



Published For Our Members And Friends

Volume 20 Issue 1



Jeff Bailly

Big Sir's Notes

Gentlemen, thank you for your confidence in electing me to serve as your Big Sir. Fulfilling the responsibilities of the job as well as my predecessors is a tall order.

My thanks to my good friend **Jim Stedman** and to last year's Branch Executive Committee (BEC) for their work representing the members of Branch 146. Gentlemen, you did an excellent job and consequently Branch 146 remains in great shape. The promise of our future is bright indeed.

A warm welcome to incoming BEC officers **Ron Binder, Rich Hanford, Ken Richter** and Assistant Treasurer **Rich Colombo**. I am thankful to these men for stepping up to work for the good of our Branch and I look forward to working with them and also with the BEC members remaining over from last year, namely, Little Sir **Stu Somerville**, Secretary **Dennis Hallett**, Assistant Secretary **Pete Gates**, Treasurer **Tom Thomson**, Directors **Jack Matthews, Larry Mitchell** and **Dan O'Sullivan**.

The following members have stepped up to take on new assignments in 2008: **Dick DeVoe** is the Activities Coordinator, **Bill Roberts** is handling Badges, **Rich Colombo** who, in addition to serving as Assistant Treasurer on the BEC, chairs the Audit Committee; **Glen Renk** takes over the Luncheon/Attendance function; **Chuck Kistenmacher** serves as our Chaplain; **Sal Costanza** leads our Greeters; **Rich Ahlf** is Newsletter Editor and Branch Photographer; **Jim Stedman** chairs the Nominating Committee and also serves as Area 2 Governor; **Don Tubb** leads the Song Sirs and **Gary Schaub** becomes the Theatre chairman.

A number of newly established activities will be chaired by the following men... **Terry Marchione** heads up the new Book Exchange Group; **Malcolm Hendry** chairs the new Guys Dine Out. Thanks to **John Pearl**, who chairs the new Explore and Dine Group; **Pete Gates** who, in addition to serving as Assistant Secretary will form and head up the New Member Relations Committee and to **Vince Rettew** who is chairing our upcoming Branch 146 20th Anniversary event scheduled for October 1, 2008.

Harry Tutton has agreed to be the SIR Happenings guy. SIR Happenings newsletter comes out quarterly, so watch for some great articles about our Branch 146! With all these men and all that energy focused on doing the

best for our Branch, we are in good hands.

2008 is the Branch's 20th anniversary year and we are planning some fun events around that theme. As they say in New Orleans, "Laissez les bon temps rouler." Let the good times roll and together let us appreciate the joy of our lives together or "joie de vivre".

If you are new to the Branch and are enjoying it, then please invite some of your friends to join you. Simply go to our website home page at www.sir146.com print some application forms up and have your friends apply for membership.

Happy New Year to you and yours.

Jeff



Stu Somerville

Little Sir's Corner

Our luncheon speaker for January will be **Barbara Proctor** from *The Center For Human Development in Pleasant Hill*. She will present the conflict resolution programs available in Contra Costa.



Cribbage

Al Tufo

Holly, Molly, You're not going to believe this? We finally got to play two tournaments at one sitting. We had to start at 11am in order to do it.

Cribbage was hosted by **Dan Meckfessel** at the home of **Barney Meade**. Are you confused yet? Well, everything just went according to Hoyle. **Barney** won the first tournament, a guest player by the name of **Kirk** came in second, with the Italian Stallion following in third. The second tournament was won by **Dan Meckfessel**, the **Italian Stallion** came in second, with **Barney** a distant third.

Cribbage will be hosted by yours truly on January 9th. We will start at 11am from now on so we can attempt to get in two games each week.

Healthy and Happy New Year to all. Ciao, Tufo

Table Pool

Bill Weinberg



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

We just had our last Meeting of 2007 and it was a great turnout with 4 tables going. I want to wish all of the Sirs a Merry Christmas and a very Happy and Prosperous New Year.



