

# SIR CALL

May 2008

Pleasant Hill SIR Branch 146

Published For Our Members And Friends

Volume 20 Issue 5



**Jeff Baily**

## Big Sir's Notes

This issue of the SIR Call newsletter is 12 pages long, up from 8. This is testimony to the growth of our branch and the growth in the number of activities and other functions which, taken together, are characteristics of a very healthy branch.

**Steve Sprague, William Hoban and Bill Earl** were inducted at the April BEC meeting. **Pete Gates** and I met with these men after the luncheon. They are eager to get involved. **Pete** will stay in touch with them.

It was a pleasure to take part in the awarding of an honoree plaque to Former Big Sir **Jack Calloway** at the April luncheon. **Jack** has been such an asset to Branch 146 over the years and continues to contribute by performing the Branch Historian function. The thunderous applause to his receiving the award spoke volumes about members' appreciation of **Jack**. He has joined the ranks of other branch members that have served with distinction; Honorary Life Members **Charlie Unfried, Bob Walton, Charlie Kiser and Don Nunn** and Branch Honoree **Chris Satterthwaite**.

The Branch 146 Computer class will be teaching Photoshop Elements in May. See page 9 for the schedule. Members of Branch 146 and wives and friends are welcome. Join us. It's free.

The Nominating Committee has selected the following slate for 2009: Big Sir-**Stu Somerville**, Little Sir-**Dennis Hallett**, Secretary-**Pete Gates**, Asst. Secretary-**Terry Marchione**, Treasurer-**Ron de Golia**, Asst Treasurer -**Joe Fuchs**, Directors-**Ron Binder, Jim Burk, Larry Mitchell, Jack Hockel, Vince Rettew** and **Bob Schroder**. Voting on this slate will occur at the August meeting. My thanks to our Nominating Committee for the fine work they did in coming up with this great selection.

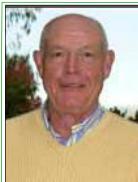
"Men's brains are made up of little boxes and we have a box for everything" said **Professor Pakhoo** of "U.C.S.F. Medical Center's high tech laboratory" for the study of homo sapiens. **Prof. Pakhoo**, alias **Dick DeVoe** along with "**Bobbie Spellman**" and "**Billie Hansen**", two study subjects, kept the crowd of Monterey Mashers in stitches during the skit. The weather cooperated and the golfing was great.

Best score in the men's group went to **Terry Marchione**, and in the ladies' group, 1st place went to **Bonnie Rettew**. Congrats! Another successful SIR 146 event.

Our current branch average age is holding at 76.3. We are getting questions and comments from other branches trying to manage their average age which continues to creep up and we are participating in a dialogue with them. The key to stopping branch aging in its tracks is to continue to welcome new (and usually younger) members into the organization. One by one, many branches are becoming aware that this has to be done to keep SIR healthy. Please be part of the solution by having a friend complete an application for membership (go to [www.sir146.com](http://www.sir146.com) and click on "Application for membership"), hand it in and then introduce your guest at a luncheon. Membership chair **Jim Jackson** also has a supply of application forms at each luncheon meeting.

Remember Ladies Day Luncheon is coming up on Thursday, May 8. Treat your lady to a fine lunch out, followed by some great entertainment for only \$29 per person. Call the Ladies day chairman, **Steve Dawkins**, or send the completed form on page 11 to **Steve** to reserve. He is waiting by his phone as you read this.

Last but not least... golfers, remember to sign up for the mixed tournament and after-golf dinner of hors d'oeuvres to be held on the upper bistro bar and patio overlooking the 9th and 18th greens on Wednesday, May 14. Call **Jim Baldridge** or **Dick Richmond** to reserve.



## Little Sir's Corner

**Stu Somerville**

For Ladies Day entertainment we will have the Northgate Madrigals singers.

Stu



## Duplicate Bridge George Zunich

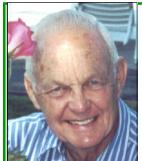
*Our match is held each month on the Monday after the SIR Luncheon at various homes. Bring your lunch.*

On April 14th, SIR **Lynn Freeman** hosted four tables of Duplicate Bridge at his home.

The results were as follows. **Terry Marchione** took 1<sup>st</sup> Place with 43.0 points, **Lo McCarley** was 2<sup>nd</sup> with 42.5 points, **Jim Todhunter** was 3<sup>rd</sup> with 42.0 points. **Bob Donahue** and **Tom Thomson** tied for 4<sup>th</sup> place with 38.5 points.

