



Jim Stedman

Big Sir's Notes

The Nominating Committee of former Big Sirs **Garth Cummings**, Chair, **Ray Kan** and **Doug Cook**, presented nominees for officers to serve on the 2008 Executive Committee to the Big Sir on June 14, 2007. The nominees are listed below. Our leadership will be in good hands. The membership will vote to elect officers at the luncheon meeting on August 9, 2007. The officers for 2008 will be inducted at the December 13, 2007 Ladies Day luncheon.

On June 14, 2007 the Executive Committee approved the motion to increase maximum Branch membership from 240 to 270 plus Honorary Life Members and to induct about 3 new members per month for ten months each year. By a second motion, the Executive Committee approved a waiting list policy which provides for acceptance of applications at all times and specifies that applicants be placed on the waiting list in the order of the date of receipt of applications. These two actions will enhance the long term health and viability of Branch 146 by providing the opportunity to bring in new members in sufficient numbers each year to prevent increases in Branch average age, and to achieve a good balance of younger and older members.

Each of us is a potential sponsor of a new member. Please invite a guest who might be interested in joining Branch 146. There are now only 8 on the waiting list so the wait will only be a few months before an applicant will be able to enjoy the benefits of SIR and Branch 146 in particular.

The 2007 Branch 146 Executive Committee Nominees are as follows:

- Big Sir-**Jeff Bailly**
- Little Sir-**Stu Somerville**
- Secretary-**Dennis Hallett**
- Asst. Secretary-**Pete Gates**
- Treasurer-**Tom Thomson**
- Asst. Treasurer-**Rich Colombo**
- Directors- **Ron Binder, Rich Hanford, Jack Matthews, Larry Mitchell, Dan O'Sullivan & Ken Richter.**



Jeff Bailly

Little Sir's Corner

The July, 2007 speaker will be **Etta Maitland**. She is Contra Costa Ombudsman for Nursing Home Advocacy. **Etta** will talk about "The Changing Face of Long Term Care".

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.



Our next game will be Monday, June 25th. We always have room for more so come join us.



Speaker for the June Luncheon was **Jerry Holcombe** of the Contra Costa County Grand Jury.



Cribbage Al Tufo

On Wednesday the 13th of June, Cribbage was hosted by the **Italian Stallion**. We were able to get in two great tournaments.

The **Italian Stallion** was in top notch form and came out like a rocket. Try as they could, no one was up to par in catching him. He won by two noses and three tails. **Larry Reilly**, the Dublin Kid, finally came in second. In the next tournament, **John Pearl**, as usual, came in first, just a head in front of **Howie King**.

Next month, on July 11th, Cribbage will be hosted by **Howie** starting at twelve noon. Wasn't it great seeing **Bryant Fischback** at our lunch meeting on Thursday? Who said praying doesn't pay off? Keep it going my Brothers. CIAO TUFO



Duplicate Bridge **George Zunich**

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

In June, Sir **Lo McCarley** hosted 3 tables of Duplicate Bridge at his home.

The results were as follows: **Bob Yolland** was in 1st Place with 28.5 points, **Rich Ahlf** came in 2nd Place with 27.5 points and **Lo McCarley** was in 3rd Place with 26.5 points.

The next match will be held on July 16th.

Contact **George Zunich** @ 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 4 tables of bridge at the home of **Rich Ahlf** on June 4th. First place went to **Jim Stedman** with 5700 points, second to **Fred Kovar** with 5160, third to **Dick Johnson** and fourth to **Doug Carlson**. Our next game will be hosted by **Fred Bolton** on July 2nd.



Couples Duplicate Bridge **Lo McCarley**

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

Carl and **Anne Johnson** hosted Duplicate Bridge on June 20th. **Jim** and **Allison Todhunter** won 1st place with 41 points. **Lynn** and **Dasha Freeman** were 2nd with 39 points, **Carl** and **Anne Johnson** came in 3rd with 36 points, and **Bill** and **Margaret Rees** tied with **Lo** and **Sue McCarley** for 4th with 31 points. **Lo** and **Sue McCarley** will host the next bridge on July 18th



Bowling **Larry Mitchell**

Two Tournaments are coming up in July. They are both Singles/Doubles Events. The first is in Sacramento at Country Club Lanes on July 5th and 6th and the other is at Nu Generation Lanes in Yuba City on July 16th and 17th. Any one interested in either event, please call me for more details or a sign up form.

