



## Big Sir's Notes

Stu Somerville

**Branch 146 will elect the 2010 Officers and Directors at our August 13<sup>th</sup> Luncheon.**

The nominating committee presented their results to the BEC on June 11, 2009. I want to thank the members of this committee: **Jeff Baily, Jack Calloway, Garth Cummings, Don Nunn and Jim Stedman** for their hard work and excellent results.

The Nominees are:

Big Sir <b>Dennis Hallett</b>	Little Sir <b>Pete Gates</b>
Secretary <b>Jim Burk</b>	Asst. Secretary <b>Jim Meehan</b>
Treasurer <b>Ron de Golia</b>	Asst. Treasurer <b>Joe Fuchs</b>

Directors:

<b>Bob Darius</b>	<b>Jack Hockel</b>	<b>Bob Lyman</b>
<b>Bob Johnson</b>	<b>Vince Rettew</b>	<b>Bob Schroder</b>

Our new member recruiting efforts are starting to produce results. At our June luncheon we had 11 guests (a record) and we inducted six new members at our July luncheon. Let's keep up the good work.

## SIR HAPPENINGS Newsletter

SIR Happenings is the statewide SIR Newsletter. Just go to [www.sirinc.org](http://www.sirinc.org) and click on SIR Happenings to read the current issue. You may enjoy reading about the activities of other SIR branches.



## Little Sir's Corner

Dennis Hallett

The August speaker will be Charles Mead –Executive Director of Court Appointed Special Advocates (CASA) of Contra Costa County who will speak on the history of CASA, an organization who watch over and advocate a volunteer program dealing with abused and neglected children.

## Annual Minimum Donation Update

As announced in the last issue of SIR Call, an annual minimum donation of \$20 has been approved by the BEC to replace the \$1 per month luncheon donation. This change was effective in June 2009 when the June 11<sup>th</sup> luncheon cost was reduced from \$26 to \$25 per member.

To date, the treasurer has received donations from 77% of our members. Donations are necessary to meet our fixed expenses such as: SIR Call newsletter, website, SIR state dues, and other operating expenses. Members still needing to make a donation should make their check payable to SIR 146 and mail it to **Ron DeGolia** at: 1012 Camino Verde Circle, Walnut Creek, CA, 94597 or hand your check to either **Ron DeGolia** or **Joe Fuchs**.



## Duplicate Bridge George Zunich

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

In July, SIR **Fred Bolton** hosted 3 tables of Duplicate Bridge at his home.

In a close match, the results were as follows: **Carl Johnson** was in 1<sup>st</sup> Place with 31.5 points. **Jim Brown** was in 2<sup>nd</sup> Place with 29.0 points. **Fred Kovar** took 3<sup>rd</sup> place with 28.5 points.

The next match will be held on Monday August 17th at the home of **George Zunich**.

Contact **George Zunich** @ 376-4439 for information. We welcome interested members.



## Party Bridge Fred Bolton

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

We played at the home of **Rich Ahlf** in June. First place went to **Jim Jackson** with 6020 points, second to **Bob Donahue** with 5290 points and third place to **Fred Bolton**. Our next game will be at the home of **Dick Devoe** on August 3rd.

## Couples Duplicate Bridge Lo McCarley

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



Eight couples had a great time playing duplicate bridge on July 15th. **Jim Brown** and **Barbara Lundblade** hosted the gala affair. **Carl** and **Anne Johnson** took first place with 36 points. **Lo** and **Sue McCarley** took second (35 points), **Jim** and **Allison Todhunter** (34 points) placed third, and **Bill** and **Margaret Rees** (30 points) came in fourth.

