



Big Sir's Notes

Terry Marchione

Well it's that time of year to turn over the reins to your new officers and directors. They say time flies when you're having fun and it has been fun. I do owe a huge thank you to the current board for

making my job easy. We had a great board this year and I am sure that next year will be as good or better under the leadership of **Big Sir Doug Eisner**. There are many other branch members who deserve thanks. There are too many to mention individually here but some who deserve my special thanks:

Jim Burk who took over the job of luncheon chair for most of the year and mentored **Baha Zarah** to step in.

Jack Hockel and Ron Plachy who added many enhancements to our website.

Jeff Baily who breathed new life into the SIR Call newsletter.

Richard Hockenbrock and Jack Hockel who, despite long odds, managed to gather and post photos of every branch member.

Chuck Campbell and Jerry Kaplan who not only insured sound footing for branch finances but also guided us through the change to a dues based approach to branch finances.

Steve Sprague whose enthusiastic approach to the membership chair job, provided us with accurate and timely information.

As I said, there are many others who stepped up to assist in making our branch one of the most successful in SIR.

Here's wishing you and yours a Happy Holiday Season.



Ladies Day Luncheon
featuring
The Music of HouseBlend !
Gathering time 10:45 am
Seating time - 11:45 am

Little Sir's Corner

Doug Eisner

We're in for a real treat at our gala Ladies Day luncheon on Dec 12! Not only has **Steve Dawkins** planned a special menu with beautiful table decorations to put us in a Christmas mood but we'll be entertained by HouseBlend, a local a cappella male quartet performing its own mixture of seasonal, pop, country, gospel, and other musical genres. The members of the group met through the music ministry of the Concord United Methodist Church and formed HouseBlend in 1998. Since that time, HouseBlend has won awards at the prestigious San Francisco Harmony Sweepstakes each of the 5 times it has competed, including the Audience Favorite award. Please be sure to get your reservation, entree choices, and payment in to **Steve Dawkins** by Dec 2 so you and your wife don't miss this exciting event! As always, singles are welcome and **Steve** will take care of seating arrangements. I'd like to again express my thanks to the



Continued on page 2

Little Sir's Corner

Continued from page 1

Speaker Committee, **Tony Greco, Dave Pierce, Alan Elnick, and Cal Tucker**, as well as the many members who offered speaker suggestions this year, for making my job of arranging luncheon speakers so much easier. I'm sure you'll continue to offer **Bill Holly** the same courtesy as he takes on that role in 2014.

A reminder to members who haven't paid their 2014 dues: Your dues are now payable so please send a check for \$15 to our treasurer, **Chuck Campbell**, before Dec 31.



Photo by Richard Hockenbrock

Howie and Janey King relaxing at Uncle Yu's with the Couples Dining Out group.

Cribbage

John Pearl

We had our biggest turnout ever on the Wednesday afternoon of October 30th, at **Barney Meade's** home, with 10 people playing all at once! More players meant more prize money and more winners. First place went to **Kirk McVean**, a guest from Branch 116, Second to Englishman **Dennis Hallett**, third to our host, **Barney Meade**, and fourth to former SIR and member of Branch 146, **Dan McFessel**. Both **Kirk McVean** and **Art Ainscough** played in spite of and with recent knee replacements! Our November meeting will be on Wednesday, November 20, at 12:30 PM at **Barney Meade's** home.



Activities Chair, Bill Holly reports two new activities coming up...



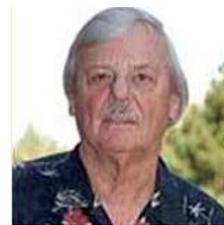
Photography Group Rich Hockenbrock

We have started a new Photography Group. This group will cover various aspects of photography, which might help you improve your picture taking capabilities. The meetings will be held on the third Friday of the month. The first meeting will take place on Friday, January 17th from 9:00 A.M. until 11:00 A.M. at the Walnut Creek, Ygnacio Valley Library on Oak Grove Rd.

If you are interested in this activity and have not

previously signed up, please send an email to **Rich Hockenbrock** at: rhock@pacbell.net.

Note: Spouses are also invited to attend.



Hiking Group Rich Ahlf

We have started a new Hiking Group. This would be a moderate hiking activity lasting from two to five hours with a day pack. If you are interested in this activity, please send an email **Rich Ahlf** at: rahlf@sbcglobal.net

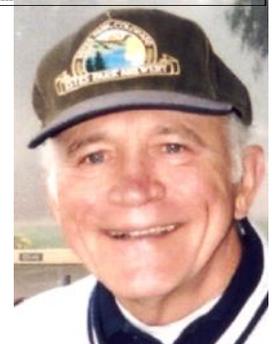
Note: Spouses are also invited to attend.

Poker Club 4

Chuck Bobinecz

There will be no poker session in December. Santa was invited but it is his busy season. We resume play in January which will be hosted by Sir **Skip Thomas**. In poker jargon a "fish" is a poor player.

There are no fish in poker #4.



