

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 10

Published For Our Members And Friends

October 2004



Doug Cook

Big Sir's Notes

During the past several months we have received a growing number of complaints regarding the quality of the food at our recent luncheons. In response to these comments, a survey has been conducted and a committee consisting of **Don Nunn**, **Ray Kan** and myself has been formed to meet with owner **Jerry Blake**. At our October 14th Executive Committee meeting, we will discuss what transpired at that meeting. Our Executive Committee meetings are open to all members at 9:30 am on the second Thursday and you are welcome to come and voice your opinion.

Our waiting list is growing because of the vitality of our branch and the involvement of our members. We welcome men into our branch but we may be doing a disservice to those who are not allowed to take full advantage of our activities due to their position on the waiting list. The waiting period to become a full member also lengthens proportionally to the number on the list. As an alternative, some waiting list men might choose to join another SIR branch. I have been advised that Branch 19 in Concord and Branch 8 in Walnut Creek have immediate openings for full membership which would allow men to take full advantage of all their SIR activities immediately. If you are interested, you may obtain more information by going to sirinc.org

Congratulations to **John Denham** on the publication of his book, "The Assistant, A Sea Story". Nice job, **John**.

I'd like to thank **Peter Gates** for his notable job filling in for **Jeff Baily** while **Jeff** was gone and to **Dennis Hallett** for his excellent presentation on Iraq at our September luncheon. Finally, welcome new members **Thomas Thomson** and **Max Burchett**. You have just become members of the best of all SIR branches.



Ray Kan

Little Sir's Corner

Our speaker for October, **Randy Rentschler**, is from the Metropolitan Transportation Commission. The MTA represents the citizens of the nine adjoining Bay Area Counties.

They are involved with all areas of transportation including the bridges, tolls and other forms of transportation. Read about the possibility of \$5.00 bridge tolls? Randy will bring us up to date on those bridge tolls.



Cooking Too

Ken Richter, front, hosted the group and served a delicious pork tenderloin roast, with exotic zinfandel sauce and a very tasty pasta salad. Dessert was a unique frothy drink called a Whalen Whip, a suitable cap to a great meal accompanied with fine wines. As usual, conversation was spirited and most of the world's problems were solved.

Bowling

Dick Joyce



Our winter league is in its third week and yes, we still need new bowlers. There are 16 4 man teams. Br. 146 has 21 of the 64 men bowling.

Oct tournaments: Mowry Lanes Fremont Oct. 3 & 4 and Harvest Park Brentwood, Oct. 19 & 21. Both tournaments are for singles and 2 SIRs or mixed doubles. See **Al Zeppa** for your entry form.

This is my last Bowling report. **Gus Edwards** is taking over as your Bowling Chairman effective October 1, 2004.

Bocce Ball

Al Milano



2nd and 4th Mondays at 9 am. March through November except May 26 (Memorial Day) at Concord Bocce Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Rds.



Cooking

Don Nunn

1st Monday at various members' homes.
Cooking and Social Group

We will meet at the home of Sir **Warren**

Boero for our combination barbecue/wine bottling party. We expect a great barbecued lamb and other foods prepared by our Cooking Group. Our wonderful ladies will attend and contribute some of their goodies. We will report on the results in the next issue.

Our 13th biannual dinner dance will take place on October 6. We are sold out. More next issue.

Doing Lunch



Vince Rettew & Les Birdsall at the September '04 luncheon



Cribbage

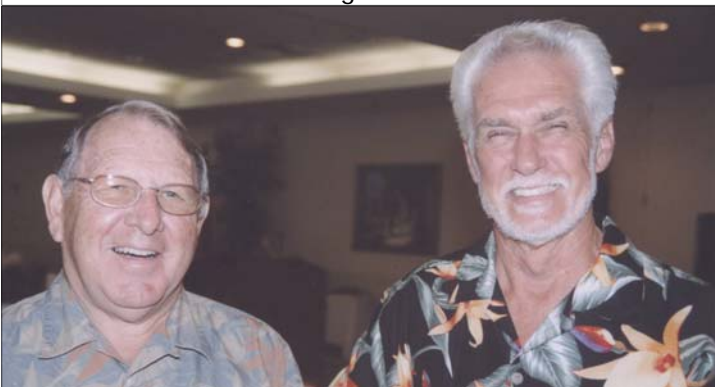
Al Tufo

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

Bryant Fischback hosted the club on September 8th. We played two tournaments.

