

# SIR CALL

February 2005

Pleasant Hill SIR Branch 146

Published For Our Members And Friends

Volume 17 Issue 2



**Ray Kan**

## Big Sir's Notes

What a winter this has been. The tsunami in Southeast Asia, mudslides in Southern California, floods and other weather-related problems throughout the nation. So far, in our area, we can be thankful that we have avoided mass disasters.

Our food agreement has been signed for 2005. Lunch prices will remain the same with some modest changes in bar prices. We also approved a luncheon menu for the year. Thank you, **Jerry Bellows**, for your work with the restaurant.

Members, Directors and Officers filled the room at our last Board meeting. These meetings are held at 9:30 AM on the day of our general meetings and all members are welcome to attend. Our Branch now offers twenty activities for all to enjoy, so participate.

Lost on a rainy night, a nun stumbled across a monastery and requested shelter there.

Fortunately, she was just in time for dinner and was treated to the best fish and chips she had ever tasted.

After dinner, she went into the kitchen to thank the chefs. She was met by two of the Brothers. The first one said, "Hello, I am Brother Michael, and this is Brother Charles." "I'm very pleased to meet you," replied the nun. "I just wanted to thank you for a wonderful dinner. The fish and chips were the best I've ever had. Out of curiosity, who cooked what?" Brother Charles replied, "Well, I'm the fish friar."

She turned to the other Brother and said "then you must be?" "Yes, I'm afraid I'm the chip monk."

## Little Sir's Corner

The speaker for the February luncheon will be **Pat Richie**, chaplain for professional sports teams and a member of Northwest Medical Teams, a relief organization. **Pat** was chaplain for the 49ers, Giants and Sharks and will be telling us interesting stories about his experiences with professional sports organizations and their personnel.



**Garth Cummings**



## Getting to Know SIR

### Al Altman

Born in 1930, in the depths of the depression, it was a struggle for my family to make ends meet. My father ended up doing pick and shovel work for the WPA, and other odd jobs, until 1935 when he resumed his trade as a skilled machinist and tool and die maker.

We lived in Chicago where I attended school, graduating in 1948. From there I attended III. Institute of Technology and majored in chemical engineering.

In 1951 I decided to see the world and joined the Navy. I attended

Aerographer's School which is Navy-speak for meteorology. I've often wondered what I would have become if I'd stayed in that field.

After the Navy I attended San Jose State and graduated in 1958 in accounting. I stayed in this field for the rest of my working life. I first worked in San Francisco for an accounting firm and met my wife-to-be, **LaVonne**, at a tea dance held weekly at the Canterbury Hotel. We were married in 1961 and moved to Walnut Creek in 1965. We had two children and four grandchildren.

In 1977 I decided to start my own CPA practice in Walnut Creek and worked until 1992 when I decided to take early retirement. My wife and I then traveled extensively and my retired life was very busy and fulfilled.

This happy story ended abruptly in early 2001 when **LaVonne** was diagnosed with terminal lung cancer. She died about 10 weeks later.

I met my present wife, **Lana**, over the Internet around Valentine's Day 2002. She had also lost her husband to cancer. We found we had many mutual interests in common. I popped the big question New Year's Eve 2003, and we were married July 31, 2004. I have now become a grandfather for the fifth time with help from **Lana's** daughter and son-in-law.

In retirement I spend my time singing in a church choir and Song-Sirs. We also attend the theater with the SIR Theater Group and travel whenever possible.

A woman, while at the funeral of her own mother, met this guy whom she did not know. She thought this guy was amazing, so much her dream guy. She believed him to be just that. She fell in love with him right there but never asked for his number and could not find him. A few days later she killed her sister. Question: What was her motive for killing her sister? Think hard. Ans on pg 6

## Bowling

### Gus Edwards

Coming attractions--February bowling tournaments. The Sonoma Sirs Tournament is at the Napa Bowl in Napa on February 7th and 9th. The sign-up deadline is February 4th. The Livermore Sirs Tournament is at the Granada Bowl in Livermore on February 15th and 16th. The sign-up deadline is February 13th. There are entries for singles and doubles in both tournaments.



