



**Garth Cummings**

## Big Sir's Notes

At its September 14 meeting the Branch Executive Committee voted to resume accepting applications for membership in our branch. Membership Chair Jim Jackson will begin accepting applications at our next luncheon meeting, October 12, and continue accepting them until our December 14 meeting. Application forms can be retrieved from the State SIR Website, [www.sirinc.org](http://www.sirinc.org), or from Jim Jackson.

The Waiting List was reduced to five applicants with the induction of two new members at the September luncheon and according to branch regulations this allowed the Executive Committee to open up the Waiting List. Members may only submit one application during the two-month open period. A drawing will be held for those applications submitted in the first 30 days to establish priority. Thereafter, order of receipt will determine priority. After the Waiting List is replenished to the maximum of 15, the remaining applicants will be on file and will be used to replenish the Waiting List as openings occur. The next open period will occur after the applicant file is exhausted and the Waiting List again drops to 5 or less.

Rule 67 in The SIR Manual states that in order to be accepted an applicant must have attended at least one luncheon meeting and been introduced to the members in attendance, as an applicant. In other words the applicant will need to be introduced at either the October, November or January luncheons for his application to be accepted. The Executive Committee extended this introduction period until the January luncheon since the December luncheon is a Ladies Day. If you brought the applicant to a prior meeting it does not count as an introduction since at that time he was not an applicant. For future reference this does not preclude members from bringing potential members to a meeting, as a guest, but they must be introduced again when the waiting list is reopened and their application is received.

If you have any questions please contact myself, our Membership Chair or anyone on the Executive Committee.



**Jim Stedman**

## Little Sir's Corner

The speaker for October will be Lt. Ellis Moose of the U. S. Coast Guard in the San Francisco area. He will speak about port security, shipping, and other responsibilities and activities of the Coast Guard along the coast line and in the Bay.



**Little Sir Jim Stedman** presents certificate to **Speaker Linda Best**.

## Bocce Ball

**Bob Frankland**

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

We had a good turnout on September 4th but we always have room for more bocce ball players. Join us for some fun. Beginners are always welcome. Rain cancels.



## Cooking

**Dave Johnson**

*1st Monday at various members' homes.*

This month, the Cooking Group celebrated it's Third Annual Wine-Bottling and Food Fight. We met at Barney Meade's home and have learned to appreciate his neighbors, who either really like Barney, are afraid of him or have serious hearing problems. The menu included Barney's mouthwatering barbecued chicken breasts with corn salsa, five-bean bake, a variety of autumn salads, a luscious frittata, and Barney's top-secret ice cream with strawberries and chocolate sauce, and some outstanding dessert cookies. We also bottled over a hundred bottles of wine and, once again, the police did not appear.



### Tres' Gourmet Lew Thompson

*Meets 3rd Thursday at various members' homes.*

The Tres' Gourmet Cooking Group met Thursday, September 21st, at the home of Chef Frank Rockwell. Appetizers of ham, cream cheese and onion rolls were followed by pork chops with rice, applesauce, and a ramen cabbage salad. Dessert was a fruit truffle. The next meeting will be hosted by Joe Lamanna.

## Area 2 Computer and Digital Photography Groups

**Floyd Skelton** 838-2515, [f.skelton@sbcglobal.net](mailto:f.skelton@sbcglobal.net)

**Dick Curry** 376-5541, [racorinda@pacbell.net](mailto:racorinda@pacbell.net)

**Phil Goff** Digital Photography, [philgoff@yahoo.com](mailto:philgoff@yahoo.com)

Meetings of the Area 2 Computer Users Group/Digital Photography Group are held the 3rd Thursday of each month (except 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).

The Digital Photography Group only meets the first month of each quarter (January, April, July, and September) and the Computer Group on the 2nd and 3rd months of each quarter. All SIR members are invited to attend these informative sessions. For more information please visit our web site at:

<http://www.sir-web.org/computer>

**Thursday, October 19** - Phil Goff, Branch (116) Chairman of the Digital Photography group will discuss common editing techniques in Photoshop Elements to enhance or restore color and black and white photos. Topics covered will be red eye removal, cropping, using the clone tool, dodging and burning, removing dust and scratches, and more.

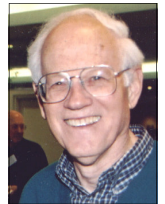
This is the final 2006 meeting of the Digital Photography Group, which has been an outstanding success, and has drawn record numbers of SIR members in attendance. Dick Curry (Branch 171) will conduct an informative Computer Q&A session following the regular program.