Couples Party Bridge

Dave Pierce

There wasn't a full moon on November 5th but there must have been something in the air. In this group 3000 is a good evening. This time three potent couples scored over 4000, including **Doug** and **Patti Eisner (4210 for 3rd)** and **Terry** and **Sharon Marchione (4440 for 2nd)**. But those good scores weren't even close to **George** and **Pam Rammell**, who scored **6380**, bidding games galore and at least one slam. They had **2880** on just one round (four hands), more than three couples scored all night. **George** and **Pam** admitted they had resolved to bid "more aggressively." Well, I guess. The rest of us were at least rewarded by **John** and **Linda Boyan's** gracious hospitality and a delicious coffee cake at evening's end.



Photo by Richard Hockenbrock



Dave Pierce savoring the moment after winning the red wine drawing at the November wine tasting event.

More on page 15.

Couples Duplicate Bridge 2

Jim Adams

The Couples Duplicate Bridge 2 Group was hosted by **Dave** and **Joan Pierce** in November. **Lynn/Dasha Freeman** and **Ken/Elaine Richter** tied for 1st while **Dave/Joan** took 3rd in a hotly contested match. Only 2.5 points separated the 1st five teams, which is our tightest grouping ever. A further phenomenon - the 5th place team had the least boards earning zero points, which would typically have defined the winner. However, they had the least number of high boards as well! Strange goings-on. As usual, those who bring their "A" games find themselves in the top three. So what happens when we all do that? History shows it will never happen... :-)



Duplicate Bridge

Doug Eisner

Bob Donahue hosted 4 tables of duplicate bridge on Nov 18. **Jim Stedman**, AKA "The Comeback Kid", really showed the rest of us the meaning of that nickname. **Jim** finished the morning session solidly in 13th place out of 16 players. However, in the afternoon session he blasted through the field with a record-breaking 9 top boards out of the final 16 boards to storm into first place with a score of 47.5 pts. **Carl Johnson**, with 42.0 pts, was a distant second followed by **Lo McCarley's** 40.5 pts for third place and **John Demos** with 39.5 pts for fourth place. Our next game will be hosted by **Bob Yolland**



Paddy was in New York He was patiently waiting, and watching the traffic cop on a busy street crossing. The cop stopped the flow of traffic and shouted, "Okay pedestrians".

Then he'd allow the traffic to pass. He'd done this several times, and Paddy still stood on the sidewalk.

After the cop had shouted "Pedestrians" for the tenth time, Paddy went over to him and said, "Is it not about time ye let the Catholics across?"

Lo McCarley

Cross-Country skiing...

If you are going to try cross-country skiing, start with a small country.

Lo McCarley



GOLF

Ray Weisz

Golf is one of our most popular activities with over 100 registered golfers. We are fortunate to have a large assortment of venues and formats:

We play Tuesdays at Boundary Oak.

Players are randomly paired and starting tee times are emailed to each player.

In addition to regular stroke play, we have many Tuesday tournaments specifically set up for our players.

There is a 9-hole group that plays at Diablo Hills. They play every Thursday except the second Thursday of the month, which is the luncheon date. For those with golf playing partners, there is Couples Golf offered on the 4th Wednesday of the month, April through October.

Like playing other courses? On the first Thursday of each month (From May through October) we offer Away Golf. Do you enjoy competing against other SIR players from different branches? We have several different formats throughout the year.

Since we have so much going on, we have found it necessary to publish a weekly golf email (GEM) outlining upcoming events and results from past events.

All of our golfers should be receiving GEMs. If you would like to be added to the distribution list (non-golfers are welcome too), please let us know by emailing your request to sir146golf@gmail.com.

SAVE THE DATES

Sunday, March 30 thru Tuesday, April 1
for the 2014 edition of the

MONTEREY MASHER GOLF TOURNAMENT
in Monterey, California. Included are 3 nights
lodging, breakfasts, a couple in-house cocktail
parties and a round of golf at

PACIFIC GROVE MUNI & LAGUNA SECA GC
The awards banquet will be on Tuesday evening.

Questions?

Ask any committee member below.

**Lew Thompson, Dick DeVoe
Dick Richmond, Dennis Hallett**



Photo by Richard Hockenbrock

Pre-seating camaraderie at the
November luncheon.

Register

Reply by January 15, 2014.

A complete package of information including
room assignments and tee times will be sent
to you at a later date.

Make checks payable to:

"SIR Branch 146 – Monterey Mashers".

Mail to: Lew Thompson, 1830 Cleveland Ct.,
Concord, CA 94521.

-----CUT HERE-----

Name _____

Companion _____

Couples package- Two Golfers: - \$690
Room 3 nights, Banquet, Party. 2 golf rounds
each- two golfers.

Couples package - One Golfer: - \$570
Room 3 nights, Banquet, Party. 2 golf rounds-
one golfer.

Companion to play golf Monday only:
add \$72.

Companion to play golf Tuesday only:
add \$47

Total enclosed.....

