

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 9

Published For Our Members And Friends

September 2002

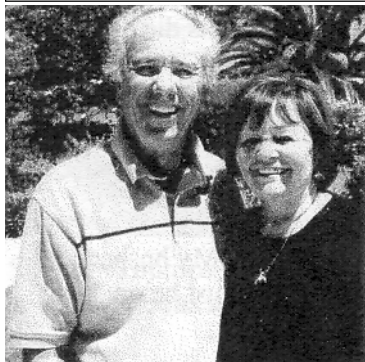
Big Sir's Commentary:



The summer's winding down, and fall will soon be here. You can tell by the number of SIR's who are off on vacation. Even though in retirement we are always "on vacation", at this time of the year many venture to far away places to get some travel in before the fall and winter months. We had election of officers for the 2003 year at our August luncheon and the slate of officers-elect is excellent! Leadership of the branch will be in good hands during the coming year. Some wondered why we didn't open nominations from the floor at the August meeting. Actually, it was moved and carried to ;close nominations at the July meeting, so we proceeded directly to the elections in August. Look in the issue to find a new column by Don Nunn, "Recipe of the Month". It should be fun to follow these tasty suggestions from month to month. If your haven't sent in your response forms for new activities, please do so as **John Miller** and **Bob Yolland** will be evaluating them soon. Note: The Executive Board will meet at 9:30 am prior to our September luncheon.

Little Sir's Corner:

September 12th. In honor of the anniversary of the 9/11 terrorist attack in New York City, **Brad Davis**, Sr. VP of Morgan Stanley Dean Witter will focus on the effects one year later on his company which had its headquarters in the World Trade Center destroyed.



Garth Cummings and Bride at the 2nd annual(?) barbecue of the Garden Group. Thanks to **Chuck Bobinecz** et all

Happy Birthdays in September

Fred Bolton	Dominic DeMatteo	Carl Johnson
Fred Kovar	Howard Sebastian	Al Tufo
Ray Carberry	Ray Belluomini	Howie King
Bob Mehus	Don Strong	Pete Grelli
Myles Ringle	John Harrington	Syd Whalen



Bocce Ball

Al Milano 2nd and 4th Mondays at 9 am.
Concord Bocce Courts in Newell Park,
Concord near the corner of Turtle Creek and Ayers Rds.



Computers

Chris Satterthwaite

What to do with your old computer?

You cannot take it with you and selling will be more of a hassle than it is worth. Here are several options: **A.** Why not keep it? If your CPU is a Pentium 11 or better, it is probably adequate for word processing, Web browsing and other basic tasks. Your could upgrade memory cheaply. Check our pcworld.com/29751 for help on this. **B.** If it just has to go, consider donating it to a charity that accepts computers. To locate one, try find pcworld.com/29753. Include monitor, keyboard, mouse, software disks, manuals, etc. Clean it up and remove all of your personal files, Try formatting the hard drive for the letter. **C.** Just do not throw it away. A monitor contains as much as 8 lbs of poisonous lead and PC's have small amounts of mercury and cadmium. Find a recycle center near you by find.pcworld.ccom/29759. **D.** If your are a computer guru try a little beneficial cannibalism Several PCC components are easy to remove, and they may come in hand in the future

The psychiatrist's secretary walks into his study and says, "Mr. Black is in the waiting room asking to see you again. This time he claims to be invisible."
The psychiatrist responds, "Tell him I can't see him."



Al Zeppa If you are interested in joining a team or forming your own team for this league, contact Sir **Al Zeppa**, league secretary.

Bowling

The summer league came to an end and we find the Roto Roosters winning the summer league with a record of 32-12. I believe it was because **John Miller**, Team Captain, kept telling his teammates that "We are the best!" Other members of the team were **Tom Lindeland**, and **Mitch Mitchell**. In second place we have Tres Paison, which finished with a record of 26-14. That is the team of **John Zotti**, **Dean Lucas**, and **Ken Beldin**.

Dick Joyce (average of 217) led the way in series scores with 290-269-187=746! Other bowlers with high series were **Jim Cheveney** 266/654, **Dave Rasmussen** 264/656, **Ben Zeppa** 254/654, **Ray Weisz** 252/640, **Cal Jones** 248/636 and **Larry Mitchell**.

We will start the Sir Winter League on Wednesday, September 4. If you didn't bowl during the Summer and want to bowl now, contact **Al Zeppa** at 685-8920 to be placed on a team. If you can't bowl on a regular basis, you can always fill in as a substitute. We bowl every Wednesday at 10:00 AM, Diablo Lanes, Concord.