**Chuck Bobinecz** says that when weeding, the best way to determine if you are removing a weed, and not a valuable plant, is to pull on it. If it comes out of the ground easily, it's a valuable plant.

### 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 a gala evening of duplicate bridge on September 20th. All eight couples had a great time and the winners were Bob and Janet Yolland with 38 points. Carl and Anne Johnson came in second with 37 points, Jim and Allison Todhunter took third with 33 points, and Stu and Margot Somerville captured fourth place with 31 points. Sue and Lo McCarley will host the next bridge game on October 18th.



### Duplicate Bridge George Zunich

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

On September 18, Sir **Jim Stedman** hosted four tables of Duplicate Bridge at his home.

The results were as follows. **George Zunich** was in 1<sup>st</sup> place with 42.0 points. **Rich Alhf** and **Carl Johnson** tied for 2<sup>nd</sup> place with 41.0 points. Lynn Freeman took 4<sup>th</sup> place with 39.0 points. The next match will be held on Monday, October 16th. Contact George Zunich at 925-376-4439 for information. We welcome interested new players.

### Table Pool Bill Weinberg

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

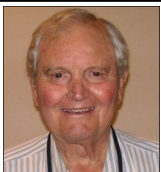
The Pool Table Club met on Monday, the 18th for the first time this month as our 1st Monday fell on Labor Day. We had 2 tables of 8 ball and some great play. Our next meeting will be on the 1st Monday of October, which is the 2nd. Hope to see you there.



### Songsirs

**Bill Rees**

SONGSIR practice sessions will be on September 27th and October 4th in preparation for our gig at the Shadelands Museum on October 8th. The October 8th event is a fundraiser for the Shadelands Museum and should be a lot of fun.



### Sirmonicats Jim Helmick

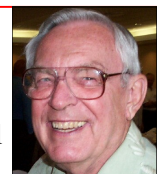
The Sirmonicats are having fun putting together a portfolio of harmonica-friendly songs to use in support of the Song Sirs or for independent performances. We still have not had a complete practice with all current members participating but we're working on it. Call Jim Helmick for info, 925-376-6042

### Wine Tasting ... Dale Haukland

#### Wine Tasting & Blending Bus Trip

Save Nov. 30<sup>th</sup> for a wine club outing. We will be at a Wine Thieves event.

Details to follow. Save Nov. 30<sup>th</sup> for fun and frolic.



## Garden Club

Chuck Bobinecz



1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., Room 305, unless otherwise announced.

The Garden Club will meet at 9:30 am at the Walnut Creek Presbyterian Church on October 5<sup>th</sup>. **SIR Jack Calloway** will be the featured speaker. **Jack's** topic is vines. Vines are versatile plants that can be used in your landscape. They can mask what you want hidden, serve as a sunscreen or produce a beautiful display of flowers. Choosing the right vine for each location is the key to success.

For our November meeting **SIR Bill Hansen** is organizing a bus trip to Kings Mums, just north of Lodi with a stop on the way back to test the new product from the grape crop. There are twelve wineries together in one spot, the wines are very drinkable and there is no sipping charge.

Kings is Northern California's biggest and best chrysanthemum nursery. Almost all the mums will be in full bloom at that time. You will be in for a treat. We will go by bus from 9:30 to 3:30 so you don't have to drive home. Cost is \$15 per person. Send your check made out to **SIR 146 to B. Hansen**, 3098 Manzano Drive, Walnut Creek 94598.

Garden Tip of the Month: It's that time of the year. If you are going to plant bulbs for fall and spring color, now is the time to get them. Store them in a paper bag in your refrigerator for at least six weeks before you plant them.

All those who believe in psycho-kinesis, raise my hand.



Cribbage

Al Tufo

Holy moley, where does the time go? Seems like only yesterday that I wrote the last article for the SIR Call Bulletin. Well here we go again. Cribbage was hosted by Dan Meckfessel on Wednesday, September 13. We were able to get in a couple of race tournaments. The first was won by Barney Meade with the Italian Stallion running second. The second race was won by Dan Mackfael, Mackfrshel, Mackfrozze, oh H--l, I'll spell it right some time. Barney Meade was in good shape, and gave Dan a great race to come in second. Went to see Bryant Fischback at the Care Home and am happy to report that in my mind he appears to show some improvement. Who says prayers don't help? **LET'S KEEP THEM COMING.**

CIAO, TUFO



## 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.*

### OUTSMART THE FLU

A flu shot may not be the answer. When making the vaccine, experts must predict which strains might be circulating, and sometimes they get it wrong.

Flu shot or not, it's wise to take steps to protect yourself.

