



Jeff Baily

Big Sir's Notes

Branch 146 has never been more vibrant and exciting than it now is. I am honored to have had the privilege of serving as your Big Sir for 2008. Thank you, 2008 Branch Executive Committee members, for the good works we have done together.

Looking forward, I congratulate the nominating committee of 2008 for selecting the excellent slate of men to serve on the 2009 Branch Executive Committee. Branch 146 has a bright and long lasting future ahead of it and I wish the 2009 BEC all the best.

Please continue to show interest in and support for your BEC by attending meetings and making suggestions for improvement.

Re: the Ladies Day Luncheon Dec. 11, please send your check to **Steve Dawkins** by December 1. There will be no paying at the door but **Steve** still has room for you. Check page 11 of this newsletter or call **Steve** for details.

Again, I want to encourage you to get involved and stay involved with your branch. We have an extensive array of activities ranging from Bocce Ball and Book Exchange to Travel and Walkers and Wine Tasting.

Not into activities? How about helping on one of our committees ranging from Activities Coordinator to Webmaster. Just call me or anyone on the incoming Branch Executive Committee and we'll get you involved.

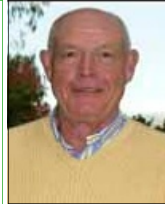
I wish you and your loved ones a Merry Christmas and a Happy New Year.

Jeff

2009 Nominating Committee

Jeff Baily, Chairman
Jim Stedman Jack Calloway
Garth Cummings Don Nunn

Audit Committee 2009
Ron De Golia **Joe Fuchs**



Little Sir's Corner

Stu Somerville

December will be our Ladies Day Luncheon. We will be entertained by our Song Sirs which I understand have been practicing long hours to put on a great show.

SIR 146

Computer User's Basic Tutorial

Who:

Beginners: You need this course
Intermediates: Enhance your skills
Both: Join us and have some fun

What:

Sessions cover:

- Mastering Microsoft Windows
- Sending and Receiving Email (Outlook Express)
- Exploring the Web (Microsoft Explorer)

When:

Four Fridays in January: 9th, 16th, 23rd, 30th
from 1pm to 3 pm

Where:

Walnut Creek Presbyterian Church, Room 301
1801 Lacassie, Walnut Creek

Cost:

\$5.00 for the course. Attend as many classes as you want.

To enroll or Ask Questions:

Call or email:

Lo McCarley lomccaley@astound.net
Jeff Baily jeffnalicia@astound.net



Duplicate Bridge **George Zunich**

Our match is held each month on the Monday after the SIR Luncheon at various homes. Bring your lunch.

In November, Sir **Carl Johnson** hosted four tables of duplicate bridge at his home.

In a very close match, the results were as follows. **Terry Marchione** took 1st Place with 45.5 points, **Jim Todhunter** was 2nd with 45.0 points, **Fred Kovar** was 3rd with 44.5 points. **Bill Rees** was in 4th Place with 42.0 points.

The next match will be held on Monday, December 15th at **Lo McCarley's** home.

Interested members should contact **George Zunich** at 376-4439 for information. We welcome new players.



Party Bridge

Fred Bolton

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

We played at the home of **Bill Rees** on Nov 3

First place went to **Lynn Freeman** with 6520 points. Second to **Larry Dillon** with 5040 points, third to **Carl Johnson** and fourth to **Jim Stedman**.

Our next game will be played at **Bob Burley's** home on December 1st.



Couples Duplicate Bridge **Lo McCarley**

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

Eight couples had a great time playing duplicate bridge on November 19th. **George Zunich** and **Tamara Judson** hosted the gala affair and took first place with 37 points. **Jim** and **Allison Todhunter** took second with 36 points, **Bob** and **Janet Yolland** (35.5 points) placed third, and **Bill** and **Margaret Rees** (35 points) came in fourth. **Lo** and **Sue McCarley** will host the next meeting on Wednesday, December 10th.

Couples Duplicate Bridge Too

Joe Barry

Couples Duplicate Bridge #2 meets on the 2nd Tuesday of the month at 7:00 pm at participants' homes. Couples play as partners.

