

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 5

Published For Our Members And Friends

May 2003

Big Sir's Notes

May has four significant days honoring various aspects of our lives. First there's Thursday, May 8, SIR Branch 146's Ladies Day. It provides us a chance to honor our wives and lady friends. Thank them for putting up with us, taking care of us, giving significance to our lives and helping to make every day so enjoyable and exciting. Dean Merritt, our Treasurer, is Chairman of our Ladies Day Luncheon. Make sure you send in your meal preferences and money right away if you have not done so. Thank you Dean for all your hard work. Secondly, May 11th is Mother's Day, providing us with an opportunity to honor all those who have given so willingly their steady nurturing leadership and love to guide and keep our families growing strong together. Thank you to all the mothers.

Hopefully each of us can make Mother's Day special for those closest to us. The final two key days are especially important this year. May 17th is Armed Forces Day. All Americans are extremely proud of our men and women in the Services that have done such a fantastic job in the war with Iraq and have conducted themselves in such a superb manner. Those currently in the service are maintaining our tradition of American military excellence. Lastly, May 26th is Memorial Day. Thanks to all of those that have made the ultimate sacrifice and given their lives to their country, so that all of us - our children, grandchildren and their families - can live in freedom with unmatched opportunities for a prosperous future. The significant month of May is wonderful. Let's enjoy it safely, fully remembering how lucky we all are to be in this great land.



Bob Yolland

"My doctor told me to stop having intimate dinners for four unless there were three other people" *Orson Welles*



Jack Warnock and his service dog **Ellie** were a very popular event at the April SIR luncheon.

Telephone Directory Updates

Jeff Baily's e-mail is SirCall@astound.net
Jerry Bellows' e-mail is gebellows@sbcglobal.net
Bill Root's e-mail is pacintl@astound.net

Doing Lunch



Comedian, Sir **Dale Haukland** introduces new member, **Guy Rudberg**.

Little Sir's Corner

Dr. Joanne Haukland, Superintendent of Schools for the Benicia Unified School District will be our guest speaker in May.

Dr. Haukland will speak on the state of California education - both present and future - and how parents and grandparents can become "partners" in their students' education.



Doug Cook



Bocce Ball

Al Milano

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

Bowling

Dick Joyce



If you are interested in joining a team or forming your own team for this league, contact Sir **Dick Joyce**, league president.

Our winter league is winding down. Just 4 weeks left with a tight race for 1st, 2nd and 3rd places. The Destroyers with an 878 scratch game and 3 game high series of 2445. High scratch series is **Stan Strange** with a 698. Welcome back to Br. 146, **Stan**.



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group met at the home of Sir **Gene Diana** and enjoyed **Gene's** Enchilada Italiano followed by a "Banarama" dessert. Outstanding stuff. We also enjoyed different vintages of **Gene's** award winning wines. A great time was had by all.

Recipe of the Month

Tacorito, submitted by SIR **Jim Brown**

Meat: 2 pounds hamburger, 2 cloves garlic, 2 to 3 T chili powder, 1 can refried beans.

Brown hamburger and set aside. Warm beans and set aside.

Sauce: 2 cans cream of chicken soup, 1 can cheddar cheese soup, 2 cans water, 1 tsp ground cumin, 1 tsp oregano. Mix well and simmer for 30 minutes.

Fixin's: 1 package of 10 - 12 inch flour tortillas, lettuce, chopped tomato, chopped onion, chopped sharp cheddar cheese, grated. Picante hot sauce to taste. Quantities dependent on amount of tacoritos prepared.

To prepare: Place hamburger, beans and fixin's on flour tortillas. Cover with sauce. Fold and secure tacos with toothpicks. Place in pyrex dish (size as required). Pour sauce generously over finished tortillas and add hot sauce to taste. To stretch recipe, add ingredients as required.

Bake in 350 degree oven for 15 minutes or microwave on high for 2 minutes. Recipe may be stretched with the addition of more hamburger.