Larry Reilly won the first one, with the Italian Stallion finishing second. The second tournament was won by the Italian Stallion and **Bryant Fischback** coming second. We have a great time at these cribbage tournaments and play tough competitive games. Here is the great part of this get together. Dessert. **Trudy Fischback** purchased a new stove and oven and wasn't sure if her baking of her fresh garden picked boysenberry pie would turn out. Not to worry, **Trudy**. It turned out fantastic as usual. Next month **Langley Erickson** will host Cribbage on October 13th.

Doing Lunch



Bill Root & Joe Himsl

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net
FLOYD SKELTON 838-2515 f.skelton@att.net

The SIR Area 2 Computer User Group will not meet in October due to travel commitments. Our next scheduled meeting will be held Thursday, November 18.

Meetings of the Area 2 Computer Users Group are held 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). Meetings are held the 3rd Thursday of each month from 9:30 to 11:30 a.m. All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://home.alt.net/~area2computer/>."



Tom Gorman, Jeff Baily & Chuck Bobinecz

Duplicate Bridge

Bob Donahue.

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



SIR **Bob Yolland** hosted three tables of duplicate bridge in September. **George Zunic** was first with 25 points. **Lynn Freeman** and **Dick Johnson** tied for second with 24 points. **Lo Mc Carley** was fourth with 23 points. The next meeting's scheduled for Monday, October 18. Contact **Bob Donahue** at 376-4527 for information.

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 **Stu and Margot Somerville's** home on September 15th. **Lynn and Dasha Freeman** took first place with 41 points, **Jim and Allison Todhunter** took second (37 points), **Bob and Janet Yolland** (33 points) placed third, and **Stu and Margot Somerville** (32 points) came in fourth. The next meeting will be Wednesday, October 20th, but we're not sure where. The scheduled hosts, **Jim and Allison Todhunter**, are looking to trade hosting dates with someone.

Garden Club **Chuck Bobinecz.**

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



In October our B.S. **Doug Cook** (The B.S. stands for Big Sir) will give a presentation on keeping a garden journal. **Lew Thompson** will give a talk on why plants wilt. I will not be at the October 7th meeting (Alamo Safeway conference room at 9:30 am). I will be with fellow SIRs visiting parks of the Southwest. **Lew Thompson** will conduct the meeting. Please pay attention. He is a retired teacher and you may be tested on these topics. An interesting web site is <http://ccmg.ucdavis.edu>. The ccmg is Contra Costa Master Gardeners. Find out what vegetable varieties are best for CCC.



Tuesday Golf **Walt Barabash**

August 17 First Flight: **Bob White, Myles Ringle and Howard Harvey.** Second Flight: **Carl Johnson, Don Del Bene and Jim Brown.**

Closest to the Pin: **Ralph Fowler.**

Low Gross: **Bob White: 83**

August 24 First Flight: **Bill Weinberg, Ken Kratz and Bob White.** Second Flight: **Larry Zugnoni, Don Del Bene and Ernie Dickson.**

Closest to the Pin: **Bill Cammerer.**

Low Gross: **Bob White: 85**

August 31 First Flight: **John Demos, Jim Stedman and Bill Hansen.** Second Flight: **Don Del Bene, Fred Kovar and Olof Johansson.** Closest to the Pin: **Ralph Fowler.**

Low Gross: **Jim Stedman: 86**

September 7 First Flight: **Olof Johansson, Joe Himsl and Bob White.** Second Flight: **Fred Bolton, Ray Kan and Doug Cook.** Closest to the Pin: **John Demos.**

