

Published For Our Members And Friends



Jim Stedman

Big Sir's Notes

From now on, the Executive Committee meetings will start at 10:00 AM instead of 9:30 AM. Please note this change if you're planning to attend.

An objective of Sons in Retirement is to assist retired men in renewing old friendships and providing them with an opportunity to make new friends. The best way to do this is to provide a wide range of activities so that men with common interests can get together and share the enjoyment of doing what they like. Branch 146 is very successful in large part because of its wide range of activities. We continue to look for new activities that will be of interest. **Dick DeVoe**, Activities Coordinator, is helping start some new activities. Look for his report in this SIR CALL.

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



Frank Schipani, AKA Frank Salerno or Al Francesco entertained us at the September luncheon with his experiences while playing Blackjack for big bucks.



Jeff Bailly

Little Sir's Corner

October's speaker will be Officer **Bob Roberts** and his canine partner Freddy of the Contra Costa Sheriff's Canine unit.

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.

Our next game will be Monday, September 24th. We always have room for more so come join us.



Tim Valanos, Ken Beattie and Vito Magliano got together to solve the problems of the world at the September luncheon.



Cribbage Al Tufo

OK, is everybody sitting down when they read this? The Cribbage Club finally got to have a tournament derby after two months. The race was held at the **Howie King** facility. After a two month layoff, all the entrants had gained a little weight. The race started with everyone pacing themselves pretty evenly. Heading down the back stretch, the group was bunched up looking for an opening. Then, after the turn and heading down the main stretch, the **Italian Stallion** passed some gas and pulled away. I mean he stepped on the gas and won going away. We were only able to get in one tournament due to time constraints.

We made it a point to stop in and say hello to our brother, Sir **Bryant Fischback**, at Manor Care. He was sitting up in his wheel chair, and his wife **Trudy** was taking him to the guest room. He is showing some nice improvement. We had a nice visit. Who said that praying doesn't help. CIAO, TUFO



Duplicate Bridge **George Zunich**

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

In September, Sir **Fred Kovar** hosted three tables of Duplicate Bridge. **Fred Bolton** and **Jim Todhunter** tied for 1st Place with 29 points. **Bill Rees** was in 3rd Place with 27 points.

The next meeting will be held on October 15th.



Party Bridge **Fred Bolton**

1st Monday at 10 am at various members' homes. Contact Fred Bolton for details. Bring a lunch.

We played 2 tables of bridge at the home of **Fred Bolton** on September 3rd. First place went to **Bill Snyder**, and second to **Bob Donahue**. Our next game will be on October 1st at the home of **Dick DeVoe**. We welcome interested players.



Couples Duplicate Bridge **Lo McCarley**

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

Bob and Janet Yolland hosted six couples for a gala evening of duplicate bridge on September 19th. Every one had a great time and the winners were **Bob and Janet Yolland** with 27 points. **Lynn and Dasha Freeman** (24 points) came in second and **Bill and Margaret Rees** (22 points) captured third place. As usual, the scorers (**George Zunich** and **Bob Yolland**) did a yeoman job. Next bridge will be at the **Zunich/Judson** home on October 17th.



SongSirs **Harry Tutton**

The SongSirs are going to sing at the Sunrise Senior Living center on Ygnacio Valley Road on Wednesday afternoon, October 10th. All the songs will have something to do with "heart" and will hopefully bring back some happy memories for the audience.

If you would like to sing along with the SongSirs, please contact **Harry Tutton** to hear about the practice times and performances. Another singer is always welcome! Let's Keep Singing!

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, "62."
He was quiet for a moment, then asked, "Did you start at 1?"

Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692, philgoff@yahoo.com

DICK CURRY, Asst. Chairman, 376-5541,

racorinda@pacbell.net

Thursday, October 18 – Dwight Sale, SIR State Chairman of the Information Systems Committee, will present "Making Photo Albums using MS Word." Also, **Phil Goff** will have a short presentation on "Tips and Tricks for E-mailing Photos."

Come join us to learn more about digital photography. If you have any questions about taking, downloading, editing or printing digital photos, bring them to the group. We learn from one another and have a lot of fun along the way.