**Lynn** and **Dasha Freeman** will host the next meeting

## COUPLES DUPLICATE BRIDGE TOO

**Dick DeVoe**

Couples Duplicate Bridge Too was hosted by **Terry** and **Sharon Marchione**, with the evening producing a conspicuously easy win for the **Lynn/Dasha Freeman** team. They graciously but systematically took everyone else apart, leaving 2<sup>nd</sup> and 3<sup>rd</sup> place winners **Joe/Josie Barry** and **Jim/Ruth Adams** ecstatic that they retained some semblance of respectability. Let's set the record straight—the **Freeman** and **Barry** teams have the best overall performance the past 9 months, with this latest effort no exception. One hapless member has been studying "Bridge for Dummies" to improve his game. He now wonders whether he should replace it with "Bridge for Morons", which more accurately describes his playing prowess. Next month's hosts are **Ken** and **Elaine Richter**. **Ken** continues experimenting with some mysterious snacks and beverages, to help even the playing field. Short of that success, we may need to resort to some serious handicapping for the future.



Pete Gates Introduces Dennis Dale



Bill Camerer Introduces Edmund Malboeuf



## Sunshine Otto Wilson



Phone: 825-1943

E-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)

**Tom Morgan** is recovering from a bad fall he had and is at home.

**Charlotte Garavaglia** wife of **Sir Ray** is recovering from heart surgery.

**Laurie Hoban** wife of **Sir Bill** is recovering from surgery.

**Sir Jack Calloway** has been the hospital with influenza and is now home recovering. His wife **Kay** is in the hospital with a broken leg and will go to Ygnacio Convalescent for rehab.

**Madelyn Nunn** wife of **Sir Don** is recovering after a bad fall. She is at home.

**Carla Hauschildt** wife of **Sir Wes** is in the hospital due to heart problems. She had open heart surgery on July 9th. She is recovering in ICU at Concord Muir Hospital.

Condolences to the family of **Sir Bill Root** who passed away July 3rd.

Condolences to the family of **Sir Ray Nordstom** who passed away July 4th.

## Garden Club Chuck Bobinecz



*1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., in the Room 203, unless otherwise announced.*

Thursday, July 23<sup>rd</sup>, the Garden Club will have a BBQ at the home of Sir Chuck Bobinecz from 11a to 3p. As usual, wives and guests are welcome.

At our August 6th meeting Sir Steve Dawkins will be the featured speaker. His subject will be plant pathology (the study of plant diseases) which help us recognize disease symptoms, diagnose their causes and strategies to prevent them.

Mark you calendar for October 22<sup>nd</sup>. The bus trip to the San Francisco Academy of Sciences is being organized by **Sirs Joe Barry** and **Bill Hansen**. Details will be in the next sir call and at the next sir luncheon.

Garden tip of the month: When you think of flowers you think of annuals (which you plant anew each year) and perennials (which you plant once and they re bloom every year). There is another category called biennials, which grow leaves one year and flower the next such as hollyhock, sweet William and foxglove.

## SIR 146 Computer Classes

Lo McCarley

Word Processing

Hey computer users! Time to ramp up your word processing skills! Bring your spouses and friends too. Great class for those with Microsoft Works or Microsoft Word (2003 or earlier).

- Get familiar with Title Bar, Menu Bar, Tool Bars, Ruler
- Set Options the way you want them.
- Learn basic features: Backspace key, Delete key, Inserting text, Highlighting, and Bold, Underline, and Italicize.
- And more... Cut, Copy and Paste, Spell Check, Fonts and Font Size, and Find and Replace (if you lose it you can still find it).
- Work with paragraphs like the pros: Margins, Page Orientation, Indentation, Print Preview, Text Alignment
- Other valuable features: Tab key, Bulleting, Numbering, Undo and Redo, Printing, Help (but who will ever need it?)
- Learn to use Word Tables (Dazzle your friends. Tables are similar to spreadsheets): Create a table, Enter data, adding and selecting rows and columns, Sorting, Calculating, Hiding gridlines and much more.

Four Classes

All on Fridays: 9/25, 10/2, 10/9, and 10/16

Unbelievable Deal

Come to any or all of the classes for \$10...total!

Time

1:00 to 3:00 each class day.

Where

Walnut Creek Presbyterian Church, 181 Lacassie Avenue, Walnut Creek. Room 303.