Upcoming Tournaments:

Sept 9, 10, 11-Mon, Tues, Wed.	Hilton Hotel, Reno
Sept 23	-Mon, Thurs Earl Anthony's, Dublin
Oct 6, 7	-Sun, Mon Moury Lanes, Fremont



Big **Bill Hansen** with **Bride, Sandy** and **Mary Bobinecz** at the Garden Club shindig in August. Big Bill is always with the ladies? Right?

Table Pool

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



The table pool club met on Monday the 5th of August with a good turn out including two new faces. It was discussed and decided to start meeting 2 times a month on the 1st and 3rd Mondays. We will start as of October. Hope to see you all there. The next meeting will be on September 9th. (Which is the 2nd Monday, because Labor Day in the first Monday)

Duplicate Bridge



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

August meeting 2002

Sir **Jim Jackson** hosted three tables of duplicate bridge in August with **Dick Johnson** coming in first with 27 1/2 points. **Carl Johnson** was second with 26 1/2 points and **Chuck Hammond** was third with 24 1/2 points.

Jim Jackson and **Fred Kovar** tied for fourth with 23 1/2 points.

The next meeting is scheduled for Monday, September 16th.

Contact Sir **Bob Donahue** at 376-4527 for information.



Fishing

Pablo Chavez
Coco's Restaurant
3200 Buskirk Ave.

4th Thursday at 8:30 am.

Latest Fishing Calendar:

September 19: Ocean Salmon Fishing. Contact **Jack Helbert** at 925-820-0925

October 6-12: Eagle Lake (sold out right now)
Contact **Tom Hensley** at 925-937-0605

There is an interest in salmon fishing trips out of Vierra's Resort near Rio Vista. **Rich Bal** and **Bill Hooy** are checking out the cabins, prices and best times for salmon runs. See us at the next meeting.

Next meeting will be on September 26th.

Contact Sir **Pablo** for further information.

The July fishing meeting was full of reports of catching fish. **Don Mittelstaedt** fished the Missouri River in Montana and the Feather River in Oroville. **Joe Peterson** told about the California Striped Bass Derby and told of the number of sharks caught?? **Tom Hensley** had a great trip to Norden. The group fished in both boats and stream fly fishing. Both groups did well. **Bill Hooy's** grandkids caught trout in the Los Vaqueros Reservoir, with the youngest catching a 16inch trout. **Bill** also reported on the New Melones trip in June. They fished for Kokanee Salmon. Those with the guides did quite well. Those in the boats did not. No supper was cooked for three days. They all ate appetizers and drank what? (I bet I could guess??). Sir **Al Brunner** reviewed the Lake Davis trip. Not much luck. **Jack Helbert** reported that the ocean salmon fishing has been very good.

Sign on a wall in the Ladies Room, "My husband follows me everywhere." Written just below it, "I do not!"

Golf

Tuesday Golf Walt Barabash



July 16, First Flight: **Bob Spellman, John Demos and Gene Diana**. Second Flight: **Bob Frankland, Bob Wheaton and Warren Boero**. Closest to the pin: **John Humphrey**.

July 23, First Flight: **Ken Beattie, Bob White and John Lewis**. Second Flight: **Bill Boyd, Mitch Mitchell and Doug Cook**. Closest to the Pin: **John Demos**.

July 30, First Flight: **Joe Himsl, Bob White and Ken Kratz**. Second Flight: **Ray Weisz, Ed Wojnar and Dean Merritt**. Closest to the pin: **Joe Himsl**.

August 6, First Flight; **Bill Cammerer, Jack Mathews and Gene Diana**. Second Flight: **Ed Wojnar, Raymond Kan and Owen Sullivan**. Closest to the pin: **Tom Noonan**

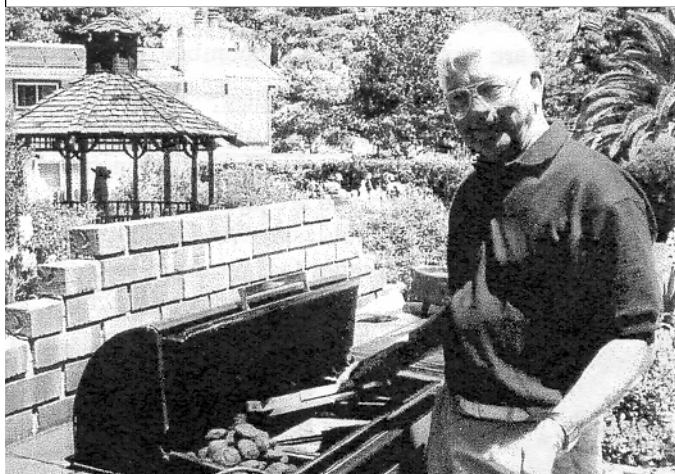
August 13, First Flight: **Rich Hanford, Don Loustalet, and John Lewis**. Second Flight: **Mitch Mitchell, Ed Wojnar, and Dan O'Sullivan**. Closest to the pin: **Bob Wheaton**.