The next match will be held on Monday, May 12<sup>th</sup> at **Bob Donahue's** home.

**George**



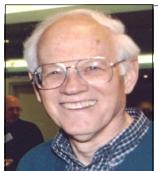
## Party Bridge Fred Bolton

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

We played three tables of bridge at the home of **Jim Jackson** on April 7<sup>th</sup>.

First place went to **Tommy Thomson** with 6520 points, Second to **Jim Jackson** with 6030, third to **Lynn Freeman** and fourth to **Chuck Hammond**.

Our next game will be hosted by **Carl Johnson** on May 5th.



## Couples Duplicate Bridge Lo McCarley

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

**Lo and Sue McCarley** hosted eight couples for an exciting evening of duplicate bridge on April 16th.

Everyone had a great time and the winners were **Bob** and **Janet Yolland** with 44 points. **Carl and Anne Johnson** (36 points) came in second, **Stu and Margot Somerville** (33 points) captured third place, and **Lo and Sue McCarley** took fourth place with 32.5 points.

**Stu and Margot Somerville** will host the next bridge on May 21<sup>st</sup>.

## Area 2 Computers and Technology Group

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

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

*Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the Walnut Creek Elks Lodge, 1475 Creekside Drive (just off South Main.)*

Thursday, May 15, we will have a presentation on "How to Sell Things on eBay and Craig's List." **Phil Goff** and **Plato Grivas** will lead the presentation with participation from others.

We all have stuff in our garage or attic that we no longer use or want to keep. We don't want to throw away things that have value to others, so it might be fun to sell them on eBay or Craig's list. We will show you how to use your computer to get items listed and how to complete the transactions. We would like to hear from audience members who have experiences in these types of sales.

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

Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome.



**Tom Dunne and Bill Boyd**



## Bowling

### Larry Mitchell

Our annual Branch 146 **Dave Valladao** Memorial Tournament was held at Diablo Lanes on March 17th, 19th, and 20th with more than 160 bowlers participating from various branches in cities throughout Northern California . A total of \$3,580 was disbursed to winners in Singles, Doubles, and All Events.

**Paul Dilley** from Branch 45 in Yuba City was the big winner taking first place in Singles, first place in All Events, third place in Doubles, and first place Scratch Singles. He bowled a 713 scratch series in singles averaging 238 for the 3 games.

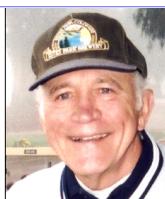
Branch 146 bowlers **Jim Adams** and his wife **Ruth** took 6th place in Doubles and **Jim** also was in the money in Singles. Congratulations to **Jim** and **Ruth**.

**Larry Mitchell**

## Garden Club

### Chuck Bobinecz

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



**SIR Jack Hockel** has arranged our May outing to the Shadowbrook Winery with **Tim Jockner**, who is the winemaster. We will meet at our regular meeting date (May 1<sup>st</sup>) and time (9:30 a.m.) at the vineyard. **Jack** will send out directions and coordinate car pools. Call him if you want to participate in a car pool. We will learn about grafting, root stocks, fruiting spurs and more. Wives and guests are welcome. The tour of the winery should be about an hour. The wine tasting, who knows? We might need a DD.

**Sir Bob Burley** has arranged a June trip to the Mt. Diablo Nursery in Lafayette. The owner will give us a tour of the nursery and then a talk on tips for buying plants and how to plant them.

Garden tip of the month: Its vegetable time. Most vegetables need full sun. Tomatoes, eight or more hours is best. Full sun = six or more hours, partial sun or shade = four to six hours, less than four hours = full shade.

## Bocce Ball

### Bob Frankland

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



Come join us on May 12 for a great morning. We always have plenty of room for players. This is an easy game to learn and play. I guarantee you'll enjoy the competition and camaraderie within our group.



## Health Matters Physical and Mental

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

### Wellness Guide to BPH

A common problem for older men, benign prostatic hyperplasia (BPH) is a noncancerous growth of the prostate. The prostate, a walnut-sized gland below the bladder and in front of the rectum, is important in sexual function and reproduction, providing much of the seminal fluid that carries sperm. The gland grows slowly as men age, pressing on the bladder, and in some men this enlargement begins to cause symptoms by mid-life. By age 60 half of all men have trouble urinating, and by age 70 it's nine out of ten. By age 80 about 20 to 30% of men require some form of treatment for BPH.