Lynn and **Dasha Freeman** hosted the November bridge. Being a generous group, we let **Stu** and **Margot Somerville**, our substitutes, win the event. They scored 24 points followed by **Joe** and **Josie Barry** in a distant 2nd place with 21 1/2 points. **Lynn** and **Dasha** were a close 3rd with 21 points. **Terry** and **Sharon Marchione** will host the December meeting. Anyone interested in being a substitute, call **Joe Barry** at 939-3869. We're particularly nice to our subs.

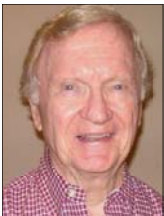
Songsirs

Don Tubb

After a very successful gig at Walnut Creek Manor Care in October, we are full speed into getting ready for our show at the SIR Christmas lunch meeting with the ladies. We have an ambitious program with a few new wrinkles we haven't done before. Come and see - and Merry Christmas to all .



Greeters Bill Cammerer and Ron Plachy



Cooking

Dave Johnson

1st Monday at various members' homes.

Our November meeting was our traditional Ladies Night and was held at Zio Fraedo's. Big Stir **Dave Johnson** congratulated Immediate Past Big Stir **Don Nunn**, who made all of the arrangements for the dinner, collected all of the money and expects to take a brief trip to Maui soon. We also welcomed three guest couples who were brave enough to attend: **Jody Martin**, **Flo Lewis**, **May Kan** and their dates.

We have recently realized that the average age per member has been increasing and have the data and graphs to show that, by 2015, we will all be older. In order to combat this trend, we have decided to subtract two years from our ages, every Jan.1. Within seven to eight years, we all expect to be back to work and off of Social Security. We really have to take these problems seriously or the State Board of Directors will have to solve them for us. Next meeting is at **Gino's**, in February.

Bocce Ball

Bob Frankland

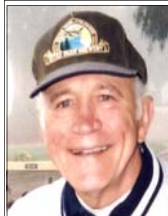


2nd and 4th Mondays at 9 am, April through November, at Concord Bocce Courts in Newhall Park, Concord, near the corner of Turtle Creek and Ayers Roads.

It's over! See you next April



Left to Right...seated, **Frank Mandic**-standing, **Bob Spellman**-seated, **Barney Meade**-standing, **Charlie Kiser**-seated, **Dan Hungerford**, **Don Nunn**, **Al Milano**



Garden Club

Chuck Bobinecz

1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., in the Multipurpose Room, unless otherwise announced.

Sir **Bill Hansen** will be our December speaker and the topic is soil. We covered this topic some time ago but it is so basic to gardening that we need a refresher on this topic.

Our natural soil is mostly clay and on the alkaline side. Certain plants need the right kind of soil to do well.

The December meeting is one of our important meetings because we will be planning our agendas for next year.

Garden tip of the month: Now is the time to divide perennials, mulch outside frost tender plants and movable frost tender plants to some shelter.

Note that we do not meet in January.



Table Pool

Bill Weinberg

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

The Table Pool group has been meeting on the 1st and 3rd Monday for over 6 years now and the playing keeps getting better. I've been hearing from many of the golfers about how they enjoyed playing some pool in their younger years. Now is the time to start enjoying it again and the fellowship is excellent.

Hope to see you sometime.

SIR HAPPENINGS

SIR Happenings is the statewide SIR Newsletter. Just go to www.sirinc.org and click on **SIR Happenings** to read the current issue. You may enjoy reading about the activities of other SIR branches.

An article by Jeff Baily, Dick DeVoe and Jim Stedman is in the current issue which came out recently. It reveals the reasons why SIR is losing thousands of men and what we can do about it.

Wide World of Books Terry Marchione



Recommended this month is the newest from **Michael Connelly**. If you are a fan of **Connelly's** usual main character, **Harry Bosch**, you will be surprised to see that **Harry** turns out not to be the main character in this one but he does play a strong supporting role.

