



Big Sir's Notes



Jim Stedman

On Tuesday, January 16, 2007 we lost former Big Sir **Joe Jansen**. He was a consummate Sir, a true gentleman and friend of many. I asked **Don Nunn** to write the tribute for Joe.

We got off to a good start for 2007 at the luncheon meeting with the introduction of three new members, **Bob Darius**, **Joe Fitzsimmons** and **Ray Spears**. I welcome each of you to Branch 146. Please take advantage of our many activities and participate in those in which you have an interest. You will make new friends, which is what SIR is all about.

At the January Executive Committee meeting the new waiting list was established by lottery. There are now 15 men on the waiting list with another five in the applicant file. The Committee also approved the list of activities for 2007 and the chairmen for all committees and activities. I thank all of you who have agreed to serve on our many committees. We have a robust branch because of you. It was also announced that our random seating, "Getting to Know You" day, will be at the April luncheon, and "Wild Shirt" day will be at the August luncheon. Our Executive Committee meetings are held at 9:30 AM in the bar area of Blake's on the days of our luncheons. If you have an interest, please attend. We'd like to have you.

In the last two years **Ray Kan** and **Garth Cummings** each reported in this Big Sir column that our State SIR organization had been losing members and branches for many years. The losses continue. This year each Big Sir has been directed to evaluate his branch to determine if it is at risk of losing members. At my request, all of the Executive Committee members participated in two informal sessions in January to learn about membership issues. I thank them for their time and attention. No action was taken because these were informal sessions. A summary of the membership information presented at these sessions will be published in a future edition of the SIR Call.

In addition to **Dick Richmond**, who serves on the State SIR Golf Committee, two more of our members have agreed to serve beyond our branch level. Former Big Sir **Dick DeVoe**, is now serving as a member of the State SIR Growth and Management Committee and former Secretary **Bill Weinberg** is now serving as Area 2 Chairman for Table Pool. I thank them for giving their time and talents for the betterment of SIR.



Jeff Bailly

Little Sir's Corner

February's Luncheon speaker will be **Bob Tharratt**. **Bob** was shot down over Germany during WWII and spent some time in a German Stalag luft. He was awarded the Distinguished Flying Cross for his brave actions just before his airplane crashed. He will tell us of his experiences as a POW as well as the long march near the end of the war.

Remember!
The New Luncheon Price is \$21



Our Greeters for the January Luncheon: **Ted Coggiola**, **Ed Mendelssohn** and **Phil Sapunor**



Bowling

Larry Mitchell

The first half of the current SIR Area 2 Bowling League is officially over. The position round was bowled in December of 2006. The "ROWDIES" came out on top and will bowl the winners of the second half for the title. The winning team members are: **Bill Martin** (Br. 146), **Jim Chenevy**, **Wes Van Beveran** and **Jim Jotter**.

The next SIR tournament will be in Sutter Creek on January 25th and 26th. This will be a Singles and Mixed Doubles Event. Details and Sign-up Sheets will be available at Diablo Lanes on our regular bowling days (Wed.).

On January 6th, I went to Reno and bowled in the Annual PRO-AM tournament and enjoyed meeting some of the Professionals we see on television. My personal bowling was not worth talking about but I had a good time anyhow. I did get a new ball and carrying case as part of the entry price, thank you very much. However, I calculate those items cost me about \$800+.



Duplicate Bridge **George Zunich**

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

Sir **Jim Jackson** hosted three tables of duplicate bridge in January. He took first place with 30 1/2 points and **Fred Kovar** was second with 28 1/2 points. **Lynn Freeman, Jim Brown** and **Chuck Hammond** tied for third with 24 1/2 points. The next meeting is scheduled for Monday, February 12th. Our regular chairman, **George Zunich**, is recovering at home from heart by-pass surgery on December 21st. He expects to be back in business soon. **Bob Donahue** or **Carl Johnson** can be contacted at 376-4527 and 376-6146, respectively, for information.

