

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 11

Published For Our Members And Friends

November 2002

Big Sir's Commentary

It's fall here in Northern California's answer to Camelot. Leaves are changing to red, gold and russet. Plans are being made for Halloween and Thanksgiving, one of the best holidays of the year. Our November meeting will again honor our veterans. **Lynn Freeman** has put together an interesting program and the SongSIRs will present some songs to touch the hearts of anyone serving in the military. **Jeff Baily** informs me that he occasionally has trouble getting members to provide personal profiles for the *Know Your Sir* column in the SIR CALL. Don't be shy. We really are interested in your background and story. A good topic to include is your present & past activities in SIR i.e. golf, bowling, bridge, bocce, and even just enjoying the luncheon food, speakers and camaraderie. So give him a call or say "yes" if he asks. *Executive Board meeting will be at 9:30.*



Fred Kovar

Little Sir's Corner

Nov. 14. Thanks to **Sir Lynn Freeman**, speaker will be Rear Admiral **Russell M. Gorman**-USN Ret. who will give us a report on "The Navy Today". SongSirs will sing 4 military songs so join in your branch's song.



Bob Yolland

Dec. 11. Ladies Day! Vocalist **Ron Westgate** with **Dave Obera** on keyboard. Great music including SongSirs to keep

Three SIR golfers, each with a hearing loss, were playing golf one fine October day. **Don Nunn** remarked, "Windy, isn't it?" "No," **Charlie Kiser** replied, "It's Thursday." and **Walt Barabash** chimed in, "So am I. Let's have a beer."

Telephone Directory Updates

New SIR Branch 146 Directory (blue book) due January 2003. If you move or change your e-mail address please send change to Sircall@Att.Net or to Sir Call at back page address.

Bob Wheaton's e-mail is bobnanwh@astound.net

Walter Barabash's e-mail is Oleciabear@astound.net

Garth Cummings' e-mail is gecmings@jps.net and his address city is Danville

Ken Beattie's e-mail is keggiej@sbcglobal.net

Dean Merritt's e-mail is drmerritt@astound.net

November Birthday Boys

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

Hurry for your See's Candy

We will stop taking orders for Candy on Nov 15th so we can get the certificates to you by Thanksgiving. Send your check made out to Sirs Branch #146 along with a self-addressed stamped envelope to **Bob Spellman**, 3524 Perada Dr, Walnut Creek, CA 94598. The cost is \$9.45 for 1 lb. and \$18.90 for 2 lb. box. They make great gifts.

Up at SIR headquarters in the logo control department they tried crossing a rooster with a rooster. All they got was two cross roosters.

Computers

Chris Satterthwaite

COMPUTER VIRUS

At least a dozen SIRs have recently indicated to this reporter that they have experienced a virus event. Here are several steps that will help you to get secure and stay secure using the internet:

- 1 Assess your risk. Who uses your computer? Do you open attachments and download w/o knowing the sender? If you have cable modem or DSL your risk multiplies.
- 2 Use anti-virus software to include a firewall. Keep software up to date. McAfee, Norton and Stop-Sign come to mind.
- 3 Check your security settings.
- 4 Create strong passwords. If someone were to get your passwords they could raise havoc with your on-line accounts such as Quicken. Create strong passwords with a sequence of random letters, numbers and symbols.
- 5 Conduct routine security maintenance. If you're really serious about this threat for a comprehensive treatment log on to:

http://microsoft.com/security/articles/steps_default.asp or get **Matthew Danda's** book "Protect Yourself Online" written for all levels. ISBN 0-7356-1188-2.



Bowling Al Zeppa

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

After 5 weeks, The Destroyers captained by **Dick Joyce & Maynard Hendricks**, **Wally Redding & Jim Willey** and The Macs 4 captained by **Dan McLaughlin & Don Lezer**, **Vince Staraci & Roy Miller** lead with a record of 14-6.

