

Published For Our Members And Friends



Garth Cummings

Big Sir's Notes

Many thanks to the Song Sirs for the program they put on for our July luncheon and to the Sirmonicats for providing the harmonica medley. The Sirmonicats are a new harmonica group headed by **Jim Helmick**. Anyone interested in joining the group contact **Jim**.

Don Nunn provided an excellent article for the state publication, SIR Happenings. If you haven't seen it, look for it on the state SIR website, sirinc.org.

At the July meeting of the Branch Executive Committee an Emergency Evacuation Plan was approved and will be distributed at the August luncheon. The plan describes evacuation routes from Blake's in case of an emergency, such as an earthquake. Although the probability of such an emergency arising during our luncheon is low, it is best to be prepared. On page 4 of this issue of SIR Call is a map showing the evacuation routes. We plan to ask the members to leave using these routes after the August luncheon just to familiarize themselves with the different exits. Many thanks to **Dennis Hallett, Don Del Bene** and **Reggie Fromm** for preparing this plan.

Remember that we will be voting for the 2007 branch officers and directors at the August meeting. The list of nominees is provided below. We all appreciate the willingness of those nominated to volunteer to oversee branch operations during the coming year.

The 2007 Branch 146 Executive Committee Nominees are as follows:

- Big Sir-**Jim Stedman**
- Little Sir-**Jeff Baily**
- Secretary-**Stu Somerville**
- Asst. Secretary-**Dennis Hallett**
- Treasurer-**Bill Snyder**
- Asst Treasurer-**Tom Thomson**
- Directors- **Pete Gates, Al Zamolo, Jack Matthews, Larry Mitchell, Dan O'Sullivan & Harry Tutton.**



Jim Stedman

Little Sir's Corner

The speaker for August will be **Gayle Uilkema**, member of the Contra Costa County Board of Supervisors from the Lamorinda area. She will bring us up to date on the major issues facing Contra Costa County at this time.

Bocce Ball **Bob Frankland**

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



We had a good turnout on July 10th. Join us for some fun. Beginners welcome. Rain cancels.



Bowling

Larry Mitchell

Holding first place in the current summer league is "Dave's Dudes" with a record of 28 and 12. The team is composed of: **Dave Rasmussen, Larry Mitchell, Gus Edwards** and **Ray Weisz** (as a sub). **Dave** (The Dude Himself) also has the

highest average among the SIR bowlers.

The next SIR tournaments are in: Napa on July 31st-August 1st (Torres, 707-252-0423) and Reno on August 14th to 16th (Soloman, 530-344-0553). Napa is a singles and doubles event and Reno is singles, doubles, and team. For more information, please call **Larry Mitchell** at 925-798-5440.



Cooking

Dave Johnson

1st Monday at various members' homes.

The meeting for July was held at **Charlie Kizer's** Bar and Grill. **Charlie** and his friend **Jack**, provided a true South of the Border meal, which included **Charlie's** own special chicken enchiladas, rice, refried beans, guacamole and salsa. He also offered a vanilla parfait, for dessert, "to put out the fire." After the meal, **Charlie**, who insisted that we refer to him as "Carlos," demonstrated several of his favorite Latin dance steps. The August meeting will be at **Gene Diana's**. Be sure to call in advance, if you are attending.



Tres' Gourmet Lew Thompson

The Tres' Gourmet Cooking group met at **Lew Thompson's** house. Appetizers of veggies, hummus, and pita chips were enjoyed with the usual libations. The luncheon consisted of dolmas, lentils and rice, and tabouli. Dessert was, of course, baklava and coffee. Our thoughts and prayers were with one of our members, **Bryant Fischback**, who is recovering from a stroke at Manor Care in Walnut Creek.



Duplicate Bridge George Zunich

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

In July, Sir **Bill Snyder** hosted 3 tables of Duplicate Bridge at his home. The results were as follows. **Carl Johnson** and **Rich Ahlf** tied for 1st Place with 27.5 points. **Bob Yolland** came in 3rd with 27.0 points. The next match will be held on Monday, August 14th. Contact George Zunich at 376-4439 for information. We welcome interested members.

Songsirs

Bill Rees



The SONGSIRS will have practice sessions on the 1st and 3rd Wednesdays in August. SONGSIR members will be notified if this pattern changes.