Al Tufo Cribbage

Meetings held on the second Wednesday of the month at members homes.

The Cribbage Club played a tournament on August 14th. It was hosted by **Al Tufo**. First place was won by **Barney Meade with Langley Erickson** coming in second. **The Italian Stallion** never got out of the gate. September 11th will be hosted by **Ernest Figueira**



Sir **Lew Thompson** preppin' the BBQ for some sausage dogs, buns and good stuff for the; Garden Club do.

Health Matters, Physical and Mental



BURNING CALORIES

How many calories do you burn? Assuming you weigh 167 pounds at the activity indicated, you will burn the following in 30 minutes:

Sleeping	35
Sitting motionless	40
Standing motionless	45
Typing at a computer	55
Washing dishes	85
Raking a lawn	150
Walking at 3 mph	150

Source: *Medicine and Science in Sports and Exercise*

WORSE TIME TO TAKE CALCIUM

Taking supplemental calcium at breakfast may be a waste. Often cereal and orange juice are calcium fortified and since milk contains calcium as does your multivitamin, you may be ingesting as much as your body can absorb at one time (about 500 mg). Nutritionists suggest taking your calcium supplement with a meal where there is less calcium from other sources.

NONDRUG HELP FOR HIGH BLOOD PRESSURE

Lifestyle changes may reduce or eliminate your need for hypertensive medication. Many Clinic doctors recommend the following:

Maintain a healthy weight. Even a reduction of 10 pounds can help.

Exercise. Thirty to forty minutes a day is recommended.

Eat well. Choose low-fat dairy products, whole grains, and fruits and vegetables to maintain an adequate potassium intake.

Reduce sodium. Limit sodium to 2,000 to 3,000 milligrams a day.

Stop smoking. Nicotine raises blood pressure.

Limit alcohol. Men should consume no more than one ounce of alcohol (2 ounces of 100-proof liquor, 24 ounces of beer, or 10 ounces of wine) a day.

Limit caffeine. Caffeine can cause a rise in blood pressure in some people.

Manage stress. Find ways to relax.

Source: *Mayo Clinic Health Letter*, March 2001

ALLEGRA WITH WATER

If you take Allegra for allergy relief, down it with water, not fruit juice. Researchers at the American Society for Clinical Pharmacology found that when taken with juice, only one-third of the medicine was absorbed.

Source: *Runners World*, July 2001

Know Your SIR

John Demos



Born November 18, 1922 in Elkhart, Indiana, a town of about 35,000, located 5 miles from the Michigan border, 100 miles east of Chicago. We were Cub fans. My parents who were both Greek immigrants, ended up in Elkhart because it was potentially a little boomtown. It never boomed but it was a good town for a kid to grow up in. At that time, Elkhart produced more band instruments

than any city in the world and Alka Seltzer was also produced there.

I attended Indiana University at Bloomington long before Bobby Knight got there. College was interrupted by WW II and I served 2 1/2 years in the Army Air Corp as a radio operator-gunner on a B-24 crew and completed 23 missions with the 15th air force in Italy when Germany surrendered. I was home on my 30 day leave when they dropped the atomic bomb and it was all over.

I went back to I.U. and graduated. Started and quit several jobs and learned how to play golf in and around Indiana. Came to Oakland in 1956 and soon got in the investment business ending up with what is now Morgan Stanley, a total of 40 years.

In 1964 I met a pretty little girl from Mississippi (much younger than I) and she changed my life. We moved to Moraga and have two sons who went through the entire Moraga school systems, both married and one grandson and it looks like another is on the way.

When I was close to retiring, my friend Russ Bliese urged me to join SIR146 but I wasn't sure I wanted to associate and play golf with a bunch of old guys. But I did and never met a better group and I'm glad I did.