Bestseller **Connelly** delivers one of his most intricate plots to date in his 20th book, a beautifully executed crime thriller. When L.A. lawyer **Mickey Haller**, last seen in *The Lincoln Lawyer* (2005), inherits the practice and caseload of a fellow defense attorney, **Jerry Vincent**, who's been murdered, the high-profile double-homicide case against famed Hollywood producer **Walter Elliot**, accused of shooting his wife and her alleged lover, takes top priority. As **Haller** scrambles to build a defense, he butts heads with LAPD Det. **Harry Bosch**, the stalwart hero of **Connelly's** long-running series (*The Black Echo*, etc.), who's working **Vincent's** murder. When **Haller** realizes that the **Elliot** affair is bigger than simply a jealous husband killing his cheating wife, he and **Bosch** grudgingly agree to work together to solve what could be the biggest case in both their careers. **Bosch** might have met his match in the wily **Haller**, and readers will delight in their sparring.

If you have been fortunate enough to latch onto a Kindle, download the book and start reading today, otherwise, check out Amazon or Barnes & Noble for a great deal.

This will be my last month as editor of Wide World of Books and hopefully a replacement will be named soon.

Area 2 \$ums In Retirement

Dave Munson

4th Wednesday, 8am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord

We will not have meetings in December. We will start again in January.

Sunshine

Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Sir **Denzil Harrison** is recovering from bone cancer.

Sir **Al Tufo** is having heart angioplasty.

Betty Wyrick, wife of Sir **Leon** is having surgery.

Sir **Walt Barabash** had his kidney removed.

Sir **Bob Mehus** has pneumonia.

Sir **Chuck Hammond** fell and broke his hip. He has been in Kaiser for surgery.



John Biasotti and Frank Ascatigno



Speaker Major General Daniel Helix and Lynn Freeman

Health Matters Physical and Mental



These articles are not intended to provide specific medical advice. That should be obtained from your physician

Body Oddities

For: Test Your Wellness Savvy, November 2008
Ever wonder why you get goose bumps, sneeze at the sun, creak and twitch, or do other odd things? Some explanations:

Why do you get goose bumps?

The tiny muscles at the bottom of hair follicles contract in response to cold, fear, or other emotions. In furry mammals, this causes hairs to “stand on end,” trapping a layer of air as insulation and making the animal appear larger to scare off predators. In humans, it is a “vestigial reflex” (it no longer serves a purpose) and instead just makes skin look temporarily rough and pimply.

Why do you get “ice cream headache”?

Very cold foods can over-stimulate the nerves on the roof of the mouth. The sudden stabbing pain in your head, also known as “brain freeze,” is an example of referred pain. To avoid it, eat ice-cold foods slowly and try to keep them away from your palate. To counter it, press your tongue to your palate or drink something lukewarm.

Why do your joints crack?

The popping sound may come from the rapid release of gas bubbles that form in a joint when it is stretched. It can occur when you bend your neck or wrist, or twist your back, for instance. It is usually harmless, but if you’ve had an injury or if the cracking is accompanied by pain or swelling, see your doctor. It could be a sign of arthritis or other joint problems.

Why do you sneeze when you look at the sun?

The photic sneeze reflex, also called sun sneezing or the “ACHOO syndrome” (which stands for autosomal-dominant compelling helio-ophthalmic outburst), occurs in about one in four people when they are exposed to sudden bright light. It runs in families, and most people sneeze two or three times. Scientists blame it on a crossover of nerve signals such that when bright light over-stimulates the optic nerve in the eye, it “accidentally” also stimulates the nerve responsible for the sneeze reflex.

Why does your eyelid twitch?

Involuntary twitching of the eyelid muscles may be

caused by fatigue, stress, eye strain, or possibly caffeine. It may occur on and off for several days. If the contractions are severe enough to close your eyelid completely, involve other muscles in the face, are accompanied by other eye symptoms, or don’t stop after a week, see your doctor.

Why do you yawn?

No one knows for sure. One theory is that yawning increases oxygen intake when needed, but studies have shown that people yawn, usually when they are tired or bored, even if they have high blood oxygen levels. It may be a protective reflex that helps maintain proper lung function. Yawning is also contagious: seeing someone yawn—or just hearing, reading about, or even thinking about yawning—makes some people yawn. This may have served as a primitive form of social bonding, and still seems to synchronize sleep in groups of animals.

