

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 11

Published For Our Members And Friends

November 2003

Big Sir's Notes

As we head toward the end of the year, it's good to reflect on our 2003 goals. We still have some time to zero in on those things that will allow us to finish up the year strong.

November's meeting will honor our veterans. Thank you **Art Trost** for putting the program together. We're all looking forward to a great meeting.

December 11th is our annual Ladies Day Christmas luncheon. **Lew Thompson** is taking over the organizational duties this year and **Doug Cook** has lined up a terrific program, featuring Clayton Valley High School Women's Ensemble. Be sure you sign up early on the form in this month's Bulletin.

A very special thank you goes to **Dean Merritt** who has done a super job organizing and executing the last several Ladies Day events.

I sincerely wish each of you a very happy Thanksgiving and hope you will reflect on the many things we have to be thankful for and can enjoy the time with your family and friends.



Bob Yolland

Telephone Directory Updates

Chuck Bobinecz's email: bobinecz@highstream.net

Max Burchett's email: meburchett@astound.net

Jim Helmick's email: jimhelmick@comcast.net

Jim Kohl's email: 4JFK@astound.net

Howard Harvey's email: harmar@astound.net

John Wilhelmy's email: jwilhelmy@astound.net

Charles Unfried's mail: CharlesM@california.com

Russ Bliese's email: russb13431@aol.com

John Lively's email: jelively@astound.net

Harry Tutton's email: hrtutton@astound.net

Don Loustalet's address: 5501 Terra Grenada Drive, Unit 1B Walnut Creek, CA 94595

Make
the
changes
now!

Little Sir's Corner

November 13th is our annual Veteran's Day Program. Our speaker will be Brigadier General **Bradley S. Baker**, Commander of the 60th Air Mobility Wing, Travis Air Force Base. Our thanks to **Art Trost**, Veterans Committee Chairman, for arranging this program.



Doug Cook

Dinner Dance October, 2003



Dean & Daphne Merritt and Elaine Richter

Dinner Dance October , 2003



Dale & Joanne Haukland with Sandy Wagner in the center.

Bocce Ball

Al Milano



2nd and 4th Mondays at 9 am, March through November at Concord Bocce Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Rds.

Bowling

Dick Joyce



Our Winter League is in its 6th week with little action from Br.146 bowlers.

As of Oct 1, Daves Dudes were in 1st place

& were being trailed closely by 4 other

teams. There are only 3 more tournaments for 2003:

Fremont, Brentwood and San Rafael.

Last month the **Zeppas** took the Doubles event in Dublin. Congrats to **Al** who was appointed Vice Chair of the state SIR Bowling Association.

At the meeting of the Operations & Policy committees on Oct.2, we voted to abolish the SIR Average Book next year so all SIR Tournaments will use bowlers' highest ABC averages.



Cribbage

Al Tufo

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

The Cribbage Club was hosted this month by **Larry Reilly** on October 8. We were royally treated by **Theresa Reilly** to all kinds of delicious goodies. As a matter of fact there was so much, we barely had room for the cribbage boards. Don't get spoiled guys. You will not get the same treatment at my house. Well, we were able to get in two great tournaments. The Italian Stallion won the first tournament with **Larry Reilly** coming in second after a long time being a bride's maid. The next tournament was won by **Barney Meade** with **Larry Reilly** coming in second again. Now that **Reilly** is once again getting the taste of glory, he will be tough to keep out of the running.

Ciao, **Tufo**



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group was hosted by **Frank Mandic** on Monday, October 6 at his home. We were treated to a great spread cooked by Sir **Frank**. Our next meeting is at the home of Sir **Charlie Kiser** on Monday, November 10. Please notify Sir **Charlie** of your intentions.

The organizational meeting of the 2nd Cooking Group under the leadership of **Rich Hanford** met at **Jeff Baily's** home on October 20th. They are now at their limit of eight members.