To Enroll

Email Lo at [lomccarley@astound.net](mailto:lomccarley@astound.net)

Or phone Lo at 935-3939



Malcolm Henry Introduces Bill Rash

## Bowling

Larry Mitchell



There are two tournaments scheduled for August. The first will be at the Reno Bowling Stadium on the 18th, 19th, and 20th. This is the "BIG ONE" of the year for SIR bowling and I know of a bus/lodging deal that is available if anyone is interested. The rooms are at the Silver Legacy, which is a short walk to the stadium.

The other tournament is in Stockton at the Pacific Bowl and will be on the 26th and 27th. For more details call me at 925-798-5440.

## Poker Club #1 Frank McNamee



Poker #1 met on July 8th at the **Bob White** residence and **Bill Cammerer** had probably the best day ever in Poker Club #1. The only other winner was **Frank McNamee** and as the old saying goes, **Dan O'Sullivan** "Got a kiss from his sister."

Our next contest will be on August 12 at **Howard**

## Poker Club #4 Chuck Bobinecz



On July 27<sup>th</sup> we will meet at the home of **Sir Bob Mehus** that has a great view of the San Francisco bay. At our last session **Sir Frank Rockwell** left with a smile and a few more dollars than he came with.

Poker's popularity experienced an unprecedented spike at the beginning of the 21<sup>st</sup> century, largely because of the introduction of online poker and the invention of the hole-card camera which turned the game into a spectator sport.

## Cooking Dave Johnson

*1st Monday at various members' homes.*



Our July meeting was a lavish al fresco celebration of Independence Day and Bastille Day, commonly known as a "picnique." Most attempts to speak French were a complete failure as were some efforts to use English. Ladies were invited and a relaxed time was had by all.

**Spellman**, our chef du jour, did a masterful job of burning the hot dogs, and sustained only minor injuries. **Nunn** and **Johnson** produced several of their much-acclaimed salads; **Hungerford** provided a humongous and delicious, multi-tiered chocolate cake; and **Barney** churned his little heart away to favor us with more of his sensational homemade ice cream. All attendees brought their favorite drinks in a variety of bottles, cans and Mason jars.

The August meeting is at **Dan Hungerford's**--always a treat.



Lo McCarley Introduces Fred Thompson

Area 2 Computers  
and  
Technology Group



**PHIL GOFF**, Chairman, 831-3692,  
philgoff@yahoo.com

**DICK CURRY**, Asst. Chairman, 376-5541,  
racorinda@pacbell.net

*Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the Walnut Creek Elks Lodge, 1475 Creekside Drive (just off South Main.) Check out our website at <http://sir-web.org/computer>*

Area 2 CAT announces the following topics for the meeting on Thursday, August 20th:

**Lary Muth** will continue his discussion of video editing, **Phil Goff** will talk about the benefits of Photoshop.com, and we expect to learn from the ever popular Q&A lead by **Dick Curry** and supported by other gurus. Bring your questions, and your suggestions for future presentations are always welcome.

Whether you are a beginner or a seasoned user, we try to offer something for everyone (including coffee & pastries). All SIR members and their guests are welcome.

Thank you for supporting your Area 2 Computer and Technology Group.

**Derek Southern**, (Branch 8) Co-chair

Golf Partner

A fellow comes home after his regular Saturday golf game and his wife asks why he doesn't include Tom O'Brien in the games anymore.

The husband asks, "Would you want to play with a guy who regularly cheats, swears up a storm over everything, lies about his score, and has nothing good to say about anyone else on the course?"

"Of course I wouldn't," replies the wife.