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

Come join us and spend some time learning and talking about your computer usage.

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.

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.)

Tuesday Golf **Walt Barabash**



LATEST TOURNAMENT RESULTS

August 21-First Flight: **Frank Rockwell, Joe Barry and Ron Binder**. Second Flight: **Bob Spellman, Ray Kan and Ray Weisz**. Closest to the Pin on Hole No. 2: **Rich Hanford**. Closest to the Pin on Hole No. 12: **Bob White**. Low Gross: **Ron Binder and Frank Rockwell** with 85.

August 28-First Flight: **Bill Cammerer, Vince Rettew and Al Zamolo**. Second Flight: **Bob Spellman, Ron Plachy and Bill Hansen**. Closest to the Pin on Hole No. 2: **Al Zamolo**. Closest to the Pin on Hole No. 12: **Steve Dawkins**. Low Gross: **Jim Burk** with 80.

September 4-First Flight: **Joe Fitzsimmons, Gene Diana and Jack Calloway**. Second Flight: **Doug Cook, Dean Merritt and Dan O'Sullivan**. Closest to the Pin on Hole No. 2: **Gene Diana**. Closest to the Pin on Hole No. 12: **Bob Mehus**. Low Gross: **Gene Diana** with 82.

September 11- First Flight: **Rich Hanford, Bob Yolland and Bob White**. Second Flight: **Bill Weinberg, Ernie Dickson and Ralph Fowler**. Closest to the Pin on Hole No. 2: **Bob Yolland**. Closest to the Pin on Hole No. 12: **Ernie Dickson**. Low Gross: **Joe Fuchs and Bob White** with 84.

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.

The October meeting of the Garden Club will be an outing to the Alden Lane Nursery in Livermore and a picnic lunch at a nearby winery. We will meet at the Walnut Creek Presbyterian Church parking lot at 9:30am, October 4th. A couple of vanpools will be available for those that prefer not to drive. As always, wives and guests are welcome to join us. Any questions? Call **Lew Thompson** at 686-6880.



Sunshine Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Since my last Sunshine report we have lost two of our members. Sir **Bill Martini** and Sir **John Fontenrose**. Our sympathy to the families of these men.

Sir **Frank Rockwell** is home recovering from a severe heart attack while playing golf at Incline Village. He is very positive and being well cared for.

Sir **Dick Richmond** is home recovering from knee surgery. Sir **Dick** was suffering from infection of the knee. He had a replacement done several years ago. The recovery for this surgery will take some time.

Sir **Richard Holmberg** is undergoing radiation after chemo for cancer. He is home and under great care by his wife **Gloria**.

Sally Burley, wife of Sir **Robert** is in San Marcos recovering from back surgery. The healing process will take some time but she is doing well.

Dorothy Matthews wife of Sir **Jack** is having a pacemaker installed on September 18th. She should be home on the 19th.

Sir **Bill Baltezare** is recovering from gall bladder surgery while vacationing in Tucson, AZ. He and his wife **Melanie** will remain in Arizona during his recovery.

Sir **John Rubiales** is home recovering from brain surgery. He has been in the hospital twice for this surgery. He is one of our new members. His wife **Jan** says he should make a full recovery.

Table Pool

Bill Weinberg



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



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

Bottled water bites the dust

One of the advantages of living in the developed world is that tap water is safe to drink, and in most municipalities, good-tasting as well. In blind tests, most people cannot distinguish between bottled and tap water. Bottled water, including mineral and spring water of whatever origin, is no healthier or safer than what your local water company supplies. And it lacks the cavity-fighting fluoride found in most U.S. tap water. Yet in the past few years, bottled water has become the hallmark of health-consciousness. Sales of non-sparkling water more than doubled from 2002 to 2005 and continue to escalate, totaling nearly \$15 billion in the U.S. alone. This, of course is excellent news for the bottled water industry, which assiduously promotes its water as superior to tap. Coca-Cola (Dasani) and Pepsi (Aquafina) sell about one-quarter of all bottled water---which, ironically, is treated tap water, as are many smaller brands. The boom has also been great for fancy restaurants, where the mark-up on bottled water is about 300%.

