



**Ray Kan**

## Big Sir's Notes

Many thanks to **Bob Burley** for a job well done in October. With many of our Executive Board members out of town, **Bob** gave the Little Sir report and took the minutes at the Executive Board meeting. During the regular membership meeting, **Bob** helped in the introduction of guests of members, led the birthday drawing, and introduced our speaker for the regular meeting day.

Be prepared for a busy, busy meeting in November. We will have our traditional Veterans' Day program and songs from the Songsirs. We will also be inducting the first ten new members into the Branch since none were installed in October.

The Executive Board passed a motion to put a moratorium on new member applications until the evaluation of our thirty additional members is completed.

So good to see **Owen Sullivan** back as an active member and already singing with the Songsirs. Remember to get your reservations in for the December Ladies Day luncheon.



Speaker **Tom Ehrhorn**  
Commissioner of the North Coast Section of the California Interscholastic federation

## Bowling

### Larry Mitchell



It's early in the season, but after six weeks there are a couple of bright lights in a rather dull start by Branch 146 bowlers. **Cal Jones** has a league-leading high handicap game of 279. **Larry Mitchell's** high scratch game of 246 is second highest in the league and his 194 average is in the top three. There are two tournaments in November. The **Bill Tisdall Memorial** is at McHenry Bowl in Modesto on Wednesday, November 2 and Friday, November 4. Entry deadline for this tournament is November 1. The Branch 19 Tournament is at the Clayton Valley Bowl in Concord on Tuesday, November 15 and Thursday, November 17. Entry deadline for this tournament is November 10. Because this is a local tournament, we encourage all bowlers to support it.

## Little Sir's Corner

The speaker for the November 10 luncheon meeting will be **Don Merucci** from the USS Hornet speakers' bureau. The USS Hornet is a state and national historic landmark moored at Alameda Point on San Francisco Bay. The current Hornet participated in World War II and the Apollo 11 manned space mission. **Don** will be discussing these activities and other historical facts about the Hornet.



**Garth Cummings**

## Bocce Ball Bob Frankland

*2nd and 4th Mondays at 9 am March through November except May 26 (Memorial Day) at Concord Bocce Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Rds.*



We are getting a good turnout. There is always room for more. We will be playing through November. Rain cancels.



## Cooking and Social

Don Nunn

*1st Monday at various members' homes.*

We met at the home of **Sir Frank Mandic** on the 3rd of October for wonderful feast of pasta. It was preceded with some wine and some super planning by our group for next year.

**Sir Frank** then seated us for a great salad, followed by wonderful stuffed and rolled pasta filled with delightful and very tasty meat stuffing. The sauce was flowing and succulent with goodies. It is great to be alive and with good friends.

The Dinner Dance was once again filled and oversold with good people. We had 117 folks and enjoyed good fellowship, great dancing and good food. Thank you all for a great experience and your attendance and fun.

We are presently planning our next dance for Wednesday, March 1. Check your calendar and get your dancing shoes on. Hope to see you in 6 months.

## Area 2 Computer Group

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

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

**November 17 - "Nanotechnology - Where Is It Going" Matt Francis**, Assistant Professor of Chemistry, UC Berkeley, will bring us up to date on the latest in nanotechnology. Merriam-Webster definition: nano·tech·nol·o·gy: the art of manipulating materials on an atomic or molecular scale especially to build microscopic devices.

**Dick Curry**, Branch 171, will also conduct a "Help Resolve Your Computer Problems" Q&A session, as well as review some interesting web sites.

Meetings of the Area 2 Computer Users Group are held at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyside Ave. (off N. Main, one block north of the Treat/Gear/N. Main intersection). Meetings are held the 3rd Thursday of each month (except December) from 9:30 to 11:30 a.m. All SIR members are invited to attend these informative sessions.

For more information please visit our web site at: <http://www.sir-web.org/computer/> .

**Floyd Skelton, Co-chairman**

## 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 eight couples for SIR Couples Duplicate Bridge. **Lynn** and **Dasha Freeman** tied for first place with **Lo** and **Sue McCarley** with 38 points, **Jim Brown** and **Barbara Lundblade** came in third with 36 points, and **Bob** and **Janet Yolland** took fourth with 34 points. The next meeting will be at **Carl** and **Anne Johnson's** on Wednesday, November 16th.

## Cooking Too

Rich Hanford



*2nd Monday at various members' homes.*

A great lunch was served at **Jeff Baily's** home. Thanks, **Jeff**. A good time was had by all. There will be no meetings in Nov. and Dec.

