

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 13 Issue 11

Published For Our Members And Friends

November 2001



The other day I was listening to the radio when the announcer indicated that the next tune would be a Golden Oldie. As the song played I realized that I either had never heard that song before or that somehow I had forgotten it. I listened closely and could not recognize the artist or the tune, if there was one. How could that be? I always enjoyed music you know - Pinetop Smith, Louie, Ella. I confess that my loyalty to Bing led me to predict that skinny Italian boy would never make it. Then later when that pelvic swinging singer appeared I was certain that society was about to implode. The Beatles also seemed like an anomaly to me and I was surprised that the Regional Center Gallery featured an entire show about them. It occurred to me that perhaps our tastes developed in our early years, provide us with a life long perspective, an ability to critically analyze current art forms. Take movies for instance. I like Mel Gibson and Kirk Douglas even if they are not as sophisticated as say Cary Grant or William Powell. Why has the suave and debonair disappeared? And the women, I'm sure that Julia Roberts is an excellent actress but young Grace Kelly or Ingrid Bergman, to name two, seemed, at least to this old mind, to have greater depth and reality to their performances. Television is another area that has changed over the years. Gone is the Jackie Gleason Show and a host of other programs that performed live. Now canned laughter rules prime time. Granted, there are a few good dramatic shows being offered the viewer but, save for Hallmark, few really meaningful dramas on today's telly, unless you're into violence and mayhem. I could go on about the new musicals and modern paintings and sculpture. Not that I dislike them, it's 'just that it has taken me a while to appreciate the current trends and yet I am still nostalgic about what used to be. Growing older really isn't so bad. We old guys are blessed with a huge back load of memories that not only help us evaluate and crow with what's new but to revel in what has past. Now where is that station with the Golden Oldies again?

Member # Changes to Member Directory 2001

32 **Glen Furlow**, 2865 Saklan Dr. Walnut Creek
CA 94595 938-2934

SIRs Dinner Dance a Roaring Success ! *Fully Subscribed Again, Branch 146 Shows The World How To Have a Good Time*

Organizer **Don Nunn** reports that many couples were still in line for tickets after dance was fully booked. The Dalt Williams Quintet was a hit and the Garden Center at Heather Farms is very popular with Sirs and their ladies.



Kay & Jack
Calloway



Chris & Dorothy
Satterthwaite



Sue & Larry
Sheerin



Howie King, Fred Bolton
and Rich Hanford



Gail & Jack
Harrington

Birthdays in November

Al Altmann	Ralph Fowler	Rollie Nordeen
Jim Brown	Howard Harvey	Denny O'Loughlin
Bob Butterfield	Bob Madge	Hal Ruby
John Demos	Jack Matthews	Lew Thompson
Bryant Fischback	Mitch Mitchell	Norm Zeppa

The Ladies Day Holiday Celebration will be held at Blake's on December 13. The program will feature a sing-a-long of holiday favorites with the SONGSIRS and a first time ever appearance of the SIR Thespians complete with a villain, a hero and a damsel in distress. Bring your hisses and misses to this very different holiday program. Reservation will be limited so send your twenty dollars per person to Branch 146 c/o Sir **Jim Adams**, 1046 Kaski Lane, Concord, CA, 94518



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

The Sirs bowling league is only four weeks old but we are seeing certain teams showing they are going to be very competitive in this league and may be tough to beat.

On top of the league is the Amigo 5 with a record of 12-6. The team is captained by **Wes Van Beveran**, who is recuperating from a leg problem. The bowlers wish him all the best and a fast return. Other members of his team are **Tony De Salles, Bill Martin, Stan Strange**.

Only one game back are the Half and Half with a record of 11-5. The team is captained by **Chuck Bobinecz**, with **Ron Morrison, Travis McAfee, Tom Noonan**. Two teams have records of 10-6. Daves Dudes, captained by **Dave Rasmussen** and Surprise Four, captained by **Homer Colvin**.

Individual scoring goes to **Dick Joyce** with 267/632, **John Zotti** 267/666, **Stan Strange** 247/648, **Larry Mitchell** 244/639, **Norie Zeppa** 230/632, **Bob Butterfield** 244/632, **George Lorentzen** 226/629, **Mike Kropf** 247/627, **Allan Anderson** 237/620, **Gus Edwards** 258/618. Other 200 games bowled by **Bruce Jones, Tom Lindeland** 219, **Pete Grelli** 215, **Don Patterson** 222, **Ray Weisz** 214, **Al Zeppa** 210.