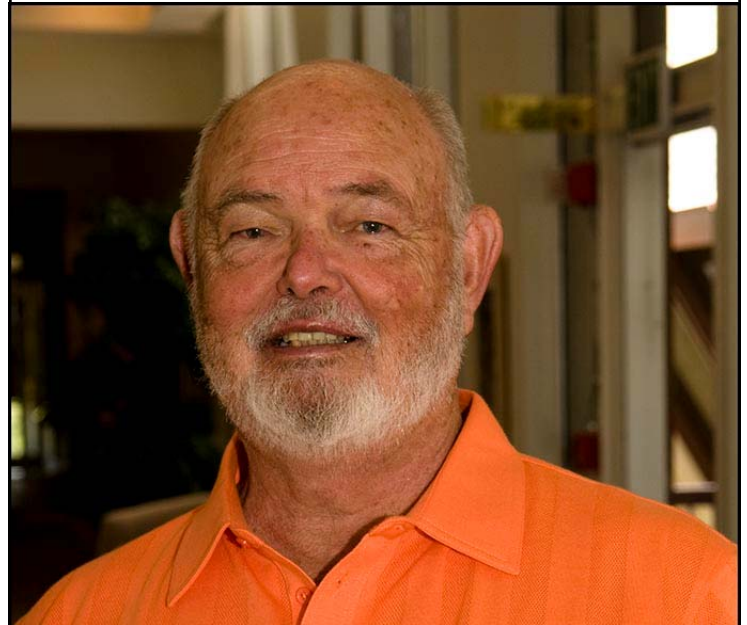
"Well," says the husband, "neither would Tom O'Brien."

Area 2 \$ums In Retirement  
Dave Munson

\$ums In Retirement, Area 2 Investment Group will meet on the 4th Wednesday of each month at the Diablo Creek Golf Course in Concord starting at 8am. Early risers can come for breakfast at the restaurant starting at 7am.

At our 26 August meeting we will have Mr. Gerald Sudderth speak to \$ums In Retirement.. Gerald is a financial planner in Danville.

Cheers **Dave Munson**



Greeter Sir Skip Thomas

Bocce Ball  
Martin Lyle

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

Join us for a fun-filled morning at the Bocce Courts. Experience not necessary, and an enjoyable time is had by all.

We're getting more players out each week.

Call me if there is a question:

Martin Lyle 925 687-4893

## Luncheon Attendance

### Bob Lyman



SIR Luncheon is the 2nd Thursday of every month at The Clubhouse at Boundary Oak.

Please call me (925-825-6386) or email me, [rjlyman@aol.com](mailto:rjlyman@aol.com), by Friday NOON prior to the luncheon if, for any reason, you are unable to attend. If no one answers, leave your name, badge number and phone number. Please be sure you call!!!

Remember that our luncheon will be called to order at 11:45am, so please allow enough time to arrive on schedule. A check for **\$25.00** made payable to SIR146 is requested for payment of your lunch on Luncheon Day. Thanks.

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 will result in a letter notifying them of pending membership termination. Certification of another branch meeting will be considered as credit to the attendance record.

SIR bringing a Guest

Please call by Friday, noon prior to the luncheon and leave your name and badge number and the name of your guest. Please spell the last name of your guest.

### Luncheon Menu for AUGUST 13, 2009

Caesar Salad

Pan Seared Salmon with Roasted Pepper Remoulade  
OR

Beef Bourginon with Carrots, Mushrooms and Pearl Onions

Roasted Garlic Mashed Potatoes

Summer Squash

Red Velvet Cake for desert

### Special Luncheon Requirements

If you require a vegetarian meal or any special meal, please call and make a request. Your request will remain in effect until you cancel it through the Luncheon Chairman. If for medical reasons, you cannot eat lunch, please notify me and your request will remain in effect until you cancel it through your Luncheon Chairman.

### New Members and/or Sponsors

There will be a dedicated luncheon table set for any new members and their sponsors who would like to sit together to share their conversations as new members of SIR146. It is voluntary and please do not feel obligated, as a new member, to sit at this table.

## Membership

### Dale Hertweck



### Branch 146 Statistics: (For July)

Active Members 261 (including 4 HLM's), Applicant List 0, Inactive 9.

### July Attendance:

Members 171, Guests and Visitors 8, Speaker 1, for a total of 180.

### Status Changes:

### Inducted:

Charles Schreiber, Edmund Malboeuf, Welby Bigelow, Bill

Rash, Dennis Dale, Fred Thompson

### Deceased:

Richard Johnson, Bill Root, Ray Nordstrom

## Tuesday Golf

### Ray Weisz



June 23: First Flight: **Joe Fuchs** (70), **Ed Malboeuf** (72). Second Flight: **Ken Richter** (67), **Ray Kan** (69). Third Flight: **Chuck Eichten** (62), **Doug Cook** (70). Closest to the pin: **Don Nunn # 2**, **Ron Plachy # 12**.