Banquet Choices: Filet Mignon with Fresh
Vegetable Medley _____

Baked Salmon with Fresh Vegetable
Medley..... _____

Vegetarian..... _____

Fishing Report

Paul Dubow

The trout season at Shadow Cliffs Reservoir in Pleasanton has started on a spectacular note. Cold nights in November caused the rainbows in the reservoir to become quite hungry and that proved to be a delight for the equally hungry fishermen from our club. A number of us made the excursion to Shadow Cliffs and the champion was Branch 146's own **Tom Boltz**, who landed a tasty five pounder from the pond. Other successful fishermen at Shadow Cliffs were **Gordon Linebaugh, Terry Miller, Harry Sherinian, Mike Corker, and Carl Moyer**. On the delta, **Joe Miscione** and his son continued their pattern of catching stripers in Montezuma Slough. And **Sal Costanza** of Branch



Photo by Paul Dubow

Tom Boltz of Branch 146 with two rainbows out of Shadow Cliffs Reservoir in Pleasanton

146, fishing up river, caught a 37 pound salmon, the biggest salmon of a very very long fishing career.

Turning to ocean fishing, **Carl Moyer, Terry Miller, Gordon Linebaugh, Pete Gates** of Branch 146, and **George Vogt** landed beavies of rock cod and ling cod. **George** also hooked a very large crab. But a combined rock cod and crabbing trip by **Pete Gates, Tom Boltz, and Brad Hatcher** of Branch 146 turned out to be a complete flop because of rough ocean and damaged gear on their boat. But **Brad** did better on an outing out of Kona, Hawaii, coming home with some very nice ono.

Our planning committee met this month and mapped out quite a few trips for the group in 2014

and all of you past, present, and future fishermen are invited. For example, in January we have three outings planned for sturgeon and stripers in the delta and outings to Lafayette and Shadow Cliffs Reservoirs for trout. And in February, we will again have three sturgeon/striper outings in the delta, plus a trip for kokanee, black bass, and trout at Lake Berryessa, and trout fishing outings to Lafayette, Shadow Cliffs, and San Pablo Reservoirs. One of the Shadow Cliffs trips will finish with a lunch of chili and hot dogs prepared by the master chef **Terry Miller**.

Please join us at our next meeting, which will be Thursday, December 19 at the Legends Sports Bar and Grill at the Diablo Valley Golf Course at 4050 Port Chicago Highway in Concord. The meeting starts at 8:30am but breakfast is available for all of our guests beforehand. For further information, please contact Big Fish **Pete Gates** (925-937-2035), secretary treasurer **Tom Boltz** (925-825-5695) or branch fishing coordinator **Paul Dubow** (415-495-6504).

The symbol and prayer of remembrance at the November luncheon



The Remembrance Table

Let us pray... Gracious and compassionate God it is with deep gratitude that we come before you during this month of November to honor the veterans who have so heroically served our country. In appreciation of the sacrifices so many have made we honor their memory with the tradition of the Missing Man Ceremony.

I call your attention to the small table that occupies a place of honor before us. The table is empty and is set for those who can-not be with us - those who have given their lives for our country and for those who are still missing in action. Some fell in battle and are resting on foreign soil. Some we know were captured but never released. Some are still missing and unaccounted for, but they are not forgotten. The table is set for one, symbolizing the frailty

See Prayer Continued on page 8

Couples Golf

John Harrington

On October 23 the final Couples Golf event of 2013 was held at Rancho Solano Golf Course in Fairfield. The day was fantastic in every respect. The weather was picture perfect under sunny skies and 80 degrees in temperature. With this as the backdrop, we enjoyed a wonderful turnout of 14 of our 23 couples on the roster of prospective participants. The format turned out to be an interesting one that could best be described as Ryder Cup "like." The first six holes were "Best Net Ball" of the couple; the second six holes were played under the "Scramble" format; and the third and final six holes used the "Alternate Shot" format. The good news is that after those last 6 holes, no divorce papers were filed and everyone was still smiling!



The results for the day were as follows:

Best Ball

1st Place: **Ron and Anne Plachy.**

Runner Up: **Jim & Judy Baldrige**

Scramble

1st Place: **Ray & Tippy Weisz**

Runner Up: **Lew & Carla Thompson**

(The **Weisz's** won on the third hole of a scorecard playoff to break the tie)

Alternate Shot

1st Place: **Don Rhoads and Barbara Elenteny**

Runner Up: **Jonathon & Barbara Korfhage**

Closest to the hole (Men) **Terry Marchione**

Closest to the hole (Women) **Anne Plachy**

If anyone would like to join the fun in 2014, please let **Paul and Maggie Masta** know of your interest. Weather permitting, we will try to get underway again in April.

Reason for Oil Shortages

A lot of folks can't understand how we ran out of oil here in the USA.

The answer is simple ...

nobody bothered to check the oil. We didn't know we were getting low.

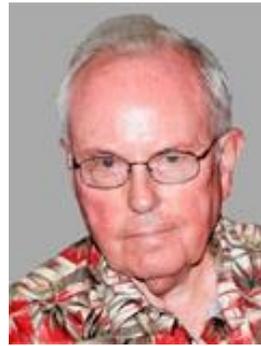
The reason for that is geographical...