Next Sirs Tournaments coming up: November 7,9 - Wed and Fri. – McHenry Bowl-Modesto November 27,29- Tues & Thurs. – County Club Lanes – San Rafael.

Don Nunn

donnunn@tpi.net

1st Monday 9:30 am at various members' homes or a restaurant or cooking school.



Cooking

The Cooking Group gathered at the Concannon Winery in Livermore to attend a tasting and luncheon hosted by Sir **Gene Diana**. After the tasting we retired to a luncheon under the trees. Sir Gene provided gourmet sandwiches, salads and marinated tomatoes. Of course, we sipped a bit of the grape. Good time!! ...In November we will be at the home of Sir **Warren Boero** for an example of Italian cuisine. Please notify Sir Warren as to the status of your attendance....Candy requests must be in no later than November 24. Cost is \$ 9.25 per one pound certificate. No limit. Make checks payable to Sir Branch 146 and mail to **Don Nunn**. They will be handed out at the ladies day event in December, or you may include a self addressed stamped envelope. Please include the appropriate postage.

Bowling

Duplicate Bridge

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



SIR Lo Mc Carley hosted three tables of duplicate bridge in October with **Chuck Thompson** coming in first with 34 points. **Bob Yolland** was second with 32 points and **Carl Johnson** was third with 31 points. The next meeting is scheduled for Monday, November 12.



Al Tufo

2nd Wednesday at 12:30 hosted by different members

Dottit2000@Aol.com

Cribbage

The Cribbage Club had two tournaments on October 10. They were hosted by **Barney Meade**. The first tournament was won by Barney, and **Al Tufo** came in second. The next tournament was won by **Bryant Fischback** in great fashion. For the first time since we have been playing cribbage, someone won four games in a row. Bryant made everyone sit up and take notice by winning all four games and winning the second tournament, with **Ernie Figueira** coming in second. Next month Cribbage will be hosted by **Langley Erickson** November 7.



Fishing

Pablo Chavez
Coco's Restaurant
3200 Buskirk Ave.

4th Thursday of every month at 8:30 AM.
Pchavez108cnwc@Aol.Com

The Fish Are Biting: **Dan McLaughlin** reported good trout fishing at Kangaroo Lake. **Rich Fish** caught a 5-pound steelhead near Rio Vista. **Al Brunner**, Br. 19, caught two halibut in the bay with the largest at 25 lbs.

Tom Hensley, Sheldon Lawrence, John Wall, Jack Cunha, Al Brunner, Pete Peterson, and Richard Fish had five beautiful days fishing for trout at Eagle Lake. Many fish around 4 lbs. were caught.

Sheldon Lawrence, Branch 116, is compiling a cookbook of favorite recipes. Please send him your favorites.

Fishing Calendar: **Sheldon Lawrence** will lead a trip to Bodega Bay Oct 15– 20 (one day on party boat) and then to Lake Berryessa. Contact Sheldon at 925- 932-1892 soon. Sheldon has also volunteered to lead a fishing trip in November to East Cape Baja for a cost of \$900 p/p. Airfare is extra. Call Sheldon at 925-932-1892.

The salmon trip to Vierra's Resort October 29-31 is open. Vierra's offers camping, RV sites, and cabins, but no rental boats. Contact **Joe Peterson**, Br 19, 916-777-5363.

Garden Club

Chuck Bobinecz. bobinecz@flash.net 4th Wednesday at 2:00 pm at Alamo Safeway conference room unless otherwise announced.



Has Jack Frost been nipping at your plants? **Alan Hart** will tell us how to deal with frost damage and how to help prevent it. Alan is on the board of the Pleasant Hill park district and past president of the Pleasant Hill gardening club. Alan is also a landscaper. We will meet on November 28th at 1:30 PM in the Safeway conference room in Alamo.

Garden tip of the month: Tulip Bulbs

Ideally a tulip bulb needs a chilling time of at least eight weeks. This gives them necessary amount of dormancy they need for spring growth. To pre-chill put them in the refrigerator for about six weeks (not the freezer). Do not use plastic bags, the bulbs need to breath. Plant as soon as you remove them.