We have added a new singing member to our group. **Chuck Kistenmacher** joined us at our last practice and participated in the SONGSIR portion of the Branch luncheon. It is my understanding that **Chuck** has had significant singing experience in his prior life. Welcome to the group **Chuck!**

Congratulations to the SIRMONICATS who have been officially recognized by our Branch Board Of Directors as a separate and unique activity within the Branch. It is the intent of both the SONGSIRS and the SIRMONICATS to maintain a continuing harmonious relationship.



Sirmonicats Jim Helmick

The Sirmonicats are off and running as the newest activity group in Branch 146. If you are interested in playing the harmonica or a rhythm instrument that would fit in, contact **Jim Helmick** at 376-6042 or at his email address jim-helmick@comcast.net. We plan to meet on a regular basis just before SONGSIRS practice."

Area 2 Computer and Digital Photography Groups

Floyd Skelton 838-2515, f.skelton@sbcglobal.net
Dick Curry 376-5541, racorinda@pacbell.net
Phil Goff Digital Photography , philgoff@yahoo.com

Thursday, August 17 - Dick Curry (Branch 171) will be our featured speaker. He will make a presentation on a topic of interest to SIR computer users. Dick will also conduct a Computer Q&A session following his presentation.

Meetings of the Area 2 Computer Users Group/Digital Photography Group are held the 3rd Thursday of each month (except December) from 9:30 to 11:30 a.m., 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).

The Digital Photography Group only meets the first month of each quarter (January, April, July, and September) and the Computer Group on the 2nd and 3rd months of each quarter. All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://www.sir-web.org/computer>

Couples Duplicate Bridge Lo McCarley

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



George Zunich and **Tamara Judson** hosted three tables of Couples Duplicate Bridge on July 19th. **Bob** and **Janet Yolland** won first place with 27 points, **Lynn** and **Dasha Freeman** came in second with 22 points and **George Zunich** and **Tamara Judson** took third place with 21 points.

Lynn and **Dasha Freeman** will host the next session on August 16th.

Fishing

Sal Costanza

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



Any time of year can be great for fishing but summer offers a variety of opportunities from high mountain streams to salt water. Come join us to find out where our guys have been fishing, what they are catching and what trips are coming up. I guarantee that there will be some good fish stories.

Fishing rule #1: The least experienced fisherman always catches the biggest fish.

Fishing rule #2: The worse your line is tangled, the better is the fishing around you.

Fishing rule #3: Fishing will do a lot for a man but it won't make him truthful.

Garden Club

Chuck Bobinecz



1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., Room 305, unless otherwise announced.

The Garden Club will meet at 9:30 am at the Walnut Creek Presbyterian Church. **Lew Thompson** has lined up an excellent speaker. **Susan Handjian** is a water conservation representative of EBMUD and she specializes in residential landscapes.

Garden tip of the month: In addition to Nitrogen, Phosphorus and Potassium, plants need small amounts of 10 different micronutrients such as zinc and copper. Plants require only small amounts, but they are essential for plant growth as the main course

Gardening Rule:

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.



Cribbage

Al Tufo

On Wednesday, July 12th, Cribbage was hosted by **Larry Reilly**. We were able to play three challenging tournaments. The first was won by the **Italian Stallion**, with **Larry Reilly** placing second. The next tournament was won by **Dan Meckfessel**, the **Italian Stallion** took second. Then the third was won by **Dan** again, with **Larry Reilly** placing second. I would like to take this opportunity to ask all of my brother Sirs to take a few minutes to say a prayer for our Cribbage Club member **Bryant Fischback** who suffered a stroke last month. Pray that he has a fast recovery, and once is reunited with his family and lovely wife **Trudy**.

CIAO Tufo

Table Pool Bill Weinberg

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

The Table Pool Club has had an increase in attendance starting in the Spring. Play is getting much better and obviously the practice is helping. Hope to see even more of you there. 1st and 3rd Monday of the month at Masses.



One evening, while driving home from his cooking group meeting in the pouring rain, a man got a flat tire outside of a monastery. A monk came out and invited the man inside to have dinner and to spend the night. The stranded motorist gladly accepted the monk's offer.

That evening the man had a wonderful dinner of fish and chips. He decided to compliment the chef.

Entering the kitchen, the man asked the cook, "Are you the fish friar?" "No," the chef replied, "I'm the chip monk."



