



# Branch 146

Contra Costa County CA

# Call

September–October 2023



## Big Sir's Corner

Bob Wilkenfeld

### All We Really Have Is Word of Mouth

Towards the end of August, I went backpacking for eight days, in the Ansel Adams Wilderness with a former

coworker and his recently retired brother-in-law.

While hunkering down, during a two-day hail- and rainstorm, at 10,000 feet, we had a lot of time to talk. Naturally, the subject of what each of us was doing in retirement came up. To my surprise, neither of my companions had ever heard of SIR. After describing the many activities our Branch has, their interest really peaked, and both seemed inclined to learn about the local branch in their area.



The lack of awareness regarding the SIR organization, among near and recently retired men, is a real challenge for our group to stay healthy. Despite the many efforts of our Recruitment and Publicity Chairs, using online and traditional communication methods, most men in our area, 55 years and older, have never heard of SIR. Yet these same men are facing the quandary, "What should I do, and how do I make new friends in retirement?"

It seems the best thing we can do to promote men learning about SIR is to **talk about SIR**. We have a good product to sell – a wide variety of activities (about half being coed), low membership fees, and for most members, no administrative responsibilities. **So, the next time you are talking with someone over 55 ask them if they know about SIR; or even better, tell**

them why you like being a member! You may enrich their "golden years" with this simple gesture.

### Please Attend the October Luncheon!

Election of 2024 Branch Officers and Directors will occur at the October luncheon. **It is critical that we have a quorum of members present to hold a valid election.** In the absence of a quorum, we must either delay the vote or incur the expense and extra effort of a ballot election. Let's get as many "butts in seat" at the October meeting to "reward" the candidates!

*Free publicity and word of mouth is probably the best and cheapest form of advertising. Learn to use it to your advantage.*

– Richard Branson

*Marketing only really works with word of mouth.*

– Morgan Freeman

*If you do build a great experience, customers tell each other about that. Word of mouth is very powerful.*

– Jeff Bezos

**Bob Wilkenfeld**  
Big Sir, Branch 146

**SIR Monthly Luncheon**  
**Thursday, October 12<sup>th</sup>, 2023**  
**Boundary Oak 11:30**

A reservation is required!  
To make yours and choose your entree go to page 3.  
(click this box)

## SIR Mission Statement

The Mission of SIR is to enrich the lives of its members through fun, activities, events and luncheons while making friends for life.



## Little Sir's Corner John Kluesener

In August we had six members who had made a reservation for lunch and were then unable to make it, thus resulting in a loss of \$216 for the Branch. Of the six, only three promised to reimburse the Branch. So far this year we have experienced a net loss of about \$1,128 from unrecovered, unbudgeted luncheon expenses. That represents about 15% of our total annual budget. That net loss is almost \$5 per member and may push us to raise our dues to keep the Branch solvent. We want to encourage members to join us for the monthly lunch but when you do make a reservation, please notify the luncheon chairman as soon as you learn that you will **NOT** be able to make it. I recognize there are situations that develop that make it difficult to make the lunch, but if you can notify the luncheon chairman as soon as you know or by noon the Monday of the week of the lunch that you can't make it, we can at least try to adjust the count that was given to Boundary Oaks. If you miss the lunch and do not have a valid excuse, you are responsible for the cost of the meal.

Our speaker this month was Mr. Nick Brokaw who provided some great insights on how the legislative process works in Sacramento. The combined senate (40 members) and representative branch (80 members) produce on average 2000 bills per session. The idea that eventually becomes a bill might be initiated by the public, the legislator, a lobbyist or legislative staff and the draft undergoes reviews by various sub-committees as it works its way through the two branches.

Our next speaker is Mark Triska representing the Livermore Valley Wine Growers. He will tell us about the 120+ years of wine making history in the Valley and enlighten us regarding the tasting, tours and dining/wine pairing opportunities that might be available in the near-term.

**John Kluesener**  
Little Sir, Branch 146

## Current Officers and Directors

|                           |                          |
|---------------------------|--------------------------|
| Big Sir.....              | <b>Robert Wilkenfeld</b> |
| Little Sir.....           | <b>John Kluesener</b>    |
| Secretary .....           | <b>Bob Ford</b>          |
| Assistant Secretary ..... | Vacant                   |
| Treasurer .....           | <b>John Alexander</b>    |
| Assistant Treasurer ..... | <b>Jim Nelson</b>        |
| Director 4th Term .....   | <b>George Mon</b>        |
| Director 3rd Term .....   | <b>Henry Thatcher</b>    |
| Director 3rd Term .....   | <b>Robert Lucido</b>     |
| Director 1st Term .....   | <b>Larry Kaye</b>        |
| Director 2nd Term .....   | <b>Edward Brands</b>     |
| Director 1st Term .....   | <b>Randy Graham</b>      |

### RAMP-Chair Members

|                        |                       |
|------------------------|-----------------------|
| Recruitment .....      | <b>Larry Kaye</b>     |
| Activities .....       | <b>Glenn Breslin</b>  |
| Member Relations ..... | <b>Edwards Brands</b> |
| Publicity .....        | <b>Randy Graham</b>   |

Refer to the Branch Directory, accessible under the Members Only tab heading on our website, for phone numbers and e-mail addresses.

## Nominated Officers and Directors

|                           |                       |
|---------------------------|-----------------------|
| Big Sir.....              | <b>John Kluesener</b> |
| Little Sir.....           | <b>Bob Ford</b>       |
| Secretary .....           | <b>Don Shaw</b>       |
| Assistant Secretary ..... | <b>John Rexroat</b>   |
| Treasurer .....           | <b>Mike Rothman</b>   |
| Assistant Treasurer ..... | <b>Tom Amann</b>      |
| Director 4th Term .....   | <b>Ed Brands</b>      |
| Director 3rd Term .....   | <b>Mark Curtis</b>    |
| Director 3rd Term .....   | <b>Randy Graham</b>   |
| Director 1st Term .....   | <b>John Alexander</b> |
| Director 2nd Term .....   | <b>George Mon</b>     |
| Director 1st Term .....   | <b>Don Rhoads</b>     |



## Luncheon Chairman Steve Oki

I would like to thank Steve Lane for stepping up and doing most of the heavy lifting for the September luncheon while I was away on vacation. We had a reduced number of attendees (100 members) at the September meeting.

As we start into the holiday season, please ask your fellow members and guests to attend the next meeting on October 12th.

Please note that we depend on you giving us a reservation as Boundary Oak will only produce a few extra plates (5 - 6 on average) than what we give as our reservations number. If you walk in without a reservation, we cannot guarantee you will get a meal or a choice of a meal that you want.

In addition, those members that **do** have a reservation should check-in before entering the meeting room and before the check-in station closes at 11:30 AM.

Our lunches have been running smoothly since moving to a reservation system. We have implemented a system that will automatically create an email message with your choice of menu option. If you find you have a problem, just send an email to [attendlunchbr146@gmail.com](mailto:attendlunchbr146@gmail.com) and send us your menu choice.

By getting your meal choice ahead of time, we are better able to be sure that Boundary Oak has your menu choice available. All reservations should be acknowledged via email or voicemail. If you do not receive an acknowledgement within 24 hours, please send another message to the email above.

### Luncheon

**Date:** October 12th, 2023

**Where:** Boundary Oak

**Cost:** \$36 per person

**Reservation:** All Luncheons require a reservation; you must select your menu choice as part of the reservation. The menu on the right makes this easy for you to do this; simply click the appropriate link.

**If you do not reserve by Friday, October 6th by Noon, we will assume you will not be coming.**

Reservations are acknowledged by return email.

**Check-In:** 11:00 am The meeting starts at 11:30 am

**Payment:** The preferred payment method is by check payable to SIR Branch 146 at check in.

### Other matters

If you don't have e-mail, you can call us at 925.979.5721 to leave a message. Be sure to include your meal choice from the menu!

**Change of Plans?** If you responded that you were coming but find you can't, you can cancel up to

**Friday, October 6th by Noon**

and you will not be charged.