June 30: First Flight: **Joe Fuchs** (64), **Jim Burk** (65). Second Flight: **Dennis Hallett** (63), **Ron Plachy** (69). Third Flight: **Bill Hoban** (65), **Garth Cummings** (65). Closest to the pin: **Ron Binder # 2**, **Doug Cook # 12**. **Jim Burk** shot a gross even par 72, (great golf).

As of July 7, 2009 we added a third place to each flight.

July 7: First Flight: **Joe Fuchs** (70), **Russ Bliese** (71), **David Steinberg** (71). Second Flight: **Bill Weinberg** (70), **Dennis Hallett** (71), **Bob Spellman** (72). Third Flight: **Ray Weisz** (66), **Don Nunn** (67), **Doug Cook** (69). Closest to the pin: **Ray Weisz # 2**, **Ed Malboeuf # 12**.

July 14: First Flight: **Larry Sheerin** (67), **David Steinberg** (67), **Jim Burk** (71). Second Flight: **Joe Fitzsimmons** (69), **Dennis Hallett** (70), **Ray Kan** (72). Third Flight: **Bill Boyd** (67), **Ralph Fowler** (70), **Mitch Mitchell** (71). Closest to the pin **Joe Fuchs # 2**, **Ray Spears # 12**.

## Fishing Paul Dubow



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

**Kent Cremolini** led **Karl Droese**, **Terry Miller**, **Jack Waddell**, **Paul Dubow** and **Carl Moyer** on a five day long range trip off the coast of Mexico, departing from San Diego. The trip was a smashing success with everybody catching all the fish that they could handle. Albacore, bluefin and yellowfin tuna, and many yellow tail were hoisted over the rail. A picture of the happy anglers accompanies this report. The only thing better than the fishing was the eating, since a full time chef worked many hours each day creating wonderful meals. Closer to home, **Joe Karg**, **Joe Miscione**, and **Karl Droese** fished the Farallon Islands on a party boat for big sacks of large rockfish. The Joes then joined **Dick Thomson**, **Terry Miller**, **Harry Sherinian**, and **Carl Moyer** on a party boat from Half Moon Bay for smaller fish, but they did catch three ling cod that weighed about twelve pounds each. **Carl** caught some nice rockfish from his boat in Pacifica on two occasions, but a sturgeon trip with **Harry Sherinian** produced only catfish. On another outing, **Carl** caught a ten pound halibut trolling in the harbor after striking out on rockfish. **Craig Walton** caught a five pound black bass fishing in a tournament in the Delta, and he and **George Schulze** caught a lot of trout at Lake Davis. **Romano Gnusti** fished the upper Sacramento for trout and finally got some nice ones on the afternoon of his last day. He did say that trout fishing a stream is a wonderful thing to do, just by being there in the piney woods.

We will be very busy in the future with trout fishing in the Eastern Sierras, delta fishing for striped bass and sturgeon, trout fishing in our local lakes, mackinaw fishing at Lake Tahoe, and several party boat trips for halibut and rockfish. If you haven't been fishing for awhile or want to try fishing for the first time, come down to our next meeting. That meeting is scheduled for 8:30 am on Thursday, August 27, at the Legends Sports Bar and Grill at the Diablo Creek Golf Course, 4050 Port Chicago Highway in Concord. If you would like to join us for breakfast, be there by 8 am. The featured speaker will be **Carl Moyer**, who will discuss various catfishing techniques. For further information, feel free to contact **Paul Dubow** at 415-495-6504.



## Travel Opportunities

### Bob Spellman



**Sep 24, 2009 Highlights of South Africa.** On this comprehensive 19 day trip with Grand Circle Travel you'll discover the cultural and natural wonders of South Africa. The trip will take you to Johannesburg, Kruger National Park, Swaziland, Zululand, Wilderness, and Cape Town with optional trips to the Entabeni Game Reserve for a big five bush safari and Victoria Falls. Cost of the trip has been reduced from \$4795 to 3945.00 per person which includes all airfares, 17 night hotel stay, 32 meals, and 13 sightseeing tours. This is an extremely good value for this once in a lifetime trip. Contact **Bob Spellman** for space available @ 925-934-9428 .