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.

Wellness Made Easy

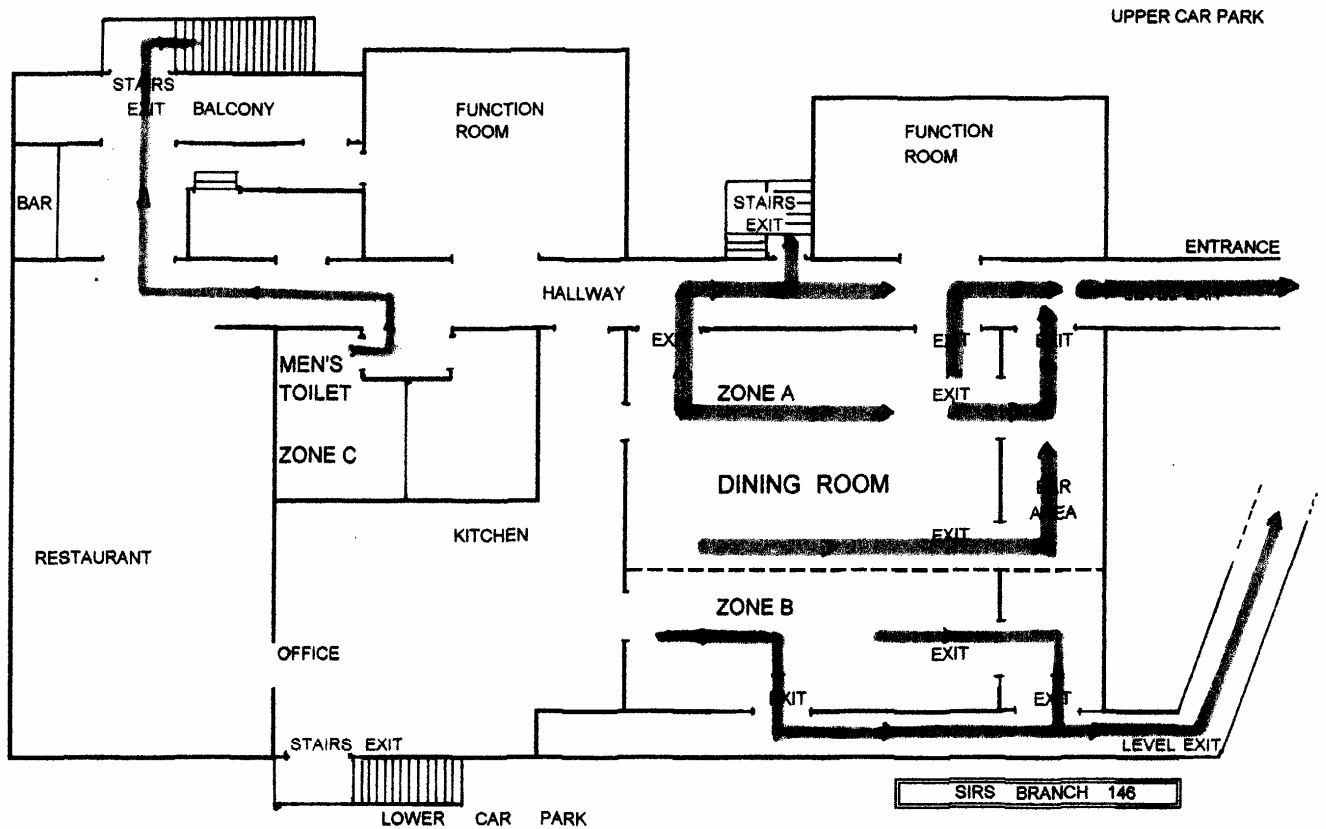
Avoid sitting with a wallet, or any bulky item, in your hip pocket for long periods of time. It's no joke that people who do so have ended up with what's called "credit card sciatica". Any object that puts pressure on the sciatic nerve can, over time, contribute to sciatica, characterized by pain that begins in the lower back or buttocks and radiates down the leg. Regular exercise may help prevent sciatica by improving posture and strengthening the muscles in the back and abdomen.