With BPH, you have more frequent urges to urinate, but then you get a hesitant, weak stream of dribbling. What used to be quick now takes several minutes. You may have trouble getting a solid night's sleep and may dread being more than a few steps from a toilet, waiting in line for the men's room, or seeing the "fasten seat belts" sign illuminated in an airplane. A few men develop urinary tract infections of "acute urinary retention" ---- an inability to urinate at all, which requires urgent medical care. Called "benign" because the enlargement is not cancer nor does it lead to cancer, BPH may not seem so benign if you have it. At least it does not affect sexual function.

### Why It Happens

No one knows what causes prostate enlargement. Some studies have pointed to a connection with being overweight. Some studies suggest that consuming lots of fruits and vegetables may reduce the risk. One study found that aspirin and other nonsteroidal anti-inflammatory drugs may also reduce the risk of BPH, but this has yet to be confirmed--- and other findings contradict this idea. The normal drop in testosterone levels that comes with aging may have something to do with BPH, but this does not mean that testosterone supplementation will help. Indeed, it might make matters worse.

If you have symptoms, see your doctor. A medical evaluation can determine whether it is BPH, or some other condition. No biopsy is needed to diagnose it.



## Cooking

*1st Monday at various members' homes.*

### Dave Johnson

In April, we met at **Dave Johnson's** home. **Barney Meade** was our capable sous-chef. **Barney** started us off with two cracker hors d'oeuvres. The first was a salmon spread topped with feta cheese and the second was cheddar cheese supporting a small wedge of apple. His salad was also a winner. It was a baby spinach salad with bleu cheese, honeyed pecans, cranberries, and a mellow vinaigrette dressing. **Dave's** entree was braised short-ribs, with polenta and home-pickled asparagus spears. Dessert was a gratin of apples, walnuts and granola. After the meal, all suggestions and complaints were deliberately ignored.

We have no traffic tickets, road rage or other carefree incidents to report.

Next month, we meet at **Dan Hungerford's**.

**Dave**



Explore and Dine had a great outing in March, visiting the local Shadelands Historical Museum here in Walnut Creek. It turned out that our docent guide is a fellow SIRS member, albeit of another branch. We found our way to a nearby Mary's Pizza Shack for lunch and some interesting and enlightening conversation.

On Thursday, May 29, we are going to the Tao House; author **Eugene O'Neill's** home in Danville. I've gotten great reports from others about this tour put on by the National Park Service. Because access to the home is limited, the Park Service uses a van to transport visitors from a nearby parking lot to the home. We're allowed up to 14 for this outing. Please let me know if you are interested in going on this unique outing.

In June, we visit the Bancroft Gardens in Walnut Creek.

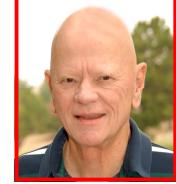
**John Pearl**

[mcpearl@astound.net](mailto:mcpearl@astound.net)

934-6920

## ROMEO

### (Retired Old Men Eating Out) Malcolm Hendry



The ROMEO group meets on the third Thursday of the month at 6:30PM at select restaurants in the East Bay. Experience delightful dining while getting to better know your fellow SIR members in a relaxed and friendly atmosphere.

On May 15th, we will be dining at "The Crown British Pub & Restaurant", this is a full serve restaurant located in the heart of Danville, featuring British dishes and California favorites.

According to **SIR Bob Madge**, the fish & chips are the best he has ever eaten.

Location: 331 Hartz Ave., Danville, Ca 94526

Web Site: [www.crownpub.com](http://www.crownpub.com) (includes menus, directions and customer reviews)

Phone: 925-855-2185 Please let me know by Tuesday, May 13th, if you can join us.

Please let me know if you have any suggestions or know of restaurants you would like us to try.

We look forward to seeing you on Thursday, May 15th.

**Mal**



### Tres Gourmet

**Lew Thompson**

The April meeting of Tres Gourmet was hosted by **Mike Cavallo**. The entree was a beef roulade using an old family recipe. Strips of beef were stuffed, rolled and simmered in a delightful mushroom sauce. The sauce served as a gravy for the mashed potatoes which were accompanied by seasoned asparagus. Hors d'oeuvres were a mix of salamis, cheeses, dips and crackers. Next was a salad of mixed greens, feta cheese and artichoke hearts. The dessert was a home-made berry pie topped with a slab of ice cream. The taste buds were definitely entertained at **Mike's**.

The next meeting will be at **Lew Thompson's** kitchen.