Couples Duplicate Bridge **Lo McCarley**

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



Jim and **Allison Todhunter** hosted a gala evening of duplicate bridge on January 17th. All eight couples had a great time and the winners were **Jim Brown** and **Barbara Lundblade** with 39 points. **Lynn** and **Dasha Freeman** (36 points) tied for second with **Jim** and **Allison Todhunter**. **Carl** and **Anne Johnson** captured fourth place with 34 points. **Bob** and **Janet Yolland** will host the next bridge on February 21st.

Songsirs

Bill Rees



The SONGSIRS have been in a state of suspended animation since before Christmas. We'll be coming to life again on February 7th when we sing for the W.C. Presbyterian Church VIP's luncheon. Practices will be each Wednesday in January at 3pm at the W.C. Presbyterian Church.

Fishing

Sal Costanza

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



December reports: **Joe Peterson** showed pictures of 43# salmon he caught.

Don Mittlestaedt reported catching steelhead and trout on the Klamath and Trinity Rivers. **Joe Karg** caught stripers in Broad Slough. **Carl Moyer** caught and released several stripers and sturgeon at the Mothball Fleet. Lately, weather has been too cold.

Future trips: Ice fishing at Davis Lake; Pleasanton Fly Fishing show in February, San Pablo Res. for trout; Delta for stripers and sturgeon. And much more!!! Come to our next meeting on February 22nd and find out what's on deck.

Know how to prevent sagging? Just eat till the wrinkles fill out.



Cribbage

Al Tufo

OK, the holidays are over. From Thanksgiving through The New Year, the **Italian Stallion** put on 200 lbs.; eating all the pasta and sweet pastries in front of him. It showed in the first tournament race of the year. Chasing the Dublin Kid **Larry Reilly** down the stretch, there was no way the I.S. could catch him, and had to settle for second. After going back to the barns, and cooling off on the walk-around, eating some oats, getting on the tread mill, then resting, the I.S. was ready for the next tournament race. It started just like the last race, except instead of the Dublin Kid leading this time, it was **Langley Erickson**, the Fighting Viking, who was beating a path to the finish line. It took all the pasta fasule the Italian Stallion had to catch him and win by a nose.

Best Wishes to all for a Happy New Year. CIAO Tufo

Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692 philgoff@yahoo.com

DICK CURRY, Assistant Chairman, 376-5541

racorinda@pacbell.net

Thursday, February 15 – How to Buy a Desktop PC that Matches Your Needs.

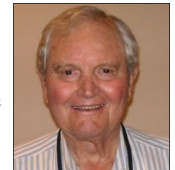
Phil Goff (Branch 116) will present information about defining your computer needs, identifying the right computer, sources for purchase, and current pricing. There is a large variety of computer hardware that is being pushed at consumers and we will try to identify the hardware that is right for you. This includes CPU speed, hard drive capacity, memory, monitors and more. So if you are considering buying a desktop PC or thinking about upgrading your existing PC, you will want to attend this session. Please note we will not be discussing laptops or Macs; this meeting is dedicated to desktop PC's.

Following the presentation on Desktop PC's, **Dick Curry** (Branch 171) will conduct an informative Computer Q&A session.

Meetings of the SIR Area 2 Computers and Technology/ Digital Photography Group are held the 3rd Thursday of each month (except June and December) from 9:30 to 11:30 a.m., at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection). All SIR members and their guests are welcome to attend.

Sirmoncats

Jim Helmick



The Sirmoncats had their debut performance at the Luncheon last week. Due to a large program we kept our contribution to a minimum but judging by some overheard comments what we did was well received. **Olof Johansson**, our Chugger player, has been under the weather but is recovering fast. He promises to be with us for our next gig. There must be some more players in our group. Call **Jim Helmick** 376 6042 if you're interested.

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.