Recipe of the Month

Chinese Chicken Salad with Brown Rice

Cook 1 cup brown rice and let cool

Combine rice with:

2 cups cooked chicken, shredded or cubed

1 cup sliced celery

5 green onions sliced

½ teaspoon salt

½ teaspoon pepper

Dressing:

3 Tablespoons wine vinegar

2 Tablespoons soy sauce

2 Tablespoons salad oil (optional)

¾ cup mayonnaise

2 teaspoons sugar

2 teaspoons minced garlic

1 teaspoon ground ginger

Mix dressing, pour over chicken preparation and chill for 4 hours. Delicious! Bon Appetit!

Submitted by **Betty Mae James**

Duplicate Bridge

Bob Donahue.



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

SIR Jim Stedman hosted four tables of duplicate bridge in October. **Bob Yolland** was first with 49.5 points and **Jim Jackson** was second with 45 points. **Chuck Hammond** was third with 41 points and **Jim Stedman** was fourth with 37 points.

The next meeting is scheduled for Monday, November 17. Contact **Bob Donahue** at 376-4527 for information.

Dinner Dance October, 2003



Mary & Chuck Bobinecz

Georgia & Doug Cook



Couples Duplicate Bridge

Lo McCarley

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

Stu and **Margot Somerville** hosted eight couples for SIR Couples Duplicate Bridge. **Jim** and **Allison Todhunter** took first place with 38 points, **Bill** and **Margaret Rees** came in second with 37 points, **Bob** and **Janet Yolland** finished in third place with 34 points, and **Lynn** and **Dasha Freeman** came in fourth with 33 points. The next meeting will be at **Bill** and **Margaret Rees's** on Wednesday, November 19th.



Fishing

Sal Costanza

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

Due to the Thanksgiving holiday, our November meeting will be on Thursday the 20th. We will be having an auction of a variety of fishing gear. This should be a lot of fun! If you enjoy fishing, be there!



Sunshine

Chuck Smith



Warren Boero had an angiogram and a couple of stents and he was home the next day, doing fine. **Ed Mendelsohn's** wife **Donna** doing fine after thyroid surgery.

Continued on page 5

Garden Club Chuck Bobinecz.

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

The Garden Club will meet at the Orchard Nursery in Lafayette at 9:30 am on

Thursday, November 6th. **Chuck Smith** has arranged for a conducted tour of the grounds and we will meet one of their garden specialists who will give us a presentation on pruning. The nursery has many attractions and we will be able to see their well known Christmas display. Wives and guests are welcome.

Going west on Highway 24, take the Acalanes Road exit, take the ramp under the freeway and a left on Mt. Diablo Blvd. Orchard Nursery is at 4010 Mt. Diablo Blvd.



Dinner Dance October, 2003



Carl & Anne Johnson, Dave Obera at the keyboard and Margaret & Bill Rees



Tuesday Golf Walt Barabash

September 16 First Flight: **Bob White, Olof Johansson and Ken Richter.**

Second Flight: **Dean Merritt, Joe Jansen and Bob Frankland.** Closest to the Pin: **Sal Costanza.**

September 23 First Flight: **Ed Wojner, Myles Ringle and Joe Himsler.** Second Flight: **Olof Johansson, Ernie Dickson and Ken Richter.**

Closest to the Pin: **Myles Ringle.**

September 30 First Flight: **Jeff Baily, Lew Thompson and Bill Weinberg.** Second Flight: **Garth Cummings, Olof Johansson and Bob Spellman.**

Closest to the Pin: **Myles Ringle.**

October 7 First Flight: **Ed Arbuckle, Gene Diana and Larry Sheerin.** Second Flight: **Bob Spellman, Stu Somersville and Dean Merritt.**

Closest to the Pin: **Frank Marcon.**

=====
SIR golf at Boundary Oak will be held on
Wednesday, November 12 instead of
Tuesday, November 11 due to the holiday.



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.

DUCT TAPE FOR WARTS?

Heretofore, the most effective over-the-counter treatment for common warts has been salicylic acid. Would you believe that now researchers are touting duct tape? In studies of children and young adults with warts on their hands and feet, it was found that a small piece of ordinary duct tape applied to the affected area was even more effective in eliminating the warts than cryotherapy (freezing them with liquid nitrogen).