#### **Sleep well, eat well, de-stress.**

"Stress increases vulnerability," says Joseph Dalovisio, MD, of the Ochsner Clinic in New Orleans. Stress hormones depress immunity. "Sleep and good nutrition recharge the immune system".

#### **Wash your hands.**

Do it before meals and after contact with other people...or their stuff. Keep an alcohol-based cleaner in your purse or pocket in case there's no sink in sight.

#### **Avoid touching your eyes, nose and mouth.**

You could end up delivering the virus to the very areas it wants to be.

If you feel the symptoms...hit-by-a-truck exhaustion, fever, body aches, coughs ...stay home and away from others. Call your doctor. Flu-stopping antiviral drugs such as Tamiflu and Relenza can ease your misery and shorten how long you're sick, but you have to start taking them within 48 hours of the onset of symptoms.

*Source: Harvard Health Publications, March 2005*

### TOMATOES AND CANCER

Tomatoes are an excellent source of lycopene, a compound that may act as a cancer fighting antioxidant in the body. Lycopene is actually a pigment that gives tomatoes and other fruits and vegetables their red or pink color.

Researchers have discovered that the body absorbs more lycopene through cooked foods like tomato sauce and ketchup. One study by Harvard doctors even found that men who ate cooked tomato products at least twice a week could cut their risk of developing prostate cancer by as much as 36%.

Pink grapefruit and watermelon are also high in lycopene.

*Source: Hope Health Letter, July 2005*

### GET MILK...AND LOSE BODY FAT

A University of Tennessee study found that men who added three servings of yogurt a day to their diets lost 61% more body fat and 81% more stomach fat over 12 weeks than men who didn't eat yogurt.

Researchers speculated that the calcium helps the body burn fat and limit the amount of new fat your body can make.

*Source: Men's Health, January 2005*

## Branch 146 Welcomes New Members



**Ken Richter** introduces **Charlie Koeber** and **Terry Marchione**

### Investments

**Ben Smith**

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

The October meeting of \$ums In Retirement will be held Wednesday, Oct.25, 2006.

We have breakfast starting at any time after 7am and the meeting will start at 8 am. No reservations are required. We order breakfast off the menu. All SIR members and their guests are welcome to attend.

Our program will consist of a full review and discussion of BONDS and FIXED INCOME investments. As the economy changes with interest rate increases and as inflation raises its head, it is important for all investors to understand how these types of investments can impact their portfolios and add income and balance to their financial plans. We will have a detailed discussion of the risks and rewards relating to FIXED INCOME investments. We will discuss the things to consider in making proper selections of this type of investment. We will discuss US Treasury Bonds, Inflation Protected Bonds, Corporate Bonds/paper, CD's, Agency papers etc.

If you have questions or need additional information, contact SIR Ben Smith at 925-820-5404 or e-mail at [bjsssmith@aol.com](mailto:bjsssmith@aol.com)

### Cooking Too

**Rich Hanford**

*2nd Monday at various members' homes.*

Cooking Too, plus their wives, met at the Yolland's house for a barbeque and to bottle wine. The weather was beautiful, the food was great and the young merlot was tasteful. We expect this 2006 merlot will be classified as one of California's best vintages after a short ageing process. Let's hope some of these bottles make it to 2008.



Lt. to Rt.— **Jeff Baily, Bob Yolland, Rich Hanford, Stu Somerville, Don Martin, Ken Richter, and John Demos**

## Luncheon Attendance **Bill Root**

*SIR's Luncheon 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 telephone number. **Be sure you call!**

### Waiting List:

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

### SIR's 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*

- Lamb Stew with pearl onions and carrots, served over mashed potatoes.

- Breaded Cod Fillet with waffle fries, coleslaw, lemon and tartar sauce.

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



## Membership **Jim Jackson**

*Branch 146 Statistics:* Members 239, HLMs 5, Waiting List 5, Inactive 6.

*September Attendance:* Members 182, HLMs 3, Waiting List 3, Guests 3, Excused 48, Unexcused 10. Total September Attendance 191

*Status Changes:*

Inducted: **Charles Koeber, Terry Marchione**

Added to Waiting List: None

**Members: The Waiting List will once again be open, starting October 12th and closing again on December 14th. See Big Sir's Notes on page 1 for details.**

Inactive: **Dick Johnson**

Resigned: **Earl Jones, John Miller**

Withdrew: None



*Current Waiting List (prioritized):* **Steve Loftin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons.**

## Party Bridge **Fred Bolton**

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



We had two tables of bridge at the home of **Jim Stedman** on September 4th. First place went to **Bob Donahue**, followed by **Bill Snyder** and **Jim Jackson**. **Jim Brown** will host our next game on October 2nd.

