



Ray Kan

Big Sir's Notes

Thank you, **Doug Cook** and your committee of **Bob Yolland** and **Fred Kovar** for your excellent work in selecting nominees for the 2006, Branch 146 Executive Committee. The nominees will be published in our July and

August SIR CALLS. Elections will be held at the August general meeting. At that meeting other members of the Branch can be nominated with the provision that the nominee agrees to serve. Let's all show up for this important meeting.

Nominees for SIR Branch 146, 2006 Executive Committee are as follows:

Big Sir: **Garth Cummings**
 Little Sir: **Jim Stedman**
 Secretary: **Jeff Baily**
 Asst. Secretary: **Stu Somerville**
 Treasurer: **Jim Todhunter**
 Asst. Treasurer: **Chuck Bobinecz**

Directors: **Peter Gates**
Dennis Hallett
Lew Thompson
Frank Rockwell
Mike Varner
Al Zamolo

We are saddened by the death of former **Big Sir Warren Boero**. **Warren** participated in many of our Branch activities. To you, **Gwenn**, may God be with you and the family.

Our monthly SIR CALL is available in color via our website (www.sir146.com). Bulletin editor **Pete Gates** requests that members who wish only to receive the SIR CALL via e-mail, call him. **Jeff Baily**, our webmaster, is asking for donations to improve and upgrade our website. Call **Jeff** for further info.

To offset the cost of printing and mailing our SIR CALL, we are allowed to have a sponsor. The bulletin will acknowledge the sponsor but there can be no advertising. There might be companies that might want to support organizations such as ours; maybe your former employer. Any member who knows of any source that may be interested, please contact me.

Little Sir's Corner

The speaker for the July luncheon will be Antonio Medrano, who is the 2004-05 Foreperson of the Contra Costa Grand Jury. Antonio will be speaking about the purpose and operation of the grand jury and their activities during the past year. We will also be entertained by a selection of songs from the Song Sirs to help celebrate the Fourth of July.



Garth Cummings

Getting to Know SIR

Ron Morrison

I was born in Whittier, California. I never lived there nor did I know Dick Nixon. I spent my early years in South Gate and Huntington Park, Southern California. I graduated from Huntington Park High in 1945. I was inducted into the army in April, 1945 and sent by the Signal Corps to Camp Roberts and then to Fort Benning, Georgia for Radio School. Then it was to Korea for 19 months with the 24th Corps Headquarters in Seoul. In my free time, I played ping-pong like crazy and took piano lessons from Professor Studenez, a White Russian who had a music school behind the Catholic church. It was a lovely country, even with the riff-raff on Bun Chong Street, and the honey carts everywhere. I lived in an old school dorm and sold cigarettes at the local laundry black market for 200 yen (about ten dollars). Eventually, I was in the Land Teletype Section for all of Korea. I became Section Leader because everyone else went home.



When I came home, I went to Pasadena City College and then followed my then-girl friend to Cal Berkeley. I missed my mother and friends but "lived big" on \$40 a month. I majored in Transportation and went to work for Consolidated Freightways for 42 years. I met Joyce at Berkeley, married her, and we are now working on 52 wonderful years. We have 5 wonderful daughters, all are married and we now have 8 grandkids.

I have been retired for 12 years and have been in SIR for 10 years. I am having a ball with bowling, Garden Club, Song Sirs and cribbage when I get the time. I am now singing with the Diablo Valley Masterworks Chorale (for the last 23 years) and a local church choir which will be singing in New York's Carnegie Hall in June. Who says that retirement is boring? There just aren't enough hours in the day!

Bowling

Gus Edwards



Branch 146 bowlers have stumbled their way to the half-way point of the 12-team, 3-person summer league. With eight weeks remaining, the cleverly named Team 5 (**John Miller, Tom Lindeland, Maurice Mitchell**) are five points out of first place. Team 6 (**Dave Rasmussen, Larry Mitchell, Gus Edwards**) are in the middle of the pack. On a positive note, **Larry's** average is second overall.