Duplicate Bridge **George Zunich**

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

In December, Sir **Jim Stedman** hosted 3 tables of Duplicate Bridge at his home. The results were as follows: **Jim Jackson** finished in 1st Place with 32.5 points. **Bill Rees** came in 2nd Place with 28.0 points. **Chuck Hammond** was in 3rd Place with 27.0 points. The next match will be held on Monday, January 14th. Contact **George Zunich** at 376-4439 for information. We welcome interested members.



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 **Lo McCarley** on December 3rd. First place went to **Jim Jackson** with 6280 points, second to **Bob Yolland** with 5810, third to **Bill Snyder** and fourth to **Bob Donahue**.

Our next game will be on January 7th at the home of Chuck Hammond.



Couples Duplicate Bridge **Lo McCarley**

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

Stu and Margot Somerville hosted eight couples for a gala evening of duplicate bridge. Everyone had a great time and the winners were **Carl and Anne Johnson** with 44 points. **Bill and Margaret Rees** (35 points) came in second, **Stu and Margot Somerville** (34 points) captured third place, and **Bob and Janet Yolland** took fourth with 33 points. Next bridge will be hosted by **Jim Brown** and **Barbara Lundblade** on January 16th.



Gail and George Bjornsen at the Ladies Day Luncheon

Area 2 Computers and Technology Group

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

Thursday, January 17, we will demonstrate how to use your computer to organize your personal records to deal with emergency situations.

Phil Goff has developed a series of Word Tables to help you capture pertinent information about your medical, financial and other ongoing life processes. This information will be invaluable to you or members of your household in times of emergency. The Tables can be easily customized for your personal situation. We recognize that much of this information is highly confidential, and will discuss ways to protect it from unauthorized persons

All of our presentation materials will be posted on our website. However, since some of the attendees may not be familiar with downloading files from our website, we will be handing out CD's containing the Word Tables. It's a great time of year to get your financial and other records in order, so please join us for this important session.

Following the Panel 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.)*

SongSirs **Don Tubb**



It's a great pleasure to take the reins of SongSirs from the able hands of **Harry Tutton**. **Harry** will be a tough act to follow, but we're on our way to bigger and better things. Our appearance at Meals on Wheels in December was a great success and we will be invited back. Our next rehearsal is on January 16th at Walnut Creek Presbyterian Church. We are growing and will be trying some new wrinkles out this year, so if you enjoy singing, you are welcome to join us.

Explore and Dine **John Pearl**



A tour of the Leshler Regional Center for the Arts is presently planned for Thursday, February 28, at 11:00 AM. I will send out a reminder e-mail in early February. Planning an event for the third or fourth Thursday in January is in progress, and an e-mail, to those who have indicated an interest in Explore and Dine, will be sent when plans are finalized. Ideas for places to visit are invited.

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's next meeting is scheduled for Thursday, January 31st, 9:30am at the Gardens at Heather Farm, 1540 Marchbanks Drive. This will be in lieu of our February meeting. Sir **Bob Yolland** has arranged for the Garden Club to practice and hone their rose pruning skills at the Gardens at Heather Farms Rose Garden. Meet in the lower level meeting room at 9:30 for coffee, donuts and pruning instructions. It isn't necessary to be an accomplished rose pruner since there will be two or three experts to direct our efforts. Find out why you should prune roses and how different types of roses require different pruning methods. Bring your pruning tools, leather gloves, a sandwich and a drink.

There will be a mini-picnic when we finish. Wives and guests are always welcome. You do not have to be a garden club member to come to this event.



Sunshine

Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Sir **Lang Erickson** is home undergoing chemotherapy for cancer. He is doing well and feels bad about Cal not being a forerunner. I said to him that at least Cal is playing in a bowl game. He politely told me not to rub it in.

Sir **Dave Obera** is home recuperating from a left hip replacement and is doing well walking with two canes. His right side is bothering him, but that side is doing all the work and should clear up soon.