Sure, it's better to drink water than sugary sodas. Sure, consumers deserve a choice. But, the Consumers Recycling Institute estimates that 144 billion plastic containers, glass bottles, cartons, and aluminum cans were simply wasted in 2005---that is, not recycled but sent to landfills or incinerators or discarded along the roads and streets, making an unsightly mess. And think of this: in our energy-hungry world, huge amounts of petroleum are needed to make plastic water bottles, and huge amounts of fuel required to truck bottled water around or fly it from one country to another. It's efficient to deliver water via pipes, but not in bottles.

Times change, fortunately,. Certain upscale restaurants, such as Chez Panisse in Berkeley, have now begun serving tap water exclusively. There's been a flurry in the press about the new snob appeal to tap water ("impress your dinner companion--order *eau municipale*").

Also, tap water is more stringently regulated than bottled water.

The Worldwatch Institute points out that at least 1 billion people have no access to clean drinking water and that withdrawing water for bottling depletes some local streams and groundwater---particularly in counties where most people cannot afford bottled water. Water ought to be available and wholesome for all.

For a few billion dollars a year beyond current spending on water projects, everyone on earth could have clean drinking water, according to one estimate. That's a fraction of what those of us with safe tap water spend on bottled water every year.

NEW ACTIVITIES

The September luncheon had a sign-up sheet for recent start-up and potential new activities. Please contact Activities Coordinator, **Dick DeVoe** at 932-5546, or the activity's chairman below if you haven't signed up and/or you have an idea for new activity.

Guys Dine Out

The inaugural casual dinner was at The Greenery in Walnut Creek August 30. It is planned to be monthly at a relatively inexpensive restaurant in the area. The next dinner will be at Tullio's, 2065 N. Broadway in Walnut Creek on Thursday, Sept. 27 at 6:00pm. Call **Dick DeVoe** at 932-5546 if you can come or would like to be placed on the invitation list.

Explore & Dine

Our inaugural outing was the Blackhawk Auto Museum on August 23. An interesting place to explore will be selected monthly or so, scheduled typically in the morning, and followed by lunch. Call Chairman **John Pearl** at 934-6920 to be placed on the invitation list.

Book Exchange

The newly formed Book Exchange is up and running with 10 Sirs currently onboard. Anyone interested in joining us please get in touch with Chairman **Terry Marchione**, (terrymarchione@yahoo.com). You will need e-mail access to participate in this activity.

Golf- 9 Hole

This activity began recently as part of the Golf Committee's activities. Please contact Chairman **Dick Richmond** at 947-1167 if you haven't already.

Sirmonicats

This recent activity is looking for harmonica players particularly as well as other musicians. Call Chairman **Jim Helmick** at 376-6042 if interested.

Horseshoes

One branch already has a Horseshoes Group. It may be time for our branch, too!

Call **Dick DeVoe** at 932-5546.

Tennis

Two branches have a doubles tennis activity. Surely we have guys who with a little nudge like this can get playing again! Call **Dick DeVoe** at 932-5546.

Blackjack

Rich Ahlf, 672-2514, uses the same Hi-Lo counting method (which is what our September speaker used). If there is enough interest, he would give 3-4 classes in small groups of 5 or 6. Call **Rich** if interested.

Sailing

Depending on whether our SIR insurance will authorize this activity for a 30' sailboat, a member would like to start a Day on the Bay activity next year (water sports

with smaller craft aren't SIR-authorized). We'll keep you informed.

NFL Fantasy Football League

What about Branch 146 becoming part of the NFL Fantasy Football League? You can google "NFL Fantasy Football League" to learn more on-line. October 11 is the deadline for getting it set up for this season. Contact **Skip Thomas** at 939-3372 or lynskipt@astound.net soonest for more information.



Cooking

Dave Johnson

1st Monday at various members' homes.