Weekly Golf

Walt Barabash Oleciabear @Aol.com



Latest Golf Results

September 18 First Flight: **Bill Rees, Doug Peterson** and **Jeff Baily**. Second Flight: **Doug Cook, Bill Knapp** and **Fred Kovar**. Closest to the Pin: **Bill Knapp**.

September 25 First Flight: **Bob Mehus, Bill Weinberg** and **Jeff Baily**. Second Flight: **Dean Merritt, Charlie Kiser** and **Tom Gorman**.

Closest to the Pin: **Bob Mehus**.

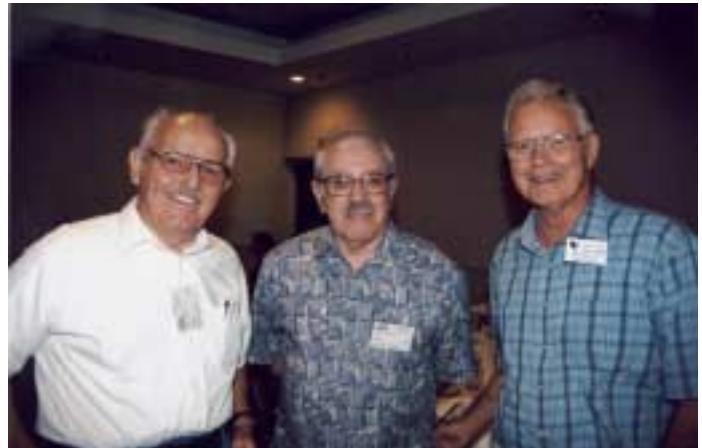
October 2 First Flight: **Bob Mehus, Myles Ringle** and **Jack Calloway**. Second Flight: **Glen Furlow, Tom Stack** and **Fred Kovar**. Closest to the Pin: **Bob Mehus**.

October 9 Closest to the Pin: **Howard Harvey**.

October 16 First Flight: **Miles Ringle, Lewis Thompson**, and **Ray Nordstrom**. Second Flight: **Ernie Dickson, Pablo Chavez** and **Glen Furlow**. Closest to the Pin: **Miles Ringle**.



L to r, **Ken & Elaine Richter, Jeff & Alicia Baily** and **Nancy & Robbie Robinson**



Sirs **Roy Luoma, Phil Leigh** and **Bryant Fischback** at the October luncheon.. Was the discussion about portfolio management?

Slow is For Dancin' Not Golf

The third quarter Slow Play List has been replaced on the bulletin board with the new one for the fourth quarter. The previous list contained the names of just one four-some. Does that mean there isn't a problem any more, or there never was one? It would be interesting to hear from those in the later groups.

Our marshals should be monitoring us and citing those whom they believe to be holding up the game. Don't forget, we're striving for a four and one half hour game for everyone.

If you think your group should have been cited and the marshal neglected to do so, you may advise a committee member and the names will be posted. You will recall that it takes three citations for the penalty phase to kick in. In this manner we can highlight those who are responsible for the slow play and encourage them to speed up.

Sign up for SIRs Golf for 2002

The annual NCGA (SIRs Tuesday golf) membership sign-up program is underway! There are no changes from last year. If you do not desire to compete for money prizes, the cost is \$25 per golfer. That includes \$20 for the 2002 NCGA membership renewal and \$5 for branch golf admin. If you do want to compete for money prizes the cost will be \$65. That includes NCGA membership, branch golf admin. and \$40 for prizes competition. The "drop dead" deadline for check receipt is 1 Dec. Please inform me ASAP if you do not wish to renew for next year. Make your check out to "SIR Branch 146 Golf" and mail to **SIR Chris Satterthwaite**, 1032 Choctaw CT. WC 94598 or call him at 939-7826 with any questions.

Judge: You've been brought here for drinking.
Joe: Swell! Let's get started.