Our May meeting will be held at the home of **Al Milano**. Please arrive at 10 am and remember to call and confirm.

Duplicate Bridge

Bob Donahue



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

Sir **Carl Johnson** hosted three tables of duplicate bridge in March. **Jim Todhunter** was first with 29 points and **Dick Johnson** was second with 27 points. **Jim Jackson** and **Bill Snyder** tied for third with 26 1/2 points.

Sir **Bob Yolland** hosted four tables of duplicate bridge in April and came in first with 42 points. **Carl Johnson** was second with 41 1/2 points. **Lynn Freeman** was third with 41 points and **Fred Bolton** and **George Zunich** tied for fourth with 40 points.

Couples Duplicate Bridge

Lo McCarley



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

Two couples, **Carl & Anne Johnson** and **Bob & Janet Yolland**, split the top money at SIR Couples Duplicate Bridge with 33 1/2 points. In addition, **Dean & Daphne Merritt** and **Lo & Sue McCarley** split the third and fourth place money with 32 1/2 points each. **Jim & Allison Todhunter** hosted the eight couples at the April 16th affair.



Cribbage

Al Tufo

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

The Cribbage Club knows that all you SIRs are on pins and needles waiting to read the results of the latest Crib tournaments. Well, here goes. We were able to get in two good tournaments that challenged the best players in Concord. The first was won by **Larry Reilly** who is making a habit of taking the purse. **Byron Meade**, who is always in the running, took second. Not to be overlooked, the Italian Stallion put on new track shoes and sprinted into the lead in the stretch and ran away at the finish. **Bryant Fischback** was just a nose back and finished second. Many thanks to **Larry Reilly** and his wife **Theresa** for the great job of hosting this event. **Al Tufo** will host the next event on the first Wednesday on May 7, 2003 at 12:30 PM. Ciao. **Tufo**.

Fishing

Sal Costanza



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

At our last meeting we had a great auction/raffle. Some quality equipment at exceptional prices. From downriggers to fishing rods, from state-of-art lures to old classic fishing gear. There was so much gear that we couldn't finish so we'll continue at our next meeting. There's still a lot of quality gear to be auctioned or raffled. There will also be the latest fishing reports. Come and join in on the fun! Our guest speaker will be **Mike Bias**, a well known fishing guide, to talk about our up-coming trip on the lower Sacramento River.

Garden Club **Chuck Bobinecz.**



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

For the May meeting, Sir **Jack Calloway** will give a presentation on phenology. We all use it. It is the relationship between the climate and the life cycles of plants and animals. Gardeners have been using these observations for eons. Example: when to plant in the spring, e.g. plant beans, cucumbers and squashes when lilac is in full bloom. **Jack's** presentation will cover microclimates and how we garden.

Bus trip to COPIA on August 7th:

The cost will be \$35 per person. Make the check out to SIR Branch # 146. This will cover the bus fare, admission to COPIA and a private guided tour. More details will be in a flyer and COPIA pamphlets, which will be available at the May 8 SIR luncheon. Contact **Rich Hanford** or **Chuck Bobinecz**. Wives and guests are welcome. This should be a sell-out.



Tuesday Golf **Walt Barabash**

March 18 First Flight: **Jeff Baily, Joe Lamanna and Joe Suta.**

Second Flight: **Fred Kovar, Larry Zugnoni and Don Nunn.**

Closest to the Pin: **Bob White.**

March 25 First Flight: **Jack Calloway, Bill Weinberg and John Demos.** Second Flight: **Fred Kovar, Warren Boero and Dean Merritt.**

Closest to the Pin: **Bob Yolland.**

April 1 First Flight: **Gene Diana, Bob Mehus and Jack Calloway.** Second Flight: **Al Milano, Bob Spellman and Dean Merritt.**

Closest to the Pin: **Larry Zugnoni.**

April 8 First Flight: **Russ Bliese, Jack Calloway and Don Loustalet.** Second Flight: **Mitch Mitchell, Carl Johnson and Dave Obera.**

Closest to the Pin: **Bob White.**

Away Golf

Jim Baldrige



Upcoming Events - Mark your calendar.