Dave's Dudes captained by **Dave Rasmussen** is in 2nd with a record of 13-7. We have 2 teams that have to make-up: Bobs Make-Up Captained by **Bob Everett** 11-4 and Roto Roosters captained by **John Miller** with a 10-6. Individual Scoring: **Mike Kropf** 268/688, **Dick Joyce** 246/676, **Bob Everett** 256/672, **Stan Strange** 235/672, **Maynard Hendricks** 253/634, **Jim Chenevey** 259/624, **Ed Przbyzewski** 244/620, **Rick Esquerra** 233/618, **Dean Lucas**, 247/611. High Games: **Jim Lettier** 246, **Norbert Brooks** 245, **Jim Wray** 226, **Ray Weisz** 224, **Tony De Bello** 229. Reno next year: Apr 21,22,23-Reno Hilton, Aug 18,19,20 Stadium Bowling Lanes. SIRs Tournaments coming up: Nov 5 & 7 McHenry Bowl, Modesto. Dec 2 & 4 Country Club Lane, San Rafael.



Cooking Don Nunn

1st Monday 9:30 am at various members' homes.

Our 7th dinner dance was held on October 2 at the Garden Center at Heather Farms and was completely sold out. All enjoyed the live band and sit down dinner. All of our SIR twinkle-toes and wives were delighted. Next dance will be in March of '03.

The Cooking group met at the Home of **Warren Boero** on September 28th. Members and their wives enjoyed a great potluck supper with **Warren** providing barbecued ribs that were superb. We purchased 10 1/2 gallons of wine and bottled 52 bottles with our own labels. We will meet at the home of **Sir Gene Diana** in November for our last meeting until February of 2003. Contact **Sir Gene** for directions.

Recipe of The Month

Charlie K's Chicken

by **Charlie Kiser**

Feeds 4-5 people, depending on how much chicken . 2 or 3 boneless chicken breasts 2 6 oz jars of marinated artichoke hearts 2 tablespoons butter 1/2 cup dry sherry or white wine 1 10 ounce can of mushroom soup (golden mushroom or cream) Cut chicken into bite sized pieces. Drain oil from

artichoke hearts into deep frying pan, add butter and brown the chicken. After chicken is browned, add wine and cover. Simmer 25 minutes. Remove chicken and add artichoke hearts and soup. Add more liquid if you want a thinner sauce. Stir sauce thoroughly.

(It will separate a bit from the oil, which is fine. Just minimize the separation.)

Return the chicken and cook 10 more minutes at a good simmer.

Serve with wild or long grain rice (buy it in a box).

Readers are encouraged to submit interesting recipes to be featured as "Recipe of The Month". Please send all recipes to Warren Boero or Don Nunn....ed



Cribbage Al Tufo

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

The Cribbage Club had to cancel its October Tournament, due to members who were away or had made other commitments. It has been rescheduled for November 20, to be played at **Larry Reilly's** home . Starting time will be at 12:30 P.M.

Members please let me know if you are unable to make it.

Ciao Tufo



Duplicate Bridge

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

SIR Fred Bolton hosted two tables of duplicate bridge in October and came in first with 18 1/2 points. **Fred Kovar** and **Dick Johnson** tied for second with 14 1/2 points.

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



Fishing Pablo Chavez

Coco's Restaurant 3200 Buskirk Ave. 4th Thursday at 8:30 am.

The Fish were Biting (sometimes): At our September fishing meeting, we heard a lot of activity with mixed results. **Jack Helbert** reports that on his last time out for deep sea salmon, 9 rods in the boat caught 5 fish in the 10-20 lb. Range. **Sal Costanza** says the fly fishing was good, **Doesn't** and he got some nice 3 lb rainbows.

Bill King and **Don Mittelstaedt's** trip produced 13 king salmon on 40 lbs. Wow!

to the Feather River pro-
the first day, some up to

Garden Club

Chuck Bobinecz.

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



Next meeting: Thursday, November 7, 10-10:30 am. Where: Kings Mums, just north of Lodi. Kings is Northern California's biggest and best chrysanthemum nursery. Almost all the mums will be in bloom at that time. It's absolutely dazzling! Bring a notepad to record those which you must have.

Who's invited: SIRs and wives/guests.