4th Wednesday at 8:00 am at **Diablo Creek**

Investments

Golf Course banquet

room (Legends Grill). North Port Chicago highway and Highway 4, Concord Contact **Ben Smith** (925)820-5403

Meeting starts at 8 AM and you can order breakfast anytime after 7 AM.

A general open discussion will be held on Wednesday, September 26th. The program will be facilitated by Sir **Ben Smith**. The topics will be:

What to look for in recognizing a market bottom, is one near?

Review of new Estate Death Tax schedule.

Key numbers/conditions to focus on in picking stocks.

When should you sell a stock? (Key items to look for)

Where should I put my cash?

Any item that members of the group want to discuss.

Think up a topic come on down and enjoy our fellowship and learn something.

Note change of meeting location!!

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.

Please note: Even though you are attending another Sir function on the date of the luncheon, you still must call and cancel your attendance in order that we don't have to pay for your lunch!!

Dinner Dance!

We are close to being sold out! Get your check to **Don Nunn, 2127 Seccombe Court, Walnut Creek, 94598** A great party is planned. Dress is casual. Cost is \$75 per couple. Make a table of eight if you desire, but send in the money all at once with the names of your tablemates. We plan on some great music from our age group; **October 2nd from 6 pm to 10 pm at Heather Farms Garden Center.**





Luncheon Menu Stan Jackson

This month's Luncheon Menu

- House salad
 - Freshly baked rolls and butter
- Entrees including vegetables*
- Herb crusted Salmon with Basmati Rice.
 - Braised Veal Shanks with Whipped Potatoes
- Dessert*
- Daily dessert special
 - Regular or decaffeinated coffee and tea



Owen Sullivan

Practices are held after the SIRS monthly luncheon and on the last Wednesday of each month at 3:30 pm at the WC Presbyterian Church. We welcome the addition of a professional musician to lead our Song Sir. **Rod Sharretts** is now on the waiting; list and is teaching our old dogs new tricks, Welcome **Rod!**

Song Sirs



Fred Bolton

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

Party Bridge



Lang Erickson Membership

Branch 146 statistics:

Members 209, Honorary 4, Waiting List 11

Attendance:

Members 163, Honorary Life Members, 1
Waiting List 3, Guests 4, Excused 44

Unexcused no-shows 6 Total attendance 170

The Party Bridge Group met on August 5 at **Harry Dillon's** home for three tables of bridge. First place went to **Jim Jackson** with 7290 points, second to **Jim Steadman** with 4570 points, third to **George Zunich** and fourth to **Carl Johnson**.
There will be no game in September!!

Garden Club

Chuck Bobinecz.



The day for the next meeting will remain the same (the first Thursday of the month), and the place is still the same (the Alamo Safeway), **but the time has been permanently changed to 9:30 AM.**

The reason for the change is that the meeting room is being used for company meetings in the afternoon.

Change your calendar: September 5th, 9:30 am

What happened to my tomatoes???

At the meeting I will cover topics such as why blossoms fall off, why leaves begin to turn yellow and die, watering requirements and more.

Gardening tip of the month: Winter temperatures are approaching in October. About six weeks before the first frost is expected, prune any new growth from the tomato plant. This stops new fruits forming and hastens the ripening of tomatoes already on the vine.



Fall See's Candy Sale

Orders are now being taken for See's_1# and 2# candy certificates for the holiday season. Prices remain \$9.45 for the 1 pound certificate and \$18.90 for the 2 pound certificate. There is no limit to the number of certificates you can purchase and they are good for years. The deadline for orders will be Nov. 15th so that you can have your certificates in time for Thanksgiving and the holidays. Send orders to **Bob Spellman, 3524 Perada Drive, Walnut Creek, CA 94598**. Make checks payable to "Sir Branch 146".

Enclosed is my check for \$ _____ to cover the cost for _____ one pound certificates and/or _____ two pound certificates

Sunshine Chuck Smith

Sir **Chris Satterthwaite** is slowly recovering from surgery and is doing well.

Sir **Stan Jackson** is home recovering from surgery.

Sir **Owen Sullivan** had a massive stroke and is in the Kaiser hospital in Walnut Creek.

All of these Sir gentlemen would appreciate a note wishing them well.

