

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 10

Published For Our Members And Friends

October 2003

### Big Sir's Notes

Fall is in the air and our Indian summer is in full swing. The days are warm, the nights cool and we are getting back into our normal routines. Thanks to **John Lewis** we had an article on SIR and a picture of the walking group in the Contra Costa Times and an article in the Concord Transcript. This is great for both SIR and Branch 146. Keep up the great work. Our Branch now has a full waiting list. Unfortunately we had 26 applications for 13 openings on the list. As many of you know our total State organization has an ongoing membership drive. Our president's theme of "have fun, bring in one" has been working to the extent that our month to month loss has nearly stabilized. Branch 146 is most fortunate to have the opportunity to grow slightly and add to the total number of Sirs. We currently have 211 members and 4 Honorary Life members plus 30 on the waiting list. Normally we get between 180 and 200 attendees at the monthly luncheon meetings. I propose that we increase Branch 146 membership by 19 (9%) up to 230. Its good for our Branch and good for SIR. This would put those who missed the waiting list on it plus add two additional tables to the luncheon room which has ample space. Many of our activities can take more participants. For example we have 80 starting times each Tuesday for golf and normally field 60 to 70 players. One area of concern is the room capacity for Ladies Days in May and December. Based on experience we can certainly add a few more and, if necessary, give priority to Sir's guests, waiting list/guests then fill in with SIR friends as space permits. Your board will discuss increasing the Branch size at the 9:30 am October executive meeting and hopes to get a resolution.



**Bob Yolland**

### Five Ways to Get to Sleep



Get spoiled



Force your eyes closed and dream nice dreams



Work hard then crash



Find a friend and don't let go



Curl up with Mommy

### 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.

### Telephone Directory Updates

**Stan Jackson** address: 207 Northcreek Circle, Walnut Creek 94598

**Art Trost** e-mail: aftrost@astound.net

**Chuck Bobinecz's** e-mail address: bobinecz@highstream.net

Make the changes to your directory now!

### Little Sir's Corner

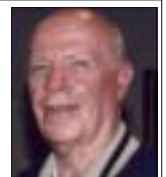
**Ron Solow**, Attorney, will be our guest speaker for October. His presentation will focus on estate planning and elder law. These subjects are, especially important to all of us.



**Doug Cook**

### 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 Winter League kicked off September 3rd. We have 16 four man teams. **Al Zeppa** was re-elected Secretary-Treasurer and League President.

On September 2nd **Al** and I attended the SIR Bowling Committee meeting in Valejo. **Al** is also the Operations Chairman and I was appointed the Policy Committee Chairman. None of our Branch Sirs won any money at the SIR 3 day Reno event.



## Cribbage

Al Tufo

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

Cribbage was hosted by **Al Tufo** on September 10. We were able to get in three games. Here are the results. First game won by **Lange Erickson**. Second game won by **Barney Meade**. Third game won by **Larry Reilly**. The Italian Stallion came in second in all three games. The next get together will be hosted by **Larry Reilly** on October the 8th. We are hoping to get a new member in the near future. That would give us a total of six players and enable us to have three games going at the same time. Hope everyone had a good summer.

Ciao **Al Tufo**



## Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group was hosted by **Warren Boero** on Monday, September 8 at his home.

We were treated to a marinated, barbecued rack of lamb that was outstanding. It was prepared by guest chef, **George Claus**, the manager of Boundary Oak Golf Shop. The meal and service was outstanding. Our next meeting is at the home of **Frank Mandic** on Monday, October 6. Please notify Sir **Frank** of your intentions.

### Recipe of the Month

Portuguese Beans by **Barney Meade**

One pound bag of pink beans (Safeway carries these)  
1 package Silva Linguisa sausage (2 links)  
3 – 8 ounce cans tomato sauce  
1 heaping tablespoon chili powder  
1 heaping tablespoon ground cinnamon

In order to reduce the enzymes that contribute to the gasiness of the beans, soak the beans overnight in 6 cups of water and 1 tablespoon of baking soda. Drain and rinse the beans and add 6 cups of water. Bring to a boil for 1 minute, let the beans sit for one hour, then drain and rinse again. Add 6 cups of water and simmer for 1 to 1-1/2 hours until tender. Drain the water, and add the tomato sauce, spices and linguisa cut into 1/8 to 1/4 inch thick slices. Simmer for one hour, stirring frequently in order to keep the bottom from burning. It may be necessary to add water or broth in small quantities in order to moisten the batch to keep it from sticking to the bottom. For best results, make a day ahead of time and refrigerate to allow the flavors to blend. Heat beans about one hour before serving. As above, add water or broth to moisten. Serve with Trader Joe's corn bread made with buttermilk and whipped egg white. Pour the batter in a hot cast iron skillet and cook in the oven.