Area 2 Computers and Technology Group

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

DICK CURRY, Asst. Chairman, 376-5541,
racorinda@pacbell.net

Thursday, July 19 – Floyd Skelton (Big SIR Branch 116) will review *Microsoft's new Operating System, VISTA*. Although Windows XP is likely to be around for several more years, the future of personal computing will be dominated by VISTA. Virtually all new PC's are now shipping with VISTA. So if you are thinking about buying a new computer, or simply want to upgrade to VISTA, you will want to hear Floyd's presentation. He has upgraded his laptop from XP Professional to Vista Business Edition. He has also purchased a new desktop with Vista Ultimate. He will share some of the good and bad news about Vista. For those of you already using Vista, please join us and share your experiences.

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

Come join us and spend some time learning and talking about your computer usage.

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 9:30 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).



SongSirs

Harry Tutton

The SongSirs sang a musical program for the Mt. Diablo Retired Teachers Association on June 6th at Boundary Oak Dining Room. We enjoyed giving the teachers some ideas about how to enjoy retirement! If you would like to join the SongSirs, please contact **Harry Tutton** to hear about our twice a month practices and our coming shows. Let's Keep Singing!

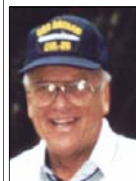
Sirmoncats **Jim Helmick**

The Sirmoncats have apparently broadened their recruiting efforts in order to help curb branch aging.



Table Pool **Bill Weinberg**

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



Social **Don Nunn**

The next Dinner Dance will be on Wednesday, October 3rd. Watch for sign-up forms in future editions of SirCall.

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.



Our July meeting has been rescheduled to July 26th. There will be a BBQ (11am – 3pm) at the home of Sir **Chuck Bobinecz**. I will furnish the sausage and suds. Sir **Lew Thomson** is coordinating this event. Please contact him by July 19th regarding what you want to bring. Wives and guests are welcome.

Garden tip of the month: Deadhead – Deadheading is the process of removing flowers after they have bloomed and faded. This redirects the plant’s energy away from producing seeds and into forming more blossoms. Also it keeps a plant healthier during dry spells.



Bob Wheaton, Don Tubb and Bill Schme are very happy to see **Bryant Fischback** at the June Luncheon.

Fishing

Sal Costanza

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



Recent activities included a well attended trip to Lake Almanor where, in spite of the weather, a variety of fish were caught.

Tom Boltz and **Pete Gates** and their wives attended the Area 2 Fishing Group Social which was held at the Crown Restaurant in Danville.

Steve Loftin, Pete Gates and a group of their friends fished in and around the Middle Fork of the Feather River. The water was low but the river produced a lot of nice fish.

Many members tried their luck in the salt water for salmon, rockfish and halibut. Results were mixed.

Our next meeting is on July 26th. Come and hear the results of outings to the Sacramento River, Stampede Reservoir and New Melones Lake.



Health Matters Physical and Mental

The following articles were copied with permission from the *University of California Wellness Letter*. 1-800-829-9170. .

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

If it ducks like a quack.....

Quackery costs billions annually. Worse than the money it wastes, it can cause harm and lead people away from the medical help they really need. Here are some warning signs:

- Words like “miraculous,” “instant,” “secret,” or “amazing.”
- Vague claims such as “purifies your body,” “raises your energy level,” or “boosts immune system.”
- Testimonials and anecdotes that are the sole or primary support for the claims.
- Ad copy that tries to diagnose health problems: for example, an ad that leads you to believe you have vitamin deficiencies, and then offers to sell you a cure.
- Claims that doctors don’t want you to know about “cures” because they would lose business.
- “Spot-reducers” or any gadget promising to reduce weight without exercise--or while you sleep!
- Diet plans “guaranteed” to take off a pound a day. A diet that rigorous would be dangerous.
- Health-related products sold via multi-level (network) marketing, which turns customers into salespeople.
- Claims about curing arthritis, cancer or AIDS.

Claims that a product will cure a wide variety of illnesses. Cure-alls seldom cure anything.

To kill germs in your kitchen sponges, microwave them at full power for two minutes.

A study in the *Journal of Environmental Health* found that this reduces microbes by more than 99%. Sponges are a common source of microbes, including *Salmonella*, especially when they remain wet. Air-drying sponges does not significantly reduce germs, and though putting them in the dishwasher cleans them, it doesn’t sufficiently decontaminate them. To guard against fire, make sure sponges contain no metal and are wet before you microwave them. Be careful when removing them, since they will be very hot.