Everyone should arrange for their own transportation or carpool for that day. If, however, you would like a ride to Kings, call **Chuck Bobinecz** (939-8740) or **Lew Thompson** (686-6880) and they will arrange it. You should bring a sufficient picnic lunch for yourselves since there aren't many commercial sites in the immediate locations. There will also be winery visiting & wine tasting. For directions to Kings go to www.kingsmums.com or call **Chuck Bobinecz**.

Real men treat their ladies to lunch.

See page 7 on how to be a real man.

Tuesday Golf Walt Barabash



Sept. 17, First Flight: **Jeff Baily, Dick Richmond** and **John Lewis**. Second Flight: **Fred Bolton, Larry Zugnoni** and **Charlie Kiser**. Closest to the Pin: **Bill Cammerer**.

Sept. 24, First Flight: **Ray Nordstrom, Gene Diana** and **John Lewis**. Second Flight: **Fred Bolton, Carl Johnson** and **Charlie Kiser**. Closest to the Pin: **Gene Diana**.

Oct. 1, First Flight: **Olof Johansson, Bill Becker** and **Jim Helmick**. Second Flight: **Larry Zugnoni, Frank McNamee** and **Stu Somerville**.

Closest to the Pin: **Jack Calloway**.

Oct. 8, First Flight: **Larry Sheerin, Ed Wojnar** and **John Lewis**. Second Flight: **Charlie Kiser, John Humphrey** and **Larry Zugnoni**. Closest to the Pin: **Don Loustalet**.

Away Golf Jim Baldridge



Away golf for November is a real bargain. We are scheduled for Nov. 21st at the Old River Golf Club in Tracy. It is a real bargain at \$17 for green fee (18 holes) and cart. Deadline for sign-up will be November 15th. This course has very challenging greens. Flyers will be available after October 22nd. Contact **Dick Richmond** at 947-1167.



Health Matters Physical and Mental

PEOPLE-PLEASERS

The popular song from a few decades ago about "Flying Purple People Eaters" was a farce. But being a "people-pleaser" can be hard on you, both physically and emotionally. In her book, *The Disease to Please*, **Harriet Braiker**, PhD, says you can watch your stress levels go down when you learn to say "no" to others and "yes" to yourself.

You can see whether you are a people-pleaser by how you respond to these statements posed by **Dr. Braiker**:

1. When someone asks you for a favor, you almost always oblige.
2. You can't relax until you finish all the things on your to-do list.
3. At the end of the day, you are seldom happy with what you have accomplished.
4. Your sense of self is based on what you do for others.
5. You rarely ask anyone to do anything for you.
6. You would feel guilty if you took time to do something pleasurable for yourself.
7. Sometimes you are so tired taking care of family and friends that you don't have energy left to devote to yourself.
8. You feel that no one would really like you if you stopped doing things for them.

Source: *Aviation Medical Bulletin* August 2002

TRANS-FATS

It seems so innocuous "partially hydrogenated soybean oil." After all, it's only "partially" hydrogenated. When fats are partially hydrogenated (going from a liquid to a solid at room temperature), they become very useful for food processors to use them. They have a long shelf life; they allow cooking at higher temperatures; they are great for food producers. And you can find them just about anywhere; in cookies, crackers, cakes, pies and many fried foods. But they aren't great for your body. They raise the risk of heart disease considerably. How? "Trans-fatty acids," as they are called, raise LDL "bad" cholesterol and lower HDL "good" cholesterol. So if you are looking for ways to reduce your risk of heart disease, it's as simple as reading labels.

If it says "partially-hydrogenated," put it down.

Source: *Aviation Medical Bulletin* August 2002

News Flash!!!

Kiss you

A cement truck
prison van on Hwy 680
asked to be on the lookout

collided with a
and motorists are being
for 16 hardened criminals.

Know Your SIR

Thomas G. Dunne



Over time I have come to understand that the important things in life are to know love, keep learning, work smart, give something back to society and be happy. It's an ongoing process.