Wild Horse - Davis Thurs Apr 24, 11:15 start.

SIR riders \$32, guest riders \$30.

Call me - We need players for this event.

SIR State Qualifier for our Area: Franklin Canyon

7:30 am shotgun. Thurs, May 29, Riders \$40. Rooster

Run-Petaluma Thurs, June 26, 10:30 am start. SIR riders \$35, SIR walkers \$28, guest riders \$33, guest walkers \$26.

Tilden Park, Berkeley Thurs, July 31, 11:00 am start. SIR riders \$36, guest riders \$34.



Health Matters Physical and Mental

The following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co.

ATTACK PLAQUE

Studies show that persons who use toothpaste containing silica have 44 percent less plaque than those using pastes without the ingredient.

BEST FOOD BRANDS

Here's a list of some of the supermarket foods that won the *Men's Health* Nutrition Awards. Published in the July-August 2002 issue, the list represents the selections some of America's leading nutritionists. In essence, they have studied the labels for nutritional content and also have done the taste tests.

These, they say, are the best choices:

Best Cold Cereal Kellogg's Raisin Bran (low fat and high fiber)...**Best Hot Cereal** Quaker Quick 1-Minute Oats (fewer processed carbohydrates and more high quality protein and fiber than instant packs)...**Best Orange Juice** Tropicana Pure Premium with calcium (best taste of those tested)... **Best Snack Bar** Nature Valley Peanut-Butter Granola Bars (best combination of carbs, fat and protein)... **Best Brand of Yogurt** Breyers Light Fat Free... **Best Peanut Butter** Skippy Creamy (nuttiest taste of the big three)... **Best Canned Fish** Starkist Low-Sodium Chunk White Tuna in Water (only 2 ingredients: tuna and water)... **Best Pudding Pack** Jell-o Fat Free (50% more calcium than any other tested) ... **Best Candy** Body Smarts Creamy Fruit Chews (high in fiber, calcium and vitamin E)... **Best Energy Bar** Powerbar Chocolate (common ingredients plus vitamins)...**Best Lunch Meat** Butterball Fat-free Oven-Roasted Turkey (taste was overwhelmingly preferred)... **Best Cracker** Wheatables Original Reduced-Fat (incredible taste)...**Best Instant Meal** Lean Cuisine Skillet Sensations... **Best Stew** Progresso Beef and Vegetable Steak Soup (very satisfying)... **Best TV Dinner** Healthy Choice Mixed Grills (fresher tasting)... **Best Hot Dog** Healthy Choice Savory Selections Low-Fat Beef Franks (better tasting than franks with more fat)... **Best Ice Cream** Healthy Choice Premium (low fat, great taste).

FAT PERCENTAGE

It is recommended that you eat no more than 30% of your calories from fat. Here's a formula for determining if the particular food you are eating makes the 30% cutoff: take the grams of fat listed on the label and multiply it by 30. If the result is less than the total

I'm not tense, just terribly, terribly alert.

Know Your SIR Richard Johnson

I was born in Chicago and raised in the shadows of Wrigley Field. I picked up trash after Cubs games the next game. I was sitting in the bleachers where people would make bets on every aspect of the game.



Friends and I after the game for a pass to the bleachers. We enjoyed every aspect of the game.

Lane Tech was about 8,500 students (all male) when I graduated in '46. The U.S. Army housed me for two years after high school and trained me to be a photographer. Most of that time was spent in Fort Bliss, Texas.

I then went to the University of Wisconsin at Whitewater where I majored in math. The next few years found me working at various places in Wisconsin and California. A teacher friend in California convinced me that the math teacher shortage was something I could take advantage of so I took education classes and ended up teaching math at Lowell High in San Francisco.