FYI, there are three upcoming tournaments. They are Fireside Lanes (Citrus Heights) on July 5th and 6th; deadline is July 5th. Nu Generation Lanes (Yuba City) on July 18th and 19th; deadline is July 15th. And the biggie is The Silver Legacy at the National Bowling Stadium in Reno on August 15th, 16th, and 17th; deadline is August 6th.



Cooking

Don Nunn

1st Monday at various members' homes.

On June 6, we were fortunate to have **Sir Al Milano** prepare his wonderful Pesto Linguine!

We were given a lesson along with the recipe for truly delightful and heavenly sauce (Yes it is loaded with garlic!). A super salad and French bread made for a feast straight from Italy. A super job **Sir Al**.

We missed **Sir Warren Boero** as he was most responsible for the founding of our cooking guys. **Al** had a place set for **Warren** and we toasted him with some special wine. Bon Voyage **Sir Warren**.

Next month we will meet on July 11th will be at the home of **Sir Charlie Kiser**. Call **Charlie** for the time of the meeting and to confirm your attendance.



Cribbage

Al Tufo

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

On June 8, 2005, the Cribbage Club was hosted by **Langley Erickson**. We were able to get in four (4) Derby Tournaments as there were only four players this time which allowed this to happen. **Dan Meckfessel** was hot as a firecracker. There was just no stopping him. **Dan** won three of the races going away. The **Italian Stallion** managed to win one race and come in second in two others. **Barney Meade** also managed to place second in two of the races. **Langley Erickson** decided to play the ultimate host and allow his guests to receive all the glory. What a guy! Next month will be hosted by **Howie King**, if he is able. If not, **Dan** will host the Cribbage Club instead.

CIAO Al Tufo

Area 2 Computer Group

DICK CURRY 376-5541-----racorinda@pacbell.net
FLOYD SKELTON 838-2515--f.skelton@sbcglobal.net

Meet the 3rd Thursday of each month 9:30 to 11:30 a.m. at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

All SIR members are invited to attend these informative sessions. At our June 16 meeting we followed on from our May presentation on Microsoft's Office XP with a presentation on tips for using Microsoft's Word software program. We also had time to talk and hopefully resolve some of your computer problems and talked about some interesting web sites. For more information please visit our web site at: <http://www.sir-web.org/computer/>

Dick Curry and Floyd Skelton, Co-Chairmen

Cooking Too

Rich Hanford



2nd Monday at various members' homes.

Below, Chef **Bob Yolland** demonstrates the delicate art of pounding chicken thin. He is being assisted by **John Demos, Bill Cammerer** and **Rich Hanford**. This interactive session produced a superb chicken scaloppini, the centerpiece of a delicious lunch. In addition to a fine meal, we all left with new skills and a great recipe.



Fishing

Sal Costanza



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

July's feature fishing trip is to Davis Lake, known for it's great trout fishing (and northern pike!!!)

See you at our next meeting.

Hey Sal, do you know why some fish swim in salt water? Because pepper makes them sneeze!

Tuesday Golf Walt Barabash

Latest Weekly Tournament Results

May 17 First Flight: **Olof Johansson, Joe Suta and Ray Kan.** Second Flight: **Frank Rockwell, Bob Madge and Larry Zugnoni.** Closest to the Pin: **Rich Hanford.** Low Gross: **Frank Marcon: 86**

May 24: No golf due to another scheduled tournament.

May 31 First Flight: **Ed Wojnar, John Lewis and Joe Himsl.** Second Flight: **Tom Gorman, Bob Madge and Dan O'Sullivan.** Closest to the Pin: **Al Zamolo.** Low Gross: **John Lewis: 81**

June 7 First Flight: **Joe Himsl, Gene Diana and Larry Sheerin.** Second Flight: **Tom Gorman, Howard Harvey and Dan O'Sullivan.** Closest to the Pin: **Bill Cammerer.** Low Gross: **Gene Diana and Larry Sheerin: 85**

June 14 First Flight: **Lew Thompson, Jim Stedman and Jim Baldrige.** Second Flight: **Don Nunn, Larry Zugnoni and Bob Madge.** Closest to the Pin: **Bill Weinberg.** Low Gross: **Lew Thompson: 81**

Away Golf

Jim Baldrige

Congratulations to the winners at the Lone Tree Antioch Away Golf outing. 1st place **Bill Boyd**, 2nd place **Stu Somerville**, 3rd place **Russ Bliese**; yours truly took closest to the pin.