Patients applied the duct tape as follows: six days on the wart; remove for one night; a new piece for another six days; remove for one night, etc. After two months, 85 percent of the duct-tape group had complete resolution of their warts, compared to only 60 percent of the cryotherapy group.

Researchers believe that the local irritation caused by the duct tape stimulates the immune system to fight off the viral infection responsible for the warts.

Compared to cryotherapy, which is often painful and may require several office visits, duct tape applied at home caused only minor skin irritation.

Source: *Health News*, December 2002

OTC SEXUAL ENHANCEMENT PRODUCTS

Since the FDA approval of Viagra in 1998, a number of over-the-counter products have also come on the scene. Advertisers promise to "spice up your life," "rekindle desire," and "improve sexual performance" with everything from amino acids, such as L-Arginine, to herbs made from the bark of a West African evergreen tree.

Unfortunately, as of now there is no well-established evidence that any over-the-counter treatments for male impotence or female sexual dysfunction are effective.

Source: *Tufts University Health & Nutrition Letter*, December 2002

WHAT'S ONE DRINK?

One drink consists of

One 5 ounce glass of wine

One 12 ounce can of beer

One 1.5 ounce glass of 80 proof spirits

Each of these drinks contains about the same amount of pure alcohol (12 to 14 grams). Health experts recommend no more than one alcoholic drink a day for women, and no more than two for men.

Source: *Hope Health Letter*

Know Your SIR Larry Sheerin

I was born in San Francisco on May 27, 1932, and graduated from Lincoln High School in 1950. Following high school, I worked as an apprentice carpenter.

In 1952, Uncle Sam invited me on a two year "vacation" - it started in Ft. Ord, CA and was followed by a 16 month "stay" in Korea.

Upon my return to freedom, I resumed my carpentry career. Being from an Irish Catholic Civil Service background (my father was a SF firefighter for 49 years), I joined the SF Police Department in April of 1956. I remained with the SFPD for thirty years, and retired in 1986.

I met my wife **Sue** in San Francisco in 1955. For those who were familiar with San Francisco City College in the 50's, we met at the Zanzabar on Ocean Avenue, where **Sue** was "bar hopping" with some of her friends!

Sue and I were married at St. Martin's Catholic Church in La Mesa, CA on November 24, 1956. We lived in Daly City until 1972, when we moved to Concord (we still reside in the same home we bought that year).

We have five daughters (**Pat, Lynn, Laurie, Ellen** and **Kit**) ages 36 to 46, so married life was busy to say the least. For the most part **Sue** raised the girls while I "stood guard at the front door". We have eight grandchildren, ages 16 to 24. One is a graduate of UC Davis, several are currently in college, one is a firefighter with the US Forestry Service and one is still in high school. **Sue** and I are very proud of our daughters, and grandchildren, and are fortunate that they all live fairly close by.

Sue worked for Macy's part time for 22 years, and retired in 1992. We have done some traveling...stateside and in England, Scotland and Ireland. We have also gone on a few trips with SIRS.

I started playing golf in 1988, and truly wish I started playing earlier in life. **Sue** took up the game in 1992.... and is still trying to beat me.

I really enjoy being a part of SIR, I like the camaraderie shared at the monthly luncheons, and my wife and I look forward to the dinner dances!



Inve\$tment\$

Ben Smith

4th Wednesday 8:00 to 9:30 am
at Diablo Creek Golf Course (Legends Grill). North Port
Chicago Highway and Highway 4, Concord.

The \$ums in Retirement have breakfast at anytime after 7am....the hot cakes are hot, sausage and eggs are great and the coffee pot is always available.

We always have open discussions of meaningful topics that will have interest to most investors.

In November we have a lot of things to discuss including where to invest your cash in a low-interest environment

Dinner Dance October, 2003



Barbara & Dave Johnson



Alicia & Jeff Baily



Sal Costanza rips one off the 1st tee at Boundary.