ROSES: Most gardeners have a rose bush that needs pruning this time of year. Sir **Bob Yolland** has arranged for a "hands on" demonstration at Heather Farms on February 1st, 9:30am, by rose experts. Find out why you should prune roses and how different types of roses require different pruning methods. So, bring your rose pruners, gloves, etc. to take advantage of this expertise and also to give to community service. There might be doughnuts. Wives and guests welcome. You do not have to be a Garden Club member to come to this event.

The Garden Club:

What is it? Well, we are not into flower arranging. More people are involved in gardening than any other activity (well maybe except one). It is rated as one of the best exercises for the body. We meet once a month and have a new gardening topic, field trip or an expert speaker on a gardening topic. Check with Sirs **Chuck Bobinecz**, **Lew Thompson**, **Lo McCarley** or **Ron Binder** for more info.

Table Pool

Bill Weinberg



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

Just a note that **Martin Lyle** has agreed to assist me with the Table Pool Club Meetings. Remember, the 1st and 3rd Mondays are when we meet at Masse's on North Broadway.

Investments

Dave Munson

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

The February meeting will be held on the 28th at the Diablo Creek Golf Course (Grill Room) with breakfast starting at 7am and the meeting commencing at 8am. Our speaker will be Mr. **Paul Quinn** of Focalpoint Investor Group. **Paul** will be speaking about *A Practical Approach To Building And Maintaining A Focused Stock Portfolio*. He has over 15 years experience in the financial services industry. His comments and observations regarding how to build and maintain a portfolio of equities will be very helpful and informative to all who invest in the stock market. You will want to attend this meeting. Also just a reminder that the January meeting will be on January 24th. Mr. **Tom Kopas** of Pring Turner Capital Group will be presenting his outlook for 2007 on the economy and the markets. Looking forward to seeing everyone at these meetings.



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.

AVOIDING THE BUG

Researchers at the University of Arizona found that, in order, the top five germ-contaminated office spots are: phone, desktop, water fountain handle, microwave door handle, computer keyboard.

One way to stop the spread of cold and flu germs is to frequently clean your desk, telephone, computer key board, mouse and other office items.

Just like doorknobs, shopping cart handles, or shaking hands with someone, these are places where germs spread easily from one person to another.

50%

According to a 10 year study at the University of Western Ontario, that's how much you can cut your risk for diabetes and heart disease with exercise, even if you don't start until you are 55. All it takes is 30 to 45 minutes of walking, 3 days a week.

COUNTING YOUR STEPS

If your goal is to walk 10,000 steps a day, the equivalent of 30 minutes of brisk exercise, here are some counting hints:

- One mile = 2,000 to 2100 steps.
- Nine holes of golf without a cart = 8000 steps.
- One city block = 200 steps.
- The average person walks about 1,200 steps in 10 minutes (not a brisk pace).
- An easy way to check the accuracy of a pedometer is to walk where you know the distance, such as on a track or around a football field.
- If you walk in a shopping mall, the mall public relations office should also be able to tell you the distance.

Source: Hope Health Newsletter, May 2005

MORE FIBER, MORE ENERGY?

A daily bowl of high-fiber cereal may help fight fatigue. In a two-week study of 140 adults, funded by Kellogg's, researchers in Wales found that those who ate a bowl of fiber-rich cereal (5 or 10 fiber grams per serving) for breakfast reported feeling less tired than those who ate a low-fiber cereal. Previous evidence has shown that high-fiber foods are digested more slowly and may thus be less likely to cause a spike and subsequent, fatiguing crash in the blood sugar level. While this study tested only cereal, other fibrous morning foods--- such as whole-grain breads, fruit, or peanut butter---would likely confer a similar benefit.

Source: Consumer Reports OnHealth, March 2005

Branch 146 Welcomes New Members

Shown at the Induction are:
 Sponsor, **Ken Kratz** with **Robert Darius**
Joe Fitzsimmons with Sponsor,
Frank Rockwell
 Sponsor, **Bill Root** with **Ray Spears** (both in the background).