Know Your SIR

Tony DeSalles



Tony DeSalles was born in Cressey, CA (near Merced) on a dairy farm. He is the youngest of seven consecutive brothers followed by two sisters. Tony graduated from Hilmar High School in 1945 where he held the office of Vice President Student Body and President when the current President was called to serve in the military. After graduating from high school, where he also drove a school bus, he continued on to Modesto Junior College. In 1948 he owned and operated the Green and Gold Restaurant in Hilmar. He married Carol in 1948 whom he met and courted while both were performing in the play Arsenic and Old Lace with a community players group in Turlock, CA. Carol taught grade school while Tony attended San Jose State College. They had three children: a son Jeff who received a BA degree from Sofia University in Tokyo, Japan and two daughters Gayle and Lee Ann, both with BA degrees from Sacramento State. Carol died in 1982 from cancer. In 1985 Tony married Mildred who has a daughter Susan with a Masters degree from Stanford University. While at San Jose State, Uncle Sam required his services during the Korean conflict between 1952-54. He was stationed at Fort Bliss, Texas in the 41st Field Artillery. Tony was assigned to the Allied Liaison Section GZ Division, where he served as a sergeant, Liaison Non Commissioned Officer between Allied Officers and non commission officers (except Russian satellite countries). He served as an interpreter (Spanish and Portuguese) and taught classes in English slang. After two years in the army he was employed by the Libby, McNeill and Libby Co. for three years as a retail sales rep. He then joined the Kelly-Clarke Co. Food Brokers in the S.F. Northern California office as a retail sales rep., supervisor, sales manager and eventually a co-owner after nine years. Tony retired after thirty years with this firm when he was 59 years old.

He was active as a baseball and softball umpire (civilian and military) and now enjoys retirement playing golf, bowling, walking and woodwork/crafts.

Tony and Mildred especially enjoy traveling, cruising, mountains, lakes and forests, battlefields and national parks. They derive a great deal of joy from their grandchildren and grand nephews. Equally important, Tony has never met a Branch 146 Sir he didn't like.

I used to wake up grumpy, now I let her sleep!



Phil Leigh

4th Wednesday
at 7:45 am at

Coco's Restaurant at 3202 Buskirk Ave.,
Pleasant Hill. Pleigh@Hotcoco.Infi.net

At the next SIRs Area 2 Investment Group meeting on Wednesday, November 28, Sir **Bob Sherman** will present "Investment Newsletters and Literature"

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.



L to r, **Gwen Boero, Chuck and Mary Bobinecz, Walter & Betty Barabash and Warren Boero.**

Luncheon Menu

November Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter



Entrees including vegetables

- Beef shepherds pie
- Baked snapper with rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Stan Jackson

Health Matters, Physical and Mental



Oiling Your Joints

Can you "oil your joints" like you oil your car? Research from Athens University in Greece and two medical centers in Boston suggest that you can.

Olive oil, which has been shown to be helpful in protecting against cardiovascular disease, may also reduce the risk of rheumatoid arthritis, an autoimmune disease that causes painful crippling and inflammation of the joints. Researchers found the more olive oil consumed, the less occurrence of the disease.

Forgive To Live

Letting bygones be bygones is good for your heart. That's the conclusion of **Kathlene Taylor**, a psychologist with the University of Tennessee. She tracked subjects' blood pressure and heart rates as they discussed being betrayed by a parent, friend, spouse, or lover.

She found that those who had been able to bury the hatchet rather than holding a grudge had lower blood pressures and heart rates.

"Carrying around resentment can take a physical toll" says Taylor. "forgiveness is not only good for your mind - it also seems good for your body."

PEPPIER (pep ee ay') n. The waiter at a fancy restaurant who incessantly asks "Bonjour, fresh ground pepper?"

Lang Erickson
flangley@flash.net



Membership

Branch 146 statistics:
Members 209, Honorary Life 5,
Waiting List 29.

October Attendance:

Members 167, Honorary Life Members 3,
Waiting List 13, Guests 4, Excused 44.



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

We met at **Stu Somerville's** home on October 1 for 3 tables of bridge. First place went to **Carl Johnson** with 5970 pts. And second place went to **Fred Kovar** with 5910 pts. Third place went to **John Lewis**. Our next game is our Ladies' Day bridge at Marie Callender's in Concord on November 5.



Computers

Chris

Satterthwaite

3rd Thursday at

1 pm at WC ELK'S Club 1475 Creekside Dr.
(off S. Main) Chrissatt@Aol.Com

Our next Computer Users Group meeting will be held Thursday, Nov. 15 at the Walnut Creek Elks Lodge, 1475 Creekside Dr., Walnut Creek. The meeting commences at 1:00 PM. We will address a number of general interest items designed to help make your computer experience more enjoyable. We will also provide time to address your personal computer problems and spotlight a few interesting WEB sites for you. You need not be a computer guru to attend. Finally, please note there will be no meeting in December due to the Christmas holiday. Call or E-mail **Chris Satterthwaite**, 939-7826, chrissatt@aol.com fax 925-274-9157 for help.