Send email to [attendlunchbr146@gmail.com](mailto:attendlunchbr146@gmail.com) or

Call 925.979.5721 and leave a message.

### Sponsors of Guests and New Members.

If you are bringing a guest or a new member, please notify the Luncheon Chair with their name and their meal choice at [attendlunchbr146@gmail.com](mailto:attendlunchbr146@gmail.com).

### Questions:

If you have any questions, please call Steve Lane at 925.979.5721 and leave a message with your question or request. Steve will acknowledge by returning your call.



THE CLUBHOUSE  
AT BOUNDARY OAK

## SIR 146 October Luncheon

Thursday October 12<sup>th</sup>, 2023

### Salad

Arugula Salad

Cranberries, Almonds, Goat Cheese

Orange Shallot Vinaigrette

### Entrées

[Crispy Chicken Costoletta](#)

Yukon Gold Smashed Potatoes, Roasted Asparagus

Creamy Lemon Sauce

—or—

[Herb Roasted Cod](#)

Citrus Rice Pilaf, Roasted Asparagus

White Wine Tomato Basil Sauce

—or—

[Vegetarian Grilled Herb Tofu](#)

Grilled Herb Rice Pilaf, Roasted Asparagus

Wine Tomato Basil Sauce

### Dessert

Spice Cake

### **Lunch Reservation Required!**

To confirm your attendance and select your choice of entrée, simply click on the desired menu item!

Clicking will generate the appropriate e-mail to send to the attendance group.



### Editor's Ramblings Clint Collier

This shall be an interesting month for your editors. Both of us have vacations this month, fortunately not overlapping. It shall be interesting to see if we are still going to be able to get SIR-Call

published on our early time schedule.

The deadline for submissions for the October-November issue is **October 21<sup>st</sup>**.

If you have something you would like to say, send it in to [br146SIRCall@gmail.com](mailto:br146SIRCall@gmail.com), putting "Member Note" in the subject line, and we will try to get it out in the next issue.

**Clint Collier**—Editor SIR-Call  
925.457.1489 [br146SIRCall@gmail.com](mailto:br146SIRCall@gmail.com)

## October Membership

| SIR Member      | Year Inducted | Years |
|-----------------|---------------|-------|
| Jim Nelson      | 2018          | 5     |
| Charlie Walker  | 2018          | 5     |
| Bob West        | 2017          | 6     |
| Mike Riley      | 2017          | 6     |
| Henry Thatcher  | 2015          | 8     |
| Mike Whitaker   | 2014          | 9     |
| John Gray       | 2013          | 10    |
| Pierre Mebane   | 2011          | 12    |
| Ed Marlovits    | 2010          | 13    |
| Walt Schmidt    | 2009          | 14    |
| Dave Pierce     | 2008          | 15    |
| John Harrington | 2007          | 16    |
| Corrie Oranje   | 2007          | 16    |
| Steve Loftin    | 2006          | 17    |
| John Biasotti   | 2002          | 21    |
| Garth Cummings  | 1998          | 25    |
| Bill Cammerer   | 1994          | 29    |
| Dick Devoe      | 1993          | 30    |

Paul Beretz      Brian Downie      Bob Lucido      George Sabbagha      William Ross  
 Larry Brown      John Foster      John Nelson      Joe Starkey      Bert Payne  
 Robert Calloway      Larry Kaye      Byron Nelson      Charlie Walker  
 Teddy Coggiola      John Kluesener      Stephen Ondeck      Herb Wilson  
 Dennis Dale      Phil Lendaris      Jitu Patel      Bob Yolland





THE CLUBHOUSE  
AT BOUNDARY OAK

## SIR 146 November Luncheon

Thursday, November 9<sup>th</sup>, 2023

### Salad

Mandarin Orange Salad  
Spinach, Parmesan, Raisins, Poppypseed Dressing

### Entrées

#### Oven Roasted Turkey

Creamy Smashed Potatoes, Classic Herb Dressing,  
Carrots, Turkey Gravy

—or—

#### Lemon Herb Baked Cod

Creamy Smashed Potatoes, Carrots, Zesty Lemon  
Garlic Sauce

—or—

### Vegetarian

#### Creamy Tuscan Ravioli

Butternut Squash Ravioli in a Creamy Sundried  
Tomato Sauce

### Dessert

Mocha Cream Cake

### **Lunch Reservation required!**

To confirm your attendance and select your  
choice of entrée, simply click on the desired menu  
entrée!

Clicking will generate the appropriate e-mail to  
send to the attendance group.

## **SIR-Call Newsletter Group**

|                  |  |
|------------------|--|
| Editor           | Clint Collier                          |
| Assistant Editor | Bob West                               |
| Photographer     | Henry Thatcher                         |
| Proofreaders     | Ron Polivka<br>Bruce Borgman<br>Vacant |
| Internet Posting | Ron Plachy                             |



## **Membership George Mon**

There were four new members that were approved for membership in September.

Carmelo “Melo” Piccolo lives in Walnut Creek with his wife Enza. He was invited to the September luncheon by his daughter who was an assistant to the luncheon main speaker. He has an interest in bocce, cooking group, poker, travel, and volleyball.

Scott Schrader lives in Walnut Creek. He was a self-employed handyman. He enjoys golf, hiking and music. He is sponsored by **John Wilson**.

Howard Goldsmith and his wife Sherri also live in Walnut Creek. He heard about Sir through the “We Are Sir” web site. Howard is a Vietnam vet where he served in the army. Howard retired from the Equal Employment Opportunity Office for the State of California.

Mike Patterson lives in Walnut Creek. He worked for Chevron as a Telecommunication Engineer. He is sponsored by **Randy Graham**. He is interested in Ham Radio.

Mike Wolfson decided to transfer to Branch 128. He has been with our branch for 4 years.

Sadly, we lost **Bill Weinberg** who passed away on August 24<sup>th</sup>. He was a member for 23 years.

It is important to increase our membership to keep our branch vibrant and active. So, please tell your friends and family members about what Branch 146 does and maybe you can sponsor a friend too.

The 2023 membership count is 249.

If you want to sponsor a new member, please go to our website [www.sir146.com](http://www.sir146.com) and go to the Members Only tab to see the Sponsors Role. The member application is in the Members tab.

The Membership Directory is located on our website and is updated monthly.

It is important that any changes to your contact information, especially to your email, phone, or address, are sent to me in an email ([gckk@comcast.net](mailto:gckk@comcast.net)) so that we can update the directory with the most current information.

**George Mon**

925.830.1604 [gckk@comcast.net](mailto:gckk@comcast.net)

# AUGUST 2023 LUNCH

Pictures by Jim Pope and Henry Thatcher











When was the last time you  
joined your friends for lunch?  
Make your reservation now!





Birthday Boy  
Mark Curtis  
presented by John Kluesener

# NOTES

## from Our Members

### It's a hole in one!

Congratulations to **Malcolm Harrison** who on Tuesday, August 29 scored his first hole-in-one on Boundary Oak's 12th hole playing at 140 yards. His foursome included **Bill Vizza, John Wilson, and Scott Schrader**. His club was a 5 hybrid.





*Looking for something to do...*



**Activities Coordinator**  
Glenn Breslin with Bob Lucido

Hi all... Please find the SIR146 Activity Updates:

Gary Schaub, after 15 years of successfully leading the SIR146 Theater Group, has stepped down. After a search for a new Theater Group Chair, none was found. As I enjoy very much going to the theater and sharing the theater with other SIRs and their guests, I have volunteered to assume this role. Please see the Theater section for upcoming activities.

Our next dining out event is scheduled for Wednesday Sept. 27 at 5:30 PM, to be held at Massimo's restaurant, Walnut Creek. RSVP to Bruce Borgman [bgborgman@aol.com](mailto:bgborgman@aol.com) asap. Room for only 5 more couples.

I am currently updating the activity information on the SIR146.com website. A big shout-out to all of the activity chairs that provided me with their updated activity information. Having updated activity information benefits both new and existing members.

SIR146 has 9 Mexican Train Dominoes (MTD) groups. This is a great way to socialize with other SIRs and their significant others. Mexican Train Dominoes is easy to learn and fun to play. Please let me know if you would like to be trained.