## Area 2 Computer Group

Our October meeting (no meeting in September) will be held Thursday, October 16th, at 9:30 a.m. - *please note earlier time* - in the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnysvale Ave (off N. Main, one block north of the Treat/Geary, North Main intersection.)

As guest speaker we will have Mr. **Leonard Krauss**, Chairman, Rossmoor PC Club, who will speak to us on their activities at Del Valle School which are open to the general public. This will include computer classes in various popular computer software applications, workshops and help with computer problems. Additionally, **Dick Curry** will conclude his presentation on "Security, Your Computer and You". This will include the 13 things you can and should do to prevent or mitigate the problems of a virus attack. We will also address your computer problems and, if time permits, discuss some Internet sites of interest to all. For more information visit our web site at:

<http://home.att.net/~area2computer>

## Duplicate Bridge

Bob Donahue.

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



Sir **Bill Rees** hosted three tables of duplicate bridge in Sept. **Bob Donahue** was first with 31.5 points and **Jim Jackson** and **Bill Snyder** tied for second with 29 points.

## Couples Duplicate Bridge

Lo McCarley

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



On Sept. 17th, SIR Couples Duplicate Bridge met at the home of **Margaret & Bill Rees**. 1st place was won by **Anne & Carl Johnson** with 43.5 points. There was a 2nd place tie shared by **Allison & Jim Todhunter** and **Janet & Bob Yolland** with 33.5 points each. 4th Place went to **Ruth & Jim Adams** with 33 points. The next meeting will be at the home of **Sue & Lo McCarley**.

## Fishing

Sal Costanza

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



There will be a free fishing seminar at Hap's Bait and Tackle Shop in Rio Vista on Saturday Sept. 27th. Learn how to fish the Delta. Come to our Sept. 25th meeting at Diablo Creek Course and find out all the details.

## Garden Club **Chuck Bobinecz.**

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



The **Walkers** (walking group) and the **Garden Club** are combining for a field trip to the Dow Wetlands located at the Dow Plant in Pittsburg on Thursday, October 2<sup>nd</sup>. We will meet at the Dow Community Center conference room at 9:30 a.m. for a slide presentation introducing the Wetlands and the history of the Wetlands team and then drive to the Wetlands gate. Our docent will be Sir **Wes Hauschildt** who will meet us at the conference center and take us through the Wetlands. The presentation and the tour should take 2 to 2 1/2 hours. Wives and guests are welcome.

Plan to carpool. From Hwy 242/4, exit Hwy 4 at Loveridge road to the left (north), cross Pittsburg-Antioch Highway until you come to the Dow Plant. From Kirker Pass Road, take Railroad Avenue and take a right on Buchanan Road. Then take a left on Loveridge, cross Hwy 4 and Pittsburg-Antioch Highway until you come to the Dow Plant. **Wes** will guide us in from that point. Please call **Wes** at 925-933-8098 for additional information or directions.



## Tuesday Golf **Walt Barabash**

August 19 First Flight: **Ray Nordstrom, Russ Bliese and Bill Weinberg.**

Second Flight: **Fred Kovar, Bob Spellman and Bob Madge.** Closest to the Pin: **Doug Cook.**

August 26 First Flight: **Ed Wojner, Doug Cook and Joe Himsl.** Second Flight: **Ray Weisz, Dean Merritt and Ray Kan.** Closest to the Pin: **Doug Cook.**

September 2 First Flight: **Mitch Mitchell, Larry Sheerin and Ken Richter.**

Second Flight: **Bob Madge, Bill Knapp and Dean Merritt.** Closest to the Pin: **Ken Richter.**

September 9 First Flight: **Myles Ringle, Bill Weinberg and Gene Diana.**

Second Flight: **Jerry Bellows, Jim Brown and Bill Boyd.** Closest to the Pin: **Ray Weisz.**

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one youngster. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrant."



## 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.*

### VACCINES?

Vaccines used to be just for kids. As a result, many adults who could benefit from modern-day vaccines don't think about getting the protection they offer.

The Centers for Disease Control offers these suggestions for adults:

#### **Varicella (chicken pox)**

Chicken pox can be particularly serious in adults, even resulting in death. Each year, the disease sends 12,000 people to the hospital.

*Who needs the vaccine:* Persons who have not had chicken pox or have not been already immunized, especially healthcare workers and others at high risk of exposure, such as day-care workers, international travelers, and college students.