All the oil is in Texas and Oklahoma , and all the dipsticks are in Washington, D.C.

Lo McCarley

Old Money Poker Group 6

Al Twyford



We met on Wed. Nov.13th at **Rich Ahlf's** home in Clayton. We had 8 players including our new SIR member and new alternate

for our group, **John Gray.** Attending besides **John** were **Frank Lucas, Norm Baietti, Bob Larson, Rich Ahlf, Don Tubb** and **Al Twyford.** **Sid Landman** and **Brad Hatcher** were out of town and could not join us. Host **Rich** and **Al** were the big winners this time. **Rich** was a great host with a choice of wine, beer or water and snacks for us to enjoy during our 3 hour game. It was a beautiful day and everyone enjoyed the country ride out March Creek Road to **Rich's** home in Clayton. A good time was had by all playing poker and looking forward to our next scheduled game at **Brad's** house in Walnut Creek

Cribbage

John Pearl

Seven Sirs braved the first rain of the season to meet at Sir **Barney Meade's** home.

Art Ainscough's recent knee surgery doesn't seem to have prevented him from his usual high-level of play, while "newbie", former Big Sir **Jeff Baily** joined us for his first round of cribbage ever. First place money went to (I can't believe it) **Jeff Baily**, while our resident expert and host **Barney Meade** took second. Rounding out the winners were **Art Ainscough** in third place, and **Tony Greco** in fourth.

One of the highest scoring and most unusual cribbage hands is holding four fives.

Sirs **Barney Meade** and **Tony Greco** accomplished this in one afternoon.

Our next meeting will be at **Barney Meade's home** on Wednesday, December 18, at 12:30 PM. Everyone will be looking for Christmas money.

See pictures on page 8.



Mac User Group (MUG)



Max Burchett



Verner Laursen

The Mac Users meet the *first Monday* of every month at 10 AM at the Thurman Casey Library on Oak Grove Road. We finish by noon.

Max Burchett and **Verner Laursen** are the leaders and we try to help Mac users with their questions or problems. Since we are using Macs we don't have problems, but only need some help in how to accomplish the task. We do have suggestions on software and where to get the best deals on products related to your Mac.

If you have or may have an interest please contact us and we will put you on our mailing list. If you are on the list, you will receive an email from us, from time to time and we will let you know of items that are of interest Mac users.

Verner Laursen
Max Burchett

Luncheon Attendance

Baha Zarah

The SIR Branch 146 monthly luncheon was held on Thursday 14 Nov 13 at the Boundary Oak Golf Club. There were almost 220 attendees including the speaker and 5 high school students enrolled in JROTC who served as color guards before the Pledge of Allegiance. The speaker, Lt Col Chris Taddeo who is the JROTC coordinator for the Mt Diablo School District and a teacher in the District, gave an interesting presentation on the JROTC program and the various courses that the students must complete to prepare them for the future. The courses include studies in leadership, citizenship, US Army history and the normal courses that prepare them for college. CourseCo served a delicious lunch of



turkey and its usual accompaniment but fish was also available. The Dec lunch is the ladies lunch and members are asked to contact **Steve Dawkins** to sign up for it. An announcement and reservation form for this lunch can be found on page 12. The normal lunches will resume in 2014 with the Jan 9th lunch. The deadline for notification of non-attendance at this lunch is noon Friday Jan 3rd. Notifications should be sent to **nolunchbranch146@gmail.com** or phoned to **Baha Zarah** at 925 207 4344. The cost of the lunch in 2014 remains at \$25. Please pay by check.



One of the traditions of Christmas is kissing under the mistletoe. So, what is mistletoe and how did this tradition come about? Mistletoe is a parasitic seed plant that depends on its host for food and water. These parasitic plants penetrate the host plant directly by force and then steal the nutrients they need. Most trees can tolerate a little mistletoe, but individual infected branches may die.

Mistletoe was first considered a sacred plant by the Druids as it was believed to have medicinal power; but it was the Scandinavians that raised mistletoe to a higher level. If you found yourself confronting your enemy and you happened to be under a tree with mistletoe, then you had to stop fighting until the next day. Over time and with the help of Viking lore, mistletoe became associated with Frigga the goddess of love. Today, the proper etiquette is for the man to kiss a woman under the mistletoe and take one berry from the plant. When all the berries are gone then there is no more kissing allowed.

Jay Leno Quote

With hurricanes, flooding, tornados, mud slides, fires out of control, severe thunderstorms tearing up the country from one end to another, and with the threat of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Allegiance?



Photo by John Pearl

Tony Greco and Barney Meade at the recent cribbage event both achieved one of the highest scoring and most unusual cribbage hands - four fives.

Member Relations

Ben Gleason

Thanks again to all who responded to our 2013 Annual Survey. We have a response rate of over two-thirds of the members surveyed. The responses, in general, were overwhelmingly favorable but our committee will analyze the responses and recommend action to address any areas that show potential for improvement.

We plan to report to the BEC in January.