This is the January SIRCALL, and time to start a new year. Our Chaplain at the December lunch stated the word Christmas was disappearing from stores and shopping malls and being replaced with the word Holiday. Some want the word God removed from Government buildings and currency. So went the year 2007, with a lot of controversy. Whether you are a religious believer or not, Christmas is Christmas and the word God had a lot of meaning in the formation of this country. I want to wish you all a very Happy New Year. Anyone out there have problems with the word happy? Please keep your health



Tres' Gourmet Lew Thompson

The chef for January will be **Joe Lamanna**.



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

FIBER AND STATINS TEAM UP

If your cholesterol-lowering statin isn't quite powerful enough to drop your LDL (bad) cholesterol as low as it should go, adding a fiber supplement could give you the edge you need. In a study at the Robert Wood Johnson Medical School in New Jersey, volunteers who took 10 milligrams (mg) of simvastatin (Zocor) a day lowered their LDL levels a respectable 29%. In those who took 10 mg of Zocor plus 5 mg of soluble fiber in the form of psyllium (Metamucil) three times a day, LDL levels dropped 36%---the same as seen with twice as much Zocor. If you choose this approach, make sure you drink more water, otherwise you run the risk of constipation. Better yet, get your extra fiber by eating more fruit, vegetables, and whole grains such as oatmeal. A whole food approach can complement a statin's cholesterol-lowering effect, and do so much more.

Source: *Harvard Heart Letter*, June 2005

WHAT HAPPENS WHEN YOU LAUGH?

- Reward centers in your brain are triggered---the same effect that occurs with habit forming drugs.
- Your heart rate increases along with your pulse and blood pressure. Muscles contract---not just your facial muscles, but your core muscles. (Remember when you laughed so hard your stomach hurt?) So when you stop laughing, muscles relax and you feel relaxed---inside and out.
- Certain immune-boosting antibodies are stimulated. (Research has shown this effect for people with rheumatoid arthritis.)
- Your endocrine system produces helpful stress reducing hormones. The way laughter works is no laughing matter-- It's a serious science called gelotology and has nothing to do with Jell-O.

Source: *Take Heart*, March 2005

SPORTS DRINKS ERODE TEETH

Sports beverages, energy drinks, and other flavored beverages may do far more damage to your teeth than plain old cola. Researchers at the University of Maryland exposed healthy molars to various flavored drinks for two continuous weeks. Beverages such as KMX, Red Bull, Gatorade, and Powerade caused up to 11 times more erosion of tooth enamel than Coca-Cola. Limit your intake of those drinks, as well as of bottled lemonade, which also yielded high damage, and possibly other citrus-flavored drinks. If you do indulge, drinking the beverage all at once or through a straw may cause less damage than sipping it, dentists say.

Source: *Consumer Reports OnHealth*, August 2005



Bowling

Larry Mitchell

SIR Branch 146 had around 25 bowlers when I joined it in 1996, the current count is about seven. Most are gone for the usual reasons. Currently the league is fairly healthy but if we keep losing bowlers without getting some new ones this will not be the case. We need some new blood. I therefore ask that anyone interested, experienced or not, see me immediately. The second half of the winter league starts in January, so this is a great time to join us. If you wish to bowl call me at 789-5440.



Jim Stedman introduced **Rob Johnston** who was inducted in October but missed the luncheon.

Area 2 \$ums In Retirement Dave Munson

4th Wednesday, 8:00am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord

The January \$ums In Retirement meeting will be held on Wednesday the 16th at the Diablo Creek Golf Course commencing at 8:00am. Please note that the meeting, for this month only, will be on the 3rd Wednesday instead of our usual 4th Wednesday as it was the only available date for our speaker in his busy schedule.

Our speaker will be **Gary E. Schlossberg**, Senior Economist at Wells Capital Management, a division of Wells Fargo Bank. **Gary** has been widely quoted in a variety of news and industry publications in the Bay Area. He will be speaking to us on the *Economic and Financial Outlook for 2008*, a subject any investor would be very interested in, considering all the economic issues we are currently facing. With his three decades of industry experience and 27 years at Wells Fargo, he should be a very interesting speaker.

Breakfast starts at 7:00am and the meeting at 8:00am. The meeting should be well attended so I encourage anyone attending to arrive early.

