

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 8

Published For Our Members And Friends

August 2004



Doug Cook

Big Sir's Notes

August is here and summer is in full swing now with our beautiful Bay Area weather. It is also a good time to reflect on all the activities that are available to us in Branch 146. If you are not taking advantage of these, by all means do as the Ford advertisement says "If you haven't looked at us lately, look again." Current thanks are in order to the following individuals who have given their time and talent: Jesters **Bill Weinberg**, **Lo McCarley**, **Frank McNamee**, **John Denham**, **Bill Boyd** and **Frank Kovar**. There are openings in October and November for the Jester's role. If you would like to make your fellow Sirs a bit happier during lunch, please contact me. It will be greatly appreciated. Also, thanks to **Pete Gates** for filling in for **Jeff Baily** while he is gone. This is a big responsibility as the Sir Call Newsletter is our primary publication that keeps us well informed. Finally, I would like to once again present the candidates for 2005 officers and directors that were accepted by the board at the June meeting. They are:

Big Sir - Ray Kan	Director - Jeff Baily
Little Sir - Garth Cummings	Director- Chuck Bobinecz
Secretary - Jim Stedman	Director - Ralph Fowler
Asst. Secretary - Bob Burley	Director - Dick Joyce
Treasurer - Frank Rockwell	Director - Stu Somerville
Asst. Treas- Jim Todhunter	Director - Mike Varner



Ray Kahn

Little Sir's Corner

Our speaker for August will be one of our own, **Garth Cummings**. **Garth** earned a PhD in Engineering from UC Davis and worked in Livermore. He will enlighten us on the situation with the Department of Energy and the National Laboratories.



Our Speaker for the July Luncheon
Takashi Tanemori



Bocce Ball

Al Milano

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



Cooking Too

Rich Hanford

There are no activities planned for July or August.

Bowling

Dick Joyce



I am pleased to report that **Gus Edwards** and **Larry Mitchell** will be Co-Directors for our Annual **Dave Valladao** Tournament for 2005. The 4-Foxes from Branch 19 and our Dave's Dudes tied for the 1st half of our SIR's Summer Bowling League.

We need new bowlers for our Winter League which will start in early September. Contact **Dick Joyce** for details.



Doing Lunch: **Bob Skirvin**, **Ray Nordstrom** and **Jack White**

Only in America:

- Can a pizza get to your house faster than an ambulance.
- Do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place
- Do they have drive-up ATM's with Braille lettering.



Cribbage

Al Tufo

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

This is a very difficult article to write at this time. The Italian Stallion AKA Al Tufo was soundly beaten in the Triple Crown race. A sleeper by the name of **Larry Reilly** took the lead and never looked back. The I.S. is thinking of going to stud and giving up racing. We were able to play four tournaments on Wednesday and **Larry** won three of them.

Dan Meckessel won one and came in second in two others. The Italian Stallion did manage to come in second in two others, so all was not lost for him. We don't know what happened to **Barney Meade**. Once the gate was opened we never did see him again. Next month, August 11th, the Cribbage Club will be hosted by **Larry Reilly** at his home on Pembroke Lane, where **Theresa Reilly** will sharpen our taste buds with all kinds of sweets.



Cooking and Social

Don Nunn

1st Monday at various members' homes.

As announced last month, we will meet at the home of our barbeque specialist, SIR

Bob Spellman on the 15th of July and I will tell your next month how great it was! Our August Cooking meeting will be held on the bus to Markham Vineyards. At this time we are sold out. Report to follow. If you are interested in attending the October Dinner Dance, see the Reservation Form on page 7 of this SIR CALL.

Duplicate Bridge

Bob Donahue.

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



SIR **Lo McCarley** hosted four tables of duplicate bridge in July. **Jim Todhunter** was first with 40.5 points and **Bill Snyder** was second with 39 points. **Lo McCarley** was third with 38.5 points and **Fred Kovar** was fourth with 37.5 points.