To SIR Ladies: If you are not on the SIR Activity email list, please email me at [glennbreslin@gmail.com](mailto:glennbreslin@gmail.com).

Glenn Breslin

**SIR Activities!**

Here is a list of the activities that are available in SIR Branch 146. Click on the link of the activity that you are interested in to retrieve a PDF file explaining the activity as well as contact information

[Birding](#)

[Bocce Ball](#)

[Book Corner](#)

[Book Group](#)

**Bridge:**

[Couples Duplicate 1](#)

[Couples Duplicate 2](#)

[Couples Party](#)

[Men's Duplicate 1](#)

[Men's Duplicate 2](#)

[Men's Duplicate 3](#)

[Men's Party](#)

[Chess](#)

**Cooking:**

[Cooking II](#)

[Lunch & Wine](#)

[Tres Gourmet](#)

[Cribbage](#)

[Cycling](#)

**Dining Out**

[Couples Dining Out](#)

[Explore and Eat](#)

[Sushi no Tomodachi](#)

[Dixieland Musician](#)

[Fishing](#)

[Golf-9 Hole](#)

[Golf-18 Hole](#)

[Hearts](#)

[Hiking](#)

**Mexican Train Dominoes**

[Uno](#)

[Dos](#)

[Tres](#)

[Quatro](#)

[Cinco](#)

[Seis](#)

[Siete](#)

[Ocho](#)

[Nueve](#)

[Photography](#)

[Pinochle](#)

**Poker:**

[Group 1](#)

[Group 3](#)

[Group 4](#)

[Group 6](#)

[Song SIRs](#)

[Table Pool](#)

[Theater](#)

[Travel](#)

[Wine Tasting](#)



# SIR Branch 146 Activities Calendar October 2023

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <u>2</u>   | <u>3</u>  | <u>4</u>  | <u>5</u>  | <u>6</u>  |
| 9:45 AM - 3:00 PM<br><a href="#">Men's Party Bridge</a>                              | 9:00 AM<br><a href="#">Golf</a>                   | 1:30 PM<br><a href="#">SongSir Rehearsal</a><br><a href="#">W.C. Presbyterian Church</a>          | 9:30 AM<br><a href="#">NINE HOLE GOLF-1</a>   | 10:00 AM - 2:30 PM<br><a href="#">Men's Duplicate Bridge 2</a>  |
| 10:00 AM<br><a href="#">Hiking</a>   | 4:00 PM<br><a href="#">Couples Party Bridge</a>   | 6:30 PM - 10:00 PM<br><a href="#">MTD 8 Ocho</a>  | 12:30 PM<br><a href="#">Poker Group #6</a>  |   |
| 12:00 PM<br><a href="#">Table Pool at Masses</a>                                     |   |   |   |   |
| <u>9</u>   | <u>10</u>   | <u>11</u>   | <u>12</u>   | <u>13</u>   |
| 8:30 AM - 10:00 AM<br><a href="#">Bocce</a><br><a href="#">Newhall Park, Concord</a> | 9:00 AM<br><a href="#">Golf</a>                   | 9:00 AM<br><a href="#">Birding</a><br><a href="#">Heather Farms birding pond</a>                  | 9:00 AM - 10:45 AM<br><a href="#">BEC Meeting</a>   | 12:00 PM - 3:30 PM<br><a href="#">Hearts</a><br><a href="#">Rocco's in W.C.</a>                       |
| 10:00 AM<br><a href="#">Hiking</a>   |   | 1:00 PM - 2:30 PM<br><a href="#">Guitar Group</a>   | 11:30 AM - 1:00 PM<br><a href="#">SIR Luncheon</a>  | 6:45 PM - 10:00 PM<br><a href="#">MTD 1 Uno</a>   |
| 11:30 AM - 1:30 PM<br><a href="#">Cooking II</a>                                     |   | 1:00 PM - 3:00 PM<br><a href="#">Pinochle</a><br><a href="#">Rocco's Italian Restaurant</a>       |   |   |
| 12:00 PM<br><a href="#">Table Pool at Masses</a>                                     |   | 6:45 PM - 10:00 PM<br><a href="#">MTD 7 Siete</a>   |   |   |
| <u>16</u>  | <u>17</u>   | <u>18</u>   | <u>19</u>   | <u>20</u>   |
| 10:00 AM<br><a href="#">Hiking</a>   | 9:00 AM<br><a href="#">Golf</a>                   | 11:00 AM<br><a href="#">Lunch and Wine (LAW)</a>  | 9:30 AM<br><a href="#">Explore &amp; Eat</a><br><a href="#">USS Potomac Tour</a>  | 9:00 AM - 11:00 AM<br><a href="#">Photography Group</a><br><a href="#">Rocco's Italian Restaurant</a> |
| 10:00 AM - 3:30 PM<br><a href="#">Men's Duplicate Bridge (1)</a>                     |   | 1:30 PM<br><a href="#">SongSir Rehearsal</a><br><a href="#">W.C. Presbyterian Church</a>          | 9:30 AM<br><a href="#">NINE HOLE GOLF-2</a>   | 10:00 AM - 3:00 PM<br><a href="#">Men's Duplicate Bridge 3</a>  |
| 11:30 AM - 1:30 PM<br><a href="#">Tres Gourmet</a>                                   |   | 7:00 PM - 10:30 PM<br><a href="#">Couples Duplicate Bridge 1</a>                                  | 7:00 PM - 10:00 PM<br><a href="#">MTD 5 Cinco</a>   | 7:00 PM - 10:00 PM<br><a href="#">MTD 4 Quattro</a>   |
| 12:00 PM<br><a href="#">Table Pool at Masses</a>                                     |   |   |   |   |
| <u>23</u>  | <u>24</u>   | <u>25</u>   | <u>26</u>   | <u>27</u>   |
| 8:30 AM - 10:00 AM<br><a href="#">Bocce</a><br><a href="#">Newhall Park, Concord</a> | 9:00 AM<br><a href="#">Golf</a>                   | 10:00 AM - 11:00 AM<br><a href="#">Birding</a><br><a href="#">Rocco's Italian Restaurant</a>      | 7:30 AM - 9:30 AM<br><a href="#">Area 16 Fishing Group</a><br><a href="#">Legends Sports Bar</a><br><a href="#">Diablo Creek GC</a> | 12:00 PM - 3:30 PM<br><a href="#">Hearts</a><br><a href="#">Rocco's Italian Restaurant</a>            |
| 10:00 AM<br><a href="#">Hiking</a>   | 2:30 PM - 5:00 PM<br><a href="#">Wine Tasting</a> | 12:30 PM - 3:30 PM<br><a href="#">Cribbage at Rocco's</a>   | 9:30 AM<br><a href="#">NINE HOLE GOLF-3</a>   | 6:30 PM - 10:00 PM<br><a href="#">MTD 2 Dos</a>   |
| 12:00 PM<br><a href="#">Table Pool at Masses</a>                                     |   | 1:00 PM - 2:30 PM<br><a href="#">Guitar Group</a>   | 11:30 AM<br><a href="#">Sushi no Tomadachi</a><br><a href="#">Blue Gingko Sushi, Lafayette</a>                                      | 6:30 PM - 10:00 PM<br><a href="#">MTD 3 Tres</a>  |
| 1:00 PM<br><a href="#">Poker Group #3</a>  |   | 1:00 PM - 3:00 PM<br><a href="#">Pinochle at Rocco's</a>  |   |   |
| 1:00 PM<br><a href="#">Poker Group #4</a>  |   | 1:30 PM - 3:30 PM<br><a href="#">\$UMS in Retirement</a><br><a href="#">Investment Group Zoom</a> |   |   |
|  |   | 6:45 PM - 10:00 PM<br><a href="#">MTD 6 Seis</a>  |   |   |
| <u>30</u>  | <u>31</u>   | <u>Nov 1</u>  | <u>2</u>  | <u>3</u>  |
| 10:00 AM<br><a href="#">Hiking</a>   | 9:00 AM<br><a href="#">Golf</a>                   | 1:30 PM<br><a href="#">SongSir Rehearsal</a><br><a href="#">W.C. Presbyterian Church</a>          | 9:30 AM<br><a href="#">NINE HOLE GOLF-1</a>   | 10:00 AM - 2:30 PM<br><a href="#">Men's Duplicate Bridge 2</a>  |
| 12:00 PM<br><a href="#">Table Pool at Masses</a>                                     |   | 6:30 PM - 10:00 PM<br><a href="#">MTD 8 Ocho</a>  | 12:30 PM<br><a href="#">Poker Group #6</a>  |   |
| 1:00 PM<br><a href="#">Poker Group #3</a>  |   |   |   |   |





## Theater Glenn Breslin



I am the new Theater Chair, taking over for Gary Schaub. Gary successfully served as our SIR146 Theater Chair for 15 years.

