

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 9

Published For Our Members And Friends

September 2003

Big Sir's Notes

Congratulations to **Doug Cook, Ray Kan, Garth Cummings, Jim Stedman, Bob Wheaton, Lew Thompson, Dale Haukland, Howard Harvey, Chuck Bobinecz, Ed Wojnar, Ralph Fowler and Stu Somerville**, on their election as 2004 Officers and Directors. Our branch will be in good hands next year. It's always very gratifying when well qualified individuals are willing to serve our organization. I would like to offer special congratulations to **Lang Erickson**, who was elected State Sir Secretary at the August 4th annual meeting. **Lang**, we thank you for being a fine representative of Branch 146.

I would like to welcome 13 new waiting list members. We had a total of 24 applications submitted for the 13 openings. Two of our Directors, **Cal Jones** and **Dick Richmond**, along with membership chair **Lang Erickson**, drew the names to prioritize the waiting list. **Lang** will notify the sponsors of individuals on the list. It will be the sponsor's responsibility to get the waiting list person to attend either the September or the October meeting to be officially introduced to the Branch. We encourage waiting list participation at all meetings, and in activities that have room.

A man takes his rottweiler to the vet and says, "My dog's cross-eyed, is there anything you can do for him?"
"Well," says the vet, "let's have a look at him."
So he picks the dog up and examines his eyes, then looks in his ears and checks his teeth.
Finally, he says "I'm going to have to put him down."
"What," says the owner, "because he's cross-eyed?"
"No", says the vet, "because he's really heavy."

Little Sir's Corner

Our speaker for September will be one of our own Sirs. The always entertaining, engrossing **Captain John Denham** will provide us with some of his unique tales.



Bob Yolland

Bowling

Dick Joyce



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

Our SIR Summer League ended August 6. **Dave's Dudes** finished in 2nd place. Team makeup - **Dave Rasmussen, Ray Weisz** and **Larry Mitchell**. Helping the winning team, **The Amigos**, was our "Songbird", **Ron Morrison**.

High average of 187 - **Gus Edwards**. **Gus** also rolled the high scratch series of 654. **Clarence Tooley** took high handicap game of 284.

Our Winter League will meet on August 27 at 10 AM. We need new bowlers - please join us at Diablo Bowl. Our league will kick off on September 3 at 10 AM.



Gardeners **Chuck Bobinecz** and **Fred Bolton**

Bocce Ball

Al Milano



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

Percussive Maintenance: The fine art of whacking the hell out of an electronic device to get it to work again.



Doug Cook



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group met at the home of **Sir Dave Johnson** on August 4. We were treated to a royal feast of a spectacular Bradley Ogden meat loaf, french carrots and skillet browned potatoes followed with a finish of blueberries and cream. Outstanding stuff!

We will meet on September 8 at 11:30 am at the home of **Sir Warren Boero**.

We will be starting another cooking group next month. Those interested may contact **Sir Rich Hanford** or **Sir Don Nunn**. Come on and join while there is still room. The size limitation is due the difficulty in serving more than 10 people in our homes.

We also have researched several restaurants with the intent of wining and dining our lovely brides for an evening out. It should be a grand evening.

Recipe of the month
Submitted by **Sir David Johnson**

INGREDIENTS:

- ½ pkg. Oscar Meyer Center Cut Bacon (12 oz.)
- 1 large onion, thinly sliced
- ¾ cup dark brown sugar
- ½ teaspoon garlic powder
- ½ cup apple cider vinegar
- Drain and rinse 1 – 16 oz. can each of:
 - butter beans
 - green beans
 - green lima beans
 - dark red kidney beans
- 2 – 28 oz. cans B and M Original Baked Beans

DIRECTIONS:

- Fry bacon until crisp, blotting excess fat with paper towel.
- In large oven-proof pot (5qt. casserole) combine onion, brown sugar, vinegar and garlic powder.
- Stir well and cook on top of stove for 2-3 minutes (until onions are slightly soft).
- Add beans and crisp bacon, reserving a few strips for the top.
- Mix everything together.
- Lay reserved bacon strips on top of mixture.
- Cook uncovered @ 350 degrees for at least an hour.

At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.

Couples Duplicate Bridge

Lo McCarley



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

SIR Couples Duplicate Bridge met on August 20th at **Lynn and Dasha Freeman's** home. And the winners were **Carl and Anne Johnson** in first place with 41 points, **Dean and Daphne Merritt** in second place with 35.5 points, **Dave and Claire Rasmussen** in third place with 32.5 points, and **Jim Brown and Barbara Lundblade** in fourth place with 30.5 points. The next bridge party will be on September 17th at **Bill and Margaret Rees's** home.



