



Jeff Baily

Big Sir's Notes

We're off to a good start. At our first BEC meeting we inducted 3 new members, **Paul Dubow**, **Pete Miller** and **Randall Becker**. I have decided to meet every new member inducted during 2008 after the luncheon along with our New Member Relations Chair, **Pete Gates**. We personally welcome each new member and give them some ideas on how to assimilate into Sons in Retirement. These fine gentlemen have agreed to get involved at some level, besides the monthly luncheon and make their experience in SIR more meaningful.

It is important for the Branch Executive Committee to become more aware of the things going on throughout the Branch. I am, therefore, inviting 2 or 3 activities committee chairmen per month to come to the BEC meeting before each luncheon to tell us what he and his committee or activity group are doing. **Dick DeVoe**, the Activities Coordinator and **Terry Marchione**, chair of the Book Exchange led off by talking to the BEC in January about their committees.

I'm also asking the BEC to consider recognizing our activity chairs at least once a year. An annual breakfast meeting is now before the BEC for consideration.

We have grown to 257 members and I'm pleased to say that we are managing to keep the Branch average age from increasing. We must continue to induct new members to maintain our average age. Please bring a candidate for membership as a guest to lunch. Call or email **Glen Renk** to make a reservation.

Its always a pleasant surprise to learn of the hobbies or pastimes of our members that are not widely known. Did you know that our **Jack Calloway** has a passion for butterflies? **Jack** has always loved to watch butterflies as they float through his yard. Over the years, he has planted shrubs and flowers to attract them by providing nectar plants for their food and host plants for them to use when laying their eggs. He has been able to photograph an Anise Swallowtail on one of his Fennel plants as it went through the four stages from egg to adult butterfly.

Every year one or more Gulf Fritillaries spend 6-8 weeks in and around his Passion Flower Vine darting back and forth... **Jack** says there is "nothing better than watching butterflies on a lazy summer afternoon unless it is a round of golf".

Stay tuned to this column in the months ahead for more such revelations.



Stu Somerville

Little Sir's Corner

Our speaker for February will be **T.J. Roethe**. Her topic will be

"Just In Case...Everything a Family Should Know"



**January Speaker
Barbara Proctor**



Tres' Gourmet

Lew Thompson

Tres' Gourmet met at **Joe's (Lamanna)** place. Hors d'oeuvres included prosciutto wrapped broccoli, prosciutto wrapped cheese, Italian sausages, baked brie, and assorted cheeses. The starter was a green salad with a strawberry dressing, next was real Tennessee quail stuffed with hot Italian sausage accompanied by bacon wrapped spicy green beans and au gratin potatoes. All of this was topped off with spumoni, cookies and home made biscotti. Needless to say, this was quite a treat, and particularly amazing for a one-armed cook. Joe's shoulder is still on the mend.

Lew Thompson



Duplicate Bridge **George Zunich**

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

On January 14th, SIR **George Zunich** hosted three tables of Duplicate Bridge at his home.

The results were as follows. **George Zunich** took 1st Place with 27.5 points. **Jim Todhunter**, **Jim Jackson**, and **Bob Donahue** tied for 2nd Place with 27.0 points.

The next match will be held on Monday, February 11th at **Fred Bolton's** home. Please note that the next match is on the Monday BEFORE the luncheon.

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

George

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.)*

Thursday, February 21, Dean Steichen will review some new and exciting technologies.

Have you ever wanted to be able to share the opening of Christmas presents, a birthday party or other occasion with friends and relatives who live far away and cannot attend in person. Well, we will show you how you can bring them into an event thru Video Conferencing Technology. We will have a short presentation and a demonstration of one such free product (Skype). We will also discuss GPS technology and the new Digital Photo Frames.

Following the presentation, **Dick Curry** will lead an informative Computer Q&A session.

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.

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.)



Party Bridge **Fred Bolton**

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

We played four tables of bridge at the home of **Chuck Hammond** on January 7. First place went to **Carl Johnson** with 5580 points, second place to **Bob Yolland** with 4860, third to **Dick Johnson** and fourth to **George Zunnich**. Our next game will be on Feb 4th at the home of **Harry Dillon**.