Our September meeting was held at **Carlos Kiser's** Cantina. The first course was a spectacular and crunchy Mexican salad which, he promised, contained NO salmonella or e-coli. This was followed by Mexican rice (secret ingredients) and chicken enchiladas, which even surpassed his usual high quality of cuisine.

For dessert, we had his version of Mexican gelato(?), to cool the palate. The usual discussions of sex, religion, and politics were particularly unrewarding and the subjects were tabled for the next meeting at **Don Nunn's**. At the request of neighbors, there was no flamenco lesson.



Tres' Gourmet Lew Thompson

The September meeting of Tres' Gourmet was held at the home of **Lew Thompson**. The starters were cheeses, salami, veggies and dip. The main course was a penne pasta dish with chicken, shrimp, and sautéed vegetables. Delicious out-of-the-garden sliced tomatoes sprinkled with feta cheese, balsamic vinegar, and basil was a great accompaniment. A green salad completed the course. Dessert was ice cream with an underlayment of brownie. Aaaaah, another fine day in paradise.

Fishing

Sal Costanza

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

SIR fishermen have been busy. There are many types of fishing going on: striper, sturgeon, trout, salmon, halibut, rock fish, albacore, etc. Some successful trips, some not so successful. But successful or not, what could be better than a day on the water with friends and enjoying the challenge of trying to catch a trophy? Successful trips included a 48 inch sturgeon caught by **Joe Karg**(Br.8), a 34 inch striper caught by **Craig Walton**(Br.8) while trolling, and 5 mackinaw by **Dick Thompson**(Br.116) in Lake Tahoe. **Carl Moyer** and four other fishers caught 23 albacore to 25 lbs., 70 miles out of Half Moon Bay. All SIR members are welcome and encouraged to participate in fishing trips as well as attend the monthly meetings. Next up: September 27th and October 18th.



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*

- *Lamb Stew, served over mashed potatoes*

- *Breaded Cod Filet with waffle fries and coleslaw.*

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

Membership

Jim Jackson



Branch 146 Statistics:

Members 243, HLMs 5, Waiting List 16, Inactive 9.

September Attendance:

Members 166, HLMs 2, Waiting List 2, Inactive 0, Guests 3, Excused 63, Unexcused 9.

Total September Attendance: 173.

Status Changes:

Inducted: None

Added to Waiting List: **Randall Becker**

Inactive: None

Resigned: None

Withdrew: None

Deceased: **Bill Martini, John Fontenrose**

Current Waiting List (prioritized): **Dick Woodman, J. Michael Siebert, Robert Johnston, John Harrington, Orren Rupert, Corrie Oranje, Robert Schwab, Robert Bailey, Ray Welles, John Aaro, James Locker, Keith Oleson, Paul Dubow, Peter Miller, David White, Randall Becker.**

Poker Club #1 **Frank McNamee**



Bob Frankland hosted our September challenge. He proved to be a most kind and generous host contributing to the good fortune of **John Lewis, Frank McNamee, and Bob White.** Our two guest players **Don Martin** and **Al Zamolo** joined with **Mr. Frankland** in adding to the fatter wallets of **John, Frank, and Bob.** Our next gathering will be on October 10th at the **Bill Cammerer** residence.



Poker Club #2 **Al Zamolo**

Charlie Kiser was an excellent host, providing refreshments and some of his money at our August session. **Doug Cook** had his largest winnings to date. Our September meeting will be hosted by **Ken Kratz** on Monday, the 24th.



Poker Club #4 **Chuck Bobinecz**

Sir **Chuck Bobinecz** will host the September 24th poker session.

The basic principle of poker is that the most unusual combination of cards is the winning hand. This is such an obvious basis for a game that there may have been ancestors of poker back to 894 A.D., when playing cards were invented (by the Chinese).

Sir **Garth Cummings** will host our October 22nd poker



Dan O'Sullivan and Bob Lyman pause for a photo before the September luncheon.

Travel Opportunities Bob Spellman



Oct 29-30, 2007--The Kingston Trio. The Kingston Trio folk music created record sales and worldwide fame. They remain popular almost 50 years later. See and enjoy their show in the Grand Sierra Showroom. (Formerly Reno Hilton) Cost: \$125 per person d/o. \$25.00 single supplement.