Here ... Take this ... I have to go back for my wife



Cribbage

Al Tufo

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

On August 13, 2003, the Cribbage Club was hosted by **Lang Erickson**. We were able to get in three good tournaments. Two tournaments were won by **Barney Meade**, and one was won by **Lang Erickson**. The Italian Stallion, AKA **Al Tufo**, came in second in all three of the tournaments. The next cribbage get together will be held on September 10th at **Al's** home. Have a great summer!
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.

The fishing reports for July ranged from 25 fishermen catching 52 salmon in four hours to a fabulous fly hatch at Costco! For more first-hand reports come to our monthly breakfast meetings at Diablo Creek Golf Course.

Hey Sal, what do fish say when they hit a concrete wall? Dam!!

State SIRS 1st Annual Division 4 Open Golf Tournament

The Reserve at Spanos Park, Stockton, CA.
Tues. October 7, 2003 7:30 am, Shotgun.
Rate: \$49, includes green fee, 1/2 cart, prize fund
and a hamburger buffet lunch.
Limited to first 144 players.
See **Dick Richmond** for entry forms and additional
information.

Away Golf

Jim Baldrige



Guess who won 1st place at Tilden Park?
You guessed it, **Rich Hanford**, again, with a
blazing 81 gross. **Ken Kratz** was 2nd, **Fred
Kovar** was 3rd and **Warren Boero** was 4th. **Don Nunn**
took closest to the pin. Congratulations to all.

Our next event was Mare Island on August 21. The roster
filled early. We plan to get the results to you by Tuesday
Golf on August 26.

Sign up sheets are out for Willow Park Castro Valley
Thursday Sept 18, 9:30 AM start. SIR riders \$37, SIR
walkers \$25, guest riders \$35, guest walkers \$23. This
one fills fast so sign up ASAP.

Due to the holidays in November and December I have
not scheduled away tournaments for the 3rd or 4th
Thursdays in those months. See you on the course.



Tuesday Golf Walt Barabash

July 15 First Flight: **John Demos, Dick
Richmond** and **Bob Mehus**. Second Flight:
Tom Gorman, Fred Bolton and **John
Humphrey**. Closest to the Pin: **Bob Mehus**

July 22 First Flight: **Bob Mehus, Raymond Kan** and
Rich Hanford. Second Flight: **Ray Weisz, Don Nunn**
and **Don Del Bene**. Closest to the Pin: **Bob Frankland**.

July 29 First Flight: **Ken Kratz, Rich Hanford** and
Jack Calloway. Second Flight: **Fred Bolton, Ernie
Dickson** and **Al Milano**. Closest to the Pin: **Ernie
Dickson**.

August 5 First Flight: **Rich Hanford, Ray Nordstrom**
and **Lewis Thompson**. Second Flight: **John
Humphrey, Ray Weisz** and **Warren Boero**. Closest to
the Pin: **Don Nunn**.

August 12 First Flight: **Bill Hansen, Rich Hanford** and
Bob Yolland. Second Flight: **Tom Gorman, Stu
Somerville** and **Charlie Kiser**. Closest to the Pin: **Jim
Brown**.



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.*

MIRACLE PILL

The chemical name is acetylsalicylic acid. The generic
name is aspirin. Indeed, it is today's miracle drug.

Here's why:

Lower blood pressure

A recent Spanish study found that taking 100 mg of
aspirin a day can lower systolic (the top number) pressure
by an average of 7 points and diastolic (the lower
number) by an average of 6 points. P.S. It only worked
when taken before bed.

Stop the itch

Gotten into poison ivy, sumac, oak? Crush a few aspirin
tablets, mix into some hand lotion, and apply, per **Vail
Reese, MD**, a dermatologist with the Dermatology
Medical Group of San Francisco.

Lower risk of prostate cancer

Men who take nonsteroidal anti-inflammatory drugs like
aspirin daily have half the risk of developing prostate
cancer, says **Rosebud Roberts, MD**, of the Mayo Clinic.

Relieve sunburn

If you take a couple of 325 mg aspirin tablets an hour or
two after getting too much sun, you will end up with a lot
less blistering according to **Dr. Reese**.

Prevent a heart attack

If you have even one risk factor for heart disease, the US
Preventive Health Task Force recommends taking one 81
mg tablet a day.