UC Berkeley Wellness Letter, June 2008

Theater Gary Schaub



Remember when the front doors weren’t locked and music had lyrics you could actually understand? For a whimsical salute to this more innocent time, you’ll want to see “Forever Plaid” – the next theatre party planned for SIR 146.

Our evening will be at the Campbell Theatre in Martinez on Thursday, February 26 at 7:30 p.m. Tickets for this Willows Theatre Company production are limited so you’ll want to order early – before the holiday rush!

This Broadway and Las Vegas smash hit is an entertaining mix of 1950’s and 1960’s popular show and dance tunes. Remember “Three Coins in a Fountain,” “Moments to Remember” and “Shangri-La”?

“Forever Plaid” is a tribute to the clean-cut “guy-groups” of an earlier era. The four-part harmony of Sparky, Jinx, Smudge and Frankie will have your toes tapping.

Tickets are “Forever Plaid” are \$23.00 per person. Send reservations and checks (payable to SIR 146) to **Gary Schaub**, 1758 Candelero Court, Walnut Creek 94598, or call 938-5454 for additional information. There are a limited number of tickets available. Reservation deadline is February 6. Tickets will be distributed at the door at Campbell Theatre, 636 Ward Street (at Estudillo) in Martinez.

Luncheon Attendance Bill Root



SIR Luncheon is the 2nd Thursday of every month at the Sunrise at Boundary Oak Restaurant

Call me by Friday noon prior to the luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, leave your name, badge number and phone number. Be sure you call!

Waiting List:

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

Sir bringing a guest:

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

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination.

Certification of another branch meeting will be considered as credit to attendance record.

Ladies Day Luncheon Menu

Spinach salad with warm bacon dressing
Petite NY strip steak with demi glace
or

Orange roughy with remoulade sauce
Pesto mashed potatoes

Blue Lake beans with caramelized pearl onions
Bourbon pecan pie with vanilla bean ice cream

Special Luncheon Requirements

If you need a vegetarian meal or any special meal, please call and make a request.

Your request will stay in effect until you cancel it. If for medical reasons you cannot eat lunch, please notify me. Your request will stay in effect until you cancel it, however, you will be required to pay a \$1 fee for club donation when attending the luncheons..

Membership

Jim Jackson



Branch 146 Statistics:

Members 261, HLMs 4, Applicant List 0, Inactive 8.

November Attendance:

Members 189, HLMs 2, Applicant list 0, Guests 2, Excused 64, Unexcused 8.

Total November Attendance: 193.

Status Changes:

Inducted: **Ronald Louis, Charles Bates and Robert Bogardus**

Added to Waiting List: **None**

Added to Inactive List: **None**

Resigned: **Paul Yee, Don Martin, Bruce Gilbert, Stan Jackson**

Current Waiting List (prioritized): **None**



Bill Baltezure introduces Bob Bogardus

ROMEIO

(Retired Old Men Eating Out)

Malcolm Hendry



The ROMEIO group meets on the third Thursday of the month at 6:30pm at select restaurants in the East Bay. Come join your fellow SIR members for delicious dining in a friendly and relaxed atmosphere.

ROMEIO will not meet in December, but will welcome the New Year, on Thursday, January 15th.

Explore and Dine John Pearl



Explore and Dine ended their 2008 season with a great outing to Benicia. Seventeen of us had a very nice lunch at the Union Hotel. A brisk walk took us to the former state capitol, where we split into two groups, with docent-led tours of the capitol itself and the adjacent historic Fischer-Hanlon House, which the state acquired in the 1960's. We certainly learned more about the workings of the state government in the 1850's - it wasn't pretty.

As the Thanksgiving and Christmas holidays fall on our usual outing days, we intend to re-start our "exploring and dining" in January, and are investigating possible places to go. Watch this spot!

John Pearl

mcpear@astound.net

934-6920

Fishing Sal Costanza

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



All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, December 18th, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30. Our speaker in November was **Don Newman** of PLINE fishing products, showing us his new wares, and providing tips on their applications. Our speaker in December will be **John Barry**, a steelhead fishing guide.