A reminder to **Sirs Dick DeVoe, Olaf Johansson and Pablo Chavez**, who placed in the first level of qualifiers for Division 4 at Franklin Canyon on May 20. Check with **Dick Richmond** as selected players from that tournament will be playing the next qualifying round at Boundary Oak on July 13.

Unfortunately, the June 8 SIR Ladies Invitational at the Vitners Course in Yountville was canceled due to rain. **Sir Lynn Freeman** says the original checks have now been shredded and he plans to solicit new funds when the tournament is re-scheduled in late August or early September. If you paid directly by check simply cancel that entry in your checkbook. If your entry fee was included with another Sir who sent in the check, work out a refund or re-submission with that individual. **Lynn** will let us know how payment for the rescheduled event is to be done.

The Area 2 Team Scramble event is scheduled for July 22 at Franklin Canyon. This event will serve as the Away Golf outing for July. As of this writing six (6) Branch 146 teams were planning to play.

For your long range calendar: We received the contract from Silverado Country Club in Napa for the 2006 SIR Branch 146 Annual Invitational Tournament. This is an outing for Sirs, couples and friends. The cost will be \$46 for Sirs competing in the prize fund and \$44 for guests or those not competing for prizes. It will be a 144 player 12:00 shotgun on Monday April 3, 2006 on the South Course. This is a great price considering the rack rate for this course is \$150.

Questions: Call **Jim Baldrige** 925-689-9232 or e-mail to jimjudy39@aol.com



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.

HYDROGENATED OIL IN PEANUT BUTTER

Peanut butter is high in heart-healthy monounsaturated fat. But, if you read the labels on most jars, you will see "partially-hydrogenated vegetable oil" which means "trans fat" Tufts University nutritionists say that this should not be of concern, explaining that most of the hydrogenation is "complete" not "partial," which turns the fat into saturated fat rather than trans-fat.

While saturated fat does raise blood cholesterol, the additional saturated fat from hydrogenation is very small, adding only 1 gram per two-tablespoon serving. Even natural peanut butter (the kind you stir to mix oil and solids) contains two grams of saturated fat.

That means the total number of grams of saturated fat per serving is 3 as opposed to 2. Most of the fat remains monounsaturated.

Source: *Tufts University Health & Nutrition Letter*, June 2004

FEELING EDGY?

Stress is part 'n parcel of life in today's world. So what can you do to cope? Here are some tips from *Men's Health* (July/August 2004) on how to smooth out the rough places:

Put a green dot on your phone to remind you to take a deep breath before you answer. (*Susan Siegel, Program of Integrative Medicine, UNC*)

Spend quality time with your dog. Pets provide more stress relief than the two-legged varieties.

Shut up and smile. Listen more than you talk.

Run fast. Bike hard. Punch the heavy bag. High intensity workouts can lower stress levels. (*University of Missouri at Columbia study*)

Hit the sauna after your workout. A relaxing sense of accomplishment. (*Oklahoma State University study*)

Say you're sorry. An apology goes a long way to easing tension on both ends. (*Charles Emery, PhD, Ohio State University*)

Forgive. It's one of the best ways to de-stress. (*Charles Thorensen, PhD, Stanford University*)

Find a shoe-shine guy. You'll also have great looking shoes (*Michael Nuccitelli, PsyD, Brewster, NY*)

Stop checking your portfolio. A Hong Kong study found that the closer you watch your stocks, the more stressed out you are.

Add ten minutes to your ETA. If you get there early, you've gained 10 minutes.

Find the good. Look for something to appreciate in every situation.

Go for a swim. Climb a mountain. Any workout will do.



Garden Club

Chuck Bobinecz

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



On July 15th (Friday) there will be a BBQ (11 am – 3 pm) at the home of **Chuck Bobinecz**. I will furnish the sausage and suds. **Lew Thompson** is coordinating this event. Please contact him by July 10th in regards what you want to bring. Wives and guests are welcome. My only requirement is that you bring me a winning LOTTO ticket.

