees & Joe Suta.

Luncheon Menu Stan Jackson



This Month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Pan fried calamari steak
- Roast loin of pork with stuffing

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson Membership

Branch 146 statistics:

Members 208, Honorary 4, Waiting List 9
Attendance:

Members 159, Honorary Life Members 2 ,
Waiting List 1, Guests 10, Excused 40

Unexcused no shows 10. Total Attendance 172

Timing has an awful lot to do with
the outcome of a rain dance.

Doing Lunch



Guest **Al Johnson & Jim Kohl**



Guest **Ron Edmondson, Bob Franklin & Don Loustalet**



Visitor **Dick Nebinger & Bud Triantis**



Mel Hinrichs & John Wilhelmy

Party Bridge

Fred Bolton

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

The Party Bridge group did not meet in September. Our next game will be on October 7 at **Fred Bolton's**.



Owen Sullivan Song SIRs

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

The Sullivan family wishes to thank the **SONG SIRs** for making **Owen's** birthday such a happy occasion. His spirits were lifted by their melodious voices and comradeship. It has been wonderful experiencing the kind gestures and support extended by all of the SIRs during this difficult time.

Our new song leader has been a big help to us. **Rod Sharretts** has a vast musical background, not only playing in bands around the area for many years but directing different singing groups. He brings a new dimension as well as leadership which was obvious at our last luncheon. **Rod** tells us that soon we will start work as we continue to improve on harmonizing. Accolades to **Don Nunn** and **Owen Sullivan** for getting us started. Thanks guys.... **Mitch Mitchell**

Doing Lunch



Rod Sharretts,
Song SIRs conductor



Jeff Baily, Sir Call newsletter editor and **Dick DeVoe,** former Big Sir

Sunshine Chuck Smith



Sir **Richard Shelley** died on Sep. 13 of stroke sustained on Sep 11. Memorial services were held on Sep 17. His wife Esther would appreciate hearing from you.

Sir **Owen Sullivan,** founder of our Song SIRs, enjoyed a visit from his singing buddies last week. Gloria reports signs of improvement and appreciates hearing from you

If you lend someone \$20, and never see that person again, it was probably worth it



Travel Opportunities

Charlie Kiser

Nov 5-18, 2002 The Spirit of Aloha

10 night cruise of the Hawaiian Islands on the Norwegian Wind. R/T air San Francisco to Honolulu, 3 night pre-cruise accommodations. Cost from \$2010 p/p. Contact **Fred Stammen** Br. 171 @283-1956

Dec 2-3, 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 \$15 cash and \$4 food credit. Cost \$95 p/p. \$25 single supplement. Contact **Charlie Kiser** Br. 146 @ 274-1575

Jan 11, 2003 East West Football Classic Pre-game ceremony at 10:30AM. Kickoff 11:00am. Cost \$20. Contact **Carl Raaka** Br. 8 @ 254-0482. Deadline Nov 1, 2002

Mar 15-20, 2003 Baseball Spring Training.

Enjoy Major League's Cactus League in sunny Arizona. Incl. r/t air, first class accommodations, 5 breakfasts, 5 full course dinners, 3 Cactus league games and sightseeing. Cost \$1325 p/p d/o-\$1686 single. Contact **Fred Stammen** Br. 171 @283-1956

April 25-May 10, 2003 Cruising America's East Coast.

13 day cruise down the Atlantic Coast aboard the Norwegian Sea, r/t Air San Francisco to New York City, overnight accommodations at Waldorf Astoria, New York City tour and optional tours in ports. Cost from \$1871 p/p. Contact **Charlie Kiser** Br. 146 @ 274-1575

July 28-Aug 28, 2003 Yellowstone & Grand Tetons.

Featuring Montana Rockies Rail tours. Cost \$1545 Special presentation on Oct 28, 2002 11:30am at Walnut Creek Elks' Lodge. RSVP to **Carl Raaka** Br 8 @ 254-0482 (space is limited)

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise.

Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board r/t transfers to ship. Lottery for upgrade to penthouse suite. Cost from \$2495. Contact **Charlie Kiser** 274-1575

It may be that your sole purpose in life is simply to serve as a warning to others.