Owen Sullivan

Practices are held
after the SIRS

monthly luncheon plus once per month
at **Dave Obera's** place at 3 pm. Singers
welcome. OandGlo@hotmail.com

Song Sirs

The Song Sirs will present a medley of music that includes female names in the titles. This presentation will be on November 14 at Walnut Manor. A second appearance on December 12 will include Christmas songs.

Rollie Nordeen
RNordeen3@Home.com

Sunshine



Sir Wes Van Beveren is recovering well
from leg surgery to repair a blockage.

Sir Bob Butterfield had a lymph gland removed from his neck that included a low grade lymphoma. He will be receiving treatment to prevent further problems and Bob will be resuming his SIRS activities which include golf, and bowling.



**Helen & Glen
Furlow**



**Nancy &
Doug Carlson**



**Don & Madelyn
Nunn**



Travel Opportunities

Charlie Kiser Charlieki@Webtv.net

Dec 3-6, 2001 Christmas Lights and Decorations at Hearst Castle and Solvang. R/T Amtrak Coast Starlight between Emeryville & San Luis Obispo. 2 nights accommodation in Morro Bay, 1 night in Solvang. Deluxe bus transportation between San Luis Obispo, Morro Bay & Solvang. 3 dinners plus visit to the elephant seals. All gratuities included. Cost \$440 p/p dbl occ., \$125 s/supp. **Charlie Kiser** 274-1575.

Jan 20-27, 2002 Mexican Riviera Cruise aboard the *Elation* of Carnival Cruise Line. Ports of call include: Los Angeles, Puerto Vallarta, Mazatlan, Cabo San Lucas. A full week cruise including R/T Air SF to LA. Cost from \$995. **Carl Raaka** Branch 8 @254-0482

Feb 12 - 14, 2002 Snow Train to Reno. Includes R/T Reno from Martinez, two nights at The Silver Legacy Hotel and lots of free goodies. Cost \$200 p/p d/o. Contact **Carl Raaka** Br 8 254-0482.

March 1, 2002 -21 day South America Adventure. Cruise from Santiago to Rio de Janeiro via Straits of Magellan. Cost from \$4599.00 to \$6699.00 per person. Contact **Vic Johnson** Br. 116 at 680-1501

Mar 28, 2002 A Day at The Races. Includes Turf Club admission, lavish buffet luncheon, program and bus transportation. Cost \$31. Contact **Charlie Kiser** 274-1575.

April 27 - May 4, 2002 Historical Golf Getaway. R/T air to Richmond VA. 7 nights accom. 7 day car rmtl. 3 rounds golf w/awards/carts, 3 dinners including Colonial Tavern dinner at historic Kings Arms in colonial Williamsburg. Cost \$1599 for golfer, \$1399 for non golfer for 7 nights in Williamsburg. Optional independent 4 night Washington DC extension \$625 p/p dbl occ. **Charlie Kiser** 274-1575.

Oct 5-12, 2002 Cruising on the Mississippi from St. Paul to St. Louis. Includes R/T air from SF, 7 night cruise aboard the American Queen. Cost from #2360-\$3305 p/p double occupancy. Contact **Ron Webber**, Br 19, 689-5602.

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

AQUADEXTROUS (ak wa deks 'trus) adj. Possessing the ability to turn the bathtub tap on and off with your toes.



SIRs walkers form a line for coffee & sweet rolls at the Baily's after a walk up to Castle Rock on Mount Diablo

Gala Ladies Day Luncheon at Boundary Oak, Dec 13, 2001.

No. of tickets _____ @ \$20 each. Total Enclosed \$ _____

Names): _____

Entrees (no. of each)

Filet of Beef _____ Grilled Salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to treasurer **Jim Adams**, 1046 Kaski Ln., Concord, CA 94518.

Note: If ordering for a full table, send \$200 and list your companions on an attached sheet. Both must be received by December 1, 2001. No tickets sold at the door.