We are currently trying to start a second party bridge group. Contact **Fred Bolton** if interested.

Spreadsheet Class

**What are spreadsheets?
Why should I use them?**

Come to the classes and learn to use these easy-to-use valuable tools.

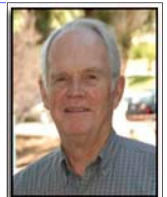
Classes are based on **Excel** and we will also help with other spreadsheets like **Microsoft Works** and **Apple works**.

- For Sirs, spouses and friends
- Thursdays: February 21, 28 and March 6 and Friday: March 7 (if needed)
- Walnut Creek Presbyterian Church
1801 Lacassie Ave, Parlor, 2 pm—4 pm
- Teachers: **Lo McCarley** and **Jeff Baily**

To register (so we know how many to expect)
Email LoMcCarley@astound.net

SongSirs **Don Tubb**

SongSIRs are out of the gate and moving. We have two gigs scheduled - March 5th for the WCPC VIPs and April 2nd for Byron Park. We will be rehearsing Wednesday, January 16th at Walnut Creek Presbyterian Church and resume our normal rehearsal schedule, 1st and 3rd Wednesdays, in February, with a list of seasonal songs for both appearances. We have some vacancies so any SIR who likes to sing is welcome.



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 January 17th. **Jim Brown and Barbara Lundblade** hosted the gala affair. **Bob and Janet Yolland** took first place with 38 points, **Lynn and Dasha Freeman** took second (36 points), **Jim Brown and Barbara Lundblade** (35 points) placed third, and **Carl and Anne Johnson** (33 points) came in fourth. **Lynn and Dasha Freeman** will host the next meeting on Wednesday, February 20th.

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.

The garden club **will not** have a February meeting. The February 7th meeting has been rescheduled to Thursday, January 31st, 9:30am. at the Heather Farms garden center (1540 Marchbanks Drive). **SIR Bob Yolland** has arranged for the Garden Club to contribute our rose pruning skills to the Heather Farms rose garden.

At our March meeting we will have a speaker on Horticulture. Horticulture is derived from the Latin words *hortus* (garden) and *colere* (to cultivate) The speaker will cover some basics such as “what plants are”, “plant structure”, etc. Garden tip of the month: Trees grow better surrounded by mulch than by grass. Use natural hard wood or bark chips, rather than cheap shredded pallets or other recycled industrial wood, which may contain unknown contaminants.

Chuck



Sunshine

Otto Wilson 

Phone: 825-1943

E-mail: ottowilson@astound.net

Cathy Binder wife of **Sir Ron** is in the hospital after surgery due to cancer.

Sir Jack Harrington is undergoing radiation treatment for cancer.

Sir Robert Wheaton is home recovering from surgery.

Sir Dan Costello is home recovering from surgery for rotator cup.

Sir Al Bond had eye surgery for cataract.

Sir Ed Wojnar had eye surgery for cataract.

Beryl Deas, wife of **Sir Joe** suffered a sever fall that put her in the hospital. She is now home recovering.

Sir Charlie Kiser is in John Muir Hospital due to congestive heart problems. He is doing well and by the time you read this, he should have been transferred to Manor Care on Tice Valley Road.

Sir Paul Graham passed away January 11th in his own home. His memorial service was held at Walnut Creek Presbyterian Church Friday (January 18) at 2:00pm. **Paul** would have been 90 this August. He had a very full life.



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

BLAME YOUR MOTHER

The Claim: Male pattern baldness is inherited through the mother.

The Facts: Men who notice their hair vanishing prematurely have long been inclined to lay the blame squarely on the mother, prompted by an old wives' tale.

Much of the evidence for the claim was anecdotal, but now new research suggests that the finger-pointing may be warranted.

Scientists have isolated a gene variation that turned up frequently in balding men during a study of 95 families having at least two brothers with early hair loss, researchers reported in July in *The American Journal of Human Genetics*.