Jim and Phyllis Meehan enjoying the Couples Dining Out evening

Continued from page 5 ...Prayer of one against many oppressors. The table cloth is white symbolizing the purity of intention of one who answers his country's call to arms. The single red rose represents the families who keep the faith awaiting our comrades return. The red ribbon reminds us of the ribbons worn by thousands bearing witness of an undying determination to acquire a proper accounting of missing comrades. A slice of lemon on the plate reminds us of the bitter fate of some. The salt beside it reminds us of the families' tears as they wait.

Cooking II

Bob Yolland

Cooking II had a super lunch at **Dennis Hallett's** home on the second

Monday 11/11. We had a full compliment of members,

Bruce Borgman, Bill Cammerer, John Demos, Dennis Hallett, Corrie Oranje, Ken Richter, Bill Roberts

and **Bob Yolland**. We truly enjoyed the lunch even though the chef claimed prior to the meal that he couldn't cook. **Dennis** started us off with Parma ham and salami wrapped cheese and an excellent hearts of artichoke dip. With great weather we were able to sit out in their beautiful back yard by the pool, for the wine and hors d'oeuvre. For the main course

Dennis served a very nice chicken Hawaiian casserole and salad. Following this excellent entree he made a macadamia pear crunch dessert with French vanilla ice cream and extra macadamia nuts. There was a great deal of good conversation and good wine consumed with this fine meal. Thank you **Dennis**. Our next event will be December 9th at **Corrie Oranje's** home.



SIR Call Newsletter Group

Editor	Jeff Baily
Proofreaders	Dick DeVoe and Cal Tucker
Assistant Editor	Rich Ahlf
Labeling & Mailing	Bill Cammerer
Internet Posting	Webmaster Jack Hockel



Travel Opportunities

Bob Spellman

Dec 10, 2013: Sounds of the Season. This day will be a start to the Christmas Season by featuring three talented young artists that will capture your hearts. This event will be held at the Wedgewood Event

Center, San Ramon Golf Course. The day includes a hosted luncheon and the performance of Sounds of the Season. Ticket price is \$65pp. Contact **Ken Richter** 925-689-6217.

Jan 9, 2014: Cuba: Music, Culture & the Roots of Revolution. A people to people program that visits Santiago de Cuba a cultural melting pot of Afro-Cuban tradition as well as Baracoa an unspoiled gem on the coast. The Cuban capital of Havana will also be included. The cost of \$5295 includes RT Airfare, all accommodations, 28 meals, Private Motor coach, and English speaking guide. Contact **Russ Aubry**, Br 171, 510-644-2692.

May13, 2014: Hidden Gems of the Dalmatian Coast & Greece. A 16 day cruise aboard a privately owned Grand Circle small ship with a maximum of 50 passengers. Ports of Call include Zagreb, Split, Hvar, Korcula, Dubrovnik, Montenegro, Butrint, Albania, Corfu, Delphi and Athens. Prices range from approximately \$4595 to \$6170 depending on accommodations and airfare. Trip also includes 37 meals, 12 exclusive tours with personal headsets, home hosted dinners, and resident Grand Circle Program Director. Contact **Ken Richter**, 689-6217.

Sep 19-Oct 3, 2014: Grand Norwegian Coastal Voyage. 14 night trip starting in Bergen, Norway with a stay at a Superior First Class Hotel before boarding your working Norwegian coastal vessel designed for comfortable cruising . You will visit 34 ports of call, with 12 orientation walking tours with Program Manager. Additionally cost of \$4649 includes accommodations, 36 meals, audio headsets, all transfers and baggage handlings. Post trip to Copenhagen, Denmark also available. This trip will sell out fast. Contact **Bob Spellman**, 934-8428.

Poker Club 1

Frank McNamee

Poker Club #1 met at the home of **Frank McNamee** on November 13th and the winners for the day turned out to be **Bill Cammerer, Dan O'Sullivan, John Lewis and Bob White**. The 13th can't be an unlucky day for all the players.

We will visit **Don Martin** at Stoneridge Creek for our next match on December 11th.



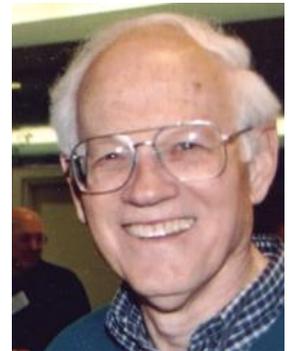
Couples Duplicate Bridge

Lo McCarley

Carl and Anne

Johnson hosted eight couples for a gala evening of duplicate bridge on November 20th. All of us enjoyed their snacks and wines. Everyone enjoyed playing bridge (the winners liked it better so they could take their prizes - lots of money).

As for the bridge results, **Carl and Anne Johnson** took first place with 44 points—second highest this year. (In July the Johnson's scored 46.5 points.) **Bob and Janet Yolland** came in second with 36 points. We had a tie for third place. **Bill and Margaret Rees** tied with **Jim Brown and Adrienne Morrison** with 35 points. We won't talk about who came in last. **George Zurich** and **Susi Cherry** will host the next bridge on December 18th at **Susi's** home.