Craig Walton, Harry Sherinian, Don Mittlestaedt, and Karl Droese fly fished and trolled for trout on a very successful trip to Lake Davis. They caught over a hundred trout, all over 15 inches, almost all released. Closer to home, a banner fall for striped bass has been enjoyed on many trips by **Joe Peterson, Craig Walton, Carl Moyer, Terry Miller, Pete Gates, Dick Thomson, Bob Olson, Harold Knudsen, George Schulze, Tom Boltz, and Paul Dubow**. Hindered by high seas, **Carl Moyer, Terry Miller, and Dick Thomson** only managed a few trips on the ocean for rock fish. **Joe Miscione** joined **Joe Karg** on a crab rock fish combo trip from Emeryville. The two Joes caught a nice limit of rockfish, a nice limit of crabs, and **Joe Karg** caught a good ling cod. **Tom Boltz, Pete Gates, John Wall, and Craig Walton** fished the Feather River for Steelhead with a guide; on a you should have been here yesterday trip. **Pete** caught a big salmon, but no steelhead were found. **Kent Cremolini** went to sea on a long range trip from San Diego where he caught many yellowtail, yellowfin, dorado, wahoo, and big rockfish **Harry Sherinian** fished from Mazatlan, Mexico, twice, catching a great many rockfish from a super panga.

We will be very busy in the future with trout fishing in the Eastern Sierras; tuna and bill fish in Mexico, crab and sand dab or rock cod on the ocean, delta fishing for striped bass and sturgeon, and trout fishing in our local lakes. If you haven't been fishing in a while, but might like to test drive an adventure, come on down to our next meeting.

Our next meeting has been moved to the 3rd Thursday instead of the 4th to accommodate the holidays. Next meeting will be Thursday, December 18th, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. For further information, please contact **Craig Walton** (Big Fish) (925-937-4876); **Carl Moyer** (Branch 8 Coordinator) (925-685-5243); or **Joe Peterson** (Treasurer/Secretary)(916-777-5363.)



Travel Opportunities Bob Spellman



Sep 24, 2009 Highlights of South Africa. On this comprehensive 19 day trip you'll discover the cultural and natural wonders of South Africa. The trip will take you to Johannesburg, Kruger National Park, Swaziland, Zululand, Wilderness, and Cape Town with optional trips to a big five animal bush safari and Victoria Falls. Cost of the trip is \$4795 per person, which includes all airfares, 17-night hotel stay, 32 meals, and 13 sightseeing tours. Space is limited so contact **Bob Spellman** to make reservations @ 934-8428.

Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692, philgoff@yahoo.com
DICK CURRY, Asst. Chairman, 376-5541,
racorinda@pacbell.net

Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the Walnut Creek Elks Lodge, 1475 Creekside Drive (just off South Main.)

The Computer and Technology Group will not meet in December. Please join us in January 2009 as we start a new year of interesting sessions.

Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome. No reservations needed!

Check out our website at <http://sir-web.org/computer> for copies of previous presentations and details of upcoming meetings.

Bowling

Larry Mitchell



The last two tournaments of the year will have the same format. It will be doubles, singles, and all events competitions.

The first event will be at the Clayton Bowl in Clayton, November 18th and 20th. The last event of 2008 will be held at Country Club Lanes in San Rafael.

For more information, or if you need an application form please call me at 925-798-5440.



SIR trip to Vietnam and Thailand.

One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and reads her book. Along comes a Game Warden in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am. What are you doing?' 'Reading a book,' she replies, (thinking, 'Isn't that obvious?') 'You're in a Restricted Fishing Area,' he informs her. 'I'm sorry, officer, but I'm not fishing. I'm reading' 'Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.' 'For reading a book?,' she asks,

'You're in a Restricted Fishing Area,' he informs her again.

'If you do that, I'll have to charge you with Sexual assault,' says the woman. 'But I haven't even touched you,' says the game warden. 'That's true, but you have all the equipment. For all I know you could start at any moment.' 'Have a nice day ma'am,' and he left.