New members or waiting list men should contact **Fred Bolton** if interested in a starting a second Party Bridge group.



**John Wall and Stan Jackson at the luncheon**

## Poker Club #2 **Al Zamolo**



The Poker Group 2 held their August session on the 28th, hosted by **Jim Stedman**, where **Jim** and **Al Zamolo** were the winners.

Our next session is scheduled for September 25th at the home of **Ron Binder**.

## Sunshine **Otto Wilson**



Phone: 825-1943, e-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)



**Sir Ray Younce** is recuperating from prostate surgery.

**Sir Richard Johnson** is still having problems with his hip and now has undergone the 4th surgery on that problem. He will be moving to Piedmont Gardens in Oakland where he and **Alice** can get care. He has requested to be put on inactive status.

**Sir Larry Zugnoni** is undergoing further chemo treatments. He requests no visitors.

**Sir Bryant Fischback** is continuing to recuperate at Manor Care. He sends his love to all the **Sirs** and likes to receive visitors.

**Peg Kovar**, wife of **Sir Fred**, is home and doing well. She has had open heart surgery and spent 20 some days in the hospital.

We received a note from **Evelyn Beattie**, wife of **Sir Kenneth**, thanking the **Sirs** for our thoughts and prayers on her recovery.

## Travel Opportunities Bob Spellman



Oct. 23-Nov. 5, 2006,—**Eastern Mediterranean & the Greek Isles.** A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens Greece on board Oceania Cruises' *Nautica*. Ports will include: Kusadasi (Turkey), Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu (Greece) and Dubrovnik (Croatia). Cost is from \$3364 to \$5036 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Feb 13-15 2007—**Snow Train Special XII.** Round trip on Reno Snow Train from Martinez to Reno. 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

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.

Sep 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. 24-Oct. 10, 2008,—**SIR 50<sup>th</sup> Anniversary Cruise to Hawai'i.** This exclusive round trip from San Francisco aboard Celebrity's luxurious *Summit* will take us to the Big Island, O'ahu, Kaua'i and Maui. This event is for all SIR members, their family members and SIR member guests. This 17 day round trip includes too many features to mention. Cost is from \$2759 to \$7283 p/p d/o. Contact **Bob Spellman** at 925-934-8428 for more information. It's sure to be a very popular cruise, so get your reservations in early to insure the cabin location of your choice. The low \$100 deposit required is fully refundable until the Charter is confirmed.

## Away Golf

Jim Baldrige



Questions: **Jim Baldrige**  
925-689-9232 e-mail: jim-  
judy39@aol.com

Wow!! What a response for the Oct 5 Tournament at Deer Ridge. As of this writing I've received requests from 56 players - that's 14 full foursomes. Dick Richmond worked directly with the course and we may be able to pick up another tee time or two. Otherwise I'll be advising any others who requested slots that we will start a waiting list and backfill cancellations. This will avoid having groups start so late they might not be able to finish.

I left a message with the head pro at Silverado CC, requesting a day in April 2007 for our Annual Br 146 Silverado Country Club Invitational Tournament. I will let you know at Tuesday Golf and in future bulletins what he says. Questions: Jim Baldrige 925-689-9232.

August 22 First Flight: **Bill Cammerer, Gene Diana and Jack Calloway.** Second Flight: **Joe Lamanna, Ray Kan and Ernie Dickson.** Closest to the Pin on Hole No. 2: **Doug Cook.** Closest to the Pin on Hole No. 12: **Ray Kan.** Low Gross: **Dick DeVoe: 81**

August 29 First Flight: **Jack Calloway, Al Zamolo, and Bob White.** Second Flight: **Bob Spellman, Olof Johansson and Don Del Bene.** Closest to the Pin on Hole No. 2: **Jeff Baily.** Closest to the Pin on Hole No. 12: **Bob Royster.** Low Gross: **Jim Burk: 77**

September 5 First Flight: **Jim Burk, Olof Johansson and Jim Stedman.** Second Flight: **Ray Kan, Ray Nordstrom and Ray Weisz.** Closest to the Pin on Hole No. 2: **Stu Somerville.** Closest to the Pin on Hole No. 12: **Jim Burk.** Low Gross: **Jim Burk: 75**

**Please Note:** There is some discrepancy in Jim Burk's gross score for September 5. What he had on his individual scorecard was different than what was turned in. This will be resolved and included in the next report. This information is important because if Jim is correct, it will be his lowest score ever!