The culprit is on the X chromosome, a gene which men get from their mothers (Y comes from fathers). Scientists from the University of Bonn in Germany found that this gene increases the effects of testosterone and other male hormones, called androgens. High levels of androgens are known to cause baldness.

The Bottom Line: Male pattern baldness appears to be largely influenced by genes inherited from mothers.

Source: *The New York Times*, October 11, 2005

TIRED OF CHICKEN?

Evidence suggests pork is 16% leaner and has 27% less saturated fat than it did 15 years ago.

A U.S. Department of Agriculture analysis (funded in part by the National Pork Board) found that a 3-ounce serving of pork tenderloin contains 2.98 grams of fat compared with 3.03 grams in a 3-ounce serving of skinless chicken breast.

Source: *Institute of Food Technologists*, September, 2006

JAPANESE EATING

We know the Japanese have a lower rate of cardiovascular disease than Americans, and we know why: They eat less fat and more carbohydrates than we do.

But there's a little more to it than that. There's a subtlety about their eating habits that can't simply be lumped into the category of dietary guidelines. It's the “social family-togetherness” aspect of Japanese eating patterns.

According to **Sara Anderson, RD**, of Southern Illinois University, Japanese eat their meals in a family setting, and meals prepared for the family are generally more nutritious. Americans, on the other hand, often eat on the run, and such meals tend to be less nutritious. Says **Anderson**, “Meals that are not shared with the family tend to consist of low-nutrition convenience foods.”

Source: *Self*, June 2005



Cribbage Al Tufo

Cribbage was hosted by the Italian Stallion on January 9th. We were able to get in two tournaments. We have made it a point to start at 11am from now on in order to play at least two tournaments. Well, the first tournament was a runaway. After a breakfast of Pasta Fasule, the Italian Stallion was unstoppable. He burst out of the gate and never looked back, he won going away. **Dan Meckfessel** stumbled a couple of times, but managed to come in second. The next tournament was won by **Barney Meade**, who managed to stay ahead of **Dan** who came in second again. February will be hosted by **Barney**, and as a reminder we will start again at 11, AM

CIAO TUFO

Book Exchange....Terry Marchione

Our book lists are now posted on the SIR website www.sir146.com Check it out. We have many best sellers as well as books on tape and educational videos. Books are added periodically, as well as book reviews of books on the list, so take a look from time to time. Instructions on how to participate are included on the website. We welcome and encourage your participation. All Branch 146 members are welcome whether or not you have books to share.

Terry

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.

Experience delightful dining while getting to better know your fellow SIR members in a relaxed and friendly atmosphere.

Join us on February 21st at La Finestra Ristorante located at 100 Lafayette Circle, Lafayette (925-284-5282). This charming restaurant features Sicilian fare and includes veal porterhouse, rack of lamb, sole picatta, ribeye steak, fresh seafood, pork loin and delicious Italian pasta dishes. Visit the website for additional information: lafinestraristorante.com

Please RSVP by e-mail by the third Monday of the month (February 18th is Presidents Day this year) if you can join us. My phone number is in directory under "Waiting List" if you prefer.

Malcolm

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 February 28th 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.

The wintry weather kept most fishermen off the water, but the year has been good so far for a few. **Terry Miller** battled a large sturgeon fishing with **Carl Moyer**. The fish was roughly measured at 83 inches, which according to the chart would weigh 175 pounds, and had to be released since sturgeon over 66 inches cannot be taken. **Terry** did go home with a nice 7 lb striper. **Joe Karg** was not as lucky, and got no sturgeon on 2 trips with **Carl**, but **Carl** did get a 12 pound striped bass on their first trip. **Harry Sherinian** and **Carl** also caught no sturgeon, but did have a good day at Shadow Cliffs Reservoir fishing from the shore. They caught 5 trout, 4 of which were between 2 and 3 pounds each, a good day any time during the year. **Paul Dubow** fished for sturgeon with **Carl**, and caught a kingfish and a small striper, and **Carl** caught a small golden sturgeon. On other trips, **Carl** caught a 47 inch sturgeon, a 10 lb striper, and 5 more trout from Shadow Cliffs reservoir. **Joe Peterson** fished the power lines in the Sacramento River for a few hours and caught one keeper striper and a few shakers..