Dave Munson, Chairman, \$ums In Retirement, SIR Area 2 Financial Group.

ROMEO (Retired Old Men Eating Out).....Malcolm Hendry



The ROMEO 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 January 17 at DeVino's, 2221 Morello Avenue, Pleasant Hill, Ca 94523 (925-689-6666). This delightful Italian restaurant is owned by **David Sharretts**, son of Sir **Rod Sharretts** and his wife **Ollie**.

Please RSVP by the third Monday of the month if you can join us. (Email or phone in directory under "Waiting List")

Fishing

Sal Costanza

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



I know there are many fishermen in Branch 146 and I know there are many wanna-be fishermen. So, come to our first 2008 meeting on Jan. 24th and start the year with all the information you need for a successful year of fishing!!!! *Sal*



Wine Tasting ... Dale Haukland

Enjoy the holidays with some fine wine or a glass of the bubbly.

I have enjoyed coordinating this group for the past many years, but it is time to pass the goblet to someone else for a while. Please contact **Jeff Baily** if you would like to coordinate this fine group of friendly people around six times a year. Two people could share as co-chairmen.

We are ready again to have a home-hosted event the latter part of February. If you are interested in hosting our event, please call me, **Dale Haukland**, at 925-820-0189. Cheers to all.



The Clayton Valley High School Women's Ensemble. They were Great!

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



Caesar Salad, bread and butter
Chicken Sauté Sec or Poached Salmon
With whole grain pilaf and roasted Butternut squash
Baked Apple Crisp (or seasonal fruit on request),
regular coffee and iced tea.

Membership

Jim Jackson



Branch 146 Statistics:

Members 249, HLMs 5, Waiting List 8,
Inactive 9.

Ladies Day December Attendance:

Members 135, HLMs 2, Waiting List 3, Ladies 138,
Excused and Unexcused N/A
Total Ladies Day December Attendance: 278

Status Changes:

Inducted: None
Added to Waiting List: None
Resigned: None
Withdrew: None
Inactive: None

Current Waiting List (prioritized): **John Aaro, James Locker, Keith Oleson, Paul Dubow, Peter Miller, Randall Becker, Louis Meyer and Mike Isola**

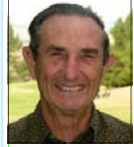
Note to all members: I am presently updating the Membership Directory for 2008. Unless I have recently contacted you by email about pending changes, please forward any changes you may have to your entry from the 2007 Directory, so we will be current in 2008.

Poker Club #1 **Frank McNamee**



We took a holiday for the Christmas season but we will be back in action on January 9th at the estate of **John Lewis**.

Poker Club #2 **Al Zamolo**



Jim Stedman hosted our November Poker #2 group meeting. **Ken Kratz** and **Ron Binder** were the big winners that day. Apparently **Ron** had to buy a Christmas present for his wife because he set the record for the biggest winner so far in Poker 2. We hope to take back some of his winnings on Wednesday, December 19th at **Al Zamolo's**.

Poker Club #4 **Chuck Bobinecz**



Sir **Frank Rockwell** will host our next game on January 28th. We will all have to be winners after we have received our January credit card statements.

I don't know who said it: "I knew you had me beat, but I had to call."

20th Dinner Dance – March 5, 2008

Here we are, looking forward to the 20th and final dance planned by **Don Nunn**.

This early notice is to help the old folks plan. Due to the uncertainty of the Boundary Oak situation, we will hold the dance either at The Civic Arts facility at Wiget and Ygnacio or at Boundary Oak. We will know by sometime in January. We will celebrate SAINT PATRICK'S DAY for our theme.

Wear something green!!

- Location to be announced
- Price will be \$ 50.00 per person
- Includes Beef or Chicken or Vegetarian entrée, Hors de' oeuvres, salad, dinner, dessert and coffee or tea.
- Dancing to the live music of **Dalt Williams** and his quintet.
- Cocktails at 6:00 PM, Dinner at 7:00PM and dancing from 7:30 PM to 10:00PM.