Sunshine Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Our prayers go out to **Sir**

Howard and **Marilyn Harvey** on the loss of their daughter **Pamela**, in New York.

Sir Joseph Jansen passed away from a massive heart attack on January 16th.

Sir Harry Alderson's wife **Rosemary** passed away on January 11th. She had been in the hospital for a long period of time.

Sir Vito Magliano had prostate surgery on January 11th.

Sir Gerry Lindahl's wife **Carlyse** is having surgery.

Sir Willard Thorbrogger is home recovering from hip replacement and his wife **Jean** is recovering from cancer treatment.

Sir Ken Beattie had knee surgery.

Sir Frank O'Loughin's wife **Eleanor** in seriously ill in the hospital.

Past Big Sir Charlie Unfried is recovering from a broken hip and a newly installed pacemaker. He is at Stoneybrook and could be home by the end of January.

On the lighter side.....**Sir Chris Satterthwaite** and his wife **Dorothy** will be celebrating 60 years of wedded bliss on February 16th. A Navy medal should be awarded to Dorothy for putting up with Chris all those years.



Tres' Gourmet Lew Thompson

Tres Gourmet met at **Jim Brown's** for a delightful luncheon. Salami, cheese, and some wonderful red wines prepared our palates. Caesar salad was next, followed by the main course of curried chicken. The chicken and sauce was served on a bed of rice accompanied with garnishes of apple chutney, chopped nuts, and raisins. The veggie of the day was petite peas and the dessert was a black-bottomed ice cream pie that just melted in your mouth. What a great way to start the year. The next meeting will be at **Mike Cavallo's**.

Theatre

Bill Hansen



On March 29, we have reserved thirty seats at the Town Hall Theatre in Lafayette. The show "Lend Me A Tenor", is one you won't want to miss. Tickets are \$20. Mail checks made out to SIR 146 to Bill Hansen, 3098 Manzano Dr, WC, 94598.

Branch 146 has lost one of our best.

Sir Joseph Jansen passed on to bigger and better things on January 16.

As a gentleman and SIR, Joe was one of our true giants. He served in many capacities for The Community, His Church and SIR Branch 146.

Among his contributions;

1989 to 1996	SIR Golf Committee member
1997 to 2007	SIR Golf Committee Chairman
1994	Little SIR
1995	Big SIR
1996	Nominating Committee Chairman
2000 to 2004	City of Walnut Creek Golf Course Advisory Committee

I understand that as a member of his Presbyterian Church, Joe was the designated "hugger" after the Sunday services. At least that was the excuse he gave me when he "hugged" my wife on social occasions. It was certainly a most deserved title.

Those of you who knew Joe can reflect on his achievements for many hours. His involvement with the City of Walnut Creek as the SIR Representative for Golf has produced many, many benefits for our group, as well as the other SIR Chapters in Area 2.

Joe was a super conversationalist and could debate for hours. (Not only because he was good at it but mostly because he enjoyed it.) As a participant in many of those debates, I can attest that it was most always with good humor and devotion to his cause.

Joe was an active walker and golfer and a great neighbor as well as a great friend.

We have been most fortunate as an organization to have quality people to lead us in our activities. None was better than SIR

Joseph Jansen.
GODSPEED, SIR JOE!

Services will be held on February 24th, 1pm, at the Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek

Luncheon Attendance **Bill Root**

SIR Luncheon is the 2nd Thursday of every month at Blake's Restaurant, Boundary Oak

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, press 3 and 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.

Luncheon Menu



*House salad, freshly baked rolls and butter

**Entrees including vegetables*

- *Home-made Meatloaf with roasted garlic mashed potatoes and pan gravy.*

- *Honey and Soy Glazed Salmon with vegetable orzo.*

*Daily dessert special, regular or decaffeinated coffee and tea.