Born and raised in an automotive family in Detroit, Michigan, in my early years I wanted to design cars. Initially, I was trained by GMIT to be a tool designer. Then WW II changed all that. After enlisting I was sent to California and Texas for Army Basic Infantry training followed by a tour of duty in the Pacific Theater of War, with landings in the Philippines and Okinawa. During the time I was in California, I met and wed **Betty**—that's the “love” part. After duty with the Allied occupation forces in Japan, I returned home, then back to California where **Betty** and I raised four great kids and as a result now enjoy eight grandkids. How lucky can you be? Raising a family is a lifetime process and challenge. The rewards, however, are worth the effort!

My first job in California was with the City of Salinas where I worked for 26 years, starting as a civil engineering draftsman and Public Service Director, and ending up their City Manager— that's the “work smart” part. I was also their Community Development Director for a period of years. My personal growth in Salinas was due to having an “I can do it” attitude and having a great mentor.

During this period of my professional development, Walnut Creek coaxed me out of Salinas in 1972 to be their City Manager—personally and professionally, a great move for me! I served as the City Manager for almost 16 years and loved almost every day of it. As I grow older, I tend to forget the downside of things and remember the good times. After a total of 42 years of public service (30 of which I was City Manager), I retired in 1987. During those years, I was honored by being elected to serve as a Director and President of the City Manager's Department of the League of California Cities and in 1980 I also served as President of the International City/County Manager's Association. That organization gave me their award for Distinguished Service in 1988. The Walnut Creek Chamber of Commerce presented me their Business Person of the Year Award in 1987—first time ever given to a public employee. I very much liked being a City Manager— you don't get parking tickets and the street in front of your house is always clean—you can also make a real difference in the life of a city. If I have had any success in that regard, it was in large measure due to having worked with some truly outstanding elected and appointed city officials who were able to agree on a common vision for our city and with great public employees who worked together both hard and smart to accomplish that vision. We didn't always agree but we did know and agree upon where we wanted to take

Walnut Creek and we got there! In my post retirement years, I have worked as a part-time local government consultant (less time— more money) and served on a number of local, state and national boards and committees. Currently, I serve as chairman of the board of the Public Entity Risk Institute, a national organization concerned with managing risk for small local governments, non-profit organizations and small businesses in our country. This is the “ give back to society “ part.

Betty and I have been very lucky to be able to travel extensively both in this country and abroad. We particularly like the Elderhostel program tours - that's also the “ learning” part.

When I retired, I also tried golf and did poorly. Even **Bob Boldt** couldn't make a golfer out of me! He didn't get all that gray hair from aging.

My hobbies have included antique clock collecting, making birdhouses and more recently trying to learn how to use the computer. I never cease to be amazed at how much it will tell you if you ask! We also have enjoyed the SIRs program and it's fellowship.

My plan for the remaining years God gives me is to keep my bride of 58 years happy and stay as healthy as I can, keep trying to discover what is new and different in the universe and most importantly, stay happy.

“You can observe a lot by just watching” . Yogi Berra

Investment Quote on Taking Companies Public

A man said to a veterinarian, “Can you help me? Sometimes my horse walks just fine, sometimes he limps.” Replies the vet; “ No problem, while he's walking just fine, sell him”... *Warren Buffet in a letter to investors.*

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.

I just got

Like she useter?

skylights put in.

The people upstairs are furious.



Luncheon Menu Stan Jackson

This month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Beef stew over buttered noodles
- Baked snapper with basmati rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson Membership

Branch 146 statistics:

Members 209, Honorary 4, Waiting List 20

Luncheon Attendance:

Members 157, Honorary Life Members 2,
Waiting List 13, Guests 3, Excused 49,
Unexcused no shows 5 Total Attendance 175

SIR Rule 100

A member may be notified in writing by his Branch of the pending termination of his membership should he be responsible for either of the following :

1. Miss three consecutive regular luncheons meeting without having been excused by contacting the designated Branch Attendance person prior to the meeting date.
2. Did not attend a minimum of the six regular meetings within the previous twelve consecutive month period.

Note:

Excused meetings may not be included to achieve the six luncheon meetings minimum.