Table Pool

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



Beginning in October the Table Pool group will meet on the 1st and 3rd Monday of every month at 11:30 am. Y'all come out, hear?

Fall Candy Sale

It's time to order your See's Candy for the holiday season. Prices remain at \$9.45 for the 1 pound certificate and \$18.90 for the two pound certificate. This is a considerable savings over the regular store price. There is no limit to the amount you may order.

If you want to take advantage of this offer make your check payable to "Sirs 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.

Name _____

Address _____

City and Zip _____

Enclosed is my check for \$_____ to cover the cost for _____ one pound boxes or _____ two pound boxes.

Doing Lunch



Bill Comley & Harold Ruby



Don Strong & Dan O'Sullivan

Not so Dumb Blonde

A blonde walks into a bank in New York City and asks for the loan officer. She says she's going to Europe on business for two weeks and needs to borrow \$5,000. The bank officer says the bank will need some kind of security for the loan, so the blonde hands over the keys to a new Rolls Royce. The car is parked on the street in front of the bank, she has the title and everything checks out. The bank agrees to accept the car as collateral for the loan. The bank's president and its officers all enjoy a good laugh at the blonde for using a \$250,000 Rolls as collateral against a \$5,000 loan. An employee of the bank then proceeds to drive the Rolls into the bank's underground garage and parks it there. Two weeks later, the blonde returns, repays the \$5,000 and the interest, which comes to \$15.41. The loan officer says, "Miss, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is, why would you bother to borrow \$5,000?" The blond replies, "Where else in New York City can I park my car for two weeks for only \$15.41 and expect it to be there when I return?"

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

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

Committee Chairmen-2002

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

Past Big SIR's

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



John Lewis Walkers

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

Oct. 4 - Castle Rock Trail. Meet at the end of Castle Rock Rd. (W/C)

Oct. 11 - Benicia State Park Trail. Meet at B of A, Sun Valley parking lot to carpool to Benicia.

Oct. 18 - Paso Nogal Trail. Meet at parking lot near Morello & Paso Nogal. (P/H)

Oct. 25 - Westridge trail at Skyline Gate (Oak). Meet at Moraga Safeway to carpool. Flat wide trail to Redwoods. Tailgate coffee & donuts on **John Lewis**.

Always remember you're unique.
Just like everyone else

Thanks to **John Lewis, Bob Madge, Joe Schild, Bill Snyder** and **Art Trost** for folding and labeling, to **Ken Kratz** for photography, to **John Lewis** for mailing and to **Dick DeVoe** for proof reading.

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

In a recent interview, General **Norman Schwartzkof** was asked if he thought there was room for forgiveness toward the people who have harbored and abetted the terrorists who perpetrated the 9/11 attacks on America. His answer: "I believe that forgiving them is **God's** function. Our job is simply to arrange the meeting"

My first job was working in an orange juice factory but I got canned. Couldn't concentrate. Then I worked in the woods as a lumberjack but I couldn't hack it, so they gave me the ax. Then I was a tailor, but I wasn't suited for the job. It was a so so job. Next I worked in a muffler factory. It was exhausting. Then I tried to be a chef. Figured it would add a bit of spice to my life but I didn't have the thyme. As a deli worker, any way you sliced it, I couldn't cut the mustard. Best job was as a musician but they said I wasn't noteworthy. Tried doctoring but didn't have the patience. Tried a job in the shoe factory but didn't fit in. In fishing I couldn't live on my net income. Then pool maintenance. That was too draining. As a gym coach, I wasn't fit for the job. No future in being a historian and at Starbucks it was the same old grind. Applying for a pilot job but that's up in the air. Finally retired and I found I am perfect for the job.

SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Org
US Postage Paid
Permit No 364
Concord CA

Inner Peace

I am passing this on to you. It is working for me and I think that I have found inner peace. I read an article that said the way to achieve inner peace is to finish things that I had started. Today I finished two bags of potato chips, a chocolate pie, a bottle of wine and a small box of chocolate candy. I feel good.