Book Corner

Ken Richter

It is the season for each Sir to be in front of a warm fire with a glass of port and a good book. This could be a reminder to everyone that a book is a great present for the holidays.

The Book Corner in January would be the perfect time to share those books with your fellow Sirs. Have a safe and happy holidays.

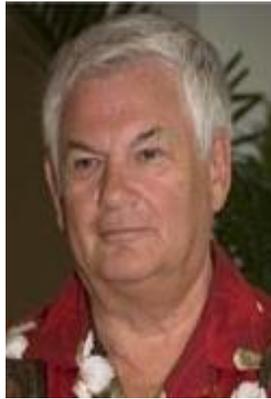


SongSirs

Bruce Borgman

The SongSirs donned their blue vests at the November luncheon to sing rousing renditions of the armed services songs, which added to the recognition of those SIRs who are veterans and proudly served our country. We were pleased recently to welcome yet another new member, **Bob Finertie** whose fine voice will add to the group as we prepare for the holiday season. Our practices are now concentrating on the Christmas tunes, both old and new – with solos from our particularly talented singers. **Don Tubb** has arranged for us to sing at the John Muir Medical Center, Concord campus on December 11 around 12:45pm. We will sing in the lobby and also go to some of the nursing units to bring holiday cheer and the sounds of the season to patients and hospital staff.

We continue to practice every first and third Wednesday at Walnut Creek Presbyterian Church at 2:30pm for those who wish to join us and enjoy the camaraderie of your fellow SIRs who like to sing.



Bowling

Larry Mitchell

The SIR Bowling League has competed the 11th week of bowling and Team No. 6, composed of **Pierre Mebane** and **Ken Donnelly**, is running away from the pack. They have won 31 1/2 games.

The team of **Larry Mitchell** and **Jim Adams** is, however, moving up nicely with 24 games won, which is good for 2nd place. Season-to-date high scores are **Pierre Mebane**, with a high scratch game of 255, high handicap game and a high handicap score of 265. **Larry Mitchell** has the No. 2 high scratch series (544) and **Jim Adams** has the No. 2 high Handicap series (669). Any time is a good time to come down and join us on the lanes. No experience is necessary. You can try bowling without being on a team at first if you wish. Then join a team later. We bowl at Diablo Lanes on Wednesdays at 10:00 AM.



Breaking News!

Police are being called to a daycare center... A baby is resisting a rest.

Poker Club 5

Bill Roberts

Bill Roberts proved to be a gracious host (as always) for our poker group in November with copious amounts of food and adult beverages. The group has a relatively new policy where the biggest winner is required to write the article for the SIR Call. The game was very even down to the last hand with **Charlie Koeber** being slightly ahead. The last hand is a simple deal off of 5 card stud where the winning hand collects the leftover number of chips (we pay off in round amounts). As fate would have it, **Marchione** wound up with two pair, collected the pot and edged out **Koeber** for the job of penning the article. We will have a December game at **Bill's** place on the 11th.

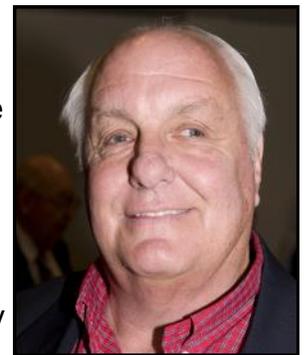


Photo by Richard Hockenbrock

Bill and Bernice Cammerer enjoying Couples Dining out night at Uncle Yu's Restaurant in Lafayette



Photo by Richard Hockenbrock

Dick and Janice Woodman at Uncle Yu's restaurant with the Couples Dining Out group

SIR 146 Niners Golf

Vern Laursen

The SIR 146 golf group tees off at 9:30 AM at the Diablo Hills Golf Course on most Thursdays. The exceptions are the 2nd Thursday when we go to the SIR's lunch and on Thanksgiving when we know better than to play golf. Rain may be a hindrance for some. Last year we did play in the rain one time. We do enjoy a good lunch after our round. We do miss our good friend **John Denham** and his stories at lunch.

If you are interested, let me know and I will put you on my list. On Mondays I will send out an email asking who is coming for golf, who is walking and who plans to stay for lunch.

On Wednesdays I will send out an email setting forth the pairings for Thursday morning. Thursday morning there may be adjustments based on who does or does not show up.

Verner Laursen
vlaursen@astound.net



Photo by Richard Hockenbrock

HLM Dick Richmond, Ron Plachy and Tom Gorman at the November Luncheon.

Berkeley Wellness

UNIVERSITY OF CALIFORNIA

Exercise is good for so many reasons, some obvious, some not. It can help you lose weight, gain strength and fight mild depression. The benefits also include better cholesterol levels, lower blood pressure, improved blood sugar control, stronger bones and a more efficient heart. Every month, studies on the benefits of exercise appear. Here's a sampling of recent ones.

Better Brain Health...

Older people who are the most physically active experience less brain shrinkage (a process linked to cognitive decline and dementia) and fewer other signs of aging in the brain than their sedentary counterparts, according to a study of 638 people in their 70s, published in *Neurology*. In contrast, MRIs revealed that participating in mental or social activities did not affect brain size.