ROAD TRIP

On July 29th (Friday) the cooking groups, wine tasting group and the garden club bus trip will be on the way to Gilroy to visit Goldsmith Seeds (their flowers will be at the peak) for a tour and then on to the Gilroy Garlic Festival. Now open to all SIR members (including waiting list). If we get additional interest, or there are cancellations, we can add new passengers and/or get a larger bus. For those who have signed up, please make out a check to SIR Branch #146 and mail to **Chuck Bobinecz** by June 27th.

We will leave at 9:00 am from the Park and Ride lot on Mitchell Drive in Walnut Creek and return around 4:00 pm, tasting a bit of the grape on the return. The cost is \$23 per person plus \$6 entrance fee to the garlic festival and the cost of your garlic ice cream. Check out web site www.gilrovgarlicfestival.com. Contact **Rich Hanford**, **Don Nunn** or **Chuck Bobinecz** if you are interested in the trip.

Bocce Ball

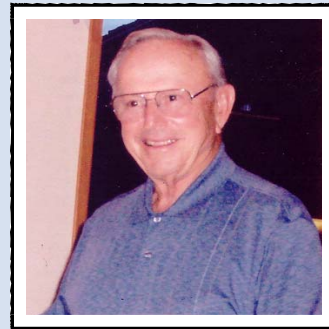
Bob Frankland

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.

There was a great turnout for bocce ball, sixteen players filling two courts. Come on out - there are more courts to use. Below **Lang Erickson**, **Frank McNamee** and **Chairman Bob Frankland** are gettin' ready to "roll 'em".



In Memoriam Warren Boero 1928-2005



Warren left us in the early morning of May 31st with his family at his side. He is survived by his wife, **Gwenn**, four children and eleven grandchildren. A celebration of his life was held on June 4th at the Walnut Creek Presbyterian Church.

Warren enjoyed the outdoors and eagerly shared these outings with his family. He loved to fish and often traveled to the Sierras. He made numerous hunting and fishing trips to Alaska with his two sons. In the 70's, **Warren**, **Gwenn** and their two younger daughters began a series of annual house boating and water skiing trips to Lake Shasta.

Warren had a distinguished career with Bank of America that spanned 38 years. After retirement, he joined SIR Branch 146 in January of 1990. He will be remembered by fellow Sirs as enjoying golf, cooking (he was instrumental in organizing the original Cooking Group), worldwide travel and lots of fishing. He served as the Big Sir in 1997.

Warren was active in his church and a pillar of integrity in his career. He was a loving father, a great people manager, a good fisherman, a great dancer and a fabulous cook. He endured his fight with leukemia with courage and grace and left this world a richer place because of his humor and kind affection for his friends.

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*

Sums In Retirement will meet on July 27, 2005 at Diablo Creek Golf Course (Grill Room). The meeting will start at 8 am and breakfast will be served anytime after 7 am. No reservations are required; just come on out and bring a friend.

A special presentation will be made by Ms. Kathy Knight, Financial Advisor with American Express Financial Group. She will be discussing effective ways to address today's market and improve your retirement income.

Bring your questions and improve your investment knowledge. If you have questions, contact **Sir Ben Smith** at 925-820-5403, or by Email to bjsssmith@aol.com.

Luncheon Attendance **Bill Root**

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



Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and telephone number.

Be sure you call.

Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

SIRs bringing a guest:

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

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Sliced Roast Beef with roasted garlic mashed potatoes
- Pan fried Fillet of Tapia with lemon butter & rice pilaf

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 209 , HLMS 4, Waiting List 55, Inactive 5

June Attendance:

Members 168, HLMS 4, Waiting List 15, Guests 1, Excused 32, Unexcused 9
Total June Attendance: 188.

Status Changes:

Inducted: **Lee Vincent**

New Top 30 Man: **Peter Kautz**

Added to Waiting List: **Teddy Coggiola, Charles Koeber**

Deceased: **Warren Boero**

Resigned or Withdrew: None

Current Top 30 Man Waiting List (prioritized): **Jesse**

Crews, Albert Bond, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, William

Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmeh, Ronald De Golia, Charles Kistenmacher, Peter Kautz.