Contact **Fred Stammen**, Branch 171, at 283-1956.

Nov 15, 2007--Day at the Races. Plan on enjoying a day of racing at Golden Gate Fields. Cost is \$42 which includes Turf Club admission, lavish buffet luncheon, program and bus transportation. Cost without bus transportation is \$27. Contact **Charlie Kiser** at 274-1575.

Apr 3-12, 2008--The Islands of Hawai'i. Our 50th 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 include Hilo, Maui, Kona, Kaua'i and O'ahu. Cost: Inside cabins start at \$2554 pp double. Outside cabins start at \$2941.

Contact **Charlie Kiser** at 254-1575 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 at 934-7620.

Explore and Dine John Pearl



Our first event was a trip to the Blackhawk Museum on Thursday, August 23rd, where a great docent treated us to a view of the automobile as art---lots of beautiful and one-of-a-kind cars. We had lunch at a nearby restaurant in Blackhawk Plaza. Our group included **Jim** and **Barbara Stedman**, **John** and **Nancy Pearl**, **Ron** and **Cathy Binder**, **Frank** and **Marilyn McNamee**, and **Merrill** and **Lillian Hinrichs**.



Wine Tasting ... Dale Haukland

I will be announcing our next wine tasting event at the October Luncheon. I hope you rang in the Fall with a good glass of wine. The crush is on at the wineries and hopefully it is a good vintage.

Away Golf

Jim Baldrige



A heads up from **Dick Richmond**. Our regular Tuesday Golf Tournament for October 9th will be a two man par point format. It's like a Stableford in that you get points for eagles, birdies and pars and you lose points for bogies or double bogies. Dick will circulate a rules sheet and will verify scores.

Congratulations to the newly formed nine-hole group. They played on Thursday Sept. 6th at Diablo Hills. This is a casual group that **Dick Richmond** and **Howard Harvey** put together. They meet monthly to swing the clubs and stop for some fellowship afterwards. Stop by and play. You're not even required to keep score.

Jim and **Judy Baldrige** and **Gene Diana** played in the men's and women's groups at the SIR State Tournament in Solvang. This was **John Cooper's** last year to host the event. Depending on response, **Dave Betts** may host next year. This is a four day annual event for Sirs and their ladies. One round is played at the Van Den Berg AFB course at Marshallia Ranch, then a day off. The next round is at the River Course at Alisal/Solvang. Both courses are very nice. Accommodations are at the Santa Ynez Valley Marriott. For non-golfers there are over 200 shops and restaurants in Solvang (a replica of a Danish town). Multiple wineries surround the area and the new Chumash Indian Casino is now open just east of town. Mark your calendars next year for the week of Sept. 9-13 and keep checking the SIR State Golf Website for entry forms.

The State Individual Qualifier was played at Boundary Oak on August 22nd. **Ron Binder**, **Gene Diana** and **Lew Thompson** qualified to go on to compete in the State Individual Tournament at Poppy Hills on November 5th.

Remember that there is a day of open play in November at Poppy Hills for those of us who were not successful at the regional qualifying events. Check with **Dick Richmond** for specifics.

Our Br. 146 September event was the Ladies Invitational at Yountville on Thursday Sept 20th. It was hosted by **Lynn Freeman**. **Lynn** who has circulated flyers at our monthly luncheons.

Mel Verzi, Br 45, Yuba City is putting on a two day mixed (Sirs and Ladies) event on Oct. 24 & 25 at Southridge GC in Yuba City. Colusa Casino Resort is offering a \$69 rate for those referencing the SIR event. Their number is 530-458-8844. You can contact **Mel** via e-mail: mrmelchico@sbcglobal.net. **Jim Baldrige** also has entry forms.

The last golf travel event of the year is the State Tournament in Ixtapa, Mexico the weeks of November 9th and November 30th. Questions: **Jim Baldrige** 925-689-9232; **Dick Richmond** 925-947-1167

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

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

Names:

Chose from the following entrées:

Filet of Beef _____ Herb Crusted Filet of Salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to:

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

Tom's e-mail address is thompsonsa@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!