Away Golf

Jim Baldrige



The results of the SIR State Championship are in. Winners in the first three flights were **Tim Robertson, Mike Woodall** and **Dennis Ross**. In Open Play tournament winners in the first three flights were **Tom Tomko, Bob Steiner** and **John Holland**. Details for all the winners in all the flights are available on sirinc.org. Those of you who play in the SIR State travel tournaments will recognize many of the names listed in the results. When you access the State SIR web site also look at the Newsletters. They discuss target dates and venues for proposed 2009 state tournaments. It's a real help in planning your golf calendar. On the Cabo San Lucas trip our own **Bob Yolland** did so well he had to hire a new tax accountant.

We have some new and very capable talent working on Away Golf for 2009. **Bob Lyman, Ray Kan** and **Bob Mehus** have graciously volunteered to help schedule events for the coming year. We met with incoming BR 146 Golf Chair **Ron Plachy** and worked out a schedule. As of this writing **Bob Lyman** will be composing a Branch Golf Survey to get input from our players on which courses they would like to play in 2009. Using a good idea from Big SIR elect **Stu Somerville** each of our four Away Golf guys will be responsible for scheduling events for one quarter in 2009. **Bob Lyman** will be scheduling Away Golf Tournaments for first quarter 2009. **Jim Baldrige** will schedule second quarter events, **Bob Mehus** will schedule third quarter events and **Ray Kan** will schedule events for the fourth quarter. **Ray Weisz** is working on a method of automatically calculating players handicaps for the Away Golf event courses. This will save the person scheduling and scoring the tournament a ton of time.

We have heard from Silverado Country Club on our 2009 Invitational Tournament. They have offered to reserve the course for us April 27, 2009. As in previous years, this is a 12:00 noon shotgun, open to all SIRs and guests. They have offered us a special SIR rate of \$45. Considering that their rack rate is \$150 they continue treat Br 146 very well. I will be presenting the contract to the BEC shortly and will begin to officially publicize and promote the event as soon as it is approved. Questions: **Jim Baldrige** 925-689-9232 e-mail jimjudy39@aol.com or **Dick Richmond** 925-947-1167 e-mail drichmon@pacbell.net.

SAVE THE DATE!

Monterey Mashers Golf Classic
March 25-28, 2009

Reminders to be Sent in January
First Come-First Served

Questions? Contact Chair **Dick DeVoe**

Tuesday Golf

Ray Weisz



October 2008 Weekly Winners

October 7: We did not have any winners for this day since Boundary Oak was doing course maintenance.

October 14: Also another course maintenance day with no winners. However we had eight foursomes play at Lone Tree in Antioch. The format for the day was a two man best ball. The winners were: First place team **Bill Cammerer & Dale Hertweck**. Second place team **Ron Plachy & Dick Woodman**. Third place team **Frank Rockwell & Ron Binder** Fourth place team **Dennis Hallett & Ray Kan**. **Dale Hertweck** had a low net of 67 & **Al Zamolo** was closest to the pin (about 6 inches). Everyone had a great day.

October 21: First Fight: **Ken Kratz (65), Bob Mehus, Ron Plachy**. Second Fight: **Doug Cook(73), Pablo Chavez, Ed Wojnar**. Closest to the pin: **Bob Mehus # 2, ED Wojnar # 12**.

October 28: First Flight: **Ron Binder (71), Bob White, Joseph Himsl**. Second Flight: **Pablo Chavez (72), Ernie Dickson, Stephen Sprague** Closest to the pin: **Joe Fuchs # 2, Jack Calloway # 12**.

The last day for your 2009 dues is December 1st. I will be on vacation in Mexico the last week of December, and will need time to send the report to NCGA. Thank you for your cooperation.

Sir 2008 State Golf Tournament in Cabo San Lucas

The tournament, hosted by **Dick Richmond**, had 125 attendees with 53 men and 16 women playing golf. Branch 146 had the largest group there with 13 players and won more than our share of the prize money. We stayed at a great resort hotel with all food and beverages included and played three magnificent golf courses. A great time was had by all.

See picture back cover



Dick DeVoe introduces Ron Louis



Bill Baltezare introduces Chuck Bates

Poker Club #6 Bill Roberts

Our November game turned out very much like the October game, with **Ken Richter** walking away with the most of the money. We're scratching our heads because **Ken** just doesn't seem to be that great of a player. **Stu Somerville** and **Terry Marchione** have applied for bailout funds while **Skip Thomas** was the smartest of the bunch—he didn't show up.