Erase calluses

Mix 5 or 6 aspirin tablets with a half teaspoon each of
lemon juice and water. Coat your calluses and cover with
a warm washcloth for 10 minutes. Acids in the aspirin
will soften the callus so that it will come right off with a
few strokes of a pumice stone, according to **Suzanne Le-
vine, PhD**, podiatrist at New York Presbyterian Hospital.

Avoid colon cancer

Taking an 81 mg dose of aspirin a day can reduce colon
cancer risk by 50%. "Aspirin inhibits the growth of pol-
yps, which are known precursors to colon cancer," says
John Baron, MD, researcher with Dartmouth University.

Get rid of cold sores

Semmelweis Medical University of Hungary found that
taking a 125 mg aspirin tablet daily at the onset of a cold
sore can cut the duration of infection in half, says chief

(Continued on page 4)

Know Your SIR Frank Mathos

I was born on April 10, 1923 in Crockett, CA. I went to schools in the Martinez area and graduated from Alhambra High in June, 1942. I enlisted in the United States Coast Guard on December 9, 1941. They placed me on inactive status because there were too many enlistments and resources to train them. They said when they had resources available



December 9, 1941. on inactive status were too many not enough everyone immediately they would call me the space and re-again to train me.

I then went back to school to finish my senior year. In March I went to work for Union Oil Company in Rodeo, California as a guard on the night shift, which allowed me to attend school during the day. I graduated in June of '42 and was called to active duty on July 19, 1942. First posting was to Government Island at Alameda for my basic training. In October, upon completion of boot camp, I was sent to N.Y. City College for training on the operation and repair of all types of gas, diesel and steam engines. When I completed that course in September of 1943, I returned to the US Coast Guard base in San Francisco. Next was my transfer to the U.S.S. Leonard Wood, APA12, in October. This ship was involved in seven assault landings in the Pacific. The personnel on this ship were very lucky to survive all of these landings with very few casualties. I stayed on board the Leonard Wood until she was taken out of service in March, 1946. I was then honorably discharged as an M.M.2c and went back to work for the Union Oil Company in Rodeo. Then I met my lovely wife-to-be, **Bonnie**, in 1948. We were married in Carson City, Nevada, October 28, 1949. We had three children, 2 boys and 1 girl. We are now the proud grandparents of 4 grandchildren and have 1 great grandchild.

We have lived in the same house now for 50 plus years in Concord, California and have done a lot of remodeling to it. We still like the area very much. I retired from Union Oil Company in June of '86 with over 44 years of service, 35 of those years as a process foreman.

My life has been filled with many good times. I've hunted all types of birds and animals such as deer, bear and elk. I fished for shell fish in the bays, lakes, streams and ocean for many years in California, Mexico and Washington. I've been an old 49er faithful for 40 plus years. I've been playing golf for 40 plus years and still play 2 to 3 rounds each and every week—weather permitting.

My membership in SIR for 10 years has been a great experience.

(Continued from page 3)
researcher **Istvan Karadi**, MD, PhD.

Reduce risk of Alzheimer's disease

Researchers at Erasmus Medical Center in the Netherlands found that people who used aspirin regularly for several years had a nearly 80 percent lower risk of developing Alzheimer's, say **Peter Zandi**, PhD, a researcher at Johns Hopkins University Medical Center.

Make babies

Infertile women given a daily dose of fertility drugs combined with 100 mg of aspirin were 40 percent more likely to become pregnant than those just taking drugs.

Protect against strokes

Strokes are caused by blood clots. Aspirin use reduces the potential of blood clotting. "It's one of the best means I've found for preventing strokes," says **Dr. Baron**.

Duplicate Bridge **Bob Donahue**

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



SIR Lynn Freeman hosted three tables of duplicate bridge in August. **Doug Carlson** was first with 27 points and **Jim Todhunter** was second with 26.5 points. **Jim Jackson** was third with 25 points.

The next meeting is scheduled for Monday, September 15. Contact Bob Donahue at 376-4527 for information.

Swipeout: An ATM or credit card that has been rendered useless because the magnetic strip is worn away from excessive use.

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.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Breaded calamari steak with roasted potatoes
- Veal cutlet parmesan with fettuccini alfredo

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Membership

Lang Erickson

Branch 146 statistics:

Members 211, HLM 4, Waiting List 8. August attendance: Members 163, Honorary Life Members 3, Waiting List 7, Guests 7

Total Attendance 180. Excused members 41, Unexcused 8

Sunshine

Chuck Smith



Summer Days will be coming to an end soon, but several people in our SIR group have been housebound from illnesses and would appreciate hearing from you, since they perhaps didn't have the opportunity to enjoy the great summer of '03.