SIR _____

Guest _____

Enclosed is check for \$ _____

Entrée Selection:

Beef _____ Chicken _____ Vegetarian _____

If you wish a table of eight, please show your guest names below. PLEASE include a check or checks for everyone.

Mail to: 2127 Seccombe Ct., Walnut Creek, CA 94598

Travel Opportunities Bob Spellman



Apr 3-12, 2008--The Islands of Hawai'i. 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 includes Hilo, Maui, Kona, Kaua'i and O'ahu. Cost: Inside cabins start at \$2554 pp double. Outside cabins start at \$2941.

Contact **Charlie Kiser** at 254-1575 for more information.

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 at 934-7620.

Away Golf

Jim Baldrige



Plan ahead for our Annual Silverado Country Club Invitational Tournament. Flyers are being distributed at our regular Tuesday Golf and at our Lunches. This 12:00 Shotgun event is scheduled for Monday April 7th on the South Course. We plan for a full field of 144 players. The cost is \$44 for guests and \$46 for Sirs competing in the prize fund. The cost includes green fee and cart and there is no risk in signing up early as this is one of the few courses that allows us to pay only for players on the tees on the day of play; last minute cancellations are refunded. Set up a foursome or sign up individually.

We have a request in for Thursday, February 28th for 40 players starting at 10:00 am to get the offer at Deer Ridge/Brentwood of breakfast, green fee and cart. The cost is \$45 for guests and \$47 for Sirs competing in the prize fund. I will get flyers out on this one as soon as we receive a contract from the course.

Our SIR State Golf Committee is scheduling a 3 day scramble in Las Vegas starting on Monday, March 1st. Details will be on the website sirstategolf.com.

On Thursday July 17th, we are arranging a tournament at Hiddenbrooke/Vallejo. We have slots for about 40 players. The tee times start at 10:40 am. The cost is \$40 for guests and \$42 for Sirs competing in the prize fund. This is a very good rate for this course. It includes green fee, cart and range balls. Questions: **Jim Baldrige** 925-689-9232 or **Dick Richmond** 925-947-1167.

Tuesday Golf Walt Barabash



Corrections and Additions:

October 16: Low Gross: **Bob White** with **83**.

October 23: Closest to the Pin on Hole No. 12: **Bob Royster, Bill Cammerer.** Low Gross: **Jim Burk, Joe Fuchs and Gene Diana** with **83**.

October 30: Low Gross: **Joe Fuchs, Bob White** with **84**.

November 6: Low Gross: **Steve Dawkins** with **83**.

November 13: Low Gross: **Ron Binder** with **81**.

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, 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: **Jack Calloway.** Closest to the Pin on Hole No. 12: **Joe Barry and Mike Siebert.**

Low Gross: **Steve Dawkins, 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 SIR Golf? One of our foursomes teed-off on Hole No. 17. None of them reached the green. After a pitch and a putt, all four players made pars. What a group!!!

Book Exchange....Terry Marchione

As we ring in the New Year, the Book Exchange will undergo some changes. Sometime in January our book lists will be posted on the SIR website. You will no longer need to download files, etc. Also, the books will be available to all Branch 146 Sirs.

We have waived the requirement that you need to provide a list of books for the Exchange. As chair of this activity, I will handle all requests to "borrow" books (just email or call me) and I will see that they are returned to the owner. We have a wide variety of books available--everything from current best sellers to some of the old classics. I look forward to having you participate in our group. There will be no meetings to attend.