Remaining Waiting List Men (prioritized): **Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezure, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan, Jim Hanck, Philip Sapunor, Glen Renk, Robert Lipscomb, Robert Figone, Teddy Coggiola, Charles Koeber.**



Song Sirs

Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:00 pm on Wednesdays.

After a brief respite, practices resume on June 22 & 29 and July 6 & 13 in preparation for the July luncheon program. They will be held at the normal time and location. Practices subsequent to the July lunch have yet to be identified. Song Sir members will be individually notified by e-mail or telephone as soon as the practices are scheduled.

Don't buy a putter until you've had a chance to throw it.



Sunshine



Otto Wilson

Phone 825-1943--email: ottowilson@astound.net

Warren Boero passed away on May 31st. He will be missed. He was our **Past Big Sir** in 1997. Services were held June 4th.

Robert Wedin is recovering from shoulder surgery. He has had a lot of pain in recovering. He says he should be up and running in July.

Ron Pascoe is recovering from knee problems and is in Ygnacio Valley Care Center, 1449 Ygnacio Valley Road, Walnut Creek. He is in room 34B.

Harry Rieck is under new chemo for lymphoma. He says the new drugs are working miracles and he is feeling much better. He certainly has a very positive attitude and let's keep him in our prayers.

I want to thank **Chuck Smith** for doing the Sunshine report at the June luncheon. Our daughter Cathy Kingery, has cancer and it has spread to the liver. Thanks so much for the nice card and keeping her in your prayers,

Travel Opportunities

Bob Spellman



July 20, 2005 **SIRS Day at Giants SBC Park.**
Watch the Giants battle Eastern Division Champs Atlanta Braves. Seats are assigned on a first come, first served basis. Cost is \$17 to \$33 depending on location. Contact **Charlie Kiser** at 274-1575.

August 11, 2005 **SIRS Day with the A's.**
Join your fellow **Sir** at the Oakland Coliseum to see the A's play the Angels. Plaza tickets are available for \$13. The deadline for ordering is July 20th. Contact **Bob Spellman** at 934-8428.

August 17, 2005 **Russian River Escape.**
Our first stop will be at the Village Inn in Monte Rio where we will enjoy lunch by the Russian River. After lunch we will be entertained by William Florian who has been delighting audiences for decades. Florian sang as a member of the famous New Cristy Minstrels plus performs the music of Peter Paul and Mary, John Denver and others. We conclude our escape with a relaxing informative tour of the world famous Korbel Champagne Cellars. Cost is \$68 p/p. Contact **Bob Spellman** at 934-8428.

August 30-31, 2005 **Tea & Tiaras.**
A very special Tea Party and Vintage Fashion Show at the Reno Hilton. Package includes motorcoach transportation, one night accommodations, 2 meals, admission to Tea Party and Fashion Show, \$40 Casino Bonus Value. Cost is \$87 p/p. Contact **Carl Raaka** of Branch #8 at 254-0482.

Sept 6, 2005, **The Italian Girl of Algiers.**
Enjoy a performance of The Italian Girl of Algiers by Gioachino Rossini. Rossini brings his irresistible touch to a madcap romp about a spunky woman and a self important man. No host dinner at Pier 39, motorcoach travel to San Francisco Opera House. Cost is \$33 p/p. Contact **Bob Hagler** of Branch #8 at 934-7620

Sept 29-Oct 10, 2005 **Black Sea Cruise.**
Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post cruise night in Bucharest. Cost is from \$3295 p/p d/o. Subject to space available. Contact **Bob Spellman** at 934-8428

Oct 12-Nov 2, 2005 **Australia & New Zealand.**
A 22 day excursion through Australia and New Zealand. Includes roundtrip airfare, accommodations in 3 to 4 star hotels for 19 nights. Deluxe motorcoach transportation. All tax and gratuities at hosted meals and hotels. Cost is \$4980 p/p d/o Contact **Bob Hagler** of Branch #8 at 934-7620.

Nov 6-7, 2005 **Fiddler on the Roof.**
Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center, Sunday matinee and overnight. Includes transportation, one night accommodations at Sands Regency, and admission to Fiddler on the Roof. Cost is \$85 p/p d/o. Contact **Carl Raaka** of Branch #8 at 254-0482.