We have an exciting agenda for 2008, starting with a journey to the Klamath River for steelhead, and a sturgeon outing in Suisun Bay, and a possible ice fishing venture. We will also have a trip for float tube, small boat, and bank fishing at Shadow Cliffs reservoir in Pleasanton, and an adventure to Los Vaqueros reservoir. A shore fishing trip to the delta is going to be a different and interesting foray. We are planning a lot of local outings for next year that should be fun and informative for everybody

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 February 28th 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

Wine Tasting ... Dale Haukland



Help! The wine tasting group is still looking for a leader. If you are interested, call **Jeff Baily**. There will be no separate February event due to lack of someone taking the group over. I hope you will join the wine trip to The Russian River .

Bob Spellman.

Honestly, it is a good group.

Luncheon Attendance **Glen Renk**



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

Call me by Friday noon prior to the Luncheon at 672-7860 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.

Luncheon Menu

Mixed Field Greens with Italian Dressing
With Tomatoes and Carrots

**Italian Style Meat Loaf or Red Snapper
(with roasted crushed tomatoes)**

Roasted Red Potatoes

Tuscan Vegetables (broccoli, green beans & Swiss chard)

Banana Chocolate Chip Snack Cake
(seasonal fruit on request)

Membership

Jim Jackson



Branch 146 Statistics:

Members 252, HLMs 5, Waiting List 7, Inactive 8.

January Attendance:

Members 211, HLMs 2, Waiting List 3, Guests 2, Excused 27, Unexcused 14.

Total January Attendance: 218.

Status Changes:

Inducted: **Paul Dubow, Peter Miller, Randall Becker**

Added to Waiting List: **Stephen Sprague, Howard Nemir**

Inactive: None

Resigned: None

Withdrew: None

Current Waiting List (prioritized): **John Aaro, James Locker, Keith Oleson, Louis Meyer, Mike Isola, Stephen Sprague and Howard Nemir.**

Poker Club #1 **Frank McNamee**



Poker Club #1 got back into action after a Christmas vacation at the home of **John Lewis** on January 9th. Most of the players felt that if **Bob White** would have played a full 18 holes on the day before, he might have come down with a bad cold and therefore would have stayed at home and would not have taken the lions share of the winnings. The only other winners were **Dan O'Sullivan** and **Bill Cammerer** at a very distant second and third. Our next meeting will be on February 12th at the home of **Frank McNamee**.

Poker Club #4 **Chuck Bobinecz**



SIR Skip Tomas will host our next game on February 25th. Poker players #4, please let **Skip** know a couple of weeks in advance if you cannot make the poker game so that he can arrange for a sub. Did you know that each king in a deck of playing cards represents a great king from history? Spades – King David, Hearts – Charlemagne, Clubs – Alexander the great and Diamonds – Julius Caesar. Now that we know this bit of trivia, it may improve our card playing. I doubt it.

20th Dinner Dance March 6, 2008

We have finalized the date and location for our dinner dance.

Please note that the date is now

Thursday, March 6 at

**The Civic Arts facility at North Wiget
and Ygnacio Valley Road**

We will celebrate St. Patrick's Day so wear a bit of Green.

- Price will be \$ 50 per person
- Includes open bar, Beef, Chicken or Vegetarian Entrée, Hors D'oeuvres, salad, dinner, dessert and coffee or tea.
- Dancing to the live quintet of **Dalt Williams**.
Cocktails at 6:00PM, Dinner at 7:30 PM and dancing from 7:30PM to 10:00PM

SIR _____

Guest _____

Enclosed is a check for _____

Entrée Selection

Beef ___ Chicken ___ Vegetarian ___

If you wish a table of Eight OR Ten, please show your guest names below. PLEASE include a check or checks for everyone. Make payable to SIR Branch 146 and send to 2127 Secombe Court, Walnut Creek, CA 94598.

Travel Opportunities Bob Spellman



Feb 29, 2008 Russian River Barrel Tasting.