The Theater group will prioritize Musical show events at the Lesher Center, as this theater is conveniently located and reasonably priced. Please watch for SIR Call updates, Eblast messages and Luncheon announcements. I look forward to sharing show events with you !!

### Upcoming Shows

Exact dates to be subsequently communicated.

Additional shows during the 2023 4th quarter may be added.

### Mystic Pizza

This musical runs from 2/15/24 to 2/25/24 at the Lesher Theater.

Featuring feel-good pop hits from the 80s and 90s.

Based on the beloved 1988 MGM rom-com, Mystic Pizza is a new musical about three working-class girls who navigate the complexities of life, love and family in a small-town pizza joint. The infectious score features megahits of the 80s and 90s, from "Girls Just Want to Have Fun" to "Nothing's Gonna Stop Us Now."

### Cabaret

This famous musical runs from 5/26/24 to 6/23/24 at the Lesher Theater.

Liza Minelli originally starred on Broadway.

In this provocative, multiple Tony Award-winning musical, the euphoria of free expression, new relationships, and the seedy nightclub scene slowly fades away against the rise of Hitler and the Nazi Party. With dance, and a highly celebrated musical score, Cabaret ultimately proclaims, "It can happen here."

**Glenn Breslin**  
[glennbreslin@gmail.com](mailto:glennbreslin@gmail.com)



Travel  
Glenn Breslin

## Golden Gate Fields – SIR State-Sponsored

This is the last-ever SIR-sponsored horse race outing at Golden Gate Fields, as this historic venue will be closing in late 2023. Golden Gate Fields is one of the largest horse racing venues in the United States, inaugurated in February 1941.

Date: September 25, 2023

SIRS and their guests are welcome.

\$76 per person includes:

Parking, the racing program, and seating.

3-hour all-you-can-eat private buffet

Send check to Lee Moy along with your name and the names of your guests, plus your phone number and Branch number (on a separate sheet if necessary). Mail your check to Lee Moy, 127 N Helm Ave, Clovis, CA 93612.

The deadline is September 20th.

Questions, Contact Lee at [leehealthstudio@gmail.com](mailto:leehealthstudio@gmail.com) or send a text to (559) 709-9851.

Golden Gate Fields is at 1100 Eastshore Hwy, Berkeley, CA 94710. Entrance to the Turf Club by 12:00 noon; races begin at 1:30 pm.

Glenn Breslin  
925.788.6520 [glennbreslin@gmail.com](mailto:glennbreslin@gmail.com)



## Nine Hole Golf Group Bob Ford

We have been having great turnouts for our 9-hole golf group. Here is a photo of the crew from last Thursday.

Why don't you come and join us? Our group tees off at 9:30 am at the Diablo Hills Golf Course every Thursday, except the second Thursday of the month when we go to the SIR luncheon. It is open to all, and you don't need to be a member of the NCGA or have a handicap to play. It takes us about two hours to play, then most of us also have lunch at the Greenery which is the restaurant at the course. On Fridays, I will send out an email asking who is coming for golf and if you plan to walk or ride. On Wednesdays I will send out an email to those who signed up for Thursday morning. I hope to see you there!!

Bob Ford

[scubabob.ford@gmail.com](mailto:scubabob.ford@gmail.com)



9 hole golf group



## Cycling Group Larry Kaye

September 5: With sun and warmth abounding we rode. **Bill Ross, Bill Holly, Larry Kaye** and a friend of **Bill Ross**, Chuck Goldman. Heading South into the wind we pedaled our rigs.

The goal was to do a long loop and yet get back so **Bill Holly** could keep an appointment. The trip South was uneventful. Lots of folks out enjoying the day. We went into the outskirts of San Ramon and turned North. Taking the side streets, and some little used paths the group rode. The sun warmed us as the wind turned on our backs. The trip North was wonderful. Wind and smooth roads greeted us along the way. Back to Alamo and some much needed java. We stopped at Lever, the coffee shop on the creek, and sat in the shade. Fun day. New guy was appreciative and we all enjoyed the libations.

Next weeks ride is up Mt Diablo. Age is only on your drivers license. Means nothing. Get active. Stay young.

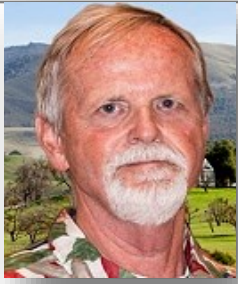
September 12: The excitement was present but the weather was not. The ride was to be up Mt. Diablo. The fog and the wind said otherwise. So we all agreed to not waste the day. We headed South and stayed off the main roads. Thru Danville and into San Ramon we rolled. A stop for nature as well as java was called for. Katy's Cafe was the answer. Good java and some amazing treats were enjoyed. The call of the road beckoned and off we went. The sun peeked out and the nasty Northerly winds vanished as we turned East. Following some quiet back streets the gang buzzed along. **Bill Ross, Bill Holly, Bob Wilkenfeld** and **Larry Kaye**.

Going East we eventually found the Ironhorse trail. That meant a change in course to due North. The wind was now behind us as we floated back home. Some turns and new neighborhoods came and went. As the noon hour approached we reclaimed our steel vehicles and headed home. A fun SAFE trip and proof that age means nothing. Keep moving.

Larry Kaye  
925.698.4030







## Photography Group

John "Moose" Kelly and Henry Thatcher

We will not be meeting in October since Henry and I will be away. Thus, our next meeting will be held on Friday, November 17<sup>th</sup> at Rocco's at 9 AM with coffee and donuts gathering at 8:45 AM. We request a donation of \$2.00 to cover the coffee that Rocco's provides us as well as the free use of the room for our meeting.

The November 17<sup>th</sup> meeting will comprise of a presentation / discussion from Andrew, who is the Manager of Mike's Camera in Pleasant Hill. He will talk about the latest and greatest camera equipment in 2023 plus other services that they provide to the photographer community.

Ron Polivka will have some photos to share from his recent journey to Spain and Italy. Moose will be presenting photographs from the Reno Ballon Race which will dazzle your viewing senses. Plus, there will be a lot of discussion on other topics that I will keep you in suspense.

If you are not on our email list and would like to join the Photography Group or just want to come to our meeting to see what the club is all about, then please contact John "Moose" Kelly or Henry Thatcher. We would be happy to send you the agenda.

Be safe, be well and be sure to "Say Cheese!"

John (Moose) Kelly

610.517.0152 [rollingstone91149@gmail.com](mailto:rollingstone91149@gmail.com)

or

Henry Thatcher

925.997.5032 [1henrythatcher@gmail.com](mailto:1henrythatcher@gmail.com)



## Birding Frank Lucas

Our little covey of bird-chasers met again last Wednesday the 13<sup>th</sup>, at the Clayton community Library and headed North from there.

Having been in isolation for a few months because of the heat and vacations, it was great to be "On the road again".

We spotted all the usual suspects: Western Tanagers, Anna's Hummers, Acorn Woodpeckers, Nuttail's Woodpeckers, Black Phoebes, House Finches, Lesser Goldfinches, and even some Turkey Vultures. You are very welcome to join us. Not sure yet where we will go next time, but we will definitely be starting earlier in the morning. Let me know if you want to be added to our mailing list.