In 1959 the University of Minnesota accepted me to their graduate program for math teachers. It was there that I found **Alice Barnholdt**, the mother of our three children, and talked her into moving to Berkeley. After our first child, **Karen**, was born, we found an \$18,000 house in Lafayette and moved to the suburbs. Two more children, **Lise** and **Karl** joined us in the next few years. We now have seven grandchildren, all nearby in California.

I then taught at Miramonte and Campolindo for the next 30 years. During that time our family had two 1-year sabbaticals, one in Spain and the other in France. The kids went to public schools in both countries while **Alice** and I learned how to live as outsiders.

SIR has really filled a void in my life because I now play bridge with a great group of guys twice each month. I also spend a great deal of time in my garden growing vegetables. I like to entertain, especially after a successful fishing trip in the Pacific Ocean with friends.

Suburbia: where they tear out the trees and then name streets after them.

Give 'em a break!

Give our luncheon ticket sellers a break. They sell tickets between 10:30 and 11:30 am. Lately they have been experiencing an increasing number of members arriving late for the luncheon, which confuses their count and our reservations with Blake's. Please plan on arriving between 10:30 and 11:30 am.



Branch 146'ers and other SIR's and spouses pause on a bridge during a walk along the Martinez waterfront.

Luncheon Attendance

Dale Haukland 820-0189

SIR's Luncheon 2nd Thursday of every month at Boundary Oak. Blake's Restaurant



Help! If you are not going to be able to attend the SIR's luncheon, call me. If I'm not home, leave your name, SIR badge number and phone number. Call me by Friday noon prior to the Thursday luncheon if you are going to miss. Be sure you call.

Waiting List:

Men must call by Friday noon prior to Thursday's lunch if you are going to attend. Remember to call

SIRs bringing a guest:

Call and leave your name and the name of your guest. Call by Friday noon prior to the Thursday luncheon.

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.

Doing Lunch



L to R, Sirs Ed Wojnar, Milt Swenson and Ernie DeRoia



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Grilled Alaskan halibut with saffron risotto cake
- Cornish game hen stuffed with wild rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Courtesy Request from our Big SIR

At times some members make comments to Blake's on the quality of our meals. Please make such comments only to

Jerry Bellows, our luncheon menu chair, so that he can represent us to the restaurant.

His e-mail address is: gebellows@sbcglobal.net



Membership

Lang Erickson

Branch 146 statistics: Members 211, HLM 4, Waiting list 21. April attendance: Members 155, Honorary Life Members 3, Waiting list 13,

Guests 3.

Total Attendance 174. Excused members 50, Unexcused 6

Sunshine

Chuck Smith

We've started a new Sunshine table for our monthly luncheon. We will have greeting cards addressed to members who are ill or have had some cause for grief in the family. Please look for the table every month and add your signature to any card, particularly if the person is an acquaintance of yours. It means a lot to get a cheery card.

Sal Costanza- his back is healing well. He wants to be back on the greens soon. **Tony DeSalles**-will be having treatments for the next 5 or 6 weeks. Is at home now. Going thru some tough times. **Doug Pederson**-having chemo in throat area-temporarily not playing golf. **Dave Rasmussen**-wants to get over a case of pneumonia so they can go on that cruise of east coast harbors.



Party Bridge

Fred Bolton

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

Ladies day bridge was held April 7 with 6 tables of bridge. First place went to **Carl & Anne Johnson** with 4,770 points, second to **Chuck & Helen Hammond** with 4440, third to **Jim Brown & Barbara Lundblade** and fourth to **Jim Jackson & Bill Snyder**. Our next game will be at **John Lewis's** house on May 5.

Song Sirs

Chris Satterthwaite



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

Dates to be commensurate with Song Sir entertainment requirements.