## Cooking

### Don Nunn

1st Monday at various members' homes.  
Cooking and Social Group

The Cooking Group will meet on February 1st to kick off the New Year at **Don Nunn's** home.

Members, please bring your Bicarbonate of Soda.

The dance for Wednesday, March 2 is sold out with a waiting list.

We went to breakfast at a restaurant where the Seniors Special was 2 eggs, bacon, hash browns and toast for \$1.99. "Sounds good", my wife said. "But I don't want the eggs."

"Then I'll have to charge you \$2.49 because you're ordering a-la-carte", the waitress warned her.

"You mean I'd have to pay for not taking the eggs?", my wife asked incredulously. "I'll take the special".

"How do you want the eggs?" "Raw and in the shell," my wife replied. She took the 2 eggs home.

Don't mess with seniors!

Thanks Stu...ed



## Cooking Too

### Rich Hanford

2nd Monday at various members' homes.

Cooking Too was treated to a fine Greek lunch at the home of **John Demos**, January 10<sup>th</sup>, accompanied by an unseemly but welcome amount of liquid refreshment, some coming from **John's** ancestors' homeland. The conversation and general camaraderie were most pleasant, much of the talk involving praise for the fine hand shown by **Sir John** in the kitchen.



## Cribbage

### Al Tufo

Why Why Why? Is it that when a new member joins the Cribbage Club he proceeds to beat the heck out of the existing members? **Howie King** joined our club on Wednesday, January 12th and immediately took control. He just ran away with the first tournament by trouncing five of the six members and taking first place. **Barney Meade** did all he could do just to come in second. After the first tournament was over and because it took so long, **Howie** and **Bryant Fischback** had to leave. This opened the door for the Italian Stallion who after a burst of speed to jump into the front of the pack and never look back. **Dan Meckfessel** fell in behind and using the draft of the I.S. to propel him forward came in second. Cribbage will be hosted next month by **Barney Meade** starting at 12:00 noon. A Very Healthy and Happy New Year to all. Ciao **Al Tufo**



## Area 2 Computer Group

**DICK CURRY** 376-5541 [racerinda@pacbell.net](mailto:racerinda@pacbell.net)

**FLOYD SKELTON** 838-2515 [f.skelton@att.net](mailto:f.skelton@att.net)

Meet the 3rd Thursday of each month 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). All Sirs invited.

Our next scheduled meeting will be February 18th. At this meeting we will discuss several Utility programs that can be downloaded from the Internet that aid in obtaining better computer performance. We'll also have time to talk and hopefully resolve your computer problems and talk about some interesting web sites. For more information please visit our web site- <http://home.att.net/~area2computer/>



## Duplicate Bridge Bob Donahue

Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

**Jim Stedman** hosted four tables of duplicate bridge in January. **Chuck Hammond** came in first with 43 points and **Jim Jackson** was second with 42 points. **Fred Kovar**, **Bill Snyder** and **Jim Stedman** tied for third with 39 points. The next meeting is scheduled for Monday, February 14, 2005. Contact **Bob Donahue** at 376-4527.

## Couples Duplicate Bridge Lo McCarley

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

Couples play as partners.



**Jim Brown** and **Barbara Lundblade** hosted three tables for Couples Duplicate Bridge on January 19<sup>th</sup>.

**Jim** and **Barbara** also won first place with 23 ½ points, **Lo** and **Sue McCarley** came in second with 23 points and **Jim** and **Allison Todhunter** (21 points) took third place. **George Zunich** and **Tamara Judson** will host the next session on February 16<sup>th</sup>.

The results for the year are in also. The champions were **Bob** and **Janet Yolland** with an average of 37 pts. **Lynn** and **Dasha Freeman** (34 point average) came in second, **Stu** and **Margot Somerville** ranked third averaging 32 points, and **Carl** and **Anne Johnson** ranked fourth averaging 31 points.