More than 20% of American adults (46 million) have been diagnosed with arthritis, according to the CDC, and the rate is rising. “Arthritis” includes a variety of joint disorders, notably osteoarthritis, rheumatoid arthritis and gout. Age is the main risk factor, with half of people over 65 diagnosed with arthritis, compared to 29% of those 45 to 64, and 8% of those 18 to 44. Being overweight also increases the risk. More than 16 million adults say that arthritis limits their activities, making it the leading cause of disability in the U.S.

Branch 146 Welcomes Four New Members



John Pearl was introduced by his Sponsor, **Jim Stedman**.



Dan Costello with his Sponsor, **Tom Morgan**



Gary Schaub introduced the man he sponsored, **Ed Best**.



Cooking

Dave Johnson

1st Monday at various members' homes.
Our Fifth Annual Wine-Bottling and Second Annual Food Fight were held at the home of

Bob Spellman. This was an equal opportunity event and **Hazel** was in charge of topping off the bottles since she was judged to have the only steady hand. We managed to produce a bottle every 42 seconds, disallowing for spillage and a high rate of "evaporation."

For those still conscious, at 5pm, there was a wondrous meal featuring **Bob Spellman's** experienced grilling, outstanding hors d'oeuvres, a variety of excellent salads and great side dishes. The final touch was a luscious strawberry cream pie. The July meeting will be at **Frank Mandies' Bar and Grill**.



Ray Garavaglia introduced new member he sponsored, **Bob Lyman**.



Tres' Gourmet Lew Thompson

The May meeting of Tres' Gourmet was conducted by **Mike Cavallo**. The hors d'oeuvres were cheeses, salami, veggies, and dip, along with the appropriate libations. A mixed green salad was next, followed by a delightful chicken cacciatore on a bed of rice. **Mike** topped it all off with lemon pie and coffee. The discussions ranged from insurance to politics to golf swings. Needless to say, problems were not resolved, only identified. The June meeting will be an instructional luncheon at **Ron Binder's** kitchen.

Theatre

Bill Hansen



"Jersey Boys" is still the hottest ticket in town, and we have reserved twenty tickets for a matinee Wednesday, July 25. The tickets are \$86 each. The Curran Theatre is about five blocks from the BART Nordstrom stop. Don't send any money just yet, but if you want to go, call me at 939-4051. Eight of the tickets are already ordered. If you call and we have met our goal, we can plea for more, but decide as soon as you can.

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

- **Sliced Roast Beef with roasted garlic mashed potatoes.**

- **Baked Filet of Cod, lemon butter & rice pilaf.**

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

Membership

Jim Jackson



Branch 146 Statistics:

Members 239, HLMs 5, Waiting List 9, Inactive 7.

June Attendance:

Members 178, HLMs 2, Waiting List 3, Inactives 1, Guests 4, Excused 56, Unexcused 6.
Total June Attendance: 188.

Status Changes:

Inducted: **Dan Costello, Ed Best, John Pearl, Bob Lyman**

Added to Waiting List: **J. Michael Siebert, Robert Johnston, John Harrington**

Inactive: None

Resigned: **Bill Malone, Dave Rasmussen, Piero Grelli, Peter Kautz, Gus Edwards**

Withdrew: None

Current Waiting List (prioritized): **Jim Koeppen, Hugh Ferguson, Bill Hartman, Ken Costello, Louis Schrepel, Dick Woodman, Charles Clark, Benjamin Yeraka, J. Michael Siebert, Robert Johnston, John Harrington.**

Poker Club #1 **Frank McNamee**



Frank obviously lost all his Irish Luck on his trip to China. Too much rice and not enough boiled potatoes allowed **John Lewis** to come on strong to emerge as the big winner at the **McNamee** residence. **Dan O'Sullivan** and **Bob Frankland** also came out on the positive side with some astute calls and raises. The next challenge will be on Wednesday, July 11th at the home of **Dan O'Sullivan**.

Poker Club #3 **Ron Plachy**



We added a new member at our monthly game Thursday, June 12th, **Vince Rettew**. **Vince** added "No-Peek" Stud to our repertoire of games. **Mike Varner** was our big winner (for his first time!) with **Bob Schroder** a close second. We look forward to next month and perhaps even more variations of poker.

Poker Club #4 **Chuck Bobinecz**



Poker Club #4 will meet on June 25th at the home of Sir **Skip Thomas**. Our July 23rd meeting will be hosted by



Sunshine Otto
Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



It was reported in the last Sir Call that Sir **Robert Van Luchene** had throat cancer when in fact he has Chronic Lymphocytic Leukemia. He is undergoing additional testing.