**Lew Thompson**



**Greeters**  
**Sal Costanza, Bob Wedin and Sydney Whalen**



**Sunshine**

Phone: 825-1943

E-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)

**Otto Wilson**



**Sir John Rubiales** is recovering from brain surgery. He will be taking a leave of absence from SIR during recuperation

**Sir Bob Lipscomb** will be having lung surgery on April 18th.

**Sir Ray Welles** is undergoing treatment for Atrial Fib.

**Dorothy Satterthwaite**, wife of **Sir Chris**, fell and broke her hip. She had surgery and is recovering at Ygnacio Valley Rehab Facility.

**Sir Bill Root** will be having cataract surgery on April 23rd.

**Sir Jim Helmick** continues to improve at Rossmoor Manor Care. He looks great and loves to play the harmonica. Meanwhile his wife **Pat** had taken a bad fall and spent five days in the hospital. She is now recovered and spends a lot of time with **Jim** at the rehab facility.

## Fishing

**Sal Costanza**

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



Our speaker in March was **Kevin Yost**, local sturgeon party boat guide who was very open in sharing his information with us. In April, our speaker was **Bob Higgins**, who is a guide specializing in New Melones Reservoir. In May, **Bill Adelman**, retired guide, will share his knowledge of California Reservoirs and Lakes.

**Craig Walton, Karl Droeze, Terry Miller, and Romano Gnusti** enjoyed a fishing group outing to McSwain Reservoir. These intrepid seniors camped in the cold spring weather, and still managed to catch over a dozen feisty trout. Closer to home, **Carl Moyer** fished with **Harry Sherinian** and **Paul Dubow** for one halibut each. On two other attempts **Carl** collected 2 halibut each time. **Karl Droeze, Joe Karg, Terry Miller, Howard Berkman** and **Carl** fished for sturgeon to no avail, but **Terry Miller** did catch a lovely 8 lb strip. **Carl** averaged over a stripers per trip when fishing with **Karl, Harry, John Hayes, and Tom Boltz** in the delta. **Craig Walton** and **Joe Peterson** captured a keeper stripers in Big Break. **Bob Olson** and **Dan Cosby** caught several steelhead in the Elk River in Oregon weighing about 12 lbs each. **Tom Boltz** caught a nice salmon fishing in Los Vaqueros Reservoir with **Jack Waddell**. **Joe Miscione** fished Lafayette Reservoir three times lately for a few trout to 2 lbs each trip.

The cancellation of the ocean salmon season left us all woe-ful and bereft. A lot of other fish will be in big trouble when we recover.

We have an exciting agenda for 2008 with a trip to Lake Almanor for trout and salmon, and the Pitt River fly fishing. A group excursion to the new Cabelas store in Reno, a fishing group day at the races, and an evening social at an Irish pub should be fun. We are planning a lot of local outings for this year that should be productive and informative for everybody

All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, May 22nd at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. For further information, please contact **Craig Walton** (Big Fish) (925-937-4876 ;) **Carl Moyer** (Branch 8 Coordinator) (925-685-5243;) or **Joe Peterson** (Treasurer/Secretary).



At the April Sir Meeting, Branch 146 was very pleased to present to **Jack Calloway** a Branch Honoree plaque, for his many years of outstanding and dedicated service. **Jack** has been in many leadership positions starting in 1996. These include: Attendance Chairman, Director, Little Sir, Interim Big Sir, Big Sir, Nominating Committee Chairman and Historian. He also has served on other nominating committees plus the honorees and special membership committees. Sir Branch 146 wishes to thank **Jack** for his dedication and very competent service.



## 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 today (the 1st Monday) and we had a very good turnout.

We were treated to some of the finest pool expertise that we have had the opportunity to see. **Joe Fuchs** demonstrated today his quality of pool shooting. He made shot after shot from any part of the table and when the dust settled, he had cleaned the table.

Even **Joe**, as shy as he is, had to accept the accolades of the gallery and finally consented to some autographs. I only hope that some of you will also be able to see **Joe's** game.

Our next meeting will be on the 3rd Monday of the Month.....

Bill

## New Activities

### Dick DeVoe

Our branch continues to build within itself by adding new activities and retaining the ones we already have. Here's the latest status.

Please contact **Dick DeVoe** ([dicknchristy@comcast.net](mailto:dicknchristy@comcast.net)) if you are interested in any activities below or if you have an activity you'd like to see started.

1. Tennis- we already have some interested players for doubles once or twice monthly, but would like some more to establish the activity.
2. Bridge- we need a few more bridge players in order to start another non-duplicate bridge group to meet monthly during the day. A new couples duplicate bridge group was established recently.
3. Hiking- there were several recent sign-ups. This monthly activity would hike more ups and downs than the existing Walking Group. A few more members (spouses are welcome) are needed to establish this activity.
4. Biographies- This activity needs a member interested in coordinating the development of brief member biographies like we did years ago. We would place each completed biography in a monthly Sir Call as before, and may even have a section on the website for the biographies.
5. Cooking- We have several full cooking groups, with interest in having another group start up.
6. Poker- There are 40+ members in 5 full poker groups, with interest in another start-up.
7. Bicycling- we need a few more to start this group.