Alcohol-based hand sanitizer gels can reduce the spread of some gastrointestinal infections, according to a recent study of 292 Boston-area families with children in daycare. Half were given hand sanitizers and educational materials on hand hygiene; they were told to use the gels in the bathroom, kitchen, and baby's room. Over the next five months they had about 60% fewer infections than the families who received the gel and no hygiene instructions. Alcohol gels kill most bacteria and viruses on the skin, do not require water and, unlike antibacterial soaps, do not promote drug-resistant bacteria. **Hand washing with plain soap and water is just as effective at getting rid of germs, but when you don't have access to a sink, alcohol gels are a convenient option.**

Older Americans are healthier than they used to be, according to a new report from the Census Bureau. Notably, the proportion of those over 65 with a major disability has dropped by one-quarter, from 26.2% in 1982 to 19.7% in 1999 (the latest year covered by the Census). Without this improvement, there would be at least 2 million additional disabled seniors today. And when people do become disabled, it's at increasingly older ages. The researchers attributed the improvement largely to more prosperity and education than in previous generations. But they cautioned that the rising obesity rate may slow the positive health trends.

To avoid a spider bite, wear gloves and other protective clothing when working in a crawl space, cleaning out the attic, gathering wood, or working outdoors where brush or rocks are piled up. Inspect your shoes before putting them on when camping, or if you haven't worn them in some time. Black widows and brown recluse spiders like such dark places. Most bites can be treated with cold compresses, OTC pain relievers and oral antihistamines. If you develop serious symptoms or if a bite is not healing, get medical help. Fortunately, the fangs of most spiders are too small to pierce the skin.

EMERGENCY EVACUATION EXIT ROUTES



Investments

Ben Smith

4th Wednesday, 8:00 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.

The August meeting of "\$ums In Retirement" will be held Wednesday, August 23rd. We have breakfast at anytime after 7:00am and the meeting starts at 8:00am. We order off the menu. No reservations are required and all SIR members and their guests are welcome to attend.

A presentation will be made by Mr. **James H. Williams**, Certified Planning Professional and Registered Investment Adviser. His topic will cover "PLANNING FOR A SUCCESSFUL RETIREMENT". He will be discussing ways to increase your financial security and ways to manage income from your retirement plan. He will also discuss the establishment of sound Estate Plans and Living Trusts. This is a great chance to get some expert advice and have many of your questions answered by a fine professional Financial Adviser.

If you have questions or need additional information, contact Sir **Ben Smith**(Br#116) at Tel: 925- 820-5403, email: bjsssmith@aol.com



Lee Vincent, Ron Plachy and Bill Malone
enjoy a visit at the July luncheon

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.

SIR's 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*

- Pesto Chicken Breast with herbed Fusilli Noodles
- Brook Trout Filet with herb roasted potatoes

*Daily dessert special, Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 240, HLMS 5, Waiting List 7, Inactive 5.

July Attendance: Members 175, HLMS 3, Waiting List 2, Guests 0, Excused 56, Unexcused 9.
Total July Attendance 180.

Status Changes:

Inducted: None

Added to Waiting List: None. (A moratorium is currently in effect on the WL)

Inactive: None

Resigned: None

Withdrew: **Winslow Ferrin**

Current Top 30 Man Waiting List (prioritized): **Charles Koeber, Steve Loftin, Terry Marchione, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

Party Bridge **Fred Bolton**

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



We had three tables of bridge at the home of **Bill Snyder** on July 3rd. **Jim Brown** was first with 5300 points, **Jim Jackson** was second with 5290, followed by **Bob Donahue** and **Harry Dillon**.

George Zurich will host our next game on August 7th.

Poker Club #1 **Frank McNamee**



We gathered at the home of Sir **Robert Frankland** on July 12th for the distribution of any surplus income that any of group had at hand. The smiles at the end of the day in order of widest grin were **Bob White, John Lewis, Frank McNamee** and **Howard Harvey**. The contributors were **Bob Frankland, Bill Cammerer**, and substitute **Don Martin**. The next gathering will be on August 9th at the home of **Howard Harvey**.

Poker Club #2 **Al Zamolo**



Poker 2 met at **Bob Royster's** in June. **Ron Binder** gave all of us a lesson on how to win big. **Bob R.** just keeps winning all the time. The next session will be at **Al Zamolo's** on July 31st from

Sunshine **Otto Wilson**



Phone: 825-1943, e-mail: ottowilson@astound.net



Jodie Martin wife of Sir **Don**, is now home from the hospital and recovering. She fell down a flight of stairs and fractured her pelvis.