This is a great chance to sample wines from the barrel, talk to winemakers and explore the beautiful Alexander, Dry Creek and Russian River Valleys. We will leave Walnut Creek at 9:00am and return around 6:00pm. Trip includes wine tasting, wine glass, Sweet Affair box lunch and Motor coach transportation. Cost is \$50.00 per person. Call **Bob Spellman** @ 934-8428 Sorry, sold out. I can put you on the waiting list if you want.

Mar 2, 2008 Chinese New Year Musical. A bilingual musical production set in Ancient China performed in San Francisco featuring exquisite traditional costumes, classical Chinese dance, Kung Fu, martial arts and jungle set filled with playful animals. Performance has been an annual production for 43 years. Cost is \$41.00 per person. Call **Bob Hagler** for more information 934-7620.

Apr 3-12, 2008 The Islands of Hawaii. Our 50th SIR Anniversary trip is back again, better than ever. We will fly to and from the Islands and enjoy two nights at the Hawaiian Village on Waikiki Beach before boarding Norwegian Lines new ship the *Pride of America*. Our 7 day cruise through the Islands include Hilo, Maui, Kona, Kaua'i and O'ahu. Cost : Inside cabins start @ \$2554 pp double. Outside cabins start at \$2941. Contact **Charlie Kiser** 274-1575 for more information.

Apr 24, 2008 San Francisco Bay Model. The Bay Model is a three-dimensional hydraulic model of the San Francisco Bay and Delta areas capable of simulating tides and currents. The Model is over 1.5 acres in size and represents a wonderful opportunity to view the complete bay-delta system at a glance. Our guided tour will last approximately 1 ½ hours. After the tour we will visit downtown Sausalito for a no host lunch with time for shopping before returning to Walnut Creek. Cost \$25.00 per person. Contact **Bob Spellman** 934-8428.

Apr 29-May 4, 2008 A Tour of San Antonio & the Texas Hill Country. The tour will start in San Antonio and proceed to Kerrville, Fredericksburg and Austin. Trip includes tips, airfare, motorcoach, tours, baggage handling and 9 meals. Cost \$1475.00 per person. Contact **Bob Hagler** Branch 8 for more information. 934-7620.

Oct 6-19, 2008 Danube Dream. Glide past fairy-tale castles and medieval villages aboard the MS Switzerland II riverboat traveling the second longest river in Europe. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Enjoy a 2 night stay in Budapest followed by a 7 night cruise on the Danube and 3 night stay in Prague. Cost: \$3415 to \$3660. Sponsored by Branch 8. Call **Bob Hagler** for more information.934-7620

Tuesday Golf Walt Barabash



Latest Tournament Results

November 20 First Flight: **Ken Kratz, Lew Thompson and Steve Dawkins.** Second Flight: **Sal Costanza, Mitch Mitchell and Ern Dickson.** Closest to the Pin on Hole No. 2: **Al Zamolo.** Closest to the Pin on Hole No. 12: **Olof Johansson and Joe Fuchs.** Low Gross: **Steve Dawkins with 82.**

November 27 First Flight: **Bob Royster, Lew Thompson and Myles Ringle.** Second Flight: **Bob Spellman, Don Del Bene and Mitch Mitchell.** Closest to the Pin on Hole No. 2: **Joe Barry and Mike Siebert..** Low Gross: **Steve Dawkins and Lew Thompson with 82.**

December 4 First Flight: **Bob White, Joe Fuchs and Ray Spears.** Second Flight: **Ralph Fowler, Sal Costanza and Joe Suta.** Closest to the Pin on Hole No. 2: **Jim Burk.** Closest to the Pin on Hole No. 12: **Bob Mehus.** Low Gross: **Jim Burk with 79.**

December 11 First Flight: **Joe Barry, Al Zamolo and Bob Royster.** Second Flight: **Pablo Chavez, Don Del Bene and Ray Kan.** Closest to the Pin on Hole No. 2: **Steve Dawkins.** Closest to the Pin on Hole No. 12: **Larry Sheerin.** Low Gross: **Jim Burk with 80.**

This is one to crow about!! Is this a first in Sirs Golf? One of our foursomes teed off on Hole No. 17. None of them reach the green. After a pitch and a putt, all four players made par. What a group!!!