The Song SIRs are back in an operational mode. Plus we have recruited an harmonica guru and added him to our roster. An inventory of our musical instruments now reveals a piano, 20 kazoos and several harmonicas. We plan to sing at the Ladies Day SIR lunch 9 May and the WC Senior Manor 14 May. Incident thereto we will practice on 16 and 30 April. On 30 May we shall practice and begin working on a new repertoire of songs.

chrissatt@astound.net or 925-939-7826.

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

May Program: A presentation will be made by Ms. **Jude Bedell**, President of Bedell Investment Counseling of Walnut Creek. **Ms. Bedell** and her group of professional investment advisors have many years of experience advising a broad range of clients and helping them meet their investment goals. Her topic will be "The ABC's of Bond Investing". This should prove to be a highly informative and enjoyable program.

SIR Br. 146 Day at The Races, March 20, 2003



And in the winners' circle with the winning jockey we have L to R, **Garth & Shirley Cummings** and **Mary & Chuck Bobinecz**.



Travel Opportunities

Charlie Kiser

May 23, 2003 Sacramento Jazz Festival.

Half price ticket for this program at Cal Expo. Doors open at noon and \$19 badge

is good at Cal Expo and other sites until midnight.

Deadline May 10. Contact **Bob Spellman** 934-8428.

June 12, 2003 SIR Day at the Oakland Coliseum. Come

see your Oakland A's vs. Atlanta Braves. Half price tickets. \$12 for field outfield level and \$11 for plaza infield level. Deadline May 3.

Contact **Bob Spellman** 934-8428.

June 22-23, 2003 West Side Story. Reno. r/t motor coach transportation, overnight at Sands Regency Hotel, matinee performance of "West Side Story", casino bonus over \$25 value. Cost \$74 p/p.

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

July 9-11, 2003 Boulder Creek. Includes 3 rounds of golf (cart extra), 2 nights lodging, one dinner and \$28.00 food credit per couple. 1,2 and 3 bedroom units available.

Limited. Cost \$188.00 for golfer and \$137.00 for non-golfer. Contact **Charlie Kiser** by May 10. 274-1575.

July 24, 2003 SIR Day at Pac Bell Park. Watch the SF Giants battle Luis Gonzales and the Arizona Diamondbacks Thursday, July 24 at 12:45 pm.

Lower box \$32, view level \$18. Subject to availability. Contact **Charlie Kiser** 274-1575.

July 24, 2003 SIR Day at Pac Bell Park. Transportation only. Includes r/t bus, gourmet box lunch & refreshment and prizes. \$37 does not include game ticket.

Contact **Fred Stammen** Br. 171 283-1956

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

Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco on Holland America's Volendam. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board, r/t transfers to ship. Lottery for penthouse suite. Cost from \$2495. For those that have already signed up, sign up a friend and get a \$100 shipboard credit.

Contact **Charlie Kiser** 274-1575.

Dec 11, 2003 Beach Blanket Babylon. r/t bus transport, dinner at New Pisa Restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106.

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

Jan 19-Feb 2, 2004 Cruise to Hawaii. r/t from San Francisco. Visit all four islands on this 14 day cruise.

Includes r/t transfers to the San Francisco pier and on board tips. Cost from \$1953 inside and \$2553 outside cabin p/p d/o. Single rates on request.

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

Modern Living: I pretend to work. They pretend to pay me.

Branch 146's 3rd Annual Ladies Invitational Golf Outing

Wednesday, June 11, 2003

Vintners Golf Club, Yountville California

\$44 Golf Cart Food Prizes

\$32 Golf Food Prizes

\$12 Food

Limited to 64 players.

Get your foursomes together and call **Lynn Freeman**, 691-1186 for reservations by May 26. Fours and twos having ladies included get preference.

June 1 NCGA index for handicap.

Doing Lunch

Doing Lunch



Guest **Norm Kingshill** and **Sir Ray Carberry Jr.**



Sir **Bill Root** & Waiting list member, **Jack Patton**.

Ladies Day Luncheon at Boundary Oak, Thursday, May 8, 2003.