Ann Hallett wife of Sir **Dennis** has been in and out of the hospital doing tests for an unknown cause. She is now home but will be doing additional tests.

Sir **Tom Lindeland** is now home after knee replacement. He is doing therapy and coming along well.

Marlys Boltz wife of Sir **Tom** is still in John Muir hospital doing rehab after a terrible fall while vacationing in Italy.

Madelyn Nunn wife of Sir **Don** will be entering Sequoia hospital on August 2nd for a heart valve replacement.

Sir **Bryant Fischback** is at Manor Care. 1975 Tice Valley Blvd. room 314, recovering from a stroke. He cannot answer the phone but would love to have visitors. He is very sharp to talk to and is progressing.

Travel Opportunities Bob Spellman



Sept. 6-8, 2006, **Boulder Creek Outing**. Package includes 2 nights lodging, 3 rounds of golf, one dinner and a \$28 Food and Drink Coupon. Cost is \$199 for golfers, \$148 for non-golfers. Contact **Charlie Kiser** at 274-1575.

Oct. 23-Nov. 5, 2006, **Eastern Mediterranean & the Greek Isles**. A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens Greece on board Oceania Cruises' *Nautica*. Ports will include: Kusadasi (Turkey), Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu (Greece) and Dubrovnik (Croatia). Cost is from \$3364 to \$5036 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Mar. 16-Apr. 1, 2007, **The Best of Spain & Portugal**. A 17-day tour featuring Madrid, Salamanca, Oporto, Lisbon, Seville, Costa Del Sol, Mijas, Granada, Valencia and Barcelona. Included are all transfers, airfare, hotels, daily breakfast, 7 hosted dinners, deluxe motorcoach, baggage handling, tips for driver, guides and tour manager. Cost is \$3675 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Sept. 24-Oct. 10, 2008, **SIR 50th Anniversary Cruise to Hawai'i**. This exclusive round trip from San Francisco aboard Celebrity's luxurious *Summit* will take us to the Big Island, O'ahu, Kaua'i and Maui. This event is for all SIR members, their family members and SIR member guests. This 17 day round trip includes too many features to mention. Cost is from \$2759 to \$7283 p/p d/o. Contact **Bob Spellman** 934-8428 for more information. It's sure to be a very popular cruise, so get your reservations in early to insure the cabin location of your choice. A low \$100 deposit required is fully refundable until the Charter is confirmed.



Garden Club Barbecue

Yum!!! **Lew Thompson** assisted **Chuck Bobinescz** (Chairman and host) with the grilling duties

Away Golf

Jim Baldrige



Questions: **Jim Baldrige**
925-689-9232 e-mail: jim-
judy39@aol.com

Many thanks to the 28 players who signed up to compete in the Area 2 Scramble to be held July 21 at Franklin Canyon Golf Course. Branch 146 will field 7 teams consisting of A,B,C and D players, slotted by June handicaps. The tournament will be a 7:30am shotgun start, using a scramble format and our Br 146 Tigers will be competing with teams from six branches in this area. **Dick Richmond** will inform you of the results at Tuesday Golf and at the August Luncheon.

Because your Away Golf Chairman will be away on vacation in August, I did not schedule a Branch 146 Away Golf event for August. I will try to schedule an event in September, perhaps nearer the Bay Area for some cooler weather. In the meantime for those interested in getting in some extra golf I recommend checking the Thursday Sports Page as a source for good golf deals during the week. Questions: **Jim Baldrige**, 925-689-9232 or Dick Richmond, 925-947-1167.

Tuesday Golf Walt Barabash



Latest Tournament Results

June 13: No SIR 146 Golf as Stead Motors had a tournament at Boundary Oaks.

June 20 First Flight: **Rich Hanford, Ron Binder** and **Bill Cammerer**. Second Flight: **John Demos, Ray Weisz** and **Stu Somerville**. Closest to the Pin for Hole No. 2: **Bob Mehus**. Closest to the pin for Hole No. 12: **John Demos**.

June 27 First Flight: **Jack Calloway, Frank Rockwell** and **Ron Binder**. Second Flight: **Ken Richter, Ern Dickson** and **Joe Suta**. Closest to the Pin for Hole No. 2: **Ray Nordstrom**. Closest to the Pin for Hole No. 12: **Ron Plachy**.