## Duplicate Bridge

Bob Donahue



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

SIR **Harry Dillon** hosted three tables of duplicate bridge in October. **Chuck Hammond** took first place with 27 points. **Jim Jackson** and **Lo McCarley** were second with 25 1/2 points.

The next meeting is scheduled for Monday, November 14, 2005. Contact **Bob Donahue** at 376-4527 for information.



**Joe Schild, Alicia Baily, Fred Bolton, Sharon and Mike Varner**

## Garden Club

Chuck Bobinecz

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



For our November meeting we will have a speaker who is a physical therapist, **Janelle Gonslaves**. Her presentation will be about “gardening body mechanics” how to do it and how not to do it. You would think we should know by now how to do it but I am sure she will give us some new insights. As a reminder, our meeting will be on Thursday, November third, at our new meeting place that is: The Walnut Creek Presbyterian Church, 1801 Lacassie Ave. At our December first meeting, **Sir Don Nunn** will speak on the topic of “square foot gardening”.

It is surprising what can be produced in a small space. Garden tip for the month of November: Put your spring bulbs in the refrigerator (not the freezer) for four to six weeks prior to planting. Bulbs need these chilling requirements for bigger and better plants and flowers.

## Away Golf

Jim Baldrige

Congratulations to the winners of the Oct 6 Br 146 SIR Scramble. First place went to the team of **Sheerin, Baily, Cook and Bolton**. Second were **DeVoe, Weinberg, Johansson and Milano**; third were **Hanford, Rockwell, Harvey and Madge**. Fourth were **Calloway, Demos, Jansen and Lamanna**. Fifth place went to **Vincent, Nordstrom, Hallett and Chavez**. **Bob Madge** had the shots of the day with two chips-in for birdies. Of the 44 player field 20 finished in the money. Many thanks to **Dick Richmond** who worked through the index list and set up all the teams so that there was less than a two stroke difference between the team with the lowest and highest handicap. Also thanks to **Dennis Hallett** who helped gather the prize funds, distribute score cards and get the groups started. Sunol/Cypress Course is our November venue. The date is November 17; start time is 9:30am; cost is \$37 for SIRS competing in the prize fund, \$35 for guests. The course has included prize funds good at their pro-shop so plan to stay around for the tournament results at the course in case you win big. Questions **Jim Baldrige** 925-689-9232 **Dick Richmond** 925-947-1167.



## Fishing

Sal Costanza

4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway. Salmon are starting their spawning run up the Sacramento River and it's tributaries. Also, stripers are becoming very active. We will be setting up trips to intercept these "most wanted" fish at our next meeting. There will also be a report on the Eagle Lake fishing trip. This annual trip gets better every year. There will be some great stories from those who attended. If you're any kind of fisherman you won't want to miss our next meeting. See you there!!!



## 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.*

### HEARTENING NEWS ABOUT BEER

Beer lovers, take heart: Two recent studies suggest a brew a day may help prevent heart attacks. Researchers randomly assigned male heart patients to drink 12 ounces of either beer or mineral water per day. After one month, the following heart-protective changes had occurred in the blood of the beer group only: Levels of “good,” artery-clearing HDL cholesterol and of artery-protecting antioxidants each increased. The “bad,” artery-clogging LDL cholesterol decreased. And both the amount and activity of fibrinogen, a protein that promotes heart-threatening blood clots, declined. The researches attributed those benefits to two substances in beer: alcohol and a group of antioxidants called polyphenols.

In the second study, researchers found that men who drank any type of alcohol three or more days per week had one-third less heart-attack risk during the 12-year study than those who seldom or never drank. Beer and liquor were linked more strongly than wine with reduced risk.

Those studies do not prove that beer is the best drink for your heart. Red wine has more polyphenol than beer or liquor, and previous studies differ on which drink protects the heart best.

*Source: Consumer Reports OnHealth, September 2003*

### IMPORTANT PAPERS

Organize your personal documents and records before you're faced with a crisis. Having these papers at hand will help take the stress out of an emergency and ease the burden on your family if you are unable to take care of things. When you make your personal checklist, include information on where everything is located.