Party Bridge

Fred Bolton

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

The SIRs Party Bridge group met at the home of **Fred Bolton** on October 7 for three tables of bridge. First place went to **Fred Bolton** with 5,670 points, second to **Tom Baker** with 4,450 points, third to **Jim Brown** and fourth to **Chuck Hammond**. Our next event will be a Ladies Day bridge at Marie Callender's on November 4. Contact **Fred** at 932-1580 for details

A cucumber should be well sliced, dressed with pepper & vinegar and then thrown out.



Song Sirs Owen Sullivan

Practices are held after the SIRS monthly luncheon and on the last Wednesday of each month at 4 pm at the WC Presbyterian Church.

Bonjour de France



L to R, **Jack White, Don Martin, Howard Harvey, Jack Calloway, Ernie Dickson, Don Nunn, Andy Anderson** (Holister), **Jim Brown and Dick Hardie** (br 8) aboard the barge "Merribelle". Passing Dijon, France they are pictured mustered for their SIR monthly meeting. *Ooh, sorry...ed*

Investments Wednesday, Nov 20

8:00 am at Diablo Creek Golf Course Banquet Room (Legends Grill). North Port Chicago Highway and Highway 4, Concord. **Ben Smith** (925)820-5403. **Tom Kopas**, advisor to the Pring-Turner Financial Gp will present Market Opportunities for 2003. There will be no meeting in December due to the Holiday season

Sunshine Chuck Smith



The news regarding **Owen Sullivan** is very encouraging. He's making very good progress at the beautiful Kaiser facilities in Vallejo, and **Gloria** advises that from here on it's a week to week renewal there. She suggests that it's ok to visit **Owen** between noon and 1:30 during lunch hour when traffic over the bridge isn't so bad.. (Official visiting hours are 4:30 to 8:00 pm). He's in his wheelchair most of the day and gets around remarkably well. His address is Kaiser Permanente Hospital, 975 Sereno Dr. Vallejo, CA 94589. (707) 651-1000. He will appreciate hearing from you. Please don't forget to advise me of events pertaining to the health of our members and their families.

Perhaps she's seen

members and their families. Thank you.



Travel Opportunities

Charlie Kiser

Dec 2-3. 2002 Reno Holiday Comedy with Charlie Prose. Deadline Nov. 5. Do not miss this one. One night at Eldorado Hotel Casino, Charlie Prose show, private group cocktail party, special holiday gift per person and \$15 cash and \$4 food credit. Cost \$95 pp. \$25 single supplement. Contact **Charlie Kiser** 274-1575

Dec 28, 2002 Jan 2, 2003 Mazatlan New Years Includes r/t air, 6 nights at El Cid, all meals and unlimited cocktails and beer. Contact **Bob Hagler** 934-7620

Jan 11, 2003 East West Football Classic pre-game ceremony at 10:30AM. Kickoff 11:00am. Cost \$20. Contact **Carl Raaka** Br. 8 @ 254-0482. Deadline Nov 1, 2002

Feb 11-13, 2003 Reno Snow Train r/t on Reno Snow Train from Martinez. Two nights at the Silver Legacy, all meals free or discounted. Beverages included on trip to Reno. Cost \$210. Deadline for sign up Dec 2. Contact **Carl Raaka** Br. 8, 254-0482

Feb 22, March 1, 2003 The Mayaribbean Cruise 7 night cruise on the Olympia Voyager to the Caribbean and Central America. Cost from \$1335. Contact **Bob Hagler** Br 8, 934-7620

Mar 15-20, 2003 Arizona spring training, r/t air, hotel, 3 cactus league games, 10 meals and sightseeing. Cost \$1325 p/p d/o-\$1686 single. Contact **Fred Stammen** Br. 171, 283-1956

April 26-May 10, 2003 Cruising America's east coast. 13 day cruise down the Atlantic coast aboard the Norwegian Sea, r/t air San Francisco to New York City, overnight accommodations at Waldorf Astoria, New York City tour and optional tours in ports. Cost from \$1871p/p. Contact **Charlie Kiser** Br. 146, 274-1575

July 28-Aug 28, 2003 Yellowstone & Grand Tetons. Featuring Montana Rockies rail tours. Cost \$1545. Contact **Carl Raaka** Br 8, 254-0482

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise. Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board r/t transfers to ship. Lottery for upgrade to penthouse suite. Cost from \$2495. Contact **Charlie Kiser** 274-1575

My son is under a doctor's care and should not take P E today. Please execute him.