The next meeting is scheduled for Monday, August 16th. Contact **Bob Donahue** at 376-4527 for information

Only in America

- Do people order double cheeseburgers, large fries and a Diet Coke.
- Do we use the word 'politics' to describe the process so well: Poli' in Latin meaning 'many' and 'tics' meaning 'bloodsucking creatures'.

Area 2 Computer Group

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

If you have an interest in digital photography, the Thursday, August 19th Area 2 Computer User Group meeting is a "Must-Attend". We will have the second of two presentations on digital photography. Our speaker for this presentation, **Charlie Kezarian**, will address the popular Adobe Photoshop software program. This meeting marks the first anniversary of the re-birth of our group. We meet from 9:30 to 11:30 am, on the third Thursday of the month 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). We will also address your computer questions and problems as well as identify some cool sites to visit on the Internet. In addition we will present the results of a SIR Computer User Group member survey, conducted via the web. Information obtained in the survey provides a profile of our membership, identifies their interests, and gives input for our future direction. When you receive notification of the survey, please take the 5-10 minutes necessary to complete and return it. If you are not on our e-mail list and would like to participate, please e-mail **Floyd Skelton**

Check their website out by visiting <http://www.sir146.com> Click on "activities." Click on "Area 2 Computer Group"....ed.

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 the **Sue and Lo McCarley's** on July 21. **Lynn and Dasha Freeman** took first place as a welcome back after missing two times because of the accident. **Bob and Janet Yolland** took second, **Carl and Anne Johnson** placed third, and **Dave and Claire Rasmussen** tied for fourth with **George Zunich and Tamara Judson**.

Fishing

Sal Costanza

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



I am vacationing at Lake Tahoe for the next two months. If you want the skinny on how and where the fish are biting, come to our monthly meeting.

Two blondes are on opposite sides of a river. One blonde yells to the other, "How do you get to the other side?" "You are on the other side," the other blonde yells back.

Garden Club Chuck Bobinecz.

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

The August 5th meeting will feature speaker **Debra Bass** from the County Vector Department. We will meet at the Alamo Safeway conference room at 9:30 am. The definition of the term vector is “a transmitter or carrier of disease”. **Debra** is not a vector but she can inform us what critters are vectors (mosquitoes, rats and mice, skunks, etc.) and what the county can and cannot do for us as far as critters are concerned. They do make house calls and they do not charge for their services because they are funded by tax dollars. In the planning stage for September is a field trip to do tasting of heirloom tomato varieties.



Tuesday Golf Walt Barabash

June 22 First Flight: **Bill Becker, Olof Johansson and Frank Rockwell.**

Second Flight: **Howard Harvey, Jerry Bellows and Ed Wojnar.** Closest to the Pin: **Olof Johansson.**

Low Gross: **Bob White and Bill Malone: 86**

June 29 First Flight: **Rich Hanford, Jack Calloway and Jim Baldrige.** Second Flight: **Bob Madge, Stu Somerville and Dan O'Sullivan.** Closest to the Pin: **Gene Diana.** Low Gross: **John Lewis: 80**

July 6 First Flight: **John Demos, Ray Nordstrom and Larry Sheerin.** Second Flight: **Fred Bolton, Dan O'Sullivan and Dean Merritt.** Closest to the Pin: **Bob White.** Low Gross: **Bob White: 84**

July 13 First Flight: **Ed Wojnar, Bill Becker and Bill Weinberg.** Second Flight: **Ray Kan, Dean Merritt and Larry Zugnoni.** Closest to the Pin: **Lew Thompson.** Low Gross: **Gene Diana: 83**



Doing business: **Bill Sharkey and Susie**



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.

MENU READING HINTS

Menu words and phrases will give you a hint as to fat content in the foods at your favorite restaurant.

Here are some examples:

HIGH FAT

Agemono (fried)

Aioli (garlic-flavored mayonnaise)

Alfredo (prepared with cream, butter and cheese)

Alla crema (with a cream sauce)

Au beurre (with butter)

Au gratin (topped with cheese, bread crumbs etc.)