- Birth certificate
- Social security number
- Living will
- Durable power of attorney for health care
- Life insurance
- Health insurance
- Pension plans
- Bank account (s)
- Safe deposit box location and key
- Automobile titles
- Real estate papers

*Source: Take Heart, January 2005*

*Ed. note.....you could probably add a few items to this list.*



Roy Luoma and Bob Nelson

## Tuesday Golf Walt Barabash



### Latest Weekly Tournament Results

September 20 First Flight: **Larry Sheerin, Joe Himsl and Jim Stedman.** Second Flight: **Don Del Bene, Bob Madge and Walt Barabash.** Closest to the Pin: **Jack Calloway.** Low Gross: **Frank Marcon: 84**

September 27 First Flight: **Frank Rockwell, Bill Hansen and John Demos.** Second Flight: **Ken Richter, Bill Knapp and Ralph Fowler.** Closest to the Pin: **Bill Boyd.** Low Gross: **Bob White: 82**

October 4 First Flight: **Rich Hanford, Joe Suta and Myles Ringle.** Second Flight: **Mitch Mitchell, Larry Zugnoni and Ralph Fowler.** Closest to the Pin: **Leroy Vincent.** Low Gross: **Rich Hanford: 84**

October 11 First Flight: **Joe Himsl, Bill Weinberg and Rich Hanford.** Second Flight: **Doug Cook, Mitch Mitchell and Larry Zugnoni.** Closest to the Pin: **Bob White.** Low Gross: **Bob White: 86**



## Cribbage Al Tufo

2nd Wednesday at 12:30 hosted by different members.

The Cribbage Club was hosted by **Al Tufo** AKA Italian Stallion. Due to the shortage of players in the field we were able to get in three (3) good races. **Barney Meade** won all three races. There was an inquiry flag posted by the Stewards requiring **Barney** to fill a plastic cup, for a steroid testing. **Langley Erickson** came in second in the first race. The Italian Stallion came in second in the last two races. All eyes will be watching for the test results of **Barney** next month. Cribbage will be hosted by **Bryant Fischback** next month at noon on November 9th. CIAO Tufo

## Investments

**Ben Smith**

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

*Ben Smith (925)820-5403 or [bjsssmith@aol.com](mailto:bjsssmith@aol.com)*

WHEN: Wednesday, November 23, 2005. (We meet the 4th Wed. of ea. month.)

TIME: Breakfast available at 7:00am and meeting starts at 8:00am. Order off the menu, no reservations required.

LOCATION: Diablo Creek Golf Course, (Grill Room) located at the northern intersection of Port Chicago Hwy and Hwy #4, in Concord.

PROGRAM: This will be our last meeting of 2005. We will have an round table discussion within the group and cover topics of interest as we come to the end of the year and look forward to 2006. Bring your questions and ideas and be prepared to develop some strategies for dealing with the coming investment changes that appear on the horizon in the coming year.

If you need additional information or have questions, contact SIR **Ben Smith**, 925-820-5403, e-mail [bjsssmith@aol.com](mailto:bjsssmith@aol.com)



Sunshine



Otto Wilson

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

**Charlie Kiser** is out of the hospital and doing his best to use his cane as a driver or a putter. He was at the last luncheon as a surprise.

**Harry Rieck** is home and driving Carol crazy. Hopes to be up and running at the November lunch.

**Chuck Bobinecz's** mother passed away. Our deepest sympathy to the family.



Don Del Bene, Bill Cammerer, Dan O'Sullivan and Larry Sheerin

## 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.

## Luncheon Menu **Jerry Bellows**



This month's luncheon menu

*Salad* - House salad

- Freshly baked rolls and butter

*Entrees including vegetables*

- Roast Turkey breast, dressing, mashed potatoes, gravy

- Filet of Sole with brown butter, rice pilaf and vegetables

*Dessert*

- Daily dessert special

## Membership **Jim Jackson**



Branch 146 Statistics:

Members 210, HLMs 4, Waiting List 55, Inactive 3.

October Attendance:

Members 153, HLMs 3, Waiting List 13, Inactive 0, Guests 3, Excused 51, Unexcused 6.

Total October Attendance: 172.

Status Changes:

Inducted: None

New Top 30 Men: None

Resigned: **Marshall Moran**

Added to Waiting List: **Ray Spears, Robert Darius, Joseph Fitzsimmons**

Withdrew: None

Current Top 30 Man Waiting List (prioritized): **William Stevenson, Henry James, Norman Kingshill, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William**

**Malone, Tom Morgan, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold "Bill" Powell, Roger Maire, Jim Reed, William Schmech, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary "Skip" Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezare.**

Remaining Waiting List Men (prioritized): **Thomas Boltz, William Danzig, Ron Binder, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan, Jim Hanck, Philip Sapunor, Glen Renk, Rober Lipscomb, Robert Figone, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione, Winslow Ferrin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons.**



## Party Bridge **Fred Bolton**

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

We had four tables of bridge, hosted by **Carl Johnson** on Oct 3rd. Winners were **Bill Rees** with 6510 points, second **Bill Synder** with 5800, third **Carl Johnson** and fourth **Bob Donahue**. Our next game will be on November 7th at **Fred Bolton's**.