Please change my e-mail address to casinwc@astound.net



A foursome of ladies returned to the clubhouse after a round of golf. The Pro asked them "How did your game go?" The first lady said she had a good round with 25 riders. The second said she only had 16 riders. The Pro was baffled by the term "rider". But, he did not want to show his ignorance so he just smiled and wished them well. He then approached the bartender and asked, "Can you tell me what the Hell the term "rider" means?" The answer was a "rider" is when you have a shot long enough to take a ride on the golf cart!
That could also apply to few of our Sir swingers. (Or maybe to a lot of our Sir Swingers!!) Any complaints about this joke will be handled by Jeff.



Travel Opportunities

Charlie Kiser

Sept 21-Oct 1, 2002 Branson and St Louis-Ohio River Cruise Cost \$2575.00 to \$2725.00 d/o
Contact **Bob Hagler** Br. 8 934-7620

Sept 15-27, 2003: SIR 45th Anniversary Alaska Cruise
Sail r/t from San Francisco to Alaska and celebrate the 45th anniversary of Sons in Retirement. No air involved. One lucky couple will be selected for a free upgrade to a penthouse as you set sail from San Francisco.
Cost from \$2495. Contact **Charlie Kiser** 274-1575.

January 11, 2003: East-West Football Classic at PacBell Park. Kickoff 11:00 am. Cost \$20.00 p/p. Make your remittance payable to Sir Branch 8, Checks only-no credit cards. . Seats guaranteed to be between the goal lines. Contact **Carl Raaka** 254-0482

July 28-August 3, 2003:Yellowstone and the Grand Tetons featuring Montana Rockies Rail Tours. A special presentation will take place at the Walnut Creek Elks Lodge, 1475 Creekside Drive, Walnut Creek in October.

Hymns for the over 60 crowd

- 1) Precious Lord, Take my hand.....and help me up!
- 2) It is well with the soul.....but my knees hurt!
- 3) Nobody knows the trouble I have seeing!
- 4) Just a slower walk with thee!
- 5) Count your many birthdays Name them one by one.
- 6) Go tell it on the mountain.....but do speak up!
- 7) Give me that old timers religion!
- 8) Blessed Insurance!
- 9) Guide me O thou great Jehova...I've forgotten.

Maxine's wisdom

- 1) If you're not supposed to stick Q-tips in your ears, what the hell are they for?
- 2) Actually, you can have a healthy sex life in your later years. Assuming you can stand the sight of people your age naked!
- 3) Christmas is just plain weird! What other time of the year do you sit in front of a dead tree in your living room and eat candy out of your socks!!
- 4) I don't want to make snowmen. If I'd wanted to hang around with a cold man with slush for brains, I'd still be married!
- 5) Here's a heck of a o remedy. **Go Home!** Hey, it will sure as heck make me feel better!!
- 6) There are two sides to every divorce: Yours and Poopheads.
- 7) Marriage changes passion...Suddenly, you are in bed with a relative!



Cooking

Don Nunn
1st Monday at
10:30am as

announced

Our group met at the home of Sir **Frank Mandic** on August 5th for a champagne brunch and it was delicious! We will met at the home of Sir **Charlie Kiser** on September 9th in lieu of the first Monday (Labor Day).

Our cook book has met with great acceptance. We have sold out our initial order of 350 book prior to shipment! We now have an additional order in the works for 100 more books and 88 of these have already been spoken for ! We can order more. If any of you wish, you may order additional books or place your first order. We will order after our September meeting, so get your orders in! The price will remain at **\$3.00** per book!!

Cookbook corrections:

Page 81-Chicken with olives an anchovies: Change 3 c. Chopped onions to **3 Tablespoons**.

Page 162-Date Pudding: Change first line of directions to read "Combine in order shown, folding in beaten egg whites last"

Page 157-Blind Date Cake: To the topping add **One cup of chocolate chips**.

Page 113-Lamb Polo: Change 1-1/2 lb lean diced ham to 1-1/2 lb lean diced **Lamb**.

Page 113-Overnight French Toast for Two: Add to the first line of instructions, "mix together the eggs, milk, vanilla and **sugar**".

Recipe of the Month

Oriental Chicken Salad

4 c Chicken, cooked, skinned, boned and cut into bit sized pieces. Refrigerate.
 2 pkgs Ramen Noodles, crushed and toasted in the oven for 15-20 minutes at 350 degrees.
 1/2 c sliced almonds 1/2 c sunflower seeks
 Toast almonds and sunflower seeds about 10 minutes at 350 degrees (they burn easily).
 1-1/2 lb Napa cabbage, coarsely chopped.
 8 green onions, including tops, chopped.
 Combine above ingredients and toss lightly.
 Dressing: (add a few hours prior to serving).
 3/4 c salad oil 1/2 Tbsp sugar
 1/2 c Tarragon or red wine vinegar. 6 Tbsp soy sauce
 1/2 tsp freshly groundpepper.
 Mix with salad ingredients and serve as above.