Breaded or battered

Con queso (with cheese)

Country-style (anything, but mostly fried, battered or smothered in gravy)

Crispy (typically battered fried)

Croquettes (breaded and deep fried patties)

En croute (wrapped in pastry)

Escaloped (prepared with a creamy sauce)

Frito or fritto (fried)

Graisse (fat or grease)

Old-fashioned (often high in fat)

Panfried

LOW FAT

Au fines herbs (Coated with parsley, tarragon, chives, etc.)

Au jus (pan juices with no added fat)

Au natural (plainly cooked without extras)

Baked

Barbequed

Blackened, grilled or alla griglia

Blanched (quickly plunged into boiling water)

Boiled

Broiled or charbroiled

California style (generally simple, “au natural”)

Flame-seared (grilled over an open fire where fats drain off)

Garden-fresh (generally prepared with limited seasonings)

Poached

Reduced (stock, wine, or light sauce has been boiled down)

Roasted

Rotisserie

Steamed

Source: *Fitness*, September 2003



Know Your SIR Bill Snyder

I was born in Chicago in 1932 and grew up in Illinois and Wisconsin, graduating from the University of Wisconsin as a civil engineer in 1957. College had been interrupted for Navy service in Korea where I was a sonar man on a destroyer. My working career was in civil engineering design and construction. Early work was with the Bechtel Corporation, mostly on cross-country pipelines and coaxial cables. I spent the middle years with a couple of smaller firms, doing civil design and land surveying and finished up with BART as a design/project manager. I did a lot of moving around working in the U.S. and Canada but only went overseas once, to Tasmania, Australia to build an iron ore slurry pipeline.

I was on a job in El Segundo when I met **Donna** and we were married in Highland Falls, New York in 1964. She was a laboratory technician then and, when we finally settled down, worked at Kaiser as a phlebotomist. Along the way we raised two fine girls. One now lives in Folsom and the other in San Diego. Both are married to nice guys and both have two children that require frequent visiting. That is when I am not playing Sirs bridge or **Donna** and I aren't walking all over the county with **John Lewis**. We also enjoy the SIR couples social events, have taken some good SIR trips, and look forward to more.



Harry Rieck, Chuck Eichten and Ed Wojnar

One day at the rest home an old man and woman are talking. Out of nowhere the woman says, "I can guess your age." The man doesn't believe her but says go ahead and try. "Pull down your pants", she says. He doesn't understand but does it anyway. She inspects his rear end for a few minutes and then says, "You're 84 years old." That's amazing," the man says. "How did you know?" "You told me yesterday."

Table Pool Bill Weinberg

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

The Pool Club met on Monday, July 19th and had 14 playing. We had 5 tables going and the play was very good. It was good to welcome newcomers **Jim Jackson** and also to welcome back **Barney Meade**. Our next meeting will be on August 2nd. See you there!



Otto Wilson
"Rackin' em up"

Investments

Ben Smith

The August meeting of Area 2 Financial Group (Sums In Retirement) will be held Wednesday, August 25, at our regular meeting place, Diablo Creek Golf Course (Legends Grill Room) located at Hwy 4 and Port Chicago Hwy in Concord.

The meeting will feature a special presentation from Fidelity Investments, Walnut Creek office. The Topic will be "Retirement Income Planning" and we will discuss and review a new Fidelity investment tool which provides an excellent way to measure the best ways to enhance and safeguard your retirement income. This program will provide real insight into the best ways to manage your income flow, without running the risk of running out of money before the end of your retirement. It will also deal with added safeguards in planning your estate.

The meeting will start at 8am and breakfast will be available at anytime after 7am. We normally meet on the 4th Wednesday of each month. No reservations are necessary. Just come and have breakfast and join in. All SIR's are welcome to attend. Bring your ideas and questions, have a good time and learn some ways to improve your financial condition.

If you have questions or need additional information, contact SIR Ben Smith (Br. 116). Tele: 820-5403, e-mail bjsssmith@aol.com <<mailto:bjsssmith@aol.com>>

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.