Warren Boero tees off on the 10th at Boundary

Doing Lunch



All smiles are: **Al Zamolo, Chuck Eichten & Tom Gorman**

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.

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

- Grilled swordfish steak with capers, olives and tomatoes
- Braised lamb shank with roasted garlic mashed potatoes

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Membership

Lang Erickson

Branch 146 statistics: Members 210, HLM 4, Waiting List 30. October attendance: Members 173, Honorary Life Members 3, Waiting List 12,

Guests 7. Excused: 33 Unexcused: 5

Resigned: **Phil Leigh, John Glynn.**

Inducted: **David Hebble**

Continued from page 2

Mitch Mitchell is home from hospital..recovery on schedule. **Howard Sebastian** has had some serious stomach surgery, is home from hospital, but recovery is slow. **Bob Wheaton** is doing well after his heart surgery, hopes to be at next meeting. **Al Zeppa** is now at home, needs rest, has complications from bladder infection. Please remember these people, and please look for our table at each meeting. There will be greeting cards 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 Oct. 6 for its Ladies Day game at Marie Callender's. First place went to **Tom Thomson** and **Chuck Thompson** with 5,000 points. Second went to **Tom & Marilyn Baker** with 4720. Third to **Carl & Anne Johnson** and fourth to **Bill & Margaret Rees**. Our next game will be on Nov. 4 at **Lynn Freeman's** house.

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** were elated to have performed before a standing room only audience at the Montego Heights Senior Lodge in Walnut Creek. Much to the audience's delight the program included many "Golden Oldies" as well as a piano ensemble by our pro Sir **Dave Obera** and a harmonica duet by **Dave** and our harmonica expert Sir **Jim Helmick**. The **SongSirs** are conducting a full court press as we prepare for our most important season during November and December. Looks like our recruiting efforts may be paying off and we do have room for even more musical talent.

Most of us go to our grave with our music still inside of us.

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.

Deadline for ordering is November 14.

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

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 13, 2004 Valentine's Day-Santa Cruz Mountains
Motor coach to the famous Brookdale Lodge with a brook
running through the dining room. Enjoy lunch and hear
America's most loved folk songs by a former member of the
New Christy Minstrels. Cost \$89 p/p.

Contact **Fred Stammen** Br. 171 @ 283-1956

March 18, 2004 Day at the Races Our annual trip to
Golden Gate Fields to visit our money we left last
year. Includes Turf Club admission, lavish buffet lunch and
program. Cost is \$32 with r/t bus transportation or \$19 on
your own. Contact **Charlie Kiser** @274-1575

Mar 29-30, 2004 Debbie Reynolds Leading lady of the
50's and 60's musical comedies at the Reno Hilton
Showroom. Includes r/t deluxe bus transportation, overnight
at Reno Hilton, show tickets, casino stops with a bonus
value of \$35and a hosted cocktail party.

Cost is \$110.00 p/p d/o, single supplement \$17.

Contact **Fred Stammen** Br. 171 @ 283-1956

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

April 30-May 5, 2004 Ramona Pageant Deluxe motor
coach 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

Table Pool

Bill Weinberg

1st and 3rd Monday at 11:30 am.

(at Masse's 2721 N. Main, Walnut Creek)

There has been a suggestion that a "call list" be
established so that members who wish to be
reminded when the Pool Group is meeting will get a
reminder call. For those members that wish to have their
names be put on the list , please call **Bill Weinberg**
(682-0962) or **Jeff Baily** (906-0521). You can also email
billw@astound.net or sircall@astound.net your phone
number and/or your E-mail address.



Ladies Day Luncheon at Boundary Oak, Thursday, December 11, 2003.

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 **Lew Thompson**, 1830 Cleveland Ct. Concord CA 94521
Lew advises his e-mail address is lewist@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 1, 2003. **No tickets sold at the door.** Don't wait. Send coupon in today!

Dinner Dance October, 2003



Donna Strong, Tom & Bev Gorman and Sue Sheerin.