## Fishing

### Sal Costanza

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



Our next meeting (Jan. 27) will feature **Todd Ushijima**, expert in rod & reel repair. He will speak on how to keep your reels in trouble-free working order. He will also answer any questions on rod repair. We will also discuss our Feb. & Mar. fishing schedule which includes trips to Don Pedro Reservoir for trout & salmon and to Oregon for steelhead. Should be very interesting. See all you fishermen there!!!

## Garden Club

Chuck Bobinecz

1st Thursday at 9:30 am at Alamo Safeway conference room unless otherwise announced. Our February 3rd meeting will be held at the Boundary Oak Golf Course Vista Room at

9:30. Sir **Bill Hansen** has arranged for lawn experts who will tell us how to have the greenest, healthiest lawn on your block. **Bill Hansen** also is getting a tee time. Those who are interested, give him a call.

Our March meeting will feature **Rich Hanford** who will give us a presentation on tomatoes. The presentation will cover such topics as: lying down tomato plant trick, troubled tomatoes, too hot to work, etc.



## Tuesday Golf

Walt Barabash

December 21: First Flight: **Bob Mehus, Rich Hanford** and **Frank Rockwell**. Second Flight: **Pablo Chavez, Stu Somerville** and **Bob Spellman**. Closest to the Pin: **Jim Stedman**.

Low Gross: **Rich Hanford: 83**

December 28: No Golf Tournament due to Rain.

January 4: First Flight: **Rich Hanford, Al Zamolo** and **Jack Calloway**. Second Flight: **Bill Weinberg, Ralph Fowler** and **Dan O'Sullivan**. Closest to the Pin: **Joe Himsil**. Low Gross: **Jack Calloway: 83**

January 11: No Golf Tournament due to wet course.



John Biasotti  
and  
Steve Dawkins

## Away Golf

Jim Baldridge

Mark your calendar for Silverado Country Club on Monday, April 4. It's a 144 player shotgun on the South Course. This is a spring outing for couples and guests. The cost is \$45 for SIR golfers competing in the prize fund and \$43 for guests or those choosing not to compete for the prize money. I'm getting signups for this most popular golf outing, so please let me know as soon as possible of your intention to be there. Contact me at (925) 689-9232 or e-mail me at [jimjudy39@aol.com](mailto:jimjudy39@aol.com)

Three SIR Area 2 tournaments have been scheduled for 2005: Area 2 Governor's Cup Wednesday, April 6, Boundary Oak. Poppy Hills Qualifier Friday, May 20, Franklin Canyon. Team Scramble Friday, July 22, Franklin Canyon. Contact **Dick Richmond** (925)947-1167 or e-mail [drichmon@pacbell.net](mailto:drichmon@pacbell.net)



## 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.*

### WINE: NO SO FINE

Is wine really a health potion? More than a decade ago, *60 Minutes* reported on the so-called French paradox: the French smoke more, eat more fat, and exercise less than Americans, but they have a lower rate of heart disease.

It was reasoned by French epidemiologist **Serge Renaud**, PhD, that wine made the difference. The French drink more wine—which contains ethanol which, he reasoned, keeps blood platelets from sticking together.

There were other studies that seemed to back this premise, in particular, that wine contained antioxidants that provided protection against heart disease.

That was when the Wine Institute (WI) realized what a windfall they had on their hands. In a seemingly health conscious society, wine began to be promoted as the ultimate health elixir... and the wine-is-good-for-you message began to be articulated.

But in 1997, the Center for Science in the Public Interest (CSPI), a consumer- advocacy organization, claimed that the WI was distorting the story. CSPI wrote that the WI "manipulates evidence in order to magnify the supposed protective benefits of wine." One such claim is that resveratrol, a compound more abundant in red wine than in white, is an anti-cancer agent. The WI did not disclose that the cancer fighting prowess of the substance was based on evidence that mice were given the human equivalent of 5 gallons of wine per day. Furthermore, no studies have yet been done that show a benefit to humans.