Party Bridge Fred Bolton

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

The Party Bridge Group met on July 5th at **Jim Jackson's** home for two tables of bridge. First Place went to **Harry Dillon** with 4720 points, second to **Lynn Freeman** with 4680 and third to **Lo McCarley**. Our next game will be on August 2nd at **John Lewis's** home.

Song Sirs Chris Satterthwaite



The Song Sir's are taking leave from "extra curricular" activities until mid-Sept. Next practice TBA. We will be present for Br146 lunch and as usual will sing "God Bless America". Interested in viewing Song Sir Br. 146 on TV? Tune in to **Walnut Creek Currents** on Astound Ch. 29—daily at noon and 7 pm or Comcast Channels 6 and 26--daily at 6 am, 9 am, noon, and 3 pm; also Wed. at 7:30 pm. They will be showing the VETS Day dedication of the new VETS Memorial in downtown Walnut Creek.



Luncheon Menu Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Chopped steak with stir fried rice
- Assorted fresh fruit platter with yogurt dressing, cottage cheese and cheese twists

Dessert

- Daily dessert special

Membership Jim Jackson



Branch 146 statistics: Members 210, HLM's 4, Waiting List 51. July attendance: Members 156, HLM's 4, Waiting List 14, Guests 2, Excused 43, Unexcused 11. Total Attendance: 176.

Status Changes, Added to Waiting List:

Timothy Valanos, Vincent Rettew, Bill Baltezare, Thomas Boltz.

Current Top 30 Man Waiting List (prioritized):

Richard Ahlf, Thomas Thomson, Max Burchett, 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

Remaining Waiting List Men (prioritized): **Orlo Jones, Russell Anderson, Daniel Schlatter, 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.**

Sunshine Chuck Smith



Please report any news of illness or tragedy that affects any of our members or their families.

While in Minnesota a couple of months ago **Milt Swenson's** wife **Eldora** fell and required a complete hip replacement. They had to stay back there until she was able to travel. They are home now and we are happy to report that she is recuperating well.

Russ Bliese's wife **Opal** had a battle with recurring cancer in the abdomen, and they are happy to report that the surgery was successful. Great news.

Please note: Any time that your garden is yielding an over-abundance of flowers and you would like to share them with a **SIR Shut-in**, please let me know. We hope



Travel Opportunities

Charlie Kiser

Sept 1-3, 2004 Golf-Boulder Creek. Includes 3 days of golf, 2 nights accommodations, hosted dinner and \$28 food credit per room. Cost is \$200 for golfers and \$149 for non-golfers. Contact **Charlie Kiser** 274-1575 4

Sept 16, 2004 Cruise on FDR's yacht Potomac. The Nummi and NASA trip originally scheduled for this date has been cancelled and replaced by a Bay Cruise on FDR's yacht Potomac. This 2 Hour History cruise will commence at 11:00AM at Jack London Square. We will try to arrange a no-host lunch after the cruise. Cost is \$28. Make check payable to SIR 146 and mail to **Bob Spellman**. Please enclose a stamped, self-addressed envelope for return of tickets. **Bob's** phone is 934-8428. Deadline is August 17. Space is limited.

October 3-10, 2004 National Parks of the Southwest. Includes r/t air SF to Las Vegas and motor coach throughout tour. Visit Grand Canyon, Bryce and Zion National Parks as well as Lake Powell cruise, Sedona pink jeep tour, wagon ride and steak fry in Mesquite and sights along the way. Includes 7 breakfasts and 6 dinners plus all admissions. We have 31 people signed up. Come join the group. Cost \$1450 p/p d/o. Single supplement upon request. Contact **Charlie Kiser** 274-1575.