#### **Hepatitis B**

This virus, which affects the liver, leading to cirrhosis and cancer, kills 4,000 to 5,000 persons every year.

*Who needs the vaccine:* Anyone at risk for exposure to the virus through contact with infected blood or by sexual contact with an infected person. Those at highest risk include healthcare workers, travelers to areas like Africa and Southeast Asia, where hepatitis B is common, and sex partners of persons known to have the disease.

#### **Measles-Mumps-Rubella**

Measles can cause seizures, brain damage, even death. A woman who gets rubella during pregnancy could miscarry or have a baby with serious birth defects.

*Who needs the vaccine:* Anyone born after 1956 who hasn't already been immunized, especially women. Those born before that time almost universally have antibodies to these diseases, which were once common childhood infections.

#### **Diphtheria-Tetanus**

Diphtheria, a respiratory disease spread by coughing and sneezing, can cause airway obstruction, coma, and even death. Tetanus, brought on by bacteria that enter the body through wounds and cuts, can affect the nervous system causing muscle spasms and rigidity, leading to respiratory paralysis.

In one third of the cases it causes death.

*Who should be vaccinated:* All adults need booster shots throughout life; anyone who has not had the initial 3 shot series should get it.

*(Continued on page 4)*



## Know Your SIR Frank McNamee

I was born in San Francisco on January 15, 1928. Attended Sacred Heart and St Anne's grammar schools. My first three years of high school were spent at St. Joseph's Seminary. I transferred to Ignatius H.S. in 1946 and graduated from St. Ignace in 1950. I married the love of my life, **Marilyn Mahoney** on August 5, 1950 at St. Peter's Church in San Francisco. We have 5 children and 9 grandchildren.



I worked at Nathan Dohrman in Union Square (gone now) while attending USF. I then transferred to Dohrman Hotel Supply after graduation. After DHS, I joined Incan-descent Supply which became Consolidated Electrical Distr. I was transferred in 1965 to manage the Concord branch which brought about our move to Walnut Creek. After a year at CED, I decided that I'd rather be back in sales and so joined Sunbeam Lighting in 1966 as sales and lighting specifications engineer.

My final employment change came in 1973 when I joined Associated Lighting Reps as a partner. I retired from ALR in 1993 after 20 plus years with the best lighting representatives in the Bay Area. When I joined ALR in 1973, we represented 7 lighting companies and when I retired we were representing over 50.

The highlight of **Marilyn's** and my life was our 50th anniversary celebration when we took our children and grandchildren on a 7 day Mexican Riviera cruise. We were joined by other family members and ended up with 54 people to celebrate with us.

I enjoy golfing every Tuesday with the SIR and am learning to play bocce ball. It has been my great pleasure to meet so many wonderful Sir's.



**Marilyn and Ken Kratz** enjoy lunch on the recent tour sponsored by the Br. 146 Garden Club

(continued from page 3)

### Influenza

This shot reduces flu related hospitalizations and other complications. Vaccinations may not prevent flu entirely, but will ensure a milder case.

*Who should be vaccinated:* All adults over 50, anyone with chronic heart or lung disease, diabetes, kidney disease or immune disorders, nursing home residents, pregnant women whose 2nd or 3rd trimester coincides with the flu season. Care givers who could transmit the disease to people at high risk.

### Pneumonia

Once easily treated with penicillin, this infection of the lungs has become resistant to antibiotics. Pneumonia is one of the most common vaccine preventable diseases in this country.

*Who should be vaccinated:* All adults 65 and older, and anyone with long term health problems.

## Golf Committee Joe Jansen Boundary Oak Golf Course & SIR Br. 146



SIR 146 is good to **Bob Boldt**. We rent a large number of golf carts every Tuesday and are the only SIR group that provides its own marshals and takes extra steps to prevent "no-shows".

**Bob** is good to SIR 146. He and son **Rob** give us free group lessons (more in Oct. and Nov.). Our 2004 schedule is set so we have a "tournament" every Tuesday at the senior green fee rate, not at the course's weekday tournament rate of \$40.00. It's a win-win association.

Q Why did the chicken cross the playground?  
A To get to the other slide

## Investment\$

**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

A revision has been made in our \$ums In Retirement meeting to be held September 24, 2003. Our Guest Speaker will be Mr. **Pat Vitucci**, Principal of Sun America Securities. His topic will be "The Three Levels of Investment" and how to move to the highest and best level for you. Mr. **Vitucci** is a widely recognized authority on investing matters and has a great deal of knowledge to share with our group.

The meeting will start at 8 am and breakfast will be served between 7am and 8am.