Sir **Larry Sheerin** is recovering from knee replacement.

Sir **Art Trost** is recovering from major surgery. He was expected to come home on Friday, June 15th.

Sir **Lang Erickson**, is being treated with chemotherapy and is improving.

Sir **Bill Powell's** wife **Dorothy** will have both knee replacements on July 11th. I am told this will not slow her down on their world travels.

It was a pleasure to see Sir **Bryant Fischback** at our June lunch. He was pleased to be back. We hope to see more of him in the future.

Hugh Ferguson's wife **Rose Marie** suffered a heart attack and is home recovering. She is doing well. **Hugh** is on the

Signs seen recently on Plumbers trucks:

"We repair what your husband fixed" and also
"Don't sleep with a drip, Call your plumber"

Travel Opportunities Bob Spellman



Aug. 9, 2007--SIR DAY with the San Francisco Giants. Watch the Giants battle the Washington Nationals at 12:35pm. Bring your family and friends. SIR will be celebrating the SIR 30th anniversary at the ballpark. Cost for lower Box Seats \$34.00, View Box Seats \$28.00, View Reserved Seats \$20.00 and Leftfield Bleachers \$18.00. Pick up order forms at the next monthly luncheon or Contact **Bob Spellman** 934-8428

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.

Sept. 29-Oct. 14, 2007--Cruise the Panama Canal. Ports of call are Cabo San Lucas, Puerto Vallarta, Acapulco, Cartagena, Puerto Limon and Key West. Trip includes transportation to airport, round trip air fare, all port charges and government fees, drivers, skycaps and an on board cocktail party. Price starts at \$2140 pp/do. Sponsored by Branch #8. Call **Bob Hagler** at 934-7620.

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 include Hilo, Maui, Kona, Kaua'i and O'ahu. Cost ranges from \$2554 to Owners Suites at \$6065. Contact **Bob Spellman**, 934-8428 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.

Two elderly gentlemen from a retirement center were sitting on a bench when one turns to the other and says "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're my age. How do you feel?" Slim says, "I feel just like a newborn baby." Really!? Like a newborn baby?" "Yep. No hair, no teeth and I think I just wet my pants."

Away Golf

Jim Baldrige



Congratulations to the winners of our *Las Positas/Pleasanton* tournament. **Gene Diana** took 1st place, **Russ Bliese** came in 2nd and **Heino Valvur** took 3rd. **Bill Becker** showed off his laser iron play and took closest to the pin.

Dick Richmond just returned from the *Reno SIR* tournament and reported both weeks (6/11 and 6/18) were filled. Players enjoyed great weather, excellent courses and exceptional service from the course staff. This tournament is becoming so popular that the state SIR golf committee is planning to offer three one-week tournaments in Reno next year.

There are still openings for our *Hiddenbrooke/Vallejo* tournament on Thursday, July 5. 10:00 am start time. The Boundary Oak Women's 9 Hole group has played it and highly recommends it. Cost is \$47 for SIR in the prize fund and \$45 for guests and SIR not competing for prizes. Flyers are being circulated for this one. But, if you want to play and don't have a flyer, just call or e-mail me and let me know.

Area 2 Team Scramble-will be held Friday, July 20 at *Franklin Canyon*. This is a 7:30 am shotgun with teams made up of A,B,C and D players. Several teams have formed already. You can also register as a single and **Dick Richmond** will try to match you up with other singles to form a team. The cost is \$42 which includes green fee, cart, prize fund and coffee and donuts.

Blue Rock Springs/Vallejo-West Course-Will be held on Thursday July 26, 11:00 am start time. This is a chance to play the newly remodeled West Course. Cost is \$33 for SIR and \$31 for guests; includes green fee and cart. I plan to start circulating flyers at Tuesday golf.

Ron Binder has joined the Golf Committee and will be helping with various events. His assistance is appreciated.

Questions: **Jim Baldrige** 925-689-9232;

Dick Richmond 925-947-1167

Investments

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

Our next meeting will be on Wednesday, July 25th. I am unable to confirm the speaker at this time. Once the specifics are known, I will notify those of you who attend the meetings regularly.

A man was telling his neighbor, "I just bought a new hearing aid. It cost me \$4000, but it's state of the art. It's perfect. "Really," answered the neighbor, "What kind is it?" "Twelve thirty."