Low Gross: **Bob White: 85**

September 14 First Flight: **Myles Ringle, William Malone and Joe Himsl.** Second Flight: **Frank Mandic, Dan O'Sullivan and Larry Zugnoni.**

Closest to the Pin: **Al Zamolo.**

Low Gross: **Bob White and Lew Thompson: 83**

Away Golf

Jim Baldrige



Because of the low sign up for the Alameda-Earl Fry Course-only 15 players-we were unable to meet the minimum 20 required for a tournament. In order to try to save our \$100 non-refundable deposit I will try to reschedule the tournament for another date. Questions call **Jim Baldrige** 689-9232 or e-mail jimjudy39@AOL.com



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.

TEA FIGHTS CHOLESTEROL

Research has found that extracts from black tea-the kind you find in Liptons and Tetley-can reduce cholesterol. More importantly, they know why.

Vanderbilt University studies tested 240 people with mild to moderate high cholesterol levels who were on low fat diets. Half took a daily black tea extract; the other half a placebo.

After 12 weeks, those on the tea extract cut their cholesterol by 11 percent-and the LDL cholesterol by a whopping 16 percent, compared with no change for the placebo group.

“Over time, that could translate into a 16 to 24 percent reduction in risk of heart attack and stroke,” says **David Marion, MD**, cardiologist and lead researcher.

“Black tea teaflavins may help people who can’t lower their LDL enough on diet alone, but whose level isn’t high enough for drugs,” says **Marion.**

The study extract, which is sold as Teaflavin, has 75 mg of teaflavins and no caffeine. For additional information, go to: www.prevention.com/links.

YOGURT TO LOSE WEIGHT

It seems that fat-free yogurt is the traditional dieter’s food. Now there is evidence that its value lies not in just being fat free, but in the fact that it is a dairy product. In a 12 week study of 35 overweight persons, those who ate three servings of fat-free yogurt a day lost:

22% more weight

61% more fat

81% more abdominal fat

than those who ate the same number of calories without the extra dairy.

Eating more dairy products appears to lower levels of cortisol, a hormone that steers fat to the belly, so you lose more fat from your middle. “Any dairy will do,” says **Michael Zemel, PhD**, author of the study.

TOOTHPASTE FOR CANKER SORES

You can relieve painful canker sores with Rembrandt’s new Whitening Toothpaste with Fluoride for Canker Sores.

The paste contains papain, a soothing papaya extract that also removes plaque and tartar. Most toothpastes contain sodium lauryl sulfate, which can irritate sores.

Know Your SIR

Jim Wyrick



I may be the only Sir that can say "I was born in Hollywood under the big sign". That was in 1922. I was christened **Leon**, but my family and all my friends have always called me **Jim**. After attending kindergarten our family moved to West Los Angeles where I grew up and attended University High School and UCLA. Much of this time was during the last of the depression so I am very familiar with macaroni and tapioca pudding.

Being close to the movie industry some of my classmates at UNIHI were **Freddie Bartholomew, Deanna Durbin, Mickey Rooney, and Judy Garland**. During the making of Andy Hardy movies, **Mickey** had to learn ice skating. At the local ice rink a few of us regulars were able to give him some pointers.

I was drafted in 1942 into the Army Combat Engineers. I met **Sarah E.** during this time and she became my wife and accompanied me to basic training in Ft. Smith, Arkansas. In 1943 I was sent to Europe where I served until the end of the war. I spent three months in London building prefab houses for bombed out Londoners, then it was off to France. It was during that time that I was the only American soldier to lose a French train in the Moselle River.

After the war we moved to Richmond and I got a job with Standard Oil Co. (now known as Chevron) where I worked for 38 years as a Control Systems Engineer. During that time we had three children.

My wife contracted lung cancer in 1986, so I took early retirement so that I could care for her. I was her caregiver until her death in 1991.