In fact, wine in large amounts can actually increase the risk of cancer. A Journal of the American Association report finds that women who drink 2.8 to 5.6 glasses of wine per day has a 41 percent higher incidence of invasive breast cancers than non drinkers.

Not every researcher believes in wine's protective capacities. One interesting contrast between wine drinkers and beer and hard liquor drinkers is that those who consume wine tend to exercise more and eat right. Wine drinkers also tend to be of higher socioeconomic stratum, which affords better access to health care. "But there is no good data to show that wine (itself) is better at protecting against heart disease than other alcohols," says **Meir J. Stampfer**, MD, professor of epidemiology and nutrition at the Harvard School of Public Health in Boston. Nor is there data to show that red wine has more antioxidant power than its paler cousins.

As for alcohol itself, here are some things it can help:

1. The ethanol in any alcohol can increase HDL "good" cholesterol and reduce blood clotting and the formation of

*Continued on page 4)*

## Letters to the Editor

Dear Editor:

You'll recall last week there was some mention made about showing the same faces too often in Sir Call photos.

**Ken Kratz** our photographer and you have done a super job of not duplicating people over the last six issues that I have studied. Sure, there are duplications in photos where someone is part of an activity photo and also in a candid shot, but otherwise people being featured more than once are rare.

In fact, 70 different people were in photos not designating a group activity. In addition, different activities are featured, including the Walking Group, Wine Tasting, Cooking, Cooking Too, Pool, Couples Duplicate Bridge, Song Sirs, and Dinner Dance.

Keep up the good work of publishing so many different faces, as well as the various activities in action!

**Dick DeVoe**

Dear Editor:

I so appreciate the letters from members of the Cooking Groups and assure you that once a member, I will form a new group. They do seem to have a great time. **Eaton E. Gerly**, WL #420



A plaque of recognition from **Don Nunn** on behalf of Song Sirs to **Chris Satterthwaite** (left) for his many contributions to that Group.

## Health Matters

(Continued from page 3)

fatty deposits in arteries.

2. One alcoholic drink a day has been shown to reduce the incidence of cataracts as much as 50 percent.

3. Moderate consumption of alcohol by people 55 and older has been shown to help ward off dementia, including Alzheimer's disease.

Note: alcohol's benefits are derived from moderate consumption. That's defined as 12 ounces of beer, 5 ounces of wine or 1 1/2 ounce of spirits daily.

Source: *Hope Health Letter*, April 2004

Dear Editor:

Please do all you can to get my husband off the wait list and into the club so that he can get into a cooking group! I welcome anything which will take some of the load off my shoulders. **Lotta Gerly**. (wife of EEG)



SIR Branch 146 Board of Directors January 2005 meeting held at Boundary Oak Golf Course at 9:30 am prior to the monthly Lunch. All Branch 146 Sirs are welcome to attend.

Witnessing the Board in action gives one an appreciation of all the work that goes into making this Branch function so smoothly. Make a note to visit them at the February meeting.

Dear Mr. Editor:

Please help my dad, **Eaton E. Gerly** get into your club! Right now he just gets in the way when Mom and I are trying to get things done.

**Little Gerly** (daughter of **Lotta Gerly** and **Eaton E. WL #420**)  
*Does anyone have any suggestions for gainful employment for our former editor, Sir Don, aka "Eddie Tor"? We gotta find something to keep him occupied!...ed*

## Inve\$tment\$

**Ben Smith**

4th Wednesday 8 to 9:30 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.

**Ben Smith** Br. 116 (925)820-5403 bjssmith@Aol.Com

Our Feb 23 meeting will consist of an open round table type of discussion covering topics that are of current interest to the group.