Tuesday Golf Walt Barabash

Latest Tournament Results

May 15 First Flight: **Jim Stedman, Gene Diana and Joe Fuchs.** Second Flight: **Don Del Bene, Walt Barabash and Don Tubb.** Closest to the Pin on Hole No. 2 **Don Del Bene.** Closest to the Pin on Hole No. 12: **Bill Becker.**

Low Gross with 80: **Steve Dawkins and Frank Marcon.**

May 22 First Flight: **Jim Kohl, Russ Bliese and Jim Stedman.** Second Flight: **Olof Johansson, Ray Weisz and Jim Brown.** Closest to the Pin on Hole No. 2: **Jim Burk.** Closest to the Pin on Hole No. 12: **Larry Sheerin.**

Low Gross with 81: **Jim Burk.**

May 29 First Flight: **Jim Stedman, Bob White and Larry Sheerin.** Second Flight: **Stu Somerville, Doug Cook and Don Del Bene.** Closest to the Pin on Hole No. 2: **Don Del Bene.** Closest to the Pin on Hole No. 12: **Ernie Dickson.**

Low Gross with 77: **Jim Burk.**

June 5 First Flight: **Jim Burk, Lew Thompson and Bill Cammerer.** Second Flight: **Bill Weinberg, Bill Becker and Dan O'Sullivan.** Closest to the Pin on Hole No. 2: **Bob Mehus.** Closest to the Pin on Hole No. 12: **Jack Calloway.** Low Gross with 75: **Jim Burk**

June 12 First Flight: **Gene Diana, Jim Stedman and Rich Hanford.** Second Flight: **Ron Plachy, Don Del Bene and Dan O'Sullivan.** Closest to the Pin on Hole No. 2: **Ken Kratz.** Closest to the Pin on Hole No. 12: **Ron Plachy.** Low Gross with 78: **Frank Marcon.**



Walkers

John Lewis



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

July 6 Inspiration Point-Meet at Inspiration Point parking, San Pablo Dam Road--left at Wildcat Canyon Road.

Paved - Not Level - Some Shade

Coffee at Starbucks, Theatre Square, Orinda.

July 13 Danville Railroad Museum, South - Meet at Danville Railroad Museum parking on Railroad Ave.

Paved - Level - Some Shade

Coffee at Lunardi--Danville RR Museum.

July 20 Walnut Creek Heather Farms, East - Meet at end of Heather Farm parking nearest canal.

Paved - Level - Some Shade

Coffee at Sweet Affair, Ygnacio Plaza

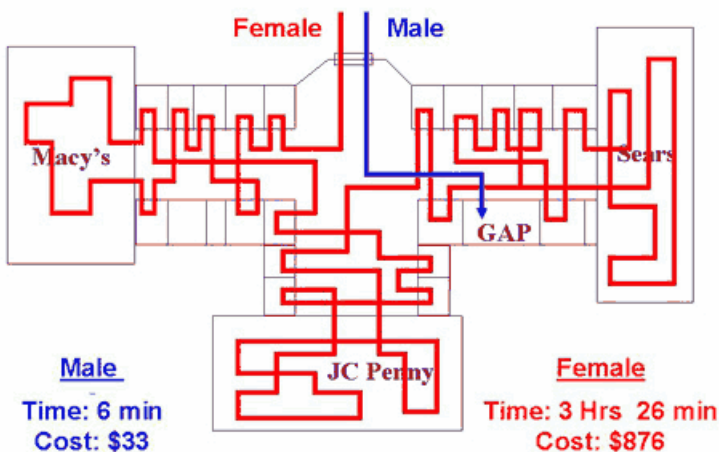
July 27 Martinez Marina Walk - Meet at end of Ferry St. After turning right on Ferry off Marina Vista, the road crosses the tracks and winds right, then left all the way to parking near the water

Not Paved - Level - No Shade

Coffee at Starbucks, Pleasant Hill.

Thanks to **Bill Cammerer**, and his team for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Dick DeVoe** for proofreading.

Mission: Go to Gap, Buy a Pair of Pants



Three guys who are obviously enjoying themselves: **Pete Gates, Bill Cammerer and Jim Hanck.**

SIR CALL

Newsletter

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Non Profit Org
US Postage Paid
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Time Value Mail
Please deliver as
soon as possible.



Rollie Nordeen, Martin Lyle, John Humphrey and Roy Frederickson strike a pose for the camera at the June Luncheon.