Questions: terrymarchione@yahoo.com

Committee and Activities Chairmen

Dick DeVoe	Activities Coordinator
Glen Renk	Attendance/Lunch
Rich Colombo	Audit
Bill Roberts	Badges
Bob Frankland	Bocce Ball
Terry Marchione	Book Exchange
Larry Mitchell	Bowling
Lo McCarley	Bridge-couples
George Zunich	Bridge-duplicate
Fred Bolton	Bridge-party
Mitch Mitchell	Candy Sales
Chuck Kistenmacher	Chaplain
Dave Johnson	Cooking
Rich Hanford	Cooking Too
Lew Thompson	Très Gourmet
Al Tufo	Cribbage
John Pearl	Explore and Dine
Sal Costanza	Fishing
Chuck Bobinecz	Gardening
Dick Richmond	Golf
Tom Gorman	Golf Scheduling
Walt Barabash	Golf Treasurer
Jim Baldrige	Away Golf
Dick Richmond	NCGA-Handicaps
Sal Costanza	Greeters
Malcolm Hendry	Guys Dine Out
Jack Calloway	Historian
Bob Yolland	Honorees
Jim Jackson	Membership
Rich Ahlf	Newsletter Editor
Pete Gates	Asst. Editor
Jim Jackson	Asst. Editor
Bill Cammerer	Mailing
Pete Gates	New Member Relations
Rich Ahlf	Photographer
Jim Stedman	Nominating
Dave Obera	Pianist
Frank McNamee	Poker Club 1
Al Zamolo	Poker Club 2
Ron Plachy	Poker Club 3
Chuck Bobinecz	Poker Club 4
Don Nunn	Social
Don Tubb	SongSirs
Harry Tutton	SIR Happenings Coord.
Rod Sharretts	Director
Jim Helmick	Sirmonicats
Otto Wilson	Sunshine
Bill Weinberg	Table Pool
Gary Schaub	Theatre
Bob Spellman	Travel
Charlie Kiser	Asst Travel
Lynn Freeman	Veterans
John Lewis	Walkers
Jeff Baily	Webmaster
Dale Haukland	Wine Tasting

Past Big SIR's

1989 Charles Unfried
 1990 Gill Rhodes
 1991 Gene Hackett
 1992 Walt Entelman
 1993 Kap Kaprielian
 1994 Joe Jansen
 1995 Bob Walton
 1996 Dick DeVoe
 1997 Warren Boero
 1998 Don Nunn
 1999 Dave Valladao
 2000 Jack Calloway
 2001 Bill Hansen
 2002 Fred Kovar
 2003 Bob Yolland
 2004 Doug Cook
 2005 Ray Kan
 2006 Garth Cummings
 2007 Jim Stedman



2008 Officers and Directors

Jeff Baily	Big SIR
Stu Somerville	Little SIR
Dennis Hallett	Secretary
Pete Gates	Asst. Secretary
Tom Thomson	Treasurer
Rich Colombo	Asst. Treasurer
Ron Binder	Director
Rich Hanford	Director
Jack Matthews	Director
Larry Mitchell	Director
Dan O'Sullivan	Director
Ken Richter	Director



Walkers

John Lewis



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

Jan. 4 -Alamo New Life Church: Danville Blvd.

Meet: At back parking area
 Walk: North on Iron Horse Trail
 Paved-level-some shade
 Coffee: at Yellow Wood, Alamo Plaza

Jan. 11 -Walden Park North, Oak Rd., Walnut Creek

Meet: Walden Park parking
 Walk: North on Iron Horse Trail
 Paved-level-some shade
 Coffee: La Scala, Civic Dr. and Locust

Jan. 18-Lafayette-Moraga Trail, Olympic Blvd,

Meet: At end of Olympic Blvd in Lafayette for parking
 Walk: West on Lafayette-Moraga Trail
 Paved-level-some shade
 Coffee: at Nordstrom, Walnut Creek

Jan. 25 Danville Railroad Museum South, Railroad and Prospect, Danville

Meet: At Railroad Museum parking
 Walk: South on Iron Horse Trail
 Paved-level-some shade.
 Coffee: at Lunardi's, Danville



Steve and Sue Loftin at the Ladies Day Luncheon

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 **Dick DeVoe** for proofreading.

SIR CALL

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Clayton, CA 94517-1723

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<http://www.sir146.com>

Newsletter

Non Profit Org
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Concord CA

Time Value Mail
Please deliver as
soon as possible.



Tuesday Golfers: **Bob White, Ron Plachy, Dennis Hallett and Bill Weinberg.**



Ladies Day attendees:
Lynne Van Luchene, Tippy Weisz, Ann Hallett and Judy Baldrige.