In 1994 **Betty B.** who had also been a long time caregiver and I were married. Since then we have been Elderhosteling, attending the theater (my daughter **Kim** is artistic director in the California Conservatory Theater, San Leandro), and doing a lot of winery visits as members of the Napa Valley Wine Library Association. I also do maintenance work at my church three Thursdays a month. You probably know what I do the other Thursday.

Always remember you're unique. Just like everyone else.

Branch 146 Website Tricks

Do you want an icon on your computer desktop so that all you have to do is click on it and it takes you to our website or even to a specific page on our website?

Go to our website: <http://www.sir146.com>

Then right click anywhere on the home page and see a drop down menu. Left click on "create shortcut". See a Microsoft Internet Explorer dialogue box that reads "A shortcut to the current page will be placed on your desktop". Click "OK".

Now when you double click on that shortcut icon on your desktop it will take you to our web page. Notice the name under the icon. If you'd like to change the name to more accurately reflect what it is, for example "SIR 146 Branch Web Site" right click on the name and see a drop down menu. Left click on "Rename" and see the name highlighted. Leave it highlighted and just type in the new name. After typing the name left click on it to save it.

If you then want to also create an icon that takes you to another place on our web site, go to that page. For example if you want to set up an icon for the Tuesday golf schedule page, click on "Activities" then scroll down and click on "Golf-Tuesday". See the Golf page. Right click anywhere on that page and repeat the procedure for creating and renaming an icon.

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

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

October Meeting of "\$ums In Retirement" will be held on Wednesday, Oct.27 at Diablo Creek Golf Course (Grill Room) starting at 8am. Diablo Creek is located at the northern intersection of Port Chicago Hwy. and Hwy 4 in Concord

Our Guest speaker will be **Mike Frazier** of Bedell Investment Counseling. His topic will be "How To Position Your Investment in This Time of Uncertainty". **Mr. Frazier** is a very knowledgeable Investment Adviser who has a very fine grasp of what is going on in the investment world. He was with our group this past year and he presented a very interesting and informative program. Bring your questions and ideas and be prepared to gain sound investment knowledge.

Breakfast is served at anytime after 7am. Meeting starts at 8am. Coffee is hot, food is good, people are even better. Come and join in. You may find some ways to enhance your retirement income.

Was it **Bill Hansen**, a former high school principal who believed that you should never raise your hand to your kids?... It leaves your groin unprotected.

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.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Lamb stew with boiled potatoes
- Baked cod fillet with mizo glaze and rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Never test the depth of the water with both feet.

Membership

Jim Jackson



Branch 146 statistics: Members 210, HLM 4, Waiting List 53. September Luncheon: Members 165, Honorary Life Members 4, Waiting List 9, Guests 7. Excused 38, Unexcused 6, Attendance 185.

Status Changes:

Inducted: **Tom Thomson, Max Burchett.** Added to Waiting List: **Ron Binder, Patrick Tinguely, William Hoban, Rick Esquerra.** Inactive: **Howard Sebastian, Don Duerson.**

Current Top 30 Man Waiting List (prioritized): **Mike Cavallo, Frank Fries, Allen Johnson, Jim Wray, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, George Hurd, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William**

Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter.

Remaining Waiting List Men (prioritized): **Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmeh, 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, William Hoban, Rick Esquerra.**



Party Bridge Fred Bolton

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

The Party Bridge Group met on September 6 at **Bill Snyder's** home for three tables of bridge. 1st place went to **Lynn Freeman** with 5380 points, 2nd to **Fred Kovar** with 4990 and third to **Jim Jackson.** Our next game will be on October 4 at **Lynn Freeman's** home.

Song Sirs Chris Satterthwaite



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

The Song Sirs are back in battery and are preparing to execute their trade. After two planning sessions, where capabilities and limitations were discussed by all hands (with vigor and candor), we are now better ready to repair and proceed. For example, we have a better handle on our mission, identity, priorities (major focus is on Br.146), songs repertoire, performance venues/times and organization. Sadly, we lost one of our new members **George Hurd** who died recently in Paris. At the same Sir **Lo McCarley** recently joined the Song Sirs for a total of twenty. Our next practice is Wed. Sept. 22. We are still accepting recruits.