July 4: Holiday, no golf scheduled.

July 11 First Flight: **Bill Cammerer, Bob Mehus** and **Dick Richmond**. Second Flight: **Ken Richter, Bob Madge** and **John Demos**. Closest to the Pin on Hole No. 2: **Ron Binder**. Closest to the Pin on Hole No. 12: **Lew Thompson**.

SIR State Officers		
State President	Robert Curley	209-549-0792
Region Director	Glen Schimelpfenig	510-232-9284
Area Governor	Harry Hubinger	837-4381

Branch 146 Officers and Directors		
Big SIR	Garth Cummings	820-0745
Little SIR	Jim Stedman	932-1636
Secretary	Jeff Baily	906-0521
Assistant Secretary	Stu Somerville	944-0738
Treasurer	Jim Todhunter	283-3974
Assistant Treasurer	Chuck Bobinecz	939-8740
Director	Pete Gates	937-2035
Director	Dennis Hallett	943-1447
Director	Frank Rockwell	943-7743
Director	Lew Thompson	686-6880
Director	Mike Varner	938-3778
Director	Al Zamolo	932-7924

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
2004	Doug Cook
	2005 Ray Kan

Committee Chairmen		
Attendance/Lunch	Bill Root	943-6194
Audit	Bob Schroder	934-4703
Badges	Ken Richter	689-6217
Bocce Ball	Bob Frankland	284-7222
Bowling	Larry Mitchell	798-5440
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	George Zunich	376-4439
Bridge-party	Fred Bolton	932-1580
Candy Sales	Mitch Mitchell	686-0537
Chaplain	Chuck Eichten	673-7215
Cooking	Dave Johnson	945-8636
Cooking Too	Rich Hanford	933-9237
Tres' Gourmet	Lew Thompson	686-6880
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
NCGA-Handicaps	Dick Richmond	947-1167
Greeters	Ed Mendelssohn	935-0592
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Membership	Jim Jackson	687-7052
Newsletter Editor	Pete Gates	937-2035
Asst. Editor	Rich Ahlf	672-2514
Asst. Editor	Jim Jackson	687-7052
Mailing	Bill Cammerer	932-7887
Photographer	Ken Kratz	933-7989
Nominating	Ray Kan	376-2023
Pianist	Dave Obera	932-2584
Poker Club 1	Frank McNamee	672-3443
Poker Club 2	Al Zamolo	932-7924
Social	Don Nunn	934-5214
SongSirs	Bill Rees	376-3098
Director	Rod Sharretts	372-6566
Simonicats	Jim Helmick	376-6042
Sunshine	Otto Wilson	825-1943
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Bob Spellman	934-8428
Asst Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Baily	906-0521
Wine Tasting	Dale Haukland	820-0189



Walkers John Lewis

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



No walks are scheduled for August.

Thanks to **Bill Cammerer**, and his reliable team for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proof reading.

!7th Dinner Dance "Casual in the Creek"

Wednesday, October 4th. Starts at 6pm and ends at 10pm. We will hold the price at \$ 82 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet and a rousing group of SIR couples to party the night away. Send check payable to "SIR Branch 146"
To **Don Nunn, 2127 Secombe Court, Walnut Creek, 94598**



Sir Name: _____

Posslq* _____

Tri Tip Steak _____ Chicken _____ Vegetarian _____

Enclosed is my check for \$ 82

PLEASE NOTE THAT THE LOCATION OF THE DANCE HAS MOVED. It will be at a larger venue:

**The Shadelands Arts Center
Ygnacio Valley Road at N. Wiget Lane
Walnut Creek**

We hope that we can now accommodate most of you and still have room to dance. If you wish to order tables of eight, send the total amount or all the checks with your request.

Names of tablemates-(please include checks)

*posslq – person of opposite sex sharing living quarters

Bruce Jones and Gus Edwards
at the July Luncheon



SIR CALL

Newsletter

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

sircall@hotmail.com

<http://www.sir146.com>

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.



July 10th Bocce Ball Group: **Stan Jackson, John Wall, Jess Crews, Jim Helmick, Bob Frankland (Chairman), Harry Tutton, Hal Ruby and Ray Kan.**

Photo by **Stu Somerville**