The quarterly State *SIR HAPPENINGS* web site at <http://www.sirinc.org/sirhappings/> offers additional SIR travel options.



Sirs Bob Spellman and Stu Summerville

Our long-time Cribbage activity has lost a couple of players and is in serious risk of closing. If you are interested in playing this time-honored game, please contact **Dick DeVoe** @ 932-5546.



## ROMEO

(Retired Old Men Eating Out)

### Malcolm Hendry



- MARK YOUR CALENDAR -

The ROMEO group meets on the third Thursday of the month at 6:30PM at select restaurants in the East Bay. We experience a variety of different restaurants and cuisines while enjoying the company of our fellow SIR and guests, in a relaxed and friendly atmosphere.

On August 20th we will going to "Fiore" Italian Fusion Cuisine Restaurant, which is highly recommended by **Steve Snow**. Opened in June 2008 by the owner/chef, the menu features classic Italian recipes transformed into new masterpieces with French and Mediterranean influences. The warm atmosphere is inviting with the aroma of the intoxicating cuisine.

Location: 5100 Clayton Road, Concord, CA 94521  
(between K-mart and Lucky)

Web Site: <http://www.restaurantfiore.com/>

Phone: 925-969-1887



Bob Barley Introducing Welby Bigelow

## Table Pool

### Bill Weinberg

1st and 3rd Monday at 11:30 am.  
(at Masse's 2721 N. Main, Walnut Creek)  
So you haven't played in years? Come down and join us . We have a great group. Remember the 1st and 3rd of every month at Masse's in Walnut Creek

**Bill**





## Away Golf Jim Baldrige



**Bob Mehus** has set up an event at Mare Island Golf Club for Thursday July 30 starting at 10:30 am. The cost for SIR golfers competing in the prize fund is \$36 and \$34 for guests and SIRs not competing for prizes. Flyers have been out at Tuesday Golf and at our last luncheon. Check with **Bob Mehus** for last minute space.

Six of our players who qualified in the Division 4 Individual Qualifier event have already signed up to play at the next level qualifier at Boundary Oak on August 12. **Joe Fuchs, Dale Hertweck, Bob Royster, Jim Stedman, Dave Steinberg** and **Lee Vincent**. Those that win in their flights on 8/12 will go on to compete in the State Championship at Poppy Hills on November 3. Contact **Ron Plachy** for details.

The State Scramble Team Championships will be held Monday August 10. This event is an 8:00 am shotgun at Poppy Ridge. **Ron Plachy** or **Dick Richmond** have details.

The Fall Classic South will be in Solvang September 13 -16. SIRs will stay at the Santa Ynez Marriott and play at Ranch San Marcos and Alisal River courses. See [sirstategolf.com](http://sirstategolf.com) for prices and entry forms.

The Fall Classic North West will be at the Kah-Nee-Ta Resort and Casino in Warm Springs Oregon September 30 to October 4. See [sirstategolf.com](http://sirstategolf.com) for prices and entry forms.

Jim Hanck has scheduled play for the nine hole group at Diablo Hills on August 6 and 20 and September 3 and 17. Contact Jim Hanck to sign up. Questions: Jim Baldrige 925-689-9232 or [jimjudy39@aol.com](mailto:jimjudy39@aol.com).

## MEMBER RECRUITMENT AND RETENTION JACK CALLOWAY

We welcomed six new members at our July Luncheon. They were part of the record number of guests introduced in June. However, there were no new guests at the July Luncheon, which is very disappointing. We need to have potential new members as guests at every luncheon so that we have a steady stream of new members to replace those who leave the Branch.

Recruiting Tip: **Dick Devoe** suggests you take your prospective member to one of our activities that is of particular interest to him. This together with the luncheon just might seal the deal.

The Committee is also concerned about retaining our current members. You will be hearing more about this in the coming months.