December 18 Golf Tournament - Rained out!

December 25 Golf Tournament - not scheduled.

January 1 2008 Golf Tournament - not scheduled.

January 8 2008 Golf Tournament - Rained out.

January 15, First Flight: **Vince Rettew, Ken Kratz and Al Zamolo.** Second Flight: **Dick Woodman, Mitch Mitchell and Don Del Bene.** Closest to the Pin on Hole No. 2: **Lee Vincent.** Closest to the Pin on Hole No. 12: **Mike Siebert.** Low Gross: **Frank Marcon and Jack Calloway with 89.**

YEAR 2007 GOLF TOURNAMENT WINNERS

Sir Tuesday Golf Tournament Winners for year 2007 were 63 in number with total prize money won of \$3,475.00. The three biggest winners were: **Joe Barry with \$175.00, Bob White with \$150.00 and Joe Fuchs with \$130.00**



Walkers

John Lewis



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

We have arranged a Breakfast in Brentwood Tournament on Thursday, Feb 28 at Deer Ridge Golf Club. The cost is \$47 for SIRs competing in the prize fund and \$45 for guests or those not competing for prizes. Golf starts at 10:00 am. The cost includes green fee, cart, a buffet breakfast (starting at 9:00 am) and a complimentary drink after the round. Flyers were distributed at our Jan 10 luncheon and at Tuesday golf. If you don't have a flyer, just call me and we'll sign you up.

Starting on March 31, the State Golf Committee is holding a three day scramble tournament in Las Vegas. This event is played during a one week stay in Las Vegas (3/31-4/4). Players will be staying at the Palace Station Hotel and Casino. Costs, courses and other details are on the State web site sirstategolf.com. **Dick Richmond** can also help with details if you don't have computer access.

Our Annual Silverado Country Club Invitational Tournament is scheduled for Monday April 7. The cost is \$46 for SIRs in the prize fund and \$44 for guests. The cost includes green fee and cart. This is an opportunity to invite potential SIR members or play as a couple or just invite friends. There is no risk in signing up early as this is one of the few courses that allows us to pay only for the number of players on the tees on the day of play; last minute cancellations are refunded. Sign up a foursome or individually. Questions: **Jim Baldrige** 925-689-9232 or **Dick Richmond** 925-947-1167.

Thanks to **Bill Cammerer, Don Del Bene** and **Bob Madge** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **George Knies** for proofreading.

- Feb 1 Ralph's Ramble Stone Valley Road**
Meet: Take 680 South to Stone Valley Rd. East 2.5 Miles
Park: on right at Glen Brook before Monte Vista School
Walk: Paved level some shade
Coffee: at Yellow Wood Alamo Plaza
- Feb 8 Lafayette Ridge Trail**
Meet at Briones staging area off west side of Pleasant Hill Rd.
Just south of Springhill Fe and Lafayette Elementary School
Walk: Not paved Not level Some shade
Coffee: To be announced
- Feb 15 Lafayette Moraga Trail South Moraga Rd & Moraga Way**
Meet: At Moraga Safeway Parking
Walk: South on Lafayette Moraga Regional Trail toward San Leandro Reservoir
Paved Level Shade
Coffee: Terzetto Cuisine Moraga
- Feb 22 Donald Drive Walk Donald Drive Orinda**
Meet: Take Moraga Way South to left on Hall up hill to Donald Dr
Paved Not level No shade
Coffee: To be announced
- Feb 29 Lafayette Trail West St Mary's Rd Lafayette**
Meet: At Lafayette Community Center
Walk: Follows St Mary's Rd toward Moraga
Paved Not level Some shade
Coffee: Rising Loafer Lafayette



Jim Koeppen, James Hanck, Ray Kan and Myles Ringle

SIR CALL

Newsletter

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**Welcome new members
Peter Miller, Randell Becker and Paul Dubow**