No. of tickets _____ @ \$20 each. Enclosed \$ _____

Names:

Entrees (no. of each)

Cornish Game Hen ____ Grilled Alaskan Halibut ____

Special requirements _____

Make check payable to SIR 146 and mail to **Dean Merritt**, 850 Kane Circle, Walnut Creek CA 94598.

Dean's e-mail address is drmerritt@astound.net

Note: If ordering for a full table, send \$200 and list your companions on an attached sheet. Both must be received by May 1, 2003. No tickets sold at the door. Don't wait. Send coupon in today!

Table Pool **Bill Weinberg**

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

Good turnout in April.

Sir **Bill Weinberg** prevailed as usual.



State President Region Director Area Governor	2003 SIR State Officers	James Faverman Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Bob Yolland	932-4758
Little SIR	Doug Cook	939-4327
Secretary	Bill Weinberg	682-0962
Assistant Secretary	Howie King	932-0727
Treasurer	Dean Merritt	671-7380
Assistant Treasurer	Bob Wheaton	939-4512
Director	Cal Jones	934-2979
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Ray Kan	376-2023
Director	Al Milano	933-3492
Director	Dick Richmond	947-1167

Committee Chairmen-2003

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
Cooking	Don Nunn	934-5214
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
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Hardware	Ralph Fowler	939-2953
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Jerry Bellows	376-3352
Membership	Lang Erickson	682-1337
Nominating	Fred Kovar	937-2951
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
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Art Trost	934-2889
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

- 1989 Charles Unfried
- 1990 Gill Rhodes
- 1991 Gene Hackett
- 1992 Walt Entelman
- 1993 Kap Kaprelian
- 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



Walkers

John Lewis

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

May 2 - Back Creek Trail (nice new trail— hope for no rain). Meet at Clayton Library.

May 9 - Moraga Trail to Valle Vista staging area. Meet at Moraga Safeway.

May 16 - Heather Farms rose walk.

Meet at swim club parking lot (WC).

May 23 - **Fowler's** flower walk, Osage Park.

From 680 South take Sycamore Valley east to first right on Camino Ramon to left on El Capitan to left at first stop sign past Iron Horse Trail. Ralph is in charge.
May 30 - **Matthews'** meander. Meet at Lafayette Comm. Center. (St Mary's Rd)

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

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

When **Howard** was a young boy in Louisiana, he was always getting into trouble. One morning while waiting for the school bus, he pushed the outhouse into the bayou as if nothing had happened.

When he returned, his father was waiting for him. He said,

"Son, did you push the outhouse into the bayou?"

"Yes father," **Howard** answered,

"Like **George Washington**, I cannot tell a lie."

Whereupon **Howard's** father took off his belt and said,

"All right son, bend over. I'm going to have to give you a whipping."

"But father," **Howard** protested,

"**Mr. Washington** didn't whip **George** when he admitted chopping down the cherry tree."

"I know son," answered the father,

"but **George's** grandmother wasn't in the tree."

Thanks Marilyn...ed

Doing Lunch



Sir **Don MacDonald** with **Tom Thomson** who is on the waiting list.

Doing Lunch



New member **Ron Pascoe** being introduced (& roasted) by former Big Sir **Bill Hansen**.

April Birthday Boys
Ken Beattie, Bob Brady,
Tom Dunne, Herb Freeman,
Dean Merritt, Dave Obara,
Don Patterson, Dave Rasmussen,
Ed Wojnar, Leon Wyrick,
Tony DeSalles, Fred Donnelly,
Jim Adams, Larry Sheerin,
Jeff Baily, Joe Lamanna,
Bill Root, Bob Burley.

Nice cologne. Must you marinate in it?

SIR CALL *Newsletter*

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

SirCall@astound.net

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value
Mail
Please deliver
by April 30



Bowling Tournament Champs L to R, Al Zeppa, Cal Jones, John Miller, Bill Martin and Dick Joyce. Missing is Jim Wray.