Frank Lucas

925.316.6122 [frank.lucas1105@gmail.com](mailto:frank.lucas1105@gmail.com)



Backyard Hooded Oriole submitted by **Bobbie Schmidt**.



Birding group on September 13<sup>th</sup>. (From L to R): Steve Loftin, Pete gates, Frank Lucas, Mike Wolfson, Glenn Breslin, Ted Robertson, and Steve Ybarra. Photo taken by Gail Wolfson, not shown.





## 146 Hiking Mark Curtis

Our-one-and-only-one BIG SIR Bob Wilkenfeld, just completed an arduous backpacking adventure in the "Ansel Adams Wilderness" which is SE of Yosemite in the

Sierra. I'm enclosing his summary of his adventure in his words.

35 miles over 8 days (3 layover)

4-6k elevation gain (max elevation 11k)

47 lb backpack

1 day of freezing rain, lightning & 40 mph wind

1 day of hail & 40 mph wind

Loss of 4.5 lbs of body weight

Bob and his friends experienced the same bizarre weather as those who participated in the "Burning Man" party in the Black Desert. I have included a few photos he took of this adventure. This hiking group does not intend to do anything quite so difficult.

If any of you have suggestions for hikes you have enjoyed, or would like me to include your ideas in planning, please let me know. I/we are always open to new venues. Also, spouses and guests are always welcome. Our canine friends will be allowed on leash if the hiking venue permits it.

If you have an interest in participating in this hiking activity, please let me know and I will add your email address to my distribution list.

**Mark Curtis**

925.360.3449 [Mocurtis1657@gmail.com](mailto:Mocurtis1657@gmail.com)



Photo of **Bob Wilkenfeld** at Post Peak Pass. Porphyry Lake is in background.



Ansel Adams Wilderness view of Merced Valley at east side of Yosemite Park. Photo by **Bob Wilkenfeld**



Photo at left of Ansel Adams Wilderness entrance sign. Photo by **Bob Wilkenfeld**.



## AREA 16 Fishing Report Paul Dubow

Fall is now upon us. Usually, the onset of autumn is just a calendar date because it does not affect most of our fishing venues. However, this year salmon fishing was barred and that is usually a significant activity in the fall. In addition, as of September 1, the Department of Fish and Wildlife re-imposed its rule that sport fishermen cannot angle for rockfish in depths less than 300 feet. That rule had been suspended as of July 15. Thus, rock fishing is limited for the balance of the year. Nevertheless, our intrepid group had some very nice outings recently.

**Paul Dubow** led two groups which fished for rockfish off Montara on the Sundance. **Ross Abbott** was on one of the trips and **Lee Clark** was on the other. The group limited out on both occasions. We also had a guest onboard and he pulled in a 33 lb. California halibut. That is the largest California halibut we have seen since we began fishing for them several years ago.

**Carl Moyer** caught a limit of rockfish on board the Sea Wolf. He also caught lingcod and rockfish from his boat off Pacifica. **Bob Lively** accompanied him on one outing and caught his first lingcod. **Carl** and **Ken Bellindir** caught Pacific halibut on another trip on **Carl's** boat, but the star of that trip was a 60 lb. bat ray that **Ken** landed.

**Stan Wong** captained a veterans' trip in the Delta, appropriately on Veterans Day, and they landed fifteen keeper stripers. Three were caught before **Stan** could put his own rod in the water. The largest was 10 lbs.

**Nick Jacuba** tried out his new boat in Mexican waters and off Santa Catalina Island. He landed some tuna and sand dabs in Mexico. In California, there were no

tuna but **Nick** and friends caught some calico bass and sand dabs.

**Tom Kostik**, our Delta expert, made four trips to his favorite venue, and did very well. He caught 284 stripers, of which 28 were keepers (which he released, as is his custom). He also caught eleven bluegills, two crappie, and two Sacramento pike (formerly known as squawfish). We can vouch for the accuracy of **Tom's** numbers because he takes a counter with him. He also uses the counter for his golf game. But **Tom** says that he never reaches 284 while playing golf.

**Dave Rege** caught some stripers in the Delta and some trout in Lake Tahoe. He also successfully fished for red crab in Anacortes, Washington.

**Pete Gates**, **Steve Lofton**, and **Lee Clark** and two of their friends journeyed to a lodge near Petersburg, Alaska, and limited out on salmon and halibut.

All Branch 146 members are welcome to join our fishing outings, even if you have never fished before. During the next few months, we will be fishing for rockfish and lingcod in the ocean, black bass and stripers in the Delta, and trout and catfish at San Pablo Reservoir and other local venues. Later in the fall, we will have an overnight outing fishing for kokanee in New Melones Reservoir. You are also invited to attend our monthly meetings. Our next two meetings are on Thursday September 28th and Thursday October 26, at the Legends Bar and Grill at the Diablo Creek golf course at 4050 Port Chicago Highway in Concord. The meeting begins at 8:30 am, but many of us gather at 7 am or thereafter for breakfast and/or fishing stories and so please join us at that time. For further information, feel free to call Sir 146 Branch fishing chair **Paul Dubow** at 510-504-3566

**Paul Dubow**  
510.504.3566





## SongSirs

Peter Plante

Our next rehearsal is on October 4 at Walnut Creek Presbyterian Church at 1:30. We are working on a new set of songs for an October 19 performance at the Ivy Park Retirement Home (formerly Sunrise) in Walnut Creek. We are singing "Fly Me to the Moon," "Shine on Harvest Moon" and "Georgia on my Mind" among the selection of 13 other songs. Come and join us for a fun time. No auditions necessary, just a love of music and singing.

Peter Plante

[pcplante109@gmail.com](mailto:pcplante109@gmail.com)



## GOLF

Ed Marlovits

Branch 146 Golf Club is an Associate Club of the Northern California Golf Association (NCGA). Our members are also members of the NCGA and enjoy all the benefits of the NCGA membership including reduced green fees at selected golf courses and a recognized handicap index. Branch 146 has a standing block of tee times every Tuesday at Boundary Oak Golf Course in Walnut Creek. We currently have 65 members with room for many more.

Ed Marlovits



## Table Pool

Jim Barry

The table pool group meets every Monday. If you are interested joining the fun contact **Jim** for complete information

Reported by **Jim Barry**

[jbarry@sbcglobal.net](mailto:jbarry@sbcglobal.net)



## Bocce

John Kendrick

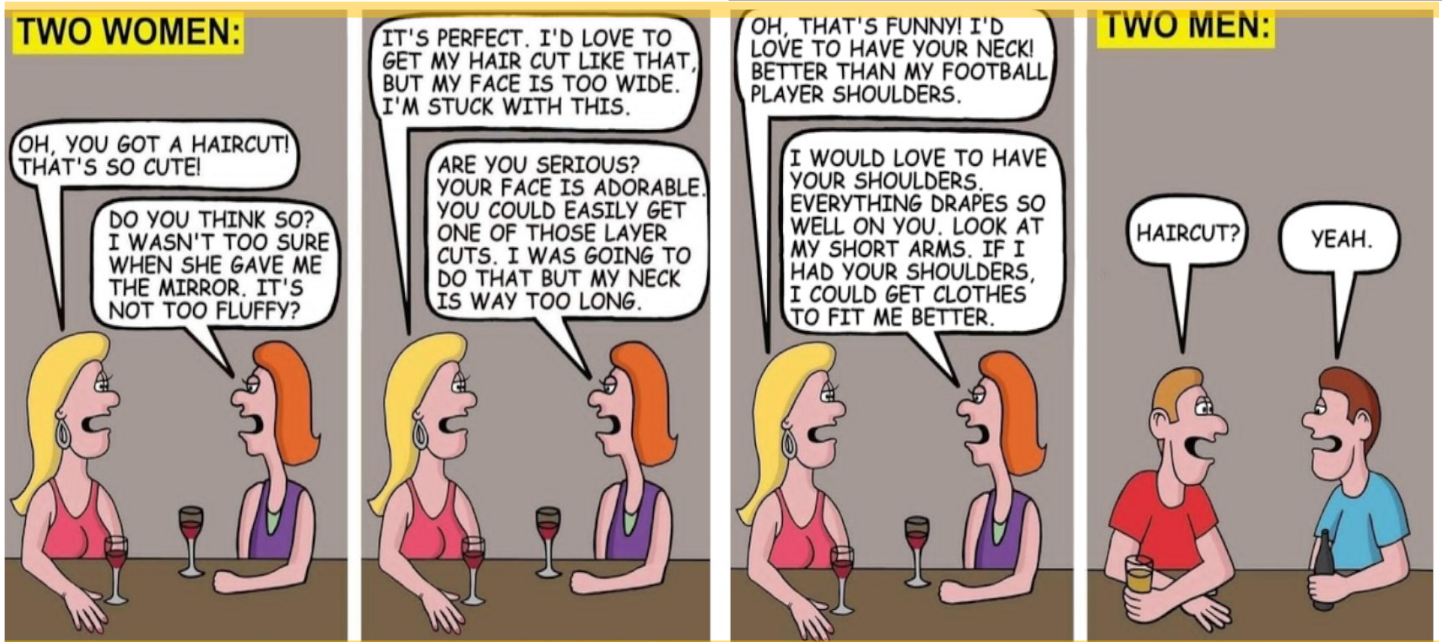
The Bocce Ball September activity was very active with 24 existing and new rollers.