Please excuse Ray from school. He has loose vowels.

Table Pool

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



Charlie Kiser tripping the light fantastic with **Corinne Martin**.



The cooking group making their own wine. L to R, **Don Nunn**, **Warren Boero** and **Gene Diana**.

Dinner Dancing



Janet & Bob Yolland dancing

Dinner Dancing



Taking a break; L to R, **Bernice Cammerer**, **Elaine Richter**, **Jo Spellman** & **M.J. Whalen**



Wine Tasting

We will be joining the Garden Club on November 7 to visit King Chrysanthemum Farm and then go on to two area wineries for tasting. We will picnic at Woodbridge Winery on lunches we will bring. Then, if there is time, we can make one more winery stop. This area is best known for their Zinfandel wines. Wives are invited to join us. Please call **Rich Hanford** at 933-9237 if you plan to attend.

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

Big SIR	Fred Kovar	937-2951
Little SIR	Bob Yolland	932-4758
Secretary	Lo McCarley	935-3939
Assistant Secretary	Doug Cook	939-4327
Treasurer	Jim Adams	685-4216
Assistant Treasurer	Dean Merritt	671-7380
Director	Pablo Chavez	256-8516
Director	Dale Haukland	820-0189
Director	Cal Jones	934-2979
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167

Committee Chairmen-2002

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
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 Scheduling	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian		
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Bill Hansen	939-4951
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
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 **E (Kap) Kaprelian**
1994 **Joe Jansen**
1995 **Bob Walton**

1996 **Dick DeVoe**
1997 **Warren Boero**
1998 **Don Nunn**
1999 **Dave Valladao**
2000 **Jack Calloway**
2001 **Bill Hansen**



Walkers

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

Nov. 1 - Paradise Valley Trail. Meet at parking lot just south of Ygnacio-Cowell intersection near new Montecito Housing.

Nov. 8 - Golden Gate Ferry to Sausalito. Special Fare 10 cents each! Meet at WC Bart at 10 am.
Nov. 15 - Shell Ridge. Meet at the end of Marshall Dr. WC
Nov. 22 - Lafayette Reservoir. Bring quarters for parking.
Nov. 29 - No walk. Thanksgiving.

Thanks to **Rich Hanford**, **John Lewis**, **Bob Madge**, **Lew Thompson**, and **Art Trost** for folding and labeling, to **Ken Kratz** for photography to **John Lewis** for mailing and to **Dick DeVoe** for proof reading. Thanks also to the folks at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities

Ladies Day Luncheon at Boundary Oak, Thursday, December 12, 2002.

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

Names:

Entrees (no. of each)

Petite filet of beef _____ Grilled salmon filet _____

Special requirements _____

Make check payable to SIR 146 and mail to **Dean Merritt**, 850 Kane Circle, Walnut Creek CA 94598. **Dean** advises his e-mail address is drmerritt@astound.net Note: If ordering for a full table, send \$200 and list your companions on an attached sheet. Both must be received by December 2, 2002. **No tickets sold at the door**. Don't wait. Send coupon in today!

Friend: "Has **Burma Shave 1950** your baby learned to talk yet?"
 Mother: "Oh yes and now we are trying to teach him to be quiet."

SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Org
US Postage Paid
Permit No 364
Concord CA



Dinner Dancing



Jack & Pat White



Dinner Dancing



L to R, Dale & Joanne Haukland and Sharon & Mike Varner

Dinner Dancing



L to R, Bill Snyder, Bill & Sandy Hansen & Donna Snyder.



Don Martin (aka Eddie Tor) and Jim Brown at golf day at Boundary.

In a dark basement at an unknown location...SIRs **Don Nunn, Warren Boero and Gene Diana** bottle and label wine for the cooking group.