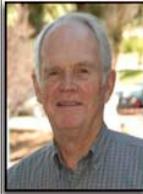
## Area 2 \$ums In Retirement      Dave Munson

*4th Wednesday, 8:00am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord*

The \$ums In Retirement Investment Group will meet at 8:00am on Wednesday 28 to hear **LaVaughn M. Henry**, Ph.D., Director, Economic Analysis, The PMI Group. He will speak on "The Current Status and Outlook for the U.S. Housing and Mortgage Market. Certainly this is a very timely subject and an important subject for the future health of the U.S. economy.

PMI Group, based in Walnut Creek, operates globally providing insurance products to the mortgage market by offering protection to lenders and investors in the event of borrower default.

## SongSirs Don Tubb



SongSirs are alive and well and still singing. We had a delightful gig at Byron Park on April 2nd, which was well received and much appreciated according to folks in the audience as we sang "Songs of Spring and the Heart". We are looking for our next appearance and would appreciate any suggestions - we sing at retirement centers, churches, schools and just about any other place where people appreciate "Old Guys Singing Old Songs". We're also open to any SIR who would like to join - no pressure or auditions required.

## BOOK EXCHANGE NEWS

The Book Exchange is available to all Sirs by logging on to the website. Click on the activities link and then the Book Exchange link. It goes without saying that spouses and/or significant others are welcome to participate. A new feature will commence shortly with a monthly recommendation for your reading pleasure. Be sure to check the website periodically because the Book Exchange is updated regularly.

Reading is good for the soul--join in!

Terry Marchione



## Cribbage      Al Tufo

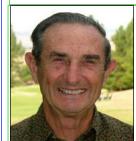
OK here we go. Get ready for a couple of great Cribbage Races. All the Horses are in the starting gate. The bell rang and all the Horses broke out in a mad dash for the lead. **Barney Meade** raced to the front with **John Pearl** right on his heels. **John** gave **Barney** a race for his money, but just couldn't catch him, **Barney** just kept increasing the drum beat and **John** ended up second. In the second race, it was the Dublin Kid **Larry Reilly** who sprang to the lead and didn't look back. Try as he might, the **Italian Stallion** just couldn't catch him and ended up taking second place. Next month Cribbage will be hosted at **Barney's** starting at 11:30 A. M.

CIAO TUFO



Poker Club #1 met at **Bob White's** residence on Apr. 9. He did ease off on his winning ways a little bit. **Howard Harvey** proved to be the big winner followed by **John Lewis** and **Bob White**. **Bill** (I wished I had stayed home) **Cammerer** dug deep into his IRA to contribute to their good fortune.

Next challenge on May 7th at **Bill Cammerer's** home.



Our host on Monday, March 30 was **Charlie Kiser**. He continued to add to his winnings. It will be time to break the **Grumpier Bear's** winning streak on Monday April 21, at **Ken Kratz's**.



After a two month hiatus we got back to playing on Thursday 4/10 following the SIR Luncheon. **Don Nunn** split the first pot and never looked back as he came away the big winner. **Jeff Baily** took home the second highest winnings for his very first winning day! We'll skip May in deference to the Ladies Day luncheon, but look forward to another hot game in June.



The April game will be at the home of **Bob Mehus** and the May game will be hosted by **Rich Hanford**. **Rich Hanford** left with a smile at our last game and said he could now afford to pay his income taxes. We sent him a form 1099.

## SIR HAPPENINGS

Sir Happenings is the statewide SIR Newsletter. Just go to [www.sirinc.org](http://www.sirinc.org) and click on SIR Happenings to read the current issue. You may enjoy reading about the activities of other SIR Branches.

## Travel Opportunities Bob Spellman



### May 23-26, 2008 Sacramento Jazz Jubilee.

Every Memorial Day Weekend since 1974 Old Sacramento and other downtown venues have drawn a horde of Jazz fans to the Jubilee. It is the top jazz festival in the West and features over a 100 bands from all over the country. Free shuttles transport concertgoers between the event's myriad of venues.

Many of our members take the train from Martinez right into Old Sacramento. Cost \$30 on Friday, \$34 on Saturday and Sunday and \$10 on Monday.