Oct 26-27, 2004 Yakov Smirnoff in Reno. Includes r/t motor coach, overnight at Reno Hilton, show and casino stops. Cost \$102 p/p d/o single supplement \$15 Includes \$30 cash and food bonuses. Contact **Bob Hagler** Br. 8 @ 934-7620

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 motorcoach 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

March 31-April 11, 2005 Japan. r/t Air SF to Osaka and return from Tokyo. First class and deluxe accommodations, all meals hosted, various Japanese cities, bullet train Osaka to Hiroshima. This one is too good to miss. Cost \$3165.00 p/p d/o. Single supplement \$750.00 Contact **Bob Hagler** Br. 8 @934-7620

Away Golf

Jim Baldrige



Thanks for the great sign-up for the Vallejo Blue Rock Springs tournament. We filled ten tee times on the East Course. Results will be announced at the course at the completion of play because they included pro shop prize funds for us in the fees. The Golf Course prize funds are good for merchandise in the pro shop. So plan on staying around a few minutes after play to give me time to figure the scores. SIR prize funds will be distributed to winners on the following Tuesday in the regular winners' check envelopes. Because of heavy travel schedules we will NOT have an August Away Golf tournament. For September I'm looking at Adobe Creek in Petaluma. We try to get closer to the coast in the summer months to hopefully play in cooler weather. Let me or **Dick Richmond** know if you have any other courses in mind. Questions? Call **Jim Baldrige** 689-9232.



Theater

Bill Hansen

It is the opening night gala in Danville as the Role Players, an award winning company, presents Sleuth. Because we are on opening night we are restricted to just thirty seats, so check your calendar and move what you must but send your check now! The date is October fifteenth and tickets are just \$15 per seat. Send your check made out to Sirs 146 to **Bill Hansen** 3098 Manzano Dr. Walnut Creek, 94598.



Wine Tasting

Bob Burley

This is a call for members with an interest in wine: academic, cultural or just quaffing. We would like to carry on the tradition of the last three years of wine tasting for pleasure and education. I need you to contact me by phone or e-mail so that we have knowledge of who and how many are interested in participating in this noble endeavor. Please send, call or write to me at loneangler@astound.net providing your name (spouse's also) phone number, e-mail, etc. We are planning home-based wine tasting as well as winery excursions and joint participation with other groups, i.e. cooking or gardening.

Only in America

- Do the banks leave both doors to the vault open and then chain the pens to the counters.
- Do they have drive-up ATM's with Braille lettering.
- Do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes, booze and junk food at the front.

State President Region Director Area Governor	SIR State Officers	Don Schumacher 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 Bailey	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obara	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
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

No walks are scheduled for August.



August Birthday Boys



Walt Barabash, Bill Boyd, Doug Carlson, Russ Chaney, Pablo Chavez, Harry Dillon, Lang Erickson, Paul Graham, Jim Helmick, Merrill Hinrichs, Jim Jackson, Dave Johnson, Charlie Kiser, Dan O'Sullivan, John Rose, Gary Schaub, Bill Sharkey, Bill Snyder, Bob Spellman, Jim Todhunter, Charlie Unfried, Bob White.



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

12TH DINNER DANCE

Casual Night Out

Yes, I want to attend the Dinner Dance on Wednesday, October 6th. The evening starts at 6 pm and ends at 10. We will hold the price at \$80 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet, and a rousing group of retirement couples to party the night away.

Send check payable to SIR Branch 146 to **Don Nunn**,
2127 Seccombe Court, Walnut Creek, CA 94598.

SIR Name: _____ POSSLQ* _____

Steak _____ Cornish Game Hen _____ Cannelloni (Vegetarian) _____

If you wish to order tables of eight, please send the total amount or all of the checks with your request.

Names of table mates-(Please include checks)

Person of opposite sex sharing living quarters (or maybe not).

The Rooster-Mr. Damian L. Reynolds, one of the SIR's founders, described the corporation's copyrighted insignia: "Of all the creatures on earth, none expresses independence and dignity with more sureness and aplomb than a rooster. The majesty of his presence is felt in every barnyard, and when he crows, he can be heard for miles, not a fainthearted crow, but with a noise that calls attention to his majestic being".

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.

SIR CALL *Newsletter*

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**Time Value Mail
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soon as possible.**



Ray Yonce and Russ Chaney share a moment at the June Luncheon



Russ Blieze, John Denham and Myles Ringle deep in conversation at the June Luncheon