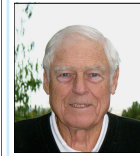
Hugh Ferguson, John Pearl, Bob Lyman, Bill Hartman, Ken Costello

Inactive: **Jerry Bellows, Dick D'Arezzo**

Resigned: None

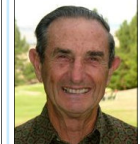
Withdrew: None

Current Waiting List (prioritized): See Above



Poker Club #1 **Frank McNamee**

Poker Club #1 met on January 10th at the home of **John Lewis** and hosted by **Bob White**. This was our first gathering after a Christmas Holiday. It seemed that some of the players needed an extra buck or two for the wives or significant others present. The happy faces at the end of the day belonged to **Bill Cammerer** and **Bob White**, with **Frank McNamee** a distant third. The next conflict will be at the home of **Bill Cammerer** on February 7th.



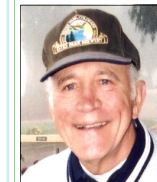
Poker Club #2 **Al Zamolo**

Our Poker 2 group is scheduled to meet on Monday, February 26th at the home of **Bob Royster**.



Poker Club #3 **Ron Plachy**

Poker Group #3 (you know, the 3rd time is a charm group!) met Thursday, 1/11 after the SIR luncheon. We tried Texas Hold'em for a change but seemed to navigate back to old standbys like 7-Stud Hi/Lo Split the Pot. Hold'em is just not the same without the REALLY BIG BUCKS we see on TV. Sir **Robert Schroder** gave us all a lesson on how to win. Sir **Mike Varner** demonstrated how to lose but no one wanted to pay attention. The rest of us made or donated just a wee bit. We look forward to our next meeting Thursday, February 8th.



Poker Club #4 **Chuck Bobinecz**

Our next meeting will be on January 22nd, 1pm, at my home. Sir **Garth Cummings** will host the following meeting on February 26th. Sir **Pete Gates** has joined Poker #4 and Sir **Fred Kovar** is Sub #1.



Party Bridge **Fred Bolton**

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

We played 3 tables of bridge at the home of **Bob Yolland** on January 8th.

First place went to **Fred Bolton** with 5480 points, second to **Chuck Hammond** with 5060, third to **Bob Donahue** and fourth to **Jim Jackson**. Our next game will be hosted by **Doug Carlson** on February 5th.

Membership

Jim Jackson



Branch 146 Statistics: Members 240, HLMs 5, Waiting List 15, Inactive 8.

January Attendance: Members 193, HLMs 4, Waiting List 9, Guests 3, Excused 33, Unexcused 14. Total January Attendance: 209.

Status Changes:

Inducted: **Ray Spears, Bob Darius, Joe Fitzsimmons**

Note to Members and new Waiting List applicants: The Executive Committee held a Waiting List (WL) lottery at the January business meeting to determine the WL priority of all qualifying applications during the recent open WL period ending last December 14th. By Branch Rule #3 the WL will be capped at fifteen (15) applicants. All remaining WL applications received during the open period, will move to the formal WL on a prioritized basis as future inductions occur. The first fifteen (15) applicants now on the WL are shown below.

Added to Waiting List: **Lynn Shafer, Jim Olson, Mal Hendry, Bob Van Luchene, Gene Schulting, John Rubiales, Joe Fuchs, Dan Costello, Ed Best, Jim Koeppen,**

Travel Opportunities Bob Spellman



Feb. 4, 2007---**Jeremiah O'Brien Champagne Cruise.** Welcome the Queen Mary II, on her Inaugural "Around the World" Cruise, to San Francisco. The Jeremiah O'Brien will depart at 1:00 PM from Pier 45, Fisherman's Wharf and proceed out to the Golden Gate Bridge to escort the world's largest passenger ship into San Francisco. Cost is \$50 per person. Contact **Bob Spellman** at 925-934-8428.

Feb. 13-15, 2007—**Snow Train Special XII.** Round trip on Reno Snow Train from Martinez. Two nights accommodations at Harrah's, all meals in Reno free or discounted, show at Harrah's, beverage on train to Reno and snack on Tuesday return trip. Cost is \$250 p/p d/o.
Contact **Carl Raaka**, Branch #8 at 925-254-0482.