Contact **Bob Spellman** 934-8428.

**June 24-26, 2008 Boulder Creek Golf.** Our annual trip to Boulder Creek Golf and Country Club includes 2 nights lodging, 3 days golf and dinner on Wednesday night. Cost for two golfer package is \$420 and \$370 for 1 golfer and 1 non golfer.

Contact **Ken Richter** 689-6217.

**Oct 6-19, 2008 Danube Dream.** Glide past fairy-tale castles and medieval villages aboard the MS Switzerland II riverboat traveling the second longest river in Europe. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Enjoy a 2 night stay in Budapest followed by a 7 night cruise on the Danube and 3 night stay in Prague. Cost: \$3415 to \$3660. Sponsored by Branch 8. Call **Bob Hagler** for more information. 934-7620

**Nov 3-15, 2008 Vietnam & Thailand Gateway to South East Asia.** 13 day adventure that will take us from Ho Chi Minh City (Saigon) Vietnam to Hanoi, Ha Long Bay, Chiang Mai and on to exotic Bangkok, Thailand. Trip includes round trip airfare, motor coach transportation, hotel accommodations, all tips for guides and drivers, daily breakfast, nine hosted lunches and dinner daily. Cost \$3885 per person.

Contact **Bob Spellman** 934-8428.

## Non-Responsibility Declaration:

**Rule 345:** All activities arranged for or by, Sons In Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate.

Sons In Retirement, Inc., and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

## SENIOR DRESS CODE

Many of us "Old Folks" (those over 50, WAY over 50, or hovering near 50) are quite confused about how we should present ourselves. We are unsure about the kind of image we are projecting and whether or not we are correct as we try to conform to current fashions. Despite what you may have seen on the streets, the following combinations DO NOT go together And should be avoided:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Miniskirts and support hose
5. Ankle bracelets and corn pads
6. Speedo's and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Bikinis and liver spots
11. Short shorts and varicose veins
12. Inline skates and a walker

**And last, but not least...my personal favorite**

13. Thongs and Depends



**Lo McCarley and Doug Carlson**

## Luncheon Attendance Glen Renk

SIR Luncheon is the 2nd Thursday of every month at the Sunrise at Boundary Oak Restaurant



Call me by Friday noon prior to the Luncheon at 672-7860 if, for any reason, you are unable to attend. If I am not home, leave your name, badge number and phone number. Be sure you call!

### Waiting List:

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

### Sir bringing a guest:

Call by Friday prior to the Thursday Luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.

## Luncheon Menu

### Ladies Day

Caesar Salad

Chili Rubbed Sirloin Steak with Onion Marmalade  
Or Tilapia with Lemon Caper Butter Sauce

Roasted New Potatoes

Bread Pudding with Caramel Sauce

## Fellow Sirs

**Ken Richter** and I are attempting to put together a second couples duplicate bridge group. We have 4 couples to start with (**Richters, Marchiones, DeVoes and Adams**) and we need another 3-4 couples to get a group started. We would play on Monday, Tuesday or Wednesday evening (specific day and time will depend on the availability of the group).

We're not sure how many bridge players we have in our group but if you have any interest in this please let me know via email or phone.

Once we have enough players, we will solicit approval of the group from the Branch Executive Committee.

**Terry Marchione**  
[terrymarchione@yahoo.com](mailto:terrymarchione@yahoo.com)

## Membership

**Jim Jackson**



### Branch 146 Statistics:

Members 255, HLMs 4, Waiting List 9, Inactive 8.

### April Attendance:

Members 204, HLMs 1, Waiting List 6, Guests 1, Excused 46, Unexcused 6.

Total April Attendance: 212.

### Status Changes:

Inducted: **Stephen Sprague, William Hoban, Bill Earl**

Added to Waiting List: **Bill Ennis, Durwood Williams, William Holly, Jerry Berggren, Donald Fitzgerald, Ronald Louis, Siegfried Kalteis**

Inactive: **John Rubiales**

Resigned: None

Current Waiting List (prioritized): Stan Matsumoto, Robert Abegg, Bill Ennis, Durwood Williams, William Holly, Jerry Berggren, Donald Fitzgerald, Ronald Louis and Siegfried Kalteis.

## SIR 146 Computer Classes

**Jeff Baily**



### Learn Photoshop & Photoshop Elements

**Rich Ahlf** will teach how to crop and fix photos, how to brush away the blues, how to improve skin tone and much more. Seven 2 Hour classes will be held from 1 to 3pm on Thursdays and Fridays in May. You'll come away from these classes with the ability to improve and store your pictures.