September 12 First Flight: **Rich Hanford, Joe Suta and Jeff Baily.** Second Flight: **Tom Gorman, Don Del Bene and Dan O'Sullivan.** Closest to the pin on Hole No. 2: **Don Del Bene.** Closest to the Pin on Hole No. 12: **Larry Sheerin.** Low Gross: **Rich Hanford: 82**



## Tuesday Golf Walt Barabash

### Latest Tournament Results

August 15 First Flight: **Al Zamolo, Larry Sheerin and Bob Mehus.** Second Flight: **Mitch Mitchell, Ernie Dickson and Ken Richter.** Closest to the Pin on Hole No. 2: **Ernie Dickson.** Closest to the Pin on Hole No. 12: **Al Zamolo.** Low Gross: **Jim Burk: 79**

(continued at column to the right).

**Gala Ladies Day Luncheon  
Thursday, December 14, 2006.**

No. of tickets \_\_\_\_\_ @ \$22 each. Enclosed \$ \_\_\_\_\_

Names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Pick:

Filet of Beef \_\_\_\_\_ Herb Crusted Filet of Salmon \_\_\_\_\_

Special requirements \_\_\_\_\_

Make check payable to SIR 146 and mail to **Bill Snyder**,  
2009 Countrywood Court, Walnut Creek CA 94598-1017.

**Bill's** e-mail address is [wsnyder@astound.net](mailto:wsnyder@astound.net)

Seating for this event is now limited to 290. We are accepting only SIR member reservations until October 31st. After October 31st, both SIR member and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by December 1st. Guests will be accommodated on December 1st if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entree choice on an attached sheet. Don't delay!

**Fall Candy Sales**

It is time to order your See's candy for the Holiday Season. The price is still the same as for the Spring Candy Sales. The price is \$10.50 for a one pound box certificate and there is no limit to the amount you can order. 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 is November 9, 2006. Your certificates will be mailed to you shortly thereafter.

Name \_\_\_\_\_

Address \_\_\_\_\_

City and Zip \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ to cover the cost of \_\_\_\_\_ one pound certificates.



**Walkers John Lewis**

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

October 6 - Markam Tree Walk - Concord. Meet at Coco's back parking lot on Treat near Clayton Road. Dirt - level - shaded. Coffee at Coco's.

October 13 - Hemme Trail - Alamo. Meet at south end of Stone Valley Shopping Center. Dirt - uneven - shaded. Coffee at Cherubini - Alamo Square Plaza.

October 20 - Pablo's Path - Pleasant Hill. Meet at Hidden Lakes Park at Morello and Chilipancingo. Dirt - level - some shade. Coffee at Starbuck's - Pleasant Hill Plaza.

October 27 - Hap McGee Park - Alamo. Take 680 South to right on El Pintado. Next exit after Stone Valley Road, followed by quick right on La Gonda Way to Park. Paved - level - some shade. Coffee at Cherubini - Alamo Square Plaza.

Thanks to **Bill Cammerer, Jim Hanck** and **Bob Madge** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proofreading.

**7<sup>th</sup> Dinner Dance  
"Casual in the Creek"**

Wednesday, October 4th. Starts at 6pm and ends at 10pm. We will hold the price at \$ 82 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet and a rousing group of SIR couples to party the night away. Send check payable to "SIR Branch 146" To **Don Nunn, 2127 Seccombe Court, Walnut Creek, 94598**

Sir Name: \_\_\_\_\_

Posslq\* \_\_\_\_\_

Tri Tip Steak \_\_\_\_\_ Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

Enclosed is my check for \$ 82

PLEASE NOTE THAT THE LOCATION OF THE DANCE HAS MOVED. It will be at a larger venue:

**The Shadelands Arts Center  
Ygnacio Valley Road at N. Wiget Lane  
Walnut Creek**

We hope that we can now accommodate most of you and still have room to dance. If you wish to order tables of eight, send the total amount or all the checks with your request. Names of tablemates-(please include checks)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*posslq – person of opposite sex sharing living quarters

# SIR CALL

## Newsletter

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

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<http://www.sir146.com>

Non Profit Org  
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Concord CA

Time Value Mail  
Please deliver as  
soon as possible.



Branch 146 Duplicate Bridge Players, from Left to Right, (back row) **Jim Todhunter, Jim Adams, Lo McCarley, Jim Brown, George Zurich, Harry Dillon, Bob Yol-land, Bob Donahue, Bill Snyder,** (front row) **Carl Johnson, Lynn Freeman, Jim Stedman, Dick DeVoe, Fred Bolton and Doug Carlson** (photo by **Rich Ahlf**).