Table Pool

Bill Weinberg 2nd Monday at 11:30 am (at Masse's 2721 N. Main, Walnut Creek). Billanne@Infi.net



The table pool met on their regular monthly day of the 2nd Monday. The committee met before we opened the contest and among other things we talked to the mgmt. and were assured that there would be no waiting at any time for any Sirs to play. We have been told that there will be plenty of tables available. The matter of the trophies to be given for some of "the shots of the day" was considered and it was decided that "best shot with eyes closed", "most balls sunk without having to be told what is next", "most shots without damaging felt" and "most shots taken before reverting to vulgar language". All were winners. **Barney Meade** and **Ken Kratz** were among those given "rain checks" for the many trophies to which they are entitled. It must be said that for those who still want to be in good stead as a "Table Pool Member" they must attend next month's "Monday Meeting" at Masses on North Main at 11:30AM as there are only 54 openings left.

Officers 2001

State President
Region Director
Area Governor

Dwight Sale
Robert Eden
Art Miller

Branch 146 Officers and Directors

Big SIR	Bill Hansen	939-4951
Little SIR	Fred Kovar	937-2951
Secretary	Bob Yolland	932-4758
Assistant Secretary	Jim Baldridge	689-9232
Treasurer	Jim Brown	689-2797
Assistant Treasurer	Jim Adams	685-4216
Director	Pablo Chavez	256-8516
Director	Dean Merritt	671-7380
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167
Director	Hal Ruby	686-2748

Committee Chairmen-2001

Attendance	Dale Haukland	820-0189
Audit	Roy Frederickson	284-5623
Badges	Dick Richmond	947-1167
Badge maker	Lang Erickson	682-1337
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-dupli	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Chaplain	Tom Stack	846-8430
Computer	Chris Satterthwaite	939-7826
Cooking	Don Nunn	934-5214
Cribbage	Al Tufo	798-4129
Fishing	Pablo Chavez	256-8516
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Sched	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	938-2934
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Jack Calloway	933-7998
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Rollie Nordeen	284-1199
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Dale Haukland	820-0189

Past Big SIR's

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



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

Walkers *

Nov 2 Barges Ranch Trail. Meet at Barges Ranch (WC)
Nov 9 Donald Dr. (new for us-spectacular view) Meet at Orinda Village Safeway for directions.
Nov 16 Briones - Mt. Diablo Trail. Meet on Rock Springs Pl. (WC). John promises we won't get lost this time.
Nov 23 Thanksgiving. No walk
Nov 30 Moraga - Lafayette Trail. Meet at Moraga Safeway. *Rain can affect the schedule at this time of year. Call **John Lewis** 825-3561 if there's a question.



Front and center: **Dorothy Matthews and Marie Schild**
Rear: **Maureen Bertoli, Flo Lewis, Chuck Thompson, Joe Schild, Jack Matthews, John Lewis, Ollie and Rod Sharretts, Adelaide Chavez, Pablo Chavez.**

Thanks to **John Lewis, Chris Satterthwaite, Bill Snyder, Joe Schild, and Kent Tyler** for folding and labeling and to **John Lewis** for mailing and **Dick DeVoe** for proof reading.

Veterans

Lynn Freeman Field trips. Notification will be given.



"Honor Our Vets" will be the theme of the November 8th luncheon. Guest speaker will be Rear Admiral **Russell W. Gorman, USN (retired)**. Admiral Gorman will have just returned from a conference in Washington, DC and may be able to give us a late report on the war. All veterans of Branch 146 are encouraged to wear the parts of their uniform that still fit or any insignia, ribbons or medals they may have. Other members are encouraged to wear some sort of patriotic symbol.



SongSirs, l to r **Mitch Mitchell, Bill Rees, Bob Yolland, Ken Kratz, Ralph Fowler, Chris Satterthwaite and Don Nunn** entertain the group with a Hawaiian ditty.



Fred & Peg Kovar



Barbara & Dave Johnson

SIRs Golf Outing at Yountville's Vintner Golf Course



Lew Thompson & Janet Yolland prepare to putt on the 14th



Carl & Anne Johnson



SIR CALL *Newsletter*

**Sons In Retirement, Inc.
590 Pine Creek Rd.
Walnut Creek CA 94598**

SirCall@Att.Net

**Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364**

Mailed October 22, 2001