No reservation is required.... just come and join in.

## 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 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.

Greeting cards will be there for your signature.

## Party Bridge **Fred Bolton**



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

The Party Bridge Group met on Sept. 8 at **Dick Johnson's** home for four tables of bridge. First place went to **Jim Jackson** with 7220 points, second to **Fred Kovar** with 6070, third to **Lynn Freeman** and fourth to **Chuck Hammond**. Our next game will be our Ladies Day Bridge at Marie Callender's on Oct. 6.

## Song Sirs **Chris Satterthwaite**



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

Dates to be commensurate with SongSirs entertainment obligations.

The SongSirs have had major changes to their practice schedule at WC Pres. Church.

Cancel church practice 23 Sept. 3:00 pm.

It will now be Thursday 24 Sept. 3:00 pm at Dave Obera's Home. Cancel church practice 1 Oct. 3:00 pm.

It will now be Thursday 2 Oct 3:00 pm at the church.

We are pleased to announce that we will be singing at the Montego Senior Lodge as well as the Walnut Creek Senior Manor in the near future. Our song repertoires vary for each occasion. As before come and join us.



## Luncheon Menu

**Jerry Bellows**

This month's luncheon menu

### *Salad*

- House salad
- Freshly baked rolls and butter

### *Entrees including vegetables*

- Baked stuffed sole Florentine with pilaf rice
- Chicken Cordon Bleu with tomato pasta

### *Dessert*

- Daily dessert special
- Regular or decaffeinated coffee and tea



## Membership

**Lang Erickson**

Branch 146 statistics: Members 211, HLM 4, Waiting List 26. September attendance: Members 162, Honorary Life Members 4,

Waiting List 14, Guests 4. Attendance: 184

## Sunshine

**Chuck Smith**



We are sorry to report the passing of **Barbara Fontenrose**, wife of **John**, and **Phyllis Birdsall**, wife of **Les**. Our condolences to **John** and **Les** and their families.

**Bob Wheaton** is recovering on schedule from open heart surgery and wife **Nancy** is busy returning phone calls.

Please look for the new location of the Sunshine table at our monthly luncheon. It will be in the entry hall where you pick up your badge next to the bar.

## The Candy Man

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.

*Want to save your Sir Call in one piece?*

*Send a check with a note and include the following.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City and Zip \_\_\_\_\_

Enclosed is my check for \$\_\_\_\_\_ to cover the cost for \_\_\_one pound certificates.



# Travel Opportunities

Charlie Kiser

Nov 16-17, 2003 Hello Dolly.

Motor coach transportation, Sunday Matinee musical performance of Hello Dolly at the Carson City Community Center, accommodations at the Sands Hotel. Reno area casino stops. Cost \$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 a restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106.

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 \$224 p/p d/o.

Deadline for registration is Dec 5, 2003

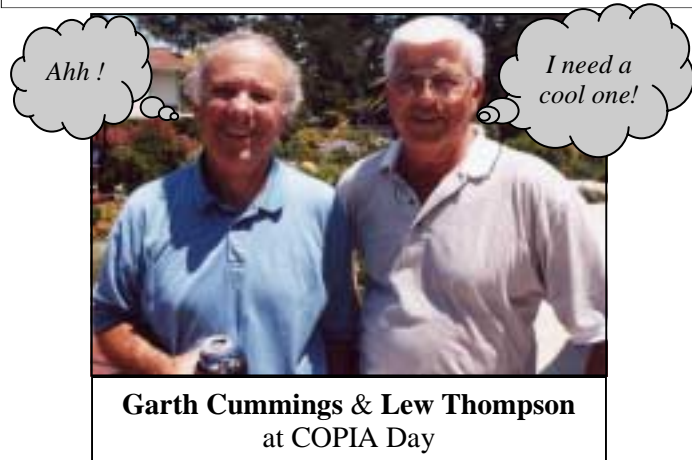
Contact **Carl Raaka** Br.8, 254-0482

March 20-27, 2004 Steamboating on Columbia, Willamette & Snake Rivers. Cruise on the three Great Rivers of the Pacific Northwest aboard the Queen of the West Steamboat. Follow the Lewis & Clark Exploration Route. Includes r/t airfare to and from Portland, 7 night cruise and all shore excursions and meals on board. Cost \$2840 p/p d/o. Book before Sept.23, 2003 and receive \$150 off the above price.