Away Golf

Jim Baldridge



Congratulations to **Ed Myrtle** our Area 2
Golf Chairman who placed 5th in his flight at
the Spanos Park Division 4 tournament on
Oct 7.

Unfortunately none of our Br 146 heroes placed.
Thanks to **Dick Richmond** for hosting this last event for
the 2003 Away Golf season.

p.s. I have an Orlimar pitching wedge that a marshal
found on the course. Call me at 689-9232 if you're
missing one.

Jim

State President	2003	James Faverman
Region Director	SIR State Officers	Dan Gilmore
Area Governor		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 Baily	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

Living on Earth is expensive, but it does include a free trip around the sun every year.

November Birthday Boys

**Jim Brown, John Demos,
Harv Harvey, Bob Madge,
Jack Matthews, Mitch Mitchell,
Hal Ruby, Lew Thompson,
Bryant Fischback, Rollie Nordeen,
Ralph Fowler, Al Altman,
Denny O'Loughlin, Ed Arbuckle**

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.

Nov. 7 - **Ralph's** Ramble off 680 South. Take Stone Valley Rd. east 2.5 mi. to park on rt. at Glenbrook just before Monte Vista High School. (Great view)

Nov. 14 - Paso Nogal Park (PH). Take Taylor to rt. on Morello to left on Paso Nogal.

Nov. 21 - **John's** Lost Trail. (WC) Take Homestead to Walnut Blvd. to Rock Springs Place. **John** says, "Trust me, we won't get lost again."

Nov. 28 - No walk... Thanksgiving.



Some of the original Walking Group with leader **John Lewis** holding the cake as the Group celebrated its 5th anniversary walking the Lafayette Reservoir

Thanks to **Dick D'Arezzo, John Lewis, Art Trost 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.

Cold War Certificates Still Available

Service members, veterans and federal employees who served between September 2, 1945 and December 26, 1991 are still eligible for a Cold War Recognition Certificate.

An application for the Cold War Recognition Certificate can be found on the internet at <https://coldwar.army.mil>

The web site informs applicants about the correct procedures and the required documentation to receive the certificate. Turn-around time is six months. Applications will only be accepted by fax or mail. More information can be found by calling (703) 325-5864.

SIR CALL *Newsletter*

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

SirCall@astound.net

Non Profit Org
US Postage Paid
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Time Value
Mail
Please deliver
by October 31

Madelyn and Don Nunn



Place address label here

Roberta & Otto Wilson



Shirley & Garth Cummings



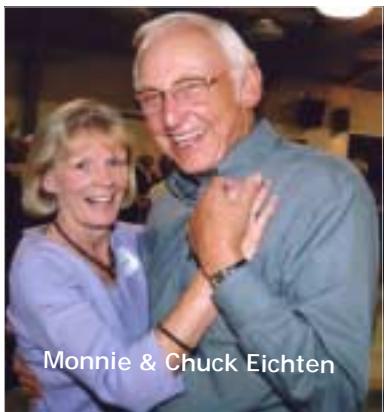
Ann & Ron Pascoe, Lynn Kratz,
Bill & Sandy Hansen



Marge Burns & Barney Meade

Dinner Dance
October 2003

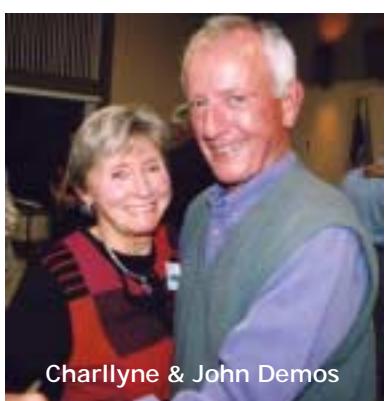
Monnie & Chuck Eichten



Dorothy & Chris Satterthwaite



Charlyne & John Demos



Joe & Mary Suta and
Nedra & John Biasotti



Frank Mandic
and Inez Ferrari



Tom & Bev Gorman, Monnie Eichten,
Jack & Kay Calloway