Theatre

Bill Hansen



Hurry, hurry, just a few great seats available for "Sound of Music", Thursday, July 28th at 8 pm. It is a must see. Bring the family. It is one of Americas great musicals, under the stars at the Martinez Waterfront Park. Tickets are \$17.50 each. Send checks made out to SIR 146 and mail to **B. Hansen**, 3098 Manzano Dr., Walnut Creek, 94598.

If you're afraid a full shot might reach the green while the foursome ahead of you is still putting out, you have two options. You can immediately shank a lay-up or you can wait until the green is clear and top the ball halfway there.

Wine Tasting Dale Haukland



We had a fun wine tasting at **Hank and Hazel James's** home in June. Thank you for hosting a great party. In August we will have another lively gathering. Please join us for some fine wine and good fellowship. All you have to do is bring a bottle of wine that costs under \$20. No Two Buck Chuck! Call to reserve your spot.

Date: August 25, 2005

Time: 3 - 5 pm

Location: **Leon and Betty Wyrick**
60 Deerhaven Place
Pleasant Hill, Ca. 94523
Phone 313-9227
Cabernet and or Chardonnay

If you want to hit a 7 iron as far as Tiger Woods does, simply try a lay-up short of a water hazard.

Table Pool Bill Weinberg



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

We had our 1st meeting of the Table Pool Club in June and had 3 new faces, from Branch 8. The games just keep getting better and better. Hope to see you there. Remember, it is the 1st and 3rd Mondays of each month at Masse's on North Main from 11:30 am 'til whenever.



Party Bridge Fred Bolton

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

For Ladies Day we had five tables of bridge at Marie Callenders. **Jim Jackson** and **Lo McCarley** took first with 5000 points. Second, and the special Ladies prize went to **Jim Brown** and **Barbara Lundblade** with 4390. **Bill** and **Margaret Rees** were third and **Fred** and **Phyllis Bolton** were fourth. Our next game will be rescheduled due to the fourth of July holiday.



Walkers John Lewis

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



July 1 - Back Creek Trail. Meet at Clayton Library.
July 8 - Valle Vista. Meet at Moraga Safeway parking lot.
July 15 - Carquinez Shoreline Trail. Take Marina Vista (last turn before Benicia Bridge) all the way through downtown Martinez to right on Talbart, which becomes Scenic Dr. Parking on left.
July 22 - Westridge Trail, Oakland hills. Meet at Moraga Safeway. Coffee and donuts at the site.
July 29 - Meet at 10:00 a.m. at shopping center near Taylor and Morello (PH) for walk and lunch at DeVino's Restaurant. Celebrate the seventh year of the walkers.

Thanks to **John Lewis**, **Bob Madge**, **Jack Matthews** and **Bill Snyder** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Jeff Baily** for proofreading.

Also thanks to **Bill Cammerer** for agreeing to replace **John Lewis** on the SIR CALL distribution team for future mailings



Duplicate Bridge Bob Donahue

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

Sir Fred Bolton hosted three tables of duplicate bridge in June. **Fred Bolton** and **Lynn Freeman** tied for first place with 29 1/2 points. **Jim Brown** and **Jim Jackson** tied for third place with 23 1/2 points.

The next meeting is scheduled for Monday, July 18, 2005. Contact **Bob Donahue** at 376-4527 for information.

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 at **Stu** and **Margot Somerville's** home on June 15th. **Jim** and **Allison Todhunter** took first place with 37 points, **Carl** and **Anne Johnson** (35 points) took second, **Lynn** and **Dasha Freeman** (34 points) placed third, and **Lo** and **Sue McCarley** (33 points) came in fourth. The next meeting, hosted by **Bob** and **Janet Yolland**, will be held on Wednesday, July 20th.



Don Strong, Ray Garavaglia and Ralph Belluomini



Chairman Lo McCarley presents the first place prize to winners **Jim** and **Allison Todhunter**



Roy Luoma, Rollie Nordeen and Bryant Fischback

SIR CALL

Newsletter

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soon as possible.



At the luncheon, Area 2 Governor Harry Hubinger awards SIR Certificate of Appreciation to 2004 Big Sir Doug Cook