Sunshine

Chuck Smith



George Hurd (W/L) died suddenly, while vacationing in Paris. The memorial service will be Wednesday Sept 22 at 7 pm at St. John Vianney Church. Our sympathy to his family.

Sir Dick Richmond is to have back surgery in a few days. Good luck, Dick.

Sir Owen Sullivan reports that this week - for the first time -he walked across the room by himself. This is a major accomplishment. Let's hope there is much more to report in the future.

Our condolences to **Bob Boldt** and his family on the death of his son **Brandon.** **Bob** is the Golf Pro at Boundary Oak Golf Club, and is a good friend of many of our members.

Was it **John Lewis**, a former math teacher, who believes that five out of three people have trouble with fractions?



Travel Opportunities

Charlie Kiser

Nov 14-15, 2004 Carousel Musical.

Includes r/t motor coach, overnight at Sands Regency-Reno. Sunday matinee

performance of Carousel and area casino stops. Cost \$80 p/p d/o single supplement \$10. Includes \$27 cash and food bonuses. Contact **Bob Hagler** Br.8 934-7620

Nov 30-Dec 1, 2004 Holiday in Reno with Robert Goulet. Includes motor coach transportation, 1 night deluxe accommodations at the El Dorado in Reno, **Robert Goulet** show, special holiday gift, hosted cocktail party and 3 meals. Cost is \$108 p/p d/o \$18 single supplement with over \$35 in casino bonuses. Contact **Charlie Kiser** 274-1575.

Dec 29, 2004-Jan 2, 2005 Grand Old New Years. A five day tour to Music City, USA Nashville, Tennessee. Includes r/t air, 4 nights at Opryland Hotel, New Years celebration. 7 meals and sightseeing tours. Cost \$1235 p/p d/o \$325 single supplement.

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

January 24-28, 2005 NYC Theater Tour Includes r/t air and Times Square accommodations. 3 Broadway shows, Backstage meeting with cast of Wicked. Radio City Music Hall Backstage Tour. Cost \$1573 p/p d/o.

Contact **Bill Hansen** Br. 146 939-4951

Feb 8-10, 2005 Reno Snow. Train r/t Amtrak to Reno. Two nights at Silver Legacy Hotel. All meals free or discounted. Show at Harrah's and bonus coupons. Cost \$230 p/p d/o. Deadline Dec 3, 2004.

Contact **Carl Raaka** Br. 8 254-0482

March 31-April 11, 2005 Japan-Waiting list only. r/t Air SF to Osaka and return from Tokyo. See flyer for details. Cost \$3165 p/p d/o.

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

May 23-June 2, 2005 Branson & Barging. A unique combination of the entertainment world of Branson and 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

Non-Responsibility Clause

All travel events and activities sponsored by Sons In Retirement, Inc. or its branches are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or passengers, or their property or any damage whatsoever, in any manner to said travel activities.

Theatre

Bill Hansen

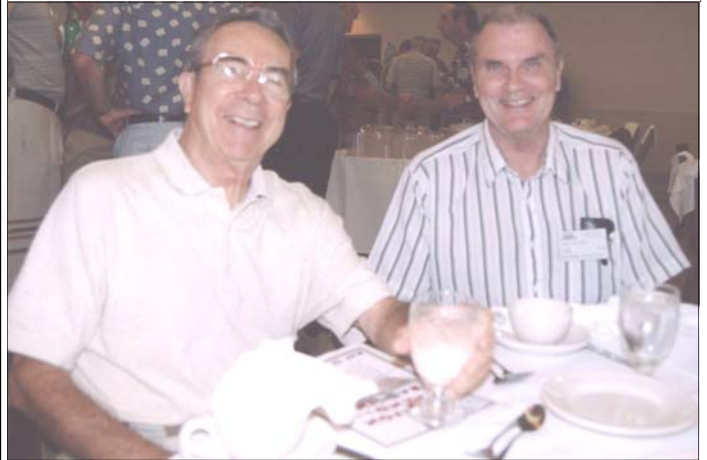


Don't miss the Crossroads Theatre presentation of Christmas My Way on December 11.