## Non-Responsibility Declaration

**Rule 345:** All activities arranged for or by Sons In Retirement, Inc. and its branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

## Explore and Dine

### John Pearl



Twenty "Explore and Diners" toured the brand new "National Ignition Facility" at the Lawrence Livermore Laboratory on June 25 outing. We trekked through this huge and fantastic \$3.6 billion facility that combines the an astonishing level of science and engineering with some very massive structures - us engineers in the crowd were impressed. Two of our group, **Garth Cummings** and **Fred Kovar** worked at "the Lab" prior to their retirement. Our tour guide was an engineer whose father was a member of the SIRS Livermore Branch.

We dined just down the road at the Poppy Ridge Country Club, which is actually set in the country. I came out \$4 ahead after all of us had paid their bill - a good omen.

On July 23rd we traveled to the new architecturally striking Catholic Cathedral of Christ the Light near Oakland's Lake Merritt.

John Pearl [mcppearl@astound.net](mailto:mcppearl@astound.net)

934-6920



# **Dinner party for 146 and friends**

Wednesday, October 7

Zio Fraedo's Restaurant

611 Gregory Lane

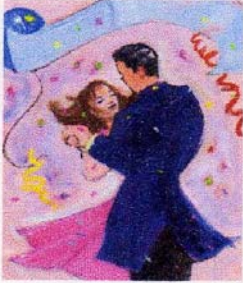
Pleasant Hill

6PM to 10PM

Cost will be \$ 95.00 per couple



Includes hors d'oeuvres, dinner, wine on table, and party time for all of you and your friends. Tables of eight are encouraged. But you may sign up alone and be paired with a great group. There will be live music by Dalt Williams for dancing if you desire. Dancing not required for true party goers.



Meal choices:  
Beef, fish or vegetarian pasta.

Mail check to Vince Rettew  
290 Dover Drive  
Walnut Creek, CA 94598  
Phone: 943-7962



Your name and partner

No 1. \_\_\_\_\_ meal \_\_\_\_\_

No. 2 \_\_\_\_\_ meal \_\_\_\_\_

No. 3 \_\_\_\_\_ Meal \_\_\_\_\_

No. 4 \_\_\_\_\_ Meal \_\_\_\_\_

An 84 year old man went to the doctor for a physical. A few days later the doctor saw him walking down the street with a gorgeous young woman on his arm. The next time the doctor saw him he asked how he was doing.

"Great," said the old guy. "I did just what you told me. 'Get a hot momma and be cheerful.' "

"I didn't say that," said the doctor. "I said, 'You've got a heart murmur. Be careful.' "



## Walkers John Lewis



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

August walks planned by Pablo Chavez

August 7:

Lafayette Trail St Mary's Rd Lafayette  
Meet: At Lafayette Community Center  
Walk: Follow St Mary's Rd toward Walnut Creek  
Paved Level Some Shade  
Coffee: Terzetto Cuisine Moraga

August 14:

Cardinet Trail Clayton Rd Clayton  
Meet: At Clayton Library  
Walk: Northwest from parking on first bridge  
Along trail by golf course  
Not Paved Not Level Some Shade  
Coffee: Peet's Clayton Rd & Ygnacio Valley Rd

August 21:

Iron Horse Trail Rail Museum Danville  
Meet: At Railroad Museum parking  
Walk: South on Iron Horse Trail  
Paved Level Some Shade  
Coffee: Pascal French Oven 155-B Railroad Ave

August 28:

Contra Costa Canal Trail Pleasant Hill  
Meet: At Oak Park Shopping Center located  
between Putnam and Keats  
Walk: West on Oak Park Blvd, three blocks to  
CC Canal, then south on CC Canal.  
Coffee: Starbucks Contra Costa Center PH



Sir Ron DeGolia

Thanks to **Bill Cammerer**, **Don Del Bene**, and **Larry Sheerin** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.



Joe Fuchs Introducing  
Charles Schreiber

# SIR CALL *Newsletter*

Sons In Retirement, Inc.  
63 El Molino Drive  
Clayton, CA 94517-1723

[sircall@hotmail.com](mailto:sircall@hotmail.com)

<http://www.sir146.com>

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soon as possible.



Branch 146 Song Sirs