Some topics noted for discussion will be:

- What is the investment outlook for 2005./What the experts say.
- Ways to select winning investments/selection of stocks & sectors
- Defensive investing
- Foreign investing/effects of a weakening dollar
- Identify some top flight mutual funds
- Real Estate investments for the small investor (REITS)

If you have questions or topics you wish to discuss, this is a great time to get some input from your fellow SIR investors. It will also be a chance to gain some knowledge and insight into topics that may add to your retirement income.

Meeting dates for the coming year will be on the 4th Wednesday of each month, except for November, when we meet on the 3rd Wednesday.

Mark your calendar. No reservations are necessary. All Sir's and their guests are welcome to come and join in.

## 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.

### SIRs 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.



For a special medical meal at our luncheons, please call me a week ahead and I will arrange it for you.

## Luncheon Menu

### Jerry Bellows

This month's luncheon menu

#### Salad - House salad

- Freshly baked rolls and butter

#### Entrees including vegetables

- Homemade meat loaf with veggies and pan gravy
- Honey and soy glazed salmon filet.

#### Dessert

- Daily dessert special - Regular or decaffeinated coffee & tea

## Membership

### Jim Jackson



Branch 146 Statistics: Members 209, HLMs 4, Waiting List 55. January Attendance: Members 170, HLMs 4, Waiting List 10, Guests 1, Excused 31, Unexcused 8. Total January Attendance: 186.

#### Status Changes:

Inducted: None New Top 30 Man: **John Hayes**

Added to Waiting List: **Glenn Casebolt, James Meehan**

Resigned: None. Inactive: None. Withdrawn: **William Triantis**

Died: **Allen Johnson** (*see Sunshine column this page*)

Current Top 30 Man Waiting List (prioritized): Jim Wray, Dick Nebinger, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliss, Richard Colombo, Miles O'Conner, John Hayes.

Remaining Waiting List Men (prioritized): Harold Powell, Roger Maire, Jim Reed, William Schmeh, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezore, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan.



Bill Hansen and guest Bill Stephensen



## Party Bridge Fred Bolton

1st Monday at 10 am at various members' homes. Bring a lunch.

We had four tables of bridge hosted by **Dick Johnson** on January 3.

Winners were: **Jim Stedman** with 5680 points, second was **Dick Johnson** with 5210, third to **Carl Johnson** and fourth to **Howard Harvey**.

Our next game will be on February 7 at **Fred Bolton's**.

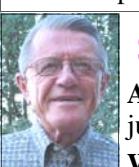


## Song Sirs

### Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:00 pm on Wednesday.

The specific dates for the February practice sessions will be discussed at the late January practices. We are currently adrift in one of our "off seasons" and no future performances are scheduled at this time.



## Sunshine

### Otto Wilson

 **Allen Johnson** passed away. He was just inducted into SIR 146 in October, 2004.

**Warren Boero**, after many tests has acute Leukemia. He thanks all the Sirs for the phone calls. Keep **Warren** in our prayers for a speedy recovery.

**Dick Richmond** is recovering from back surgery. He says he is doing well and when it's raining, he uses the treadmill and that is just about every day.

**Bonnie**, wife of **John Humphrey** will continue chemo in her fight against cancer.

**Harry Rieck** is continuing chemo and will have a scan on January 17th. He is very positive about his progress. Keep him in your prayers that the scan turns out for the better.

**Owen Sullivan** is doing well at San Miguel Villa and would like visitors. His wife **Gloria** has moved into the same room with **Owen** and she is doing much better. Address is San Miguel Villa, 1050 San Miguel Rd., Room 207, Concord, CA.

## Travel Opportunities

### Bob Spellman

January 24-28, 2005 NYC Theater Tour, Includes r/t air and Times Square accommodations, 6 meals, 3 Broadway shows, backstage meeting with cast of Wicked. Radio City Music Hall backstage tour. Cost \$1573 p/p d/o. Contact **Bill Hansen** 939-4951

April 3, 2005 Warriors Basketball vs. Seattle Supersonics. Game starts at 3 pm at the Arena in Oakland. No minimum order, so take lots of friends. Cost \$30 p/p. Pick up brochure at next meeting for ordering information. Contact **Bob Spellman** 934-8428

April 28, 2005 Nummi & NASA. We will travel by bus to the Nummi plant in Fremont, a joint venture of Toyota and General Motors, for a tour of the auto plant on a tram. Next it's to Gerald Canter Center for Visual Arts at Stanford University, which houses a diverse collection spanning 4000 years of the world's cultures. Lunch will be hosted at McArthur Park in Palo Alto. After lunch, we're off to explore NASA Ames Research Center located at Moffett Field. Cost \$64 p/p.