Submitted by Janet Yolland

He said: What have you been doing with all the grocery money I gave you?..... She said: Turn sideways and look in

"My wife is a sex object. Every time I ask for sex, she objects."

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

Big SIR	Fred Kovar	937-2951
Little SIR	Bob Yolland	932-4758
Secretary	Lo McCarley	935-3939
Assistant Secretary	Doug Cook	939-4327
Treasurer	Jim Adams	685-4216
Assistant Treasurer	Dean Merritt	671-7380
Director	Pablo Chavez	256-8516
Director	Dale Haukland	820-0189
Director	Cal Jones	934-2979
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167

Committee Chairmen-2002

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
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
Computer	Chris Satterthwaite	939-7826
Cooking	Don Nunn	934-5214
Cribbage	Al Tufo	798-4129
Fishing	Pablo Chavez	256-8516
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	938-2934
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Bill Hansen	939-4951
Pianist	Dave Obara	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

1989 Charles Unfried	1996 Dick DeVoe
1990 Gill Rhodes	1997 Warren Boero
1991 Gene Hackett	1998 Don Nunn
1992 Walt Entelman	1999 Dave Valladao
1993 E (Kap) Kaprelian	2000 Jack Calloway
1994 Joe Jansen	2001 Bill Hansen
1995 Bob Walton	



John Lewis

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

Walkers

September 6 Mitchell Canyon (lots of shade). Meet at Clayton Library.

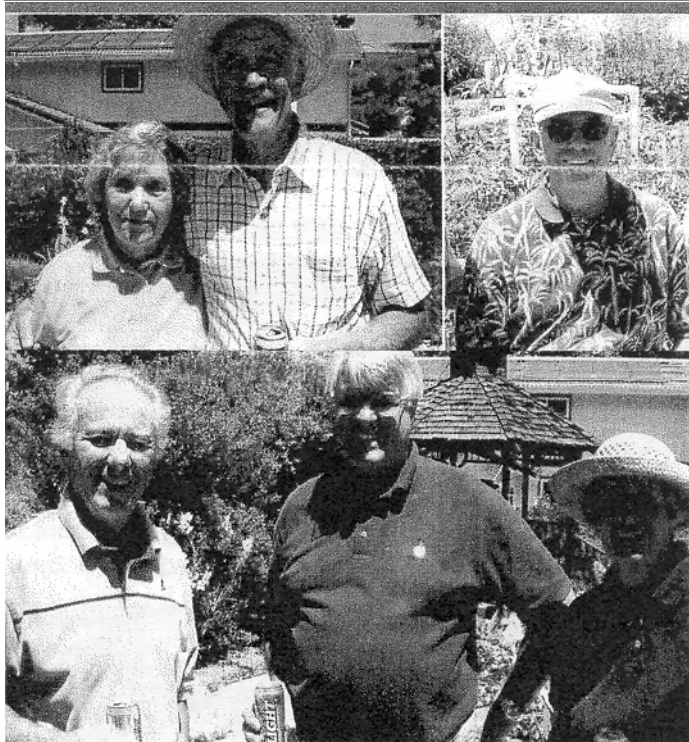
September 13 Lafayette Moraga Trail. Meet at Lafayette Community Center on St. Mary's Road.

September 20 Tyler's Trail. Meet at Alamo Christian Assembly back parking lot off Danville Boulevard between Rudgear and Livorna.

September 27 San Francisco Presidio Ridge Trail. Lunch at Presidio Golf course restaurant. Meet at Orinda Village Safeway for carpooling and directions.

Thanks to **John Lewis, Rich Hanford, Joe Schild, Bill Snyder** and, **Lew Thompson** for folding and labeling, to **Ken Kratz** for photography and to **John Lewis** for mailing.

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



At top: **Mary and Chuck Bobinecz, Doug Cook**
At bottom: **Garth Cummings, Bob and Janet Yolland**
All at the Garden party by the Garden Club

Quote of the month

"Inside of me, there's a thin woman trying to get out"...But I can usually shut the biddy up with any kind of chocolate."



**Snaps by Kratz! At ye old
ballgame and meeting of
8/8**



SIR CALL *Newsletter*

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Walnut Creek CA 94598**

SirCall@Att.Net

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US Postage Paid
Permit No 364
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