Unfortunately, per the calendar, our SIR 146 Bocce Ball for 2023 activity has ended.

Not to worry because you have an early Christmas gift when you mark your calendars for the start of the SIR Bocce Ball 2024 activity on May 13. Have a safe and healthy upcoming holiday season and hope to see you on the courts in 2024.

John Kendrick

925.827.0585 [jmkendrick23@gmail.com](mailto:jmkendrick23@gmail.com)







## Book Group John Pearl, Interim Chair

The SIR 146 Book Group met Monday, August 28<sup>th</sup>. Our "Book of the Month" was *The March* by E.L. Doctorow. He is a well-known author, who has written several books, *Rag-time* being one of his best.

E.L. Doctorow's *The March* is a fictionalized account of General William Tecumseh Sherman's "March to the Sea" during the Civil War. The novel follows a cast of characters, both real and fictional, as they journey through the ravaged South, witnessing firsthand the brutality of war and the resilience of the human spirit.

The central characters include:

General Sherman: A brilliant but complex commander, Sherman is determined to crush the South and end the war quickly.

Colonel Sartorius: A Union surgeon who is haunted by the horrors he has seen.

Emily Thompson: A dispossessed Southern woman who is forced to join the march.

Arly and Will: Two mismatched Confederate soldiers, deserters from the Confederate army, who find companionship in each other.

As the march progresses through Georgia and then turns north into the Carolina's, the characters face starvation, disease, and death. They are also forced to confront their own prejudices and beliefs. Through their experiences, Doctorow explores the themes of war, violence, and redemption.

Critique:

Doctorow's novel is a powerful and moving depiction of the Civil War. His writing is spare and evocative, and he brings his characters to life with great empathy. The novel is also historically accurate, and Doctorow does a masterful job of conveying the scope and scale of Sherman's march.

One of the things that sets *The March* apart from other Civil War novels is its focus on the human cost of war. Doctorow does not shy away from the brutality of the conflict, and he shows how it affected people of all races and social classes. He also explores the psychological toll that war takes on soldiers and civilians alike.

Another strength of the novel is its complex and well-developed characters. Sherman is a particularly fascinating character. He is both brilliant and flawed, and Doctorow does a masterful job of portraying his inner turmoil. The other characters are also well-developed, and they offer a variety of perspectives on the war.

Overall, *The March* is a must-read for anyone interested in the Civil War or in American history. It is a powerful and moving novel that will stay with you long after you finish reading it.

Recommendation:

We highly recommend *The March* to anyone who enjoys historical fiction or who is interested in the Civil War. It is a well-written and thought-provoking novel that will stay with you long after you finish reading it.

John Pearl, Chair—Paul Dubow, Sr. Editor  
[jpearljr@gmail.com](mailto:jpearljr@gmail.com)



## Dixieland Band Ross Abbott

We did not meet in August.

Our little band is still only four members strong and we would certainly like to expand the

band so that more can enjoy our toe-tapping sessions.

Current instruments are piano, trombone, banjo and stump fiddle.

If you don't know what a stump fiddle is, it is worth coming just to hear and see that.

Our next get-together will be at 7pm, October 25th at 77 Karen Lane, Walnut Creek. Come and join the fun.

Ross Abbott  
925.939.1121 [rossabbott@hotmail.com](mailto:rossabbott@hotmail.com)



## 寿司の友達

### Sushi no tomodachi Clint Collier

Our August sushi adventure was a [Jo's Honda Sushi](#) in Pleasant Hill. Seven of us

gathered to explore the world of sushi and engage in wonderful conversation. We welcomed a new member to our group, **Bill Hoban** and presented him with his group masu even though he is not a saki drinker.



Our next adventure will be on October 26<sup>th</sup> (note this date change from our usual third Thursday) at Blue Gingko Izakaya and Sushi in Lafayette.

Clint Collier

925.457.1489 [SirClint@the-colliers.org](mailto:SirClint@the-colliers.org)

## Blue Gingko



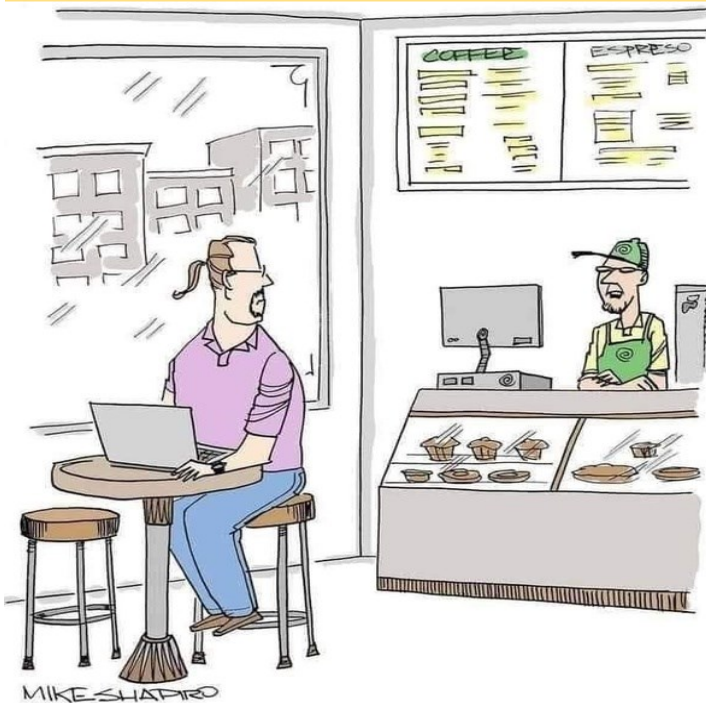
### Cooking II Steve Ybarra

We continue to enjoy everyone's company at our



events. Here is our gathering back in April at the A's game! We will meet again later in September.

Steve Ybarra



"The WiFi password is: 'buysomethingorgetout'."





## Couples Dining Out

**Bruce Borgman**

As you will recall from last month's Dining Out report, we will be going to Massimo's Ristorante in Walnut Creek on Wednesday September 27, after our earlier restaurant selection- Benvenuti - notified us that after further consideration , they could not accommodate a group our size. Since your host was going to be on vacation during several weeks in September, there was limited time to research another restaurant so we selected Massimo's where we were familiar with the cuisine and management. We chose a less expensive banquet menu which can be found in detail in the subsequent page of the SIR-Call. The all inclusive cost will be \$58 per person. As of this writing we have 44 diners for the upstairs room, and thus can accommodate only a few more. If you wish to be included, send me an email and confirm with a check.

We had a few members who requested to be seated downstairs and the restaurant has agreed to have a table of six for these diners.

The owner has also agreed to provide an appetizer of bruschetta to our group at no cost.