More Protection Against Dementia...

A multi-nation European study of 639 people over 65, published in the journal *Stroke*, found that exercise was associated with a 40 percent reduction in the risk of cognitive impairment and a 60 percent decrease in vascular-related dementia (such as that resulting from a stroke).

Reduced Breast Cancer Risk...

In a large study from the University of North Carolina at Chapel Hill, women who reported exercising regularly (in the past or present) had a reduced risk of developing the disease. But maintaining a healthy weight is also essential, the study found, since substantial weight gain, especially after menopause, nearly wiped out the exercise benefit. A 2009 review of research on exercise and breast cancer prevention concluded that the evidence is "compelling."

Less Cancer-Related Fatigue...

A review by the Cochrane Collaboration of 56 studies confirmed that exercise such as brisk walking or cycling can help reduce fatigue related to cancer and its treatment. Most of the research looked at people with breast or prostate cancer.

Continued on page 13



THE CLUBHOUSE

AT BOUNDARY OAK

Gala Ladies Day Luncheon

Thursday December 12, 2013

Number of tickets at \$27.00 Each _____

Check enclosed \$ _____

Names: *

Sirs without partners also most welcome

_____ Entree _____

Salad

Mixed Green Salad

Avocados, Seasonal Citrus Slices
Raspberry Vinaigrette

Entrees

Angus Beef Short Ribs

Seasonal Vegetables, Root Vegetable Puree
Or

Herb Crusted Alaskan Cod

Wild Rice Pilaf, Seasonal Vegetables and
Pomegranate Béarnaise Sauce

Dessert

Petite Christmas Log
Peppermint Chantilly

Make check payable to SIR 146 and send to
Steve Dawkins 117 Alegra Lane, Walnut
Creek CA 94598 **by December 2nd.**

No tickets sold at the door.

* If ordering for a group, send in full payment and list your companions and their entrée choice on an attached sheet.

Willy: I read that a woman uses twice as many words as a man during a conversation.

Lily: That's because a woman has to tell a man everything twice

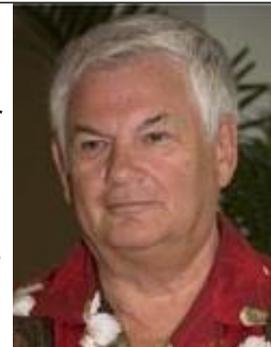
Willy: What?

Lo McCarley

Couples Dining Out

Bruce Borgman

On Wednesday November 20th, forty Sirs and their wives enjoyed a wonderful Chinese dinner at Uncle Yu's in Lafayette. The nice round number of diners allowed us to have five tables of eight which was conducive to fine fellowship and conversation with our fellow Sirs and spouses. We were able to have a private dining room to ourselves as we enjoyed eight courses of delicacies from this Lafayette landmark restaurant, which has been at this location for 27 years! We were pleased to welcome some who had not attended before as we encourage participation by both our regulars as well as those of you who have not yet joined us for what is always a fun evening. **Richard Hockenbrock** again took a number of photos of our good looking group, which you may see as part of this SIR Call. Our next event will be in mid January of the new year. There were a number of good suggestions for the next restaurant which will be researched by yours truly – again, a tough job - but someone's got to check out a place worthy of our culinary tastes! We encourage all of you to consider joining us in January!



Walt and Bobbie Schmidt enjoying their time at Uncle Yu's in Lafayette with the very popular "Couples Dining Out" group.



Walkers

John Lewis



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

December 2013 Walks by
Bob Madge

Dec. 6 Lafayette Trail West Lafayette

Meet: Lafayette Comm. Center
Walk: St. Mary's Rd. toward Moraga
Coffee: Terzetto Cuisine

Dec. 13 Danville Railroad Museum North Danville

Meet: Railroad Museum Parking
Walk: North on Iron Horse Trail
Coffee: Pascal French Oven 155B Railroad Ave.

Dec. 20 Walnut Creek Christmas Walk, W/C

Meet: Walnut Creek Civic Center
Walk: Across Bridge South on Iron Horse
Trail West on Newell
Coffee: La Scala Civic & Locust Walnut Creek

**Dec. 27 Markham Tree Walk Treat Blvd. &
Clayton Rd. Concord**

Meet: Coco's Parking Treat Blvd.
Walk: Starts west corner of parking
Coffee: Coco's Treat Blvd.



Genealogy

Verner Laursen

The genealogy group meets the 4th Wednesday of the month at the Concord Family History Center at 3700 Concord Blvd in Concord. We start at 1:30 and go for about 2 hours. We have assistance from the staff at the Family History Center. At this Center we have access to many sites that might have the information you are seeking.

We are here to help those who are beginners and those who have some or a lot of information about their family. You do need access to a computer to enter your information. If you are beginner we will help you avoid our mistakes.

Our group does not meet in November and December because of the proximity of the day to Thanksgiving and Christmas. We will start again in January.