Tickets are \$25 each. Mail your check to:

B. Hansen, 3098 Manzano Drive, WC 94598.

Coming in January...four nights, five days in New York City, three shows (including Wicked), 4 breakfasts, two dinners and more. Final details at our October meeting.



Bill Martin & Gus Edwards

See's Fall Candy Sale

It's time to order your See's candy for the holiday season. Price for a 1 pound certificate will be \$9.85. This is a considerable savings over regular See's pricing, and you can order as much as you want.

If you would like to take advantage of this offer make your check payable to SIR Branch #146 and send it to **Bob Spellman**, 3524 Perada Dr. Walnut Creek, CA. 94598 along with a #10 self addressed, stamped envelope. Your certificates will be delivered to you in time for the Thanksgiving holiday. Please write the following:

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

Doing Lunch September '04



Marshall Moran, Stu Somerville & Bill Hoban

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them you're a mile away and you have their shoes.

State President Region Director Area Governor	SIR State Officers	Jim Musci Dan Gilmore Art Miller
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Branch 146 Officers and Directors		
Big SIR	Doug Cook	939-4327
Little SIR	Ray Kan	376-2023
Secretary	Garth Cummings	820-0745
Assistant Secretary	Jim Stedman	932-1636
Treasurer	Lew Thompson	686-6880
Assistant Treasurer	Frank Rockwell	943-7743
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Stu Somerville	944-0738
Director	Ed Wojnar	933-9248

Committee Chairmen		
Attendance	Bill Root	943-6194
Audit	Ron Pascoe	937-0161
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Bob Spellman	934-8428
Chaplain	Roy Fredrickson	284-5623
Cooking	Don Nunn	934-5214
Cooking Too	Rich Hanford	933-9237
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Golf Treasurer	Walt Barabash	935-2964
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Luncheon	Jerry Bellows	376-3352
Membership	Jim Jackson	687-7052
Newsletter Editor	Jeff Baily	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obera	932-2584
Radio	Bill Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Chris Satterthwaite	939-7826
Director	Rod Sharretts	372-6566
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Baily	906-0521
Wine Tasting	Bob Burley	934-5816

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
 2003 Bob Yolland



Walkers John Lewis

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

Oct 1 - Madrone Trail in the Las Trampas Wilderness Area to observe Great Heron nesting sites. Meet at south end of Stone Valley Rd. (west) shopping center, Alamo.
Oct 8 - Sibley Volcanic Regional Preserve. Meet at Orinda Village Safeway parking lot for carpooling.
Oct 15 - Castle Rock Trail. Meet at end of Castle Rock Rd.
Oct 22 - Lafayette Reservoir Trail. Meet at Reservoir parking lot. Bring parking meter quarters.

Oct 29 Donner Cabin site trail. Meet at Clayton Library. Note: mountain lion sighted last month.

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

Walking Group chairman, John Lewis with friend at the Benicia Marina



A 6 year old was asked where his grandma lived. "Oh", he said, "She lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport".

October Birthday Boys

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



**Waiting List men
 John Hayes & Frank Fries**



"Nurse, get on the internet, go to **SURGERY.COM**, scroll down and click on the 'Are you totally lost?' icon."

SIR CALL *Newsletter*

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

SirCall@astound.net

<http://www.sir146.com>

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Time Value Mail
Please deliver as
soon as possible.

Doing Lunch September 8, 2004



Max Burchett & Garth Cummings



Reggie Fromm & Bruce Jones



Stan
Jackson &
John Wall



Featured speaker
**Sir Dennis
Hallett**