Classes will be held on May, 1, 2, 9, 15, 16, 22 and 23 at Walnut Creek Presbyterian Church. Call or email **Lo McCarley** ([LoMcCarley@astound.net](mailto:LoMcCarley@astound.net)) now to sign up and receive the web address to get a head-start on classes. If anyone has another software program that they'd like to teach or learn, please contact me ([br46webmaster@astound.net](mailto:br46webmaster@astound.net)) and we might be able to get a class going to teach that.



## LADIES INVITATIONAL GOLF

Ladies Invitational Golf, Vintner's Golf Club, Yountville, Wednesday, June 11, 2008. \$60.00 per person includes 18 holes of golf, cart, buffet and prizes. Reservations and checks to Sir **Lynn Freeman** by Friday, May 30<sup>th</sup>, 2008. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. Limited to 64 players. Sir **Lynn Freeman**, 5363 Crystal Ranch Drive, Concord 94521.  
[lynnaf@astound.net](mailto:lynnaf@astound.net).

### Tuesday Golf Ray Weisz

#### Latest Tournament Results

March 25. First Flight: **Joe Fitzsimmons (64)**, **Albert Zamolo**, **Ron Plachy**. Second Flight: **John Demos (65)**, **Frank McNamee**, **Dan O'Sullivan**. Closest to Pin Hole #12: **Frank Rockwell**

April 1: First Flight: **Bob White (64)**, **Bob Lyman**, **Joe Suta**. Second Flight: **Don Del Bene (66)**, **Sal Costanza**, **Bob Spellman**. Closest to Pin Hole #12: **Olof Johansson**.

April 8. First Flight: **Jim Stedman (68)**, **Joe Barry**, **Joe Fuchs**. Second Flight: Three way tie breaker. **Sal Costanza (73)**, **Dan O'Sullivan**, **Bill Weinberg**. Closest to Pin Both Holes #2 & #12 **Don Del Bene**. **Jim Burk** had a great game of gross 72.

April 15: First Flight: **Joe Barry (62)**, **Jack Calloway**, **Russ Bliese**, Second Flight: **Bob Royster (63)**, **Dick Richmond**, **Doug Cook**. Closest to Pin both holes #2 & 12 **Ray Weisz**, **Steve Dawkins #12**



**Jim Brown, Ken Kratz and Jack Calloway**



**Away Golf**

**Jim Baldridge**

Our Br 146 20th Anniversary celebration will include a Golf Family Day on Wednesday May 14, 2008, so invite family and friends. No need to have expert golfers. We will use the Callaway System to score so amateurs can play as well as experienced golfers. We are planning a 1:00 pm shotgun start for golf followed by a social time with hors d'oeuvres and a no host bar. The cost is \$55 per person which includes green fee, cart fee, prize money and hors d'oeuvres. Those not golfing are invited to join the group for hors d'oeuvres for \$15. Since we need a minimum of 120 players to reserve the course for our own tournament we ask that you get your names and checks in as soon as possible.

Deer Ridge Results: 1st **Joe Himsler**, 2nd **Jim Baldridge**, 3rd **Bill Weinberg** and closest to the pin **Ken Richter**.

Silverado Results: 1st **Bob Johnston** (Br 146), 2nd **Glen Andrade** (Br 19), 3rd **Bill Stephenson** (Br 19), 4th **Jim Stedman** (Br 146), 5th **Pat Rotell** (Br 19); closest to the pin **Don Cashman** (Br 8). Congratulations to the winners.

Area 2 Governors Cup: Qualifying players from the five SIR branches in Area 2 compete for the Governors Cup on Wednesday April 16. Results will be published in the next SIR Call.

Boulder Creek: This year's event will be June 24 thru June 26. Several golf and lodging packages are available. Contact **Ken Richter** for details.

Reno State SIR Tournament: There are three weeks to choose from (6/2-6/6), (6/9-6/13), (6/16-6/20). Guests will stay at Circus Circus and play will be at Red Hawk, D'Andrea and Lakeridge. I am told some weeks are full, but they will take names on wait lists and there are often last minute cancellations. Contact **Dick Richmond** for details.

Spring Fling Scramble Southridge GC Yuba City: This event will be May 6 thru May 8. Lodging is offered by Colusa Casino Resort at \$79 per night. Tournament cost is \$170. Contact SIR Mel Verzi 530-345-2933 [mrsmelchico@sbcglobal.net](mailto:mrsmelchico@sbcglobal.net) for details.