The cost of corkage is \$25 if you wish to bring your own - the house wines will be available for about \$8-9. Parking is convenient at the Locust Street garage across the street from the restaurant.

We look forward to an enjoyable evening with our Dining Out group.

**Bruce Borgman and Sue Sheldon**

**Dining Out Hosts**

[bgborgman@aol.com](mailto:bgborgman@aol.com)





# *COUPLES DINING OUT*

*Wednesday Sept 27, 2023*

*Social hour/no host cocktails 5:30pm*

*Dinner: 6:15pm*

## *Salad*

Mixed Field Greens with balsamic vinaigrette, honey glazed walnuts  
and herbed goat cheese crostini

## *Choice of Entree*

Chicken Piccata – Sautéed breast of chicken with Lemon,

Pan Seared Atlantic Salmon with Lemon Beurre Blanc

Porcini and Black Truffle Ravioli  
Lemon broth, Oyster Mushrooms, Cream

## *Dessert*

Tuscan Apple Tart



*Northern Italian Inspired Cuisine*

1604 Locust Street, Walnut Creek

RSVP to Bruce Borgman, [bgborgman@aol.com](mailto:bgborgman@aol.com)

Confirm with check to Sir146

Mail to 3611 Winchester Pl, Walnut Creek 94598

\$58.00 per person, including tax and tip.

**LIMITED TO 50 DINERS**



**Explore & Eat**  
Henry Thatcher and Jim Pope



# USS Potomac Tour

## October 19th

Signup Deadline October 14th



Ahoy,

The Floating White House was originally commissioned as the USCG Cutter *Electra* in 1934. In 1936, it was renamed the *USS Potomac* and served as Franklin Delano Roosevelt's Presidential Yacht until his death in 1945. More than half a million people have visited and sailed aboard the former President's beloved Floating White House, the *USS Potomac*, since it opened to the public in the summer of 1995. Over a 12-year period, \$5 million was spent to restore the 165-foot-long vessel as a memorial to the President who authored the New Deal and led the United States during the Great Depression and the World War II years. Join us aboard this National Historic Landmark for a cruise on the Bay!

SIR Explore & Eat is a 2-hour tour on **USS Potomac on the Bay-October 19<sup>th</sup>** departing at 10:30am. Arrive at the office by 9:30 for 20-minute history video. The cruise will depart from **540 Water Street, Oakland CA** and return to Oakland with lunch to follow at Jack London Square. Lunch location **To Be Determined**.

The cost to our SIR group is **\$53/person or \$106/couple**. If you are interested, please make check payable to **SIR 146**. Mail check to: **Jim Pope 385 Bryan Drive Alamo, CA 94507**

We hope you and your guest will come and sail with us on this historic vessel.

Sometimes



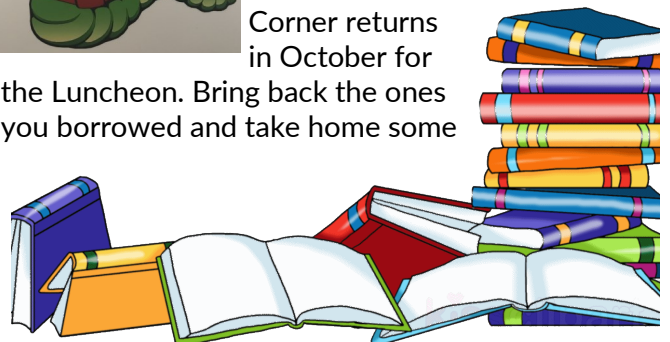
My greatest accomplishment is just keeping my mouth shut.



### Book Corner

Peter Plante

The Book Corner returns in October for the Luncheon. Bring back the ones you borrowed and take home some



# MEXICAN TRAIN Dominoes

Group Uno 1



## Mexican Train Dominoes "Uno" Corrie Oranje

Our scheduled game was on the 15th but we took a break due to many conflicts and vacations.

Susan Oranje for Corrie Oranje  
[corrieoranje@gmail.com](mailto:corrieoranje@gmail.com)

Group Tres 3



## Mexican Train Dominoes "Tres" Walt Busenius

In August, the ole Mexican train, meaning the Group Tres, took a break, due to many conflicts, but our choo choo will leave the ole

roundhouse fresh in September.

The group is changing from an evening to an afternoon playing time, trying to avoid nighttime driving. All Aboard in the Diablo Valley!!

Walt Busenius  
925.457.7428 [walterbusenius@gmail.com](mailto:walterbusenius@gmail.com)

Group Seis 6



## Mexican Train Dominoes "Seis" Steve Lane

MTD 6 met at Brian and Mary McCarthy's beautiful home on August 23 for a night of domino play. Thank

you, Brian and Mary, for hosting.

Once again, we went with a ladies table and a man's table. At the ladies table we had Martha Plante, Kathe Mitchell, Mary McCarthy and Ann Kendrick. The men's table had Jim Nelson, Peter Plante, John Kendrick, Richard Hockenbrock, Steve Lane and Brian McCarthy.

After a stunning victory at the Men's table by John Kendrick, he informed the group that he was taking lessons – lessons really! So on to the winner's circle for John.

And the winners were Mary McCarthy (11.4), John Kendrick (16.4) and Kathe Mitchell (18.0).

We look forward to our next get together on September 27, 2023, at the home of Martha and Peter Plante.

Steve Lane  
925.984.0341 [thelane3@aol.com](mailto:thelane3@aol.com).



MTD 6 Winners from L to R: Kathe Mitchell 3rd, John Kendrick 2nd and Mary McCarthy 1st.





## Mexican Train Dominoes “Ocho” Richard Hockenbrock

We had a total of thirteen regular players and four substitute guests arrive to play MTD 8 on September 6<sup>th</sup> at the home of **Richard**

### Hockenbrock.

Two of the guests, **John & Sandi Foster** were playing for the first time in a SIR Group after having gone through training earlier this year. The hope is to get other SIR members and wives or partners interested to take the Mexican Train training and join one of the eight other MTD groups in SIR Branch 146 as a substitute or eventually take the initiative to help start a new MTD Group.

Now to the results. **Virginia Tygart** had the lowest score of the evening at 19.42, followed by **Cindy Greco** at 21.2, and **Victoria Polivka** was the third lowest at 21.85.

The two high scores for the evening were achieved by **Pam McAlister** and **Glenn Breslin**. You might recall that **Glenn** had the lowest score last month. All this goes to show that results in MTD are mostly based on luck!

We are taking the month of October off since I have guests arriving from back East. Our next game will be played on the first Wednesday in November, the 1<sup>st</sup>. If you would like to sign up to be on our substitution list, please send me an email at the following address:

Richard Hockenbrock  
925.324.1713 [rlhock@outlook.com](mailto:rlhock@outlook.com)



**Cindy Greco** (2<sup>nd</sup> place), **Virginia Tygart** (1<sup>st</sup> place) & **Victoria Polivka** (3<sup>rd</sup> place),



High Scorers: **Pam McAlister** and **Glenn Breslin**



MTD 8 Group Picture on September 6th



# CARD GAMES

...we play



## Men's Hearts Bob West

Since the prior SIR-Call submission, we met on August 25th and September 8th. The big winners were **Bill Vizza** with 4 wins and **Brian McCarthy** with 2 wins. The lowest average score was **Ron Polivka** with 57, closely followed by **Frank Lucas** with 64. **Bill Vizza** led with 3 "Shoot the Moons". **Ron** and **Bill** each had two 2nd place finishes.

YTD: **Frank Lucas** still has the most wins at 17 followed closely by **Brian McCarthy** with 15 and **Bill Vizza** with 14.

**Frank Lucas** leads with a winning percentage of 43%, followed by **Bob Finlayson** with 38% and **Steve Ybarra** with 35%. Most Improved is **Steve** with 213% of his 2022 winning percentage, followed by **Frank Lucas** with 193%. **Rich Lyon** has the lowest avg score of 67.7 followed by **Dick Wade** with 73.3. **Brian McCarthy** leads in 2nds with 11.5 followed by both **Dick Wade** and **Bill Vizza** with 11. **Ron Polivka** leads in "Shoot the Moons" with 8 followed by **Bill Vizza** with 7 and **Dick Wade** with 6.