Feb. 18, 2007—**Coastal Repertory Theatre** presenting "Lost in Yonkers" by Neil Simon. This day trip includes motorcoach transportation, driver gratuity, hosted champagne-brunch at the Moss Beach Distillery, matinee performance of "Lost in Yonkers" with reserved seating, and all taxes.
Contact **Carl Raaka**, Branch #8 at 925-254-0482.

Mar. 16-Apr. 1, 2007,—**The Best of Spain & Portugal.** A 17-day tour featuring Madrid, Salamanca, Oporto, Lisbon, Seville, Costa Del Sol, Mijas, Granada, Valencia and Barcelona. Included are all transfers, airfare, hotels, daily breakfast, 7 hosted dinners, deluxe motorcoach, baggage handling, tips for driver, guides and tour manager. Cost is \$3675 p/p d/o.
Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Sept. 6-17, 2007—**Russian Waterways.** A 12 day adventure cruising from St Petersburg to Moscow. Explore beyond tourism's reach in towns such as Uglich, Yaroslavl and Mandraga. Pre-cruise option to Helsinki and Tallinn also offered. Tour includes airfare, luggage handling, transfers, all meals, sightseeing tours, entrance fees, and tips for guides and drivers. Cost is \$3555 to \$3855 p/p d/o.
Contact **Bob Spellman** at 925-934-8428.



Little Sir, **Jeff Bailey**, extends the thanks of our Branch to our January Speaker, Master Chief, **J. R. Stafford** (USCG retired)

Away Golf

Jim Baldrige



Questions: **Jim Baldrige**
Phone: 925-689-9232
E-mail: jimjudy39@aol.com

Listed below are the Away Golf Tournaments scheduled for the first half of 2007.

Thursday, March 15: Deer Ridge. Cost \$42 in prize fund/\$40 cart & green fee only. Start 9:00am.

Monday, April 9: Silverado CC. Cost \$46 in prize fund/\$44 cart & green fee only. Start 12:00 shotgun. (Sign ups going very well nearly 100 players at this writing.)

Thursday, May 24: Las Positas. Cost \$40 in prize fund/\$38 cart & green fee only. Start 10:00am.

Wednesday, June 13: Hiddenbrooke. Cost \$47 in prize fund/\$45 cart & green fee only. Start 10:00am.

Thursday, July 26: Blue Rock Springs-West. Cost \$33 in prize fund/\$31 cart & green fee only. Start 11:00am.

I have flyers out on Silverado. I will get flyers out on the others 30-60 days prior to the events. You are welcome to sign up early for any of the events. Just send in the names of the players and a check made out to SIR 146 Golf to Jim Baldrige, 941 Brink Ct., Concord, CA, 94518. Costs shown are per person. SIR members only in prize fund please. The courses listed allow carts out at 90 degrees. Most have minor dress codes: collared shirts, no jeans, soft spikes. We will use indexes for the month the event is played. Guests/couples are welcome.

Questions: **Jim Baldrige** at 925-689-9232, e-mail: jimjudy39@aol.com or **Dick Richmond** at 925-947-1167, e-mail: drichmon@pacbell.net.

Tuesday Golf Walt Barabash

Latest Tournament Results



December 19 First Flight: **Larry Sheerin, Lew Thompson and Rich Hanford.**

Second Flight: **Ron Plachy, Ernie Dickson and Bill Knapp.** Closest to the Pin on Hole No. 2: **Bob Yolland.**

Closest to the Pin on Hole No. 12: **Larry Sheerin.**

Low Gross: **Jim Burk: 81**

December 26 and January 2: NO GOLF SCHEDULED.