Contact **Bob Spellman** 934-8428

May 19, 2005 A Day at the Races. Includes r/t coach transportation to Golden Gate Fields, Turf Club Admission, lavish luncheon buffet and program. Cost \$35. Contact **Charlie Kiser** 274-1575

May 23-June 2, 2005 Branson & Bargaining. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer.

In Branson deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**, Mississippi barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o.

Contact **Charlie Kiser** 274-1575.

July 20, 2005 All SIRS Day at SBC Park. Watch the Giants battle Eastern Division Champs Atlanta Braves. Seats are assigned on a first come, first served basis. Cost \$17.00 to 33.00 depending on location.

Contact **Charlie Kiser** 274-1575

Sept 29-Oct 10 2005 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest.

Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post-cruise night in Bucharest. Cost from \$3295 p/p d/o.

Contact **Bob Spellman** 934-8428

*She was hoping that the guy would appear at the funeral again. If you answered this correctly, you think like a psychopath. This was a test by a famous American Psychologist used to test if one had the same mentality as a killer. Many serial killers took part in the test and answered the question correctly. If you answered correctly, please let me know so I can take you off my email list unless that will tick you off, then I'll just be extra nice to you from now on.*

*Thanks Chris...ed*



Area II Governor **Harry Hubinger** installs the newly elected Br. 146 Directors.



## Wine Tasting Dale Haukland

SIR 146 Wine Tasting Group will meet Thursday, February 17 at 2 'til 4 pm to imbibe and quaff some delightful Sauvignon Blancs or Pinot Noirs. We will gather at the home of **Peter and Anne Gates** at 2106 Hoover Court in Pleasant Hill. Please call them to say you will be coming and which wine you will bring. All wines must be \$19.99 or less. Remember it is Sauvignon Blanc or Pinot Noir time at the **Gates**. Telephone number : 925-937-2035



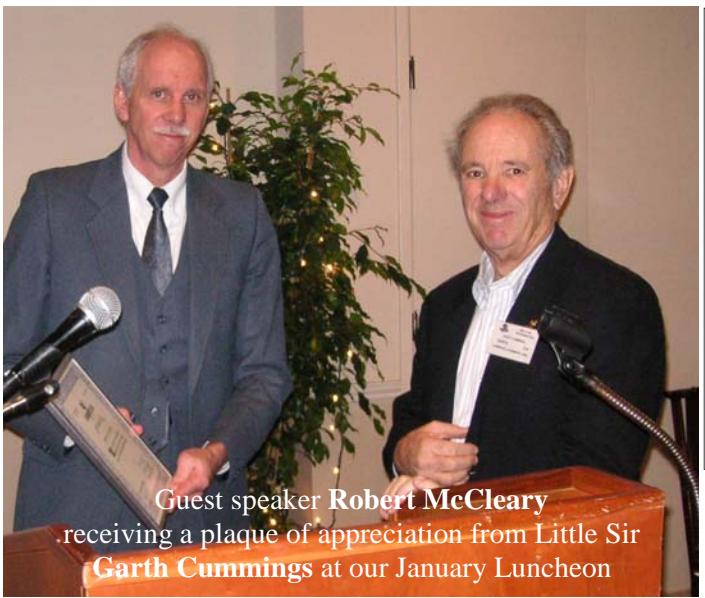
**Elmer Kaprielian and Joe Deas**



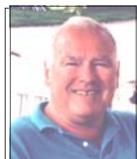
## Table Pool Bill Weinberg

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

The Table Pool Club met on a gray, rainy day on the 1st Monday of the month and had 3 tables going for over 3 hours.. A good time was had by all and the games are improving every meeting. We played on Monday, the 18th, and had 2 tables of 8 Ball. Things are starting to get serious. **Les Foley** of Grp. 8 showed up with a new "Cuetec" Pool Stick. His only losses were because his partner did not perform well.....or so he says.