**Future Meetings:** We play 3 games at Rocco's on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays, at noon, with an optional lunch at 11:15am. We will be meeting in October on the 13<sup>th</sup> and 27<sup>th</sup>.

Please call or e-mail me if you have any questions or are interested in playing.

**Bob West**

925.518.8472 [robwest@aol.com](mailto:robwest@aol.com)



## Old Money Poker Group 6 Brad Hatcher

Our group will not play in September due to the holiday and member vacations. We will play on the first Thursday in October.

**Brad Hatcher**

[bhatcher1942@gmail.com](mailto:bhatcher1942@gmail.com)



## Couples Party Bridge Tony Greco

The Couples Party Bridge has no event scheduled for September due to the Labor Day Holiday.

Our next event will be held on **October 3rd** and hosted by

**Larry & Linda Brown.**

**Tony and Cindy Greco**

925.934.0395 [almanorwest@sbcglobal.net](mailto:almanorwest@sbcglobal.net)

A man was in the jungle and got a terrible rash.  
He went to the witch doctor. "Go back to the village, put your best friend in a cauldron and cook him. When he's cooked, use the fat to rub on your rash."

The man did this and was amazed that his rash disappeared. He went back to the witch doctor and said what's the fat called, that I put on my rash? The witch doctor said "apalomine lotion".

You can groan now!





## Men's Duplicate Bridge 2 Dick DeVoe

Our latest Duplicate Bridge 2 Event with three tables was hosted by **Dick DeVoe** on Friday, September 1. Many thanks for **John Boyan** coming from Woodland in traffic to fill a spot on very short notice this day!

**Joe Fuchs** won 1st Place overall with a resounding 35 points, beating all others by 6.5 points! **Joe** had 1st and 2nd Place finishes in the 1st and 2nd Half's respectively, PLUS the Most Twos and the Least Zeros! Congratulations, **Joe**!

**Brad Hatcher** took 2nd Place overall, with **Steve Dinning** in 3rd Place and **Ed Marlovits** in 4th Place.

Richard Devoe

[dicknchristy@comcast.net](mailto:dicknchristy@comcast.net)



## Couples Duplicate Bridge 2

On a beautiful summer evening, September 12<sup>th</sup>, **Larry and Linda Brown** hosted us with style and grace (have you discovered popcorners yet?). Despite complaints of boring cards, we did have some slams. Everyone made six on Board 7; woe, though, everyone bid four. Everyone made six NT on Board 10 but only **Joan and Dave Pierce** bid six. **Rich Ahlf** and **Ismini McLean** bid six spades and made seven on Board 11. **Joan and Dave** bid 6NT, making seven. **Rich** and **Ismini** bid 3 NT (making four) on

Board 19 while the rest of us stopped at the one level. Ah well, good to see some slams bid even if we're still underbidding some of the time. Just to balance: everyone overbid on Board 14 (three different contracts).

After 20 boards, **Rich** and **Ismini** were third (50%), **Cindy** and **Tony Greco** were second (54%), and **Joan** and **Dave** were first (64%).

Dave Pierce

925.932.3877 [dwpi@astound.net](mailto:dwpi@astound.net)



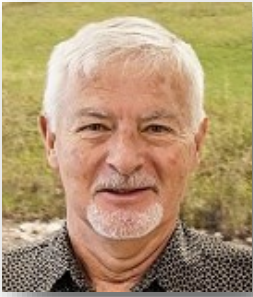
## Duplicate Bridge 3 Michael Whitaker

On Friday, September 15, Duplicate Bridge 3 had its September game at the home of **Tony Greco**. At the end of the first 12 boards **Ed Marlovits** had the lead with

14.5 points. In the second half it was **Joe Fuchs** coming out of the pack with 19 points to take over 1st place overall. **Dave Steinberg** was 2nd and **Mike Whitaker** held on for 3rd.

Michael Whitaker

925.708.8213 [mrwhitaker@yahoo.com](mailto:mrwhitaker@yahoo.com)



## Couples Duplicate Bridge 1 John Kluesener

The Couples Duplicate Bridge Group 1 met at the Kluesener residence to exercise our bridge playing skills. Sue and Steve Loftin kindly joined us as subs for one of our travelling couples. Nora and Mike Davidson joined us as our new couple replacing the Pearces. Nora and Mike quickly got into the swing of things, scoring 22 points to secure third place, followed closely by Janet and Bob Yolland in second place with 22.5 points. Top honors went to Christy and Dick DeVoe who are becoming accustomed to that first-place position! A good time was had by all!

**John Kluesener**  
[john@klueseners.com](mailto:john@klueseners.com)

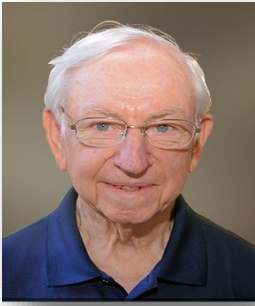
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Couples Duplicate Bridge 1 Sept 19, 2023 (from L to R): Bob and Janet Yolland; Mike and Nora Davidson; Christy and Dick DeVoe

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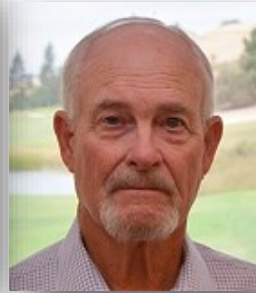




**Party Bridge**  
**Jim Pope and Jim Stedman**

We play on the first Monday of each month using Chicago scoring. We usually have 3 table games. We welcome new members. Please contact Jim Stedman or Jim Pope if you would like to play.

Co-Directors  
[Jim Stedman](#) and [Jim Pope](#).



**Pinochle**  
**Pete McNeill and Stan Johnson**

If anyone has been thinking they might like to take a look at this card group, now would be a good time, as summer travel plans have typically created several openings at recent gatherings on the second and fourth Weds. of each month.

We meet every second and fourth Wednesday of the month at Rocco's Pizza, located on the S/W corner of the intersection of Ygnacio Valley and Oak Grove Rd. on the east side of Walnut Creek. We have lunch from 12 (Noon) until 1:00pm, and play cards from 1:00pm until approximately 3:00pm No money, other than lunch involved, fun group.

**Pete McNeill**  
 925.858.9666 [petamole@gmail.com](mailto:petamole@gmail.com)  
**Stan Johnson**  
 925.938.7016 [stan.johnson88@gmail.com](mailto:stan.johnson88@gmail.com)





# Area 16 Activities



## Area 16 \$UMS Investment Group

We will again join Branch 128's (San Ramon) Investment Group Zoom meeting on Wed September 27 at 1:30pm. Topic to be announced. E-mail Dave Sutton to be included.

Chair Tom Henry Branch 174

[tomhenry925@gmail.com](mailto:tomhenry925@gmail.com)

Co-chair Dave Sutton Branch 8

[davesutn@comcast.net](mailto:davesutn@comcast.net)

A policeman sees a blonde driving and knitting at the same time.

Aggravated, he pulls up beside her, rolls down his window, and yells, "Pull over."

The blonde yells back, "No silly, it's a scarf."



## SIR State Information



<https://sirinc.org/>

This is the state SIR web page. is a wealth of information about SIR, SIR training, and SIR merchandise you can purchase. [The current state newsletter can be found by clicking here.](#)

There are also copies of the many forms SIR uses; in short everything SIR can be found here!

# Parting Shot

"Whenever, I teach clinical medicine to students in the fourth year of medicine, I ask the following question: "What are the causes of mental confusion in the elderly?"

Some answer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed, when I list the most common cause: "dehydration."

It may sound like a joke; but it isn't.

People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death

This habit of forgetting to drink fluids, begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

## **Conclusion:**

People over 60 years old dehydrate easily, not only because they have a smaller water supply; but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

## **So here are two alerts:**

- 1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work. The important thing is that, **every two hours, you must drink some liquid.** Remember this!
- 2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

**Inspired to drink more water now?**