Walt Barabash - Had some tough surgery, but sounds anxious to get out on the greens, and in fact feels good enough to prepare his golf column for this edition.

Doug Pederson - Throat surgery is a miserable procedure, but he expects recovery pretty quick.

Les Birdsall's wife **Phyllis** - Is not responding well to medication and needs prayers for comfort.

Ray Yonce - A stroke has really limited his mobility and he needs more time to recover. Hang in there, **Ray**.

A special note of apology to **Fred Donnelly**, whose wife **Laura** died in early July, which wasn't noted in the Bulletin. Our sincere sympathy to you and your family.



Party Bridge

Fred Bolton

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

The Party Bridge Group met on Aug. 4 at **Carl Johnson's** home for four tables of bridge. First place went to **Jim Jackson** with 6460 points, second to **Bill Rees** with 4660, third to **George Zurich** and fourth to **Bill Snyder**.

Our next game will be at **Lynn Freeman's** on Sept. 8 (re-scheduled due to Labor Day).

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 obligations.

The Song Sir is winding down it's summer sabbatical leave as it turns to agenda matters for the remainder of the year. First, and very important, is the practice on 27 Aug at the church. Our first "gig" is scheduled for 8 October at the WC Montego Heights Senior Manor. There we will sing an entirely new series of songs, copies to be provided at our first practice. There has also been prepared a new Song Sir roster and list of songs from which we chose for the remainder of our engagements for 2003. This should help each member to separate out from his large archive of songs, those which will not be used this year. File the others in logical song categories viz. "Christmas" or in alpha order. Come and join us.

chrissatt@astound.net

NOTICE

The first meeting of the "newly revived" Area 2 Computer User Group was held at the Social Hall of the Walnut Creek Methodist Church on August 21st.

There will be NO meeting in the month of September. It is a month for travel. We will next meet on the third Thursday of October, the 16th. Please RSVP to area2computer@att.net and your new pre-printed badge will be waiting for you upon your arrival.

Also check out our website at <http://home.att.net/~area2computer/>.

Floyd Skelton, Dick Curry
Area 2 CUG Co-Chairmen

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

The meeting will start at 8am with breakfast being available at any time after 7am. A presentation will be made by **Mr. Mike Ward**, CPA. He will discuss the new tax changes and how they affect our investment strategies. Mr. Ward is very knowledgeable and will provide us with a sound update of all the changes in the new and ever-changing tax laws. No reservation is required, just come on out and join the group. Bring your ideas and questions and gain some new information. Also meet some nice people. If you have questions and need added information, contact SIR **Ben Smith**. Tele: 925-820-5403, e-mail bjsssmith@aol.com



Travel Opportunities

Charlie Kiser

Nov 16-17, 2003 Hello Dolly.

Motorcoach transportation, Sunday matinee musical performance of Hello Dolly at the Carson City Community Center, accommodations at the Sands Hotel-Reno, area casino stops. Cost is \$73 with over \$30 in casino credits. Contact **Carl Raaka** Br.8, 254-0482

Dec 12, 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 is from \$1953 inside and \$2553 outside cabin p/p d/o. Single rates on request. Contact **Bob Hagler** Br.8, 934-7620.

Feb 10-12, 2004 Snow Train Special. Roundtrip on train from Martinez to Reno, 2 nights at Silver Legacy. Beverages included on train to Reno, variety of coupons in Fun Book. Cost is \$224 p/p d/o. Contact **Carl Raaka** Br.8, 254-0482. Deadline for registration is Dec 5, 2003.

April 30-May 5, 2004 Ramona Pageant. Deluxe motorcoach transportation throughout, 4 nights accommodations in Bakersfield, Desert Hot Springs and Ventura. Includes Crystal Palace Theatre show, Palm Springs Follies, Palm Springs Aerial Tramway Ride, Living Desert Museum, Channel Islands cruise and the Ramona Pageant in the Mt. San Jacinto foothills. Includes 8 meals. Cost is \$987 p/p d/o. Contact **Fred Stammen** Br. 171, 283-1956

What do you call a boomerang that doesn't work? A stick!!