Fall Candy Sales



It is time to order your See's candy for the Holiday Season. The price is \$10.75 for a one pound box certificate. You can pick any type of candy you like: soft centers, nuts and chewies, etc. There is no limit to the amount you can order. Make your check payable to "SIR Branch 146" and send it to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521. **Please include a stamped self addressed #10 envelope (this is the long envelope).**

The deadline is November 12, 2007. Your certificates will be mailed to you shortly thereafter.

Name _____

Address _____

City and Zip _____

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



Walkers

John Lewis



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

- Oct. 5 Sam's Club North-Concord Ave.**-Meet at parking lot between Sam's Club and Sportsmart on Concord Ave. near Buchanan Field.
Paved - Level - No Shade
Coffee at Panera, Willows Shopping Center.
- Oct 12 Moraga Canyon Trail West** - Meet at Moraga Safeway parking lot. Walk is toward San Leandro Reservoir.
Paved - Level - Shade
Coffee at Terzetto Cuisine, Moraga.
- Oct 19 Pleasant Hill BART, North, Coggins Dr.**
Meet at parking on Coggins Dr. Walk north on Iron Horse Trail.
Paved - Level - Some Shade
Coffee at La Scala, Civic Drive and Locust, WC
- Oct. 26 John's Walk** - Cesar Chavez Park, Berkeley.
Meet at Heather Farms Swim Club parking for car pooling and directions to Cesar Chavez Park.
Paved - Level - No Shade
Lunch at Spenger's Fish Grotto, 4th St., Berkeley.

Thanks to **Bill Cammerer**, and his team for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Dick DeVoe** for proofreading.



Yep, that's **Stu Somerville** and **Bill Snyder** enjoying a chat at the September luncheon.

SIR CALL *Newsletter*

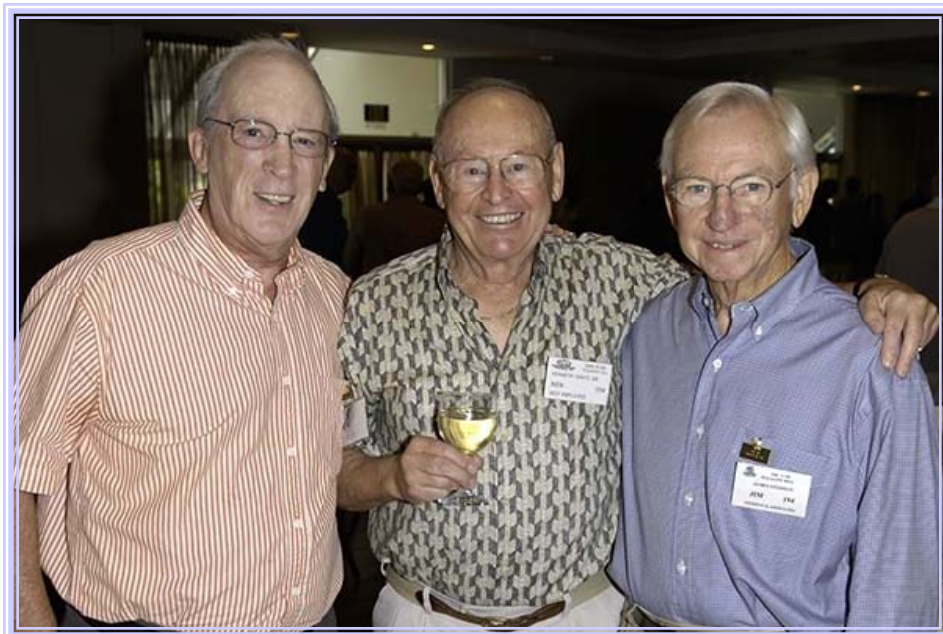
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Los tres Amigos were looking mighty happy at the September luncheon
They are, of course, **Jeff Baily**, **Ken Kratz** and Big Sir **Jim Stedman**.