Guest speaker **Robert McCleary**  
receiving a plaque of appreciation from Little Sir  
**Garth Cummings** at our January Luncheon



### Walkers John Lewis

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



Rain cancels any walk.

Feb. 4-Jack's Jaunt. Meet at Moraga Safeway parking lot.  
Feb. 11-Iron Horse Trail from Newell to Rudgear Road. Meet at Macy's (W.C.) parking lot nearest Newell & Broadway intersection.

Feb. 18-Lafayette Trail. Meet at parking lot near Olympic and Pleasant Hill Road intersection.

Feb. 25-Iron Horse Trail from the Danville Railroad Museum. Meet at parking lot on Railroad Avenue.

Thanks to **John Lewis, Rich Ahlf, Bob Madge,**

**and Jack Matthews** for folding and labeling,

to **Ken Kratz** for photography, **Dick DeVoe** for proof reading and **John Lewis** for mailing.



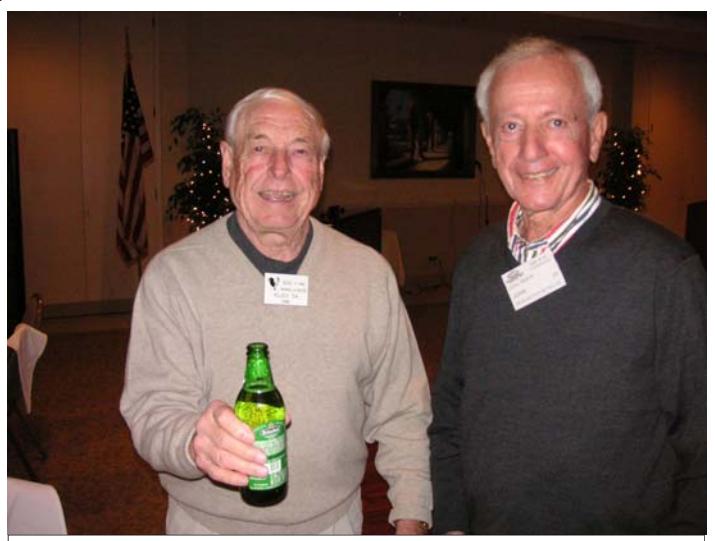
Cooking Too cooks **Rich Hanford, Ken Richter, Bill Kammerer, host John Demos and Don Martin**. Missing from picture are **Jeff Baily, Stu Somerville and Bob Yolland**



**Dave Rasmussen, Tom Lindeland and Bill Martin** at the January Luncheon



**Jim Adams, Clarence Tooley and Bob Swick**



**Russ Bliese and John Demos**

# SIR CALL

## Newsletter

Sons In Retirement, Inc.  
590 Pine Creek Rd.  
Walnut Creek, CA 94598

SirCall@astound.net  
<http://www.sir146.com>

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

First Luncheon of the New Year January 13, 2005



Rich Ahlf & Tom Thomson  
welcoming Ron Plachy (W/L) to  
the January Luncheon.



Hal Ruby and Bill Comley.



Dick Richmond and Dick DeVoe  
checking out the newest cell phone of  
Chris Satterthwaite's.

### SPRING CANDY SALES

#### Order Form

The time is now to place your order for See's Candy. The price has gone up but it is still a bargain at \$10.10 for a one pound box. The deadline is March 14th.

The certificates will be available shortly thereafter.

Make your check payable to "SIR Branch 146" and send a self-addressed stamped #10 envelope to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521-3711.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY & ZIP \_\_\_\_\_

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