Initial offering from the Branch 146 Theatre Group is for theatre tickets to a stage play in Lafayette:

The Mystery of Edwin Drood

A Musical

Townhall Theatre Lafayette

September 14, 2003

2 PM

\$16

Wine reception in the Green Room following the performance. Meet the cast.

Call **Bill Hansen** at 939-4951 for reservations. Call soon as only 30 seats are available.

Garden Club **Chuck Bobinecz.**



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

The September 4th meeting will be at the Alamo Safeway conference room. Remember when we first purchased our first new home and had to landscape? Some years later there were some "I should of" or "I wish I hadn't". **George James** has arranged for **Randy Blair**, landscape contractor owner, to speak about landscaping. **Randy** has a number of credentials in landscaping. Bring some of your landscaping questions regarding plan, irrigation, maintenance, etc.

The Candy Man

says

It's time to order your See's Candy for the Holiday Season. Price will be \$9.55 for a 1 pound certificate.

This is a considerable savings over the regular store price. There is no limit to the amount ordered.

If you want to take advantage of this offer make your checks payable to "Sir Branch 146" and send to Bob Spellman, 3524 Perada Dr., Walnut Creek, CA 94598, along with a self-addressed stamped envelope. Certificates will be delivered in time for Thanksgiving.

Name _____

Address _____

City and Zip _____

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

Table Pool **Bill Weinberg**



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

The Table Pool Group met Monday, Aug.4th, and had about 3 hours of play. Some members are really improving with each meeting.

Hope we can see you on the 1st and 3rd Monday of every month. Did you know pool is not only relaxing but also a great way to diet.....?????

We had an excellent turnout for table pool on Aug.18th. It was really great to welcome Stan Jackson for the first time. He plays well. The next Monday (Sept. 1st) is Labor Day and we won't be playing that day. Our next get together will be on Sept.15th. See you then!!!!!!!

State President Region Director Area Governor	2003 SIR State Officers	James Faverman Dan Gilmore Art Miller
---	--	--

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-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Bailly	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 Obera	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.

Sept. 5 - Buckeye Ranch trail (lots of shade).

Meet at the end of Springhill Rd. off Pleasant Hill Rd. (Laf.)

Sept. 12 - An artist, Donna Snyder, has graciously agreed to show her condo home & explain her décor ideas. Meet at Countrywood (WC). Parking near Bancroft & Treat.

Sept. 19 - 5 yr. Re-union. Bring picnic lunch and quarters to Lafayette Reservoir.

Sept. 26 - Donald Dr. (Orinda). From Hwy. 24, take

Moraga Way about 1 mi. to left on Hall Dr., up hill to Donald Dr.

Thanks to **John Lewis, Bob Madge, George Zunich** and **Joe Schild** for folding and labeling, to **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.

Pricing Error Alert!!

There was an error in last month's newsletter regarding the cost of the October Dinner Dance. The cost is **\$80 per couple**, not per person. See corrected reservation slip below.

SIR DATE NIGHT

- WHAT:** Branch 146 10th Biannual Dinner Dance
- WHERE:** Heather Farms Garden Center
- HOW MUCH:** \$80 per couple
- INCLUDES:** Beef or chicken, vegetable, dessert, rolls & butter, coffee or tea
- Open bar and wine on table. Dancing to the ballroom music of The Dalt Williams Quintet
- WHEN:** October 1, 2003
- Hosted cocktails and hors d'oeuvres - 6:00 pm
- Dinner - 7:00 pm
- Dancing - 7:30 pm to 10:00 pm

Sir : _____ & date: _____

Enclosed is our check for \$ _____

Beef _____ Chicken _____ Vegetarian _____

We'll sign up as a couple. Seat us anywhere _____

We'll sign up with a full table of eight, below are the names of the others:

1: _____ 2: _____

3: _____ 4: _____

5: _____ 6: _____

**September Birthday
Boys**

Fred Bolton, Dee DiMatteo, Carl Johnson, Fred Kovar, Howard Sebastian, Owen Sullivan, Al Tufo, Ralph Belluomini, Ray Carberry, Jr., Howie King, Bob Mehus, Don Strong, Pete Grelli, Jack Harrington, Myles Ringle, Syd Whalen, John Wihelmy, Bob Muentner

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 August 31



Party Bridge Players (L to R): **Bob Donahue, Carl Johnson, Dick Johnson, Bill Rees, Fred Bolton, George Zunich, Jim Brown, Jim Stedman, Lynn Freeman, Bill Snyder, and Lo McCarley** (photo by **Jim Jackson**).