If you have or may have an interest please contact me and I will put you on my mailing list. If you are on the list, you will receive an email from me, from time to time and I will let you know of items that are of interest to genealogists.

Verner Laursen

vlaurson@astound.net

Continued from page 11

Longevity...

Physical activity can add years to people's lives, according to an analysis from the National Cancer Institute in PLOS Medicine, which included data on 650,000 people in six long-term studies and controlled for other factors that affect longevity. Those who exercised moderately (for instance, walking briskly 150 minutes a week) lived about four years longer, on average, than their sedentary counterparts. Even those who did modest amounts of exercise (such as 75 minutes of walking a week) lived nearly two years longer. And the benefit was seen in the obese as well as in thinner people.

Sense of Well-Being...

When university students increased their usual daily exercise by even modest amounts, they reported a greater sense of satisfaction with life, according to two studies from Penn State, published in Health Psychology.

Arthritis Relief...

In people with osteoarthritis of the knee, aerobic and aquatic exercise help reduce disability and, along with strength training, reduce pain and improve functioning, concluded a review in the Annals of Internal Medicine. Adherence to an exercise program was the key to its success.

*A little boy asked his grandmother
how old she was.*

"39 and holding," she replied.

"Well, then, how old would you be if you let go?"



Photo by Richard Hockenbrock

Al and Lana Altman at Uncle Yu's Restaurant.

Sunshine

Walt Busenius
945-0715

Busenius@astound.net

We keep the following Sirs in our thoughts and prayers during December. We look forward to continued healing and their return to good health.



Don Nunn

Ed Malboeuf

Chuck Bobinecz

Elmer Kaprielian

Guy Rudberg

Bob Van Luchene

Joe Barry

Art Ainscough

Please try to contact a sick Sir to offer support and encouragement during his illness. A friendly call is always welcomed.

In December **John Pearl** will assume the Sunshine duties.

If you are aware of a sick Sir, please let John know by phone 925-934-6920 or e-mail mcppearl@astound.net so that our branch membership can be advised.



Table Pool

Bill Weinberg

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

We usually have three or four pool games going when we meet on the 1st & 3rd Mondays at 1:30am at Masse's 2721 North Main in Walnut Creek. The cost is \$5 for as long as you want to play. We also have SIR members from other branches joining us and we usually play about 2 hours, but not everyone stays for the final curtain. Haven't played in years? Come join us. All Sirs in our Area 2 are welcome.

Membership

Steve Sprague



Our Branch 146 Membership Numbers:

As of the Executive Committee meeting on November 14th, we have 266 active members. This is a decrease of five from the previous month. We currently have one applicant

awaiting BEC approval.

Status Changes:

Inducted: **Gayl Thorne.**

Moved to Inactive: **Pablo Chavez, Gerald Duarte, and Doug Timmons.**

October Luncheon Attendance:

Members: 209 (79% of membership)

Guests: 4

Visitors: 5, Speaker: 1

Total Attendance: 219

Changes to the Inactive Roster:

As noted above, **Pablo Chavez, Gerald Duarte, and Doug Timmons** have been added. **Harry Dillon** has resigned after two years inactive status. Our inactive roster therefore increases to 23 members.

Duplicate Bridge 2

Dick DeVoe

Many thanks to **Dave**

Pierce for hosting the Nov.

1 event and to Joan for the

super pumpkin pie! The

1st half's top four- **Rich**

Ahlf (35.5), **Sid Landman**

(31.0), **Tony Greco** (29.5),

and **Dave Pierce** (28.5)- never let up on the

rest of the group from start to finish. Good

work and high scores, gentlemen! Next event

will be hosted by **John Boyan** Friday, Dec. 6.



Photo by Richard Hockenbrock

Syd and MJ Whalen enjoying a moment out at Uncle Yu's



Photo by Richard Hockenbrock



Photo by Richard Hockenbrock



Wine Tasting

Bill Holly

Forty-four people attended the October SIR wine tasting at the home of **Al & Diane Munayer**. We tasted 17 red wines and five white wines from Argentina which is the 5th largest wine growing region in the world.

Carmen Melrose won the white wine drawing, and **Dave Pierce** won the red wine drawing.

The appetizers, the wine, the weather, and the pleasant surroundings all contributed toward making this another successful wine tasting. The next SIR wine tasting will be on January 22nd.



Photo by Richard Hockenbrock



Photo by Richard Hockenbrock

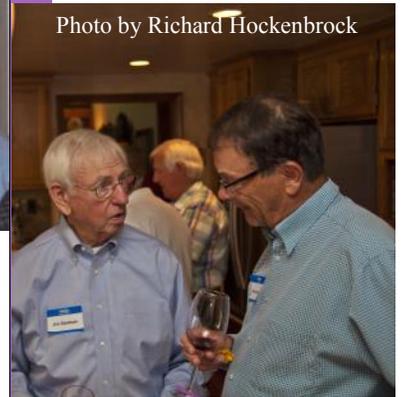


Photo by Richard Hockenbrock



Photo by Richard Hockenbrock



“Couples Dining Out” at Uncle Yu’s Restaurant in Lafayette