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

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



**Garth Cummings & Lew Thompson**  
at COPIA Day

Doing Lunch



L to R, **Bob Walton, Bill Comley, John Wall & Lee Schultz.**

## Away Golf

Jim Baldrige



### Away Golf

Congratulations to the winners at Willow Park Castro Valley on Sept 18. **Warren Boero** took first place, **Gene Diana** took second and **Larry Sheerin** won third. **Gene Diana** also won closest to the pin. Our last event of the year will be the Division 4 tournament at Spanos Park Stockton on Tuesday October 7. It's a 7:30 am shotgun start; cost is \$49 which includes green fee, cart, buffet lunch and prize fund. **Dick Richmond** is heading up this event; flyers are out. Sign up ASAP so **Dick** can get the count for Br#146 in to the course.

Doing Lunch



**Sir John Denham** giving an amusing & entertaining presentation of his experiences during the Pueblo Crisis involving North Korea

## Table Pool Bill Weinberg

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

The Table Pool Club met on Monday Sept. 15th and had a good time. Branch 8 almost took over the club with their attendance and they say there are more members that are planning to play.

**Stan Jackson** did a good job of representing 146. Hope to see some more 146 members there next time.





|   |                               |   |
|---|-------------------------------|---|
| State President<br>Region Director<br>Area Governor | 2003<br>SIR State<br>Officers | James Faverman<br>Dan Gilmore<br>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 Baldridge       | 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 Kaprielian  
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.

Oct. 3 - Cardinet Trail. Meet at Clayton Library.

Feed the emus.

Oct. 10 - Carquinez Scenic Hwy. Take Marina Vista west (last exit before Martinez Bridge) through Martinez to rt. On Talbart which becomes Scenic Hwy. Park past cemetery on left.

Oct. 17 - Borges Ranch Trail. Take Oak Grove to Castle Rock Rd., then rt. to Borges Ranch. Get lost.

Oct. 24 - Oakland Hills Westridge Trail. Meet at Moraga Safeway.

Donuts & coffee on John. (*I prefer Krispy Kreme John ...ed*)

Oct. 31 - Larkey Park Trail. Meet at Lindsay Museum parking lot. Bring sample Halloween treat or masks or hats.

Thanks to John Lewis, Bob Madge, Bill Snyder and Chris Satterthwaite for folding and labeling, to Ken Kratz for photography, John Lewis for mailing, and Dick DeVoe for proof reading.

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

### *In My Humble Opinion*

#### *Some Recent Reflections:*

1. *After spending nearly two months up in relatively isolated Coeur d'Alene, Idaho, its really nice to be home.*

2. *I managed to attend the September Branch 146 Executive meeting as SIR Call Editor. I was impressed by Joe Jansen's presentation on the strongly positive offerings of Boundary Oak Golf Course to our golfing Sir's... among which are a top grade course that is well maintained and has reasonable green fees.*

3. *Recently Alicia and I visited the upstairs bar at Boundary Oak just before sunset where we ordered a glass of wine and a couple of appetizers. Observing the late afternoon golfers amid the beauty of the golf course and backdrop of our beautiful Ygnacio Valley, we confirmed once again that this area is a wonderful place to live. Overpopulation and heavy traffic be damned, home is home and we love it here.*

4. *We have a most impressive group of men in Branch 146, instilled with a friendly and caring nature, bountiful energy and vitality, coupled with a willingness to help in any task. (witness the volunteers that come forward when John Lewis needs help printing, folding and mailing the SIR Call).*

5. *With a keen sense of appreciation for the members of our Sir Branch, I accepted the invitation of incoming Big Sir Doug Cook to continue as your SIR Call editor through 2004. It's bound to be another super SIR year!*

*Jeff Bailly, SIR Call Editor*

### October Birthday Boys

Jack Calloway, Bill Comely,  
Chuck Hammond, Luther Jones,  
Roy Luoma, Frank Mandic,  
Don Martin, Tom Noonon,  
Lou Pizza, Gus Edwards,  
Clarence Tooley, Ken Baumgarten,  
Bob Wheaton, Stu Somerville,  
Bob Yolland, Bill Weinberg,  
George Bjornsen, Bob Nelson,  
Don Loustalet, Harry Alderson

# 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 September 30



The Garden Club and the Wine Tasting Group with friends and guests at The COPIA Center in Napa.



L to R, Peg Kovar, Kay Calloway, Shirley Cummings, Marilyn Kratz & Georgia Cook at the COPIA Center.



Sir Chuck Bobinecz at the "barby"

Doing Lunch



SIR greeters Russ Bliese & John Demos welcoming Sir Bill Boyd to the September luncheon

Doing Lunch



Sir's Dick Joyce and Cal Jones

Doing Lunch



Sir Larry Sheerin and Sir Herb Freeman prior to the September luncheon.