Once again the meal prepared by "Iron Chef" **Bill Roberts** overshadowed the poker game. We'd like to see **Bill** go head to head with **Emeril** and **Mario Batali**.

The December game will be held on the 3rd.



Poker Club #1 Frank McNamee

Poker Club #1 met at the home of **Bob White** on Wednesday November 12th and he led a trio of big winners who said something about needing an extra buck or two for some Turkey named **Tom**. He was joined by **Bob** (I never won before) **Frankland** and **John** (I'll take the last raise) **Lewis**. At least none of the winners pulled a **Mike Singletary** on the losers to let us know how badly we were playing. The next challenge will be at **Bill Cammerer's** abode on December 10th.



Poker Club #2 Al Zamolo

Our Poker Group 2 was hosted by **Ken Kratz**. **Charley Kiser** returned to our group in October and gave us a lesson on how to win at poker. Needless to say he was the big winner. Other winners were **Doug Cook**, **Ken Kratz** and **Jim Stedman**. **Jim Brown** and **Al Zamolo** gave early Christmas presents to these winners. **Charlie Kiser** will host our November session on Monday, November 24.



Poker Club #4 Chuck Bobinecz

The November 24th game will be hosted by Sir **Frank Rockwell**. At our last session we agreed that when your host sends you a reminder of the game that you hit the reply button so that he is informed who is attending the game. We will not have a December game because of the holidays. Poker was played in New Orleans in 1829 with a deck of 20 cards and four players. It wasn't until the mid 1800 hundreds that full 52- card English deck was used and the flush was introduced.

Non-Responsibility Declaration:

Rule 345: All activities arranged for or by Sons In Retirement, Inc., and its branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

Gala Ladies Day Luncheon

Thursday, December 11, 2008

No. of tickets _____ @ \$30 each. Enclosed \$ _____

Names:

Choose from the following entrées:

Petite NY strip steak with demi glace _____ or

Orange roughly with remoulade sauce _____

Special requirements _____

Make check payable to SIR 146 and mail to:

Stephen Dawkins 117 Alegra Lane, Walnut Creek, CA. 94598

Stephen's e-mail address is sdawkins@astound.net. We are accepting reservations until December 1. All reservations and payments in full must be received by December 1st. Guests will be accommodated on December 1st if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entree choice on an attached sheet. Don't delay!



Walkers

John Lewis

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



December walks planned

Dec. 5 Lake Temescal Trail Oakland

Meet: Hwy 24 west thru Caldecotte to Hwy 13 South to Bwy Terrace exit.

Left @ stop and quick extreme left to park entrance.

Walk: Not paved Mostly level Shade
Bring picnic lunch

Dec 12 Aquatic Park Berkeley

Meet: Orinda Village for carpooling. Hwy 24 West to Hwy 580

(Stay in right lane!) Exit @ University Ave. off-ramp

Take frontage Rd.--right on 2nd St. then right on Addison to left on Bolivar to end.

Walk: Around Aquatic Park
Paved Level Some shade

Dec 19 Christmas walk Walnut Creek

Meet: Walnut Creek Civic Center

Walk: NE across bridge to south on Iron Horse Trail to west on Newell to north on Main St thru downtown W. C.

Paved Level Some shade

Coffee: Saxby's 1632 N. Main St.

Dec. 26:

NO WALK



Sirs **Lou Schreppel** and **Bill Root**
having a pre-luncheon laugh.

Thanks to **Bill Cammerer**, **Don Del Bene**, and **Larry Sheerin** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.

SIR CALL

Newsletter

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Sir 2008 State Golf Tournament in Cabo San Lucas

Front Row L to R: Carla Thompson, Tippy Weisz, Gwenn Boero, Bonnie Rettew, Margot Somerville,
Judy Richmond, Janet Yolland.

Back Row L to R: Lew Thompson, Ray Weisz, Vince Rettew, Stu Somerville, Dick Richmond, Bob Yolland.