January 9 First Flight: **Ron Binder, Bob White and Joe Barry.** Second Flight: **Ralph Fowler, Dan O'Sullivan and Bob Yolland.** Closest to the Pin on Hole No. 2: **Jack Calloway.** Closest to the Pin on Hole No. 12: **Don Nunn.** Low Gross: **Bob White, John Lewis and Ron Binder: 85**

Please Note: We have lost a dear friend in our organization. Joe Jansen who passed away of a heart attack sometimes during the night of January 15 or early morning of January 16. We will all miss Joe very much.

Special Note to Charlie and Hazel

Unfried- Congratulations on the celebration of your 65th (!)wedding anniversary December 22, 2006. Best wishes from all of us in Branch 146.



Walkers John Lewis

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



Feb 2: St. Mary's Walk. Level/Asphalt. Meet at Safeway parking lot, Moraga. Coffee at Terzetto's Moraga

Feb 9: Lafayette-Moraga Trail. Level (very slight rise)/Asphalt. Meet at parking lot on corner of Pleasant Hill Rd. and Olympic Blvd. Coffee at La Scala (across from Walnut Creek Police Station on Main Street).

Feb 16: Tassajara Trail, Danville. Level/Asphalt. Meet at parking lot where Sycamore Valley Road curves to become Tassajara. To get to Sycamore Valley road, take I-680 South until Sycamore Valley exit appears, take the East exit. Follow Sycamore Valley until arrival at Parking lot. Coffee at a location to be announced.

Feb 23: Lafayette Trail East. Level/Asphalt. Meet at Lafayette Community Center on St. Mary's Road. Coffee at La Scala, Walnut Creek, opposite the police station.

Easter Candy Sales



It is time to order your See's candy for the Easter holiday. Your friends and family will love you for giving them this great gift. The price is \$10.75 for a one pound box certificate. There is no limit to the amount you can order. These certificates can be redeemed at any See's store for any type of candy you wish, soft centers, nuts and chews, etc. Make your check payable to "SIR Branch 146" and send it to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521. Please include a stamped self addressed #10 envelope (this is the long envelope). The deadline for me to receive this is April 2, 2007. Your certificates will be mailed to you promptly.

Name _____

Address _____

City and _____

Zip _____

Enclosed is my check for \$ _____

to cover the cost of _____ one pound certificates.

Thanks to **Bill Cammerer, Bob Madge and Jack Matthews** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jack Matthews** for proofreading.

18th Dinner Dance

"St. Patrick's Day in the Creek"

March 14th, 6:00pm to 10:00 pm

Includes Cocktails, Dinner and Dancing to live band and vocalist.

Price is \$ 46 per person. Send check payable to "Sir Branch 146" to Don Nunn, 2127 Seccombe Court, Walnut Creek, CA, 94598.

Sir: _____ Ms. Sir: _____

Beef: _____ Chicken: _____ Vegetarian: _____

Remember that we are now at the Shadelands Art Center, Ygnacio Valley Road and North Wiget Lane, WC. If you wish to order tables of eight, please send all of the checks with your request.



Wine Tasting Dale Haukland

All wine drinkers gather at the Museum of the San Ramon Valley on Monday, February 26th from 2-5 pm. There we will sample the fruit of Bacchus, nibble a few snacks and view the exhibit, "The Sword and the Cross."

Bring a bottle of your favorite red or white wine under \$20 and be prepared to say why you like it. Call me at 820-0189, by February 22nd, to reserve your spot. In the meantime, enjoy your wine, as research says it is healthy for you in **moderation**. The Museum is on the corner of Railroad Avenue and Prospect in Danville. It is the old Train Depot.



Four happy guys at the January Luncheon: **Mike Varner, Bob Van Luchene (Guest), Stu Somerville and Harry Tutton**

SIR CALL

Newsletter

Sons In Retirement, Inc.
2106 Hoover Court
Pleasant Hill, CA 94523

sircall@hotmail.com

<http://www.sir146.com>

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.



Sit back, relax and enjoy the company. It doesn't get much better for these guys at Table 8:
Olof Johansson, Arno Marra, Frank Mathos, Bill Becker and Pablo Chavez.