Ladies Invitational Golf Vintners Golf Club Yountville: The date is Wednesday June 11. Cost is \$60.

Contact **Lynn Freeman** for details.

Nine Hole Group: This group plays on Thursdays.

Contact **Dick Richmond** for details.

Hiddenbrooke Golf Club - Vallejo: This year we will play on Thursday July 17. We have a 10:30am start time. The cost is \$42 for SIRs competing in the prize fund and \$40 for guests or those not competing for prizes. Flyers will be out shortly at Tuesday Golf and at our luncheons.

Questions: **Jim Baldridge** [jimjudy39@aol.com](mailto:jimjudy39@aol.com);

**Dick Richmond** [drichmon@pacbell.net](mailto:drichmon@pacbell.net).

You've asked for it!  
Now it's here!!

## 20<sup>TH</sup> ANNIVERSARY MEMBERS AND FRIENDS GOLF DAY!

Let's join together, in celebration of our 20<sup>th</sup> Anniversary, for an afternoon of golf, fun, companionship and food. On Wednesday, May 14, 2008, Branch 146 will be inviting our members, spouses and friends for an afternoon of golf, followed with a social time including a selection of hors d'oeuvres and a non-hosted bar.

Golf will start with a shotgun start at 1:00pm, at Boundary Oak Golf Course right here in Walnut Creek. This is open to all members of our branch, their spouses and friends. You don't need a handicap to play in this tournament. Cost: \$55.00 per person which includes Green Fees, Cart Fees, Prize Money and a dinner of hors d'oeuvres.

Sign up now and don't miss the fun! Call **Dick Richmond**, 925-947-1167, or **Jim Baldridge**, 925-689-9232. This is a first for our branch. A full fledged golf day and food and drink celebration right in our own back yard!

### May Ladies' Day Luncheon Thursday, May 8, 2008

No. of tickets \_\_\_\_\_ at \$29 each. Enclosed \$\_\_\_\_\_  
Names:

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

Pick: Chili Rubbed Sirloin Steak with Onion Marmalade \_\_\_\_\_ or Tilapia with Lemon Caper Butter Sauce \_\_\_\_\_  
Special requirements \_\_\_\_\_

Make checks payable to SIR 146 and mail to:  
**Stephen Dawkins**, 117 Alegra Lane,  
Walnut Creek, CA. 94598

Seating for this event is limited. All reservations and payments in full must be received by May 1. Guests will be accommodated after May 1 if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entrée choice on an attached sheet. Don't delay!



### Walkers      John Lewis

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



#### May walks planned by Martin Lyle

May 2 Alamo Mall; South Danville Blvd. & Stone Valley Rd.  
Meet: At Alamo Plaza Parking by Yellow Wood  
Walk: West on Stone Valley Rd.  
South on Iron Horse Trail.  
Paved      Level      Some Shade  
Coffee at Yellow Wood, Alamo Plaza

May 9 Pleasant Hill, North Morello and Taylor:  
Meet: At Shopping Center Parking  
Walk: South along Contra Costa Canal  
Paved      Near Level      Some Shade  
Coffee at Starbucks Pleasant Hill Plaza  
1900 Conta Costa Blvd.

May 16 Larkey Park Trail: Buena Vista Ave. & First Ave.  
Meet: At Lindsey Museum Parking  
Walk: Mt. Diablo Trail South Behind Museum  
Paved      Not Level      No Shade  
Coffee at La Scala, Civic Dr. & Locust St.

May 23 Cardinet Trail: Clayton  
Meet: At Clayton Library  
Walk: North From Parking Lot  
Not Paved Not Level Some Shade  
Coffee at Peet's Clayton near Ygnacio Valley Rd

May 30 Heather Farms West: Ygnacio Valley Rd.  
Meet: At End of Heather Farms Parking  
Walk: West Along Contra Costa Canal  
Paved      Level      Some Shade  
Coffee at Sweet Affair Ygnacio Plaza

Thanks to **Bill Cammerer**, for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.

# SIR CALL

# Newsletter

Sons In Retirement, Inc.  
63 El Molino Drive  
Clayton, CA 94517-1723

[sircall@hotmail.com](mailto:sircall@hotmail.com)  
<http://www.sir146.com>

Non Profit Org  
US Postage Paid  
Permit No 364  
Concord CA

Time Value Mail  
Please deliver as  
soon as possible.

## Welcome New Members



**Bill Earl**  
Introduced by  
**Bill Weinberg**



**Stephen Sprague**  
Introduced by  
**Jim Burk**



**William Hoban**  
Introduced by  
**Stu Somerville**