## Song Sirs

**Bill Rees**



*Practice is normally held at the W.C. Presbyterian Church at 3pm on Wednesdays.*

The Song sirs are now in an every Wednesday pattern (excepting November 23rd) in preparation for the following performances:

1. Sir Branch 146 - Veterans Day luncheon on November 9.
2. Pleasant Hill Seniors on November 15.
3. Veteran's Hospital in Martinez on December 7.
4. Sir Branch 146 - Ladies Day luncheon on December 8.

It is important that Song sir members make as many of these practices as possible.



**Ray Spears (guest), Hank James and Bill Root**

## Travel Opportunities

### Bob Spellman



#### Nov 6-7, 2005 Fiddler on the Roof.

Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center, Sunday matinee, and overnight. Includes transportation, one night accommodations at Sands Regency, and admission to Fiddler on the Roof. Cost \$85.00 p/p d/o  
Contact **Carl Raaka** Branch #8 @ 925-254-0482

#### Dec. 21, 2005 Irving Berlin's White Christmas.

Meet at Heather Farms and board a motorcoach for the trip to San Francisco with free time and no-host lunch at Pier 39. Continue to the Orpheum Theatre for a matinee performance of "White Christmas".  
Cost \$110.00 per person.  
Contact **Ed DiBetta** Branch 19 @ 925-228-5606.

#### Dec. 30, 2005 Mexico & The California Coast.

Sail from San Francisco. Eleven day cruise aboard the Dawn Princess. Includes stops in Catalina Island, Cabo San Lucas, Mazatlan, Puerto Vallarta and San Diego.  
Cost \$1605 to \$2035 per person.  
Contact **Fred Stammen** Branch #171 @ 925-283-1956

#### May 16-26, 2006 Alaska Cruise.

Leave from San Francisco to Ketchikan, Juneau, Skagway, Tracy Arms and Victoria on the Regal Princess.  
Cost From \$1193 to \$2043 per person.  
Contact **Carl Raaka** Branch #8 @ 925-254-0482.

#### May 20-June 3, 2006 Shamrocks to Thistles.

A 15 day tour of Scotland and Ireland. Starting in Dublin, Ireland with stops throughout Ireland. We proceed to Scotland with many more stops, ending in Edinburgh for our trip home. Tour includes R/T airfare, transfers to /from airport, first class hotels, deluxe motorcoach, baggage handling, 20 meals, all tips for drivers, guides and tour manager.  
Cost \$3653 p/p d/o  
Contact **Bob Spellman** 925-934-8428.

#### Oct 23-Nov 5, 2006 Eastern Mediterranean & the Greek Isles.

A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens, Greece on board Oceania Cruises' Nautica: Ports will include Kusadasi, Turkey; Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu, Greece; and Dubrovnik, Croatia.  
Cost from \$3364 to \$5036 p/p d/o.  
Contact **Bob Hagler** Branch #8 @ 925-934-7620

## Theatre

### Bill Hansen



It is mean spirited funny and a fascinating look at the female inner circle. It is "The Women" presented by the City Rep at the Regional Center for the Arts in Walnut Creek on Thursday, November 27th. Tickets are \$29 each.

Send checks made out to Sir 146 to: **Bill Hansen**, 3098 Manzano Drive, Walnut Creek, 94598



**Christy DeVoe and Bill Weinberg**

## Wine Tasting ... Dale Haukland

Our next tasting event will be November 16th, 2-5pm. Come celebrate the new wine releases  
At the home of:

### Dale and Joanne Haukland

148 Santiago Drive, Danville, 94526. Phone: 925-820-0189  
Call to reserve a spot. Bring either a red or white blended or meritage wine for under \$20. Enjoy the sniffing, swirling and tasting.



## Table Pool

### Bill Weinberg



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

Come on out for some fun. I hope to see you in November.

The Table Pool Club met and had 5 tables going. It was nice to have Sir **Dick DeVoe** there showing us all his fantastic shots. He even let some of the other players win a game or two. Next meeting will be on the 1st Monday (Nov 7). Hope to see you there.

**FALL CANDY SALES**

**ORDER FORM**

Now is the time to place your order for **See's Candy**. The price is still the same as it was for the Spring CANDY SALE, \$10.10 for a one pound box. The deadline to order is November 10th. The certificates will be available shortly thereafter.

Make your check payable to "SIR Branch 146" and send a SELF ADDRESSED STAMPED #10 ENVELOPE along with this form, to:

**Mitch Mitchell**

5350 Lightwood Drive, Concord, CA 94521-3711

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

Enclosed is my check for \$ \_\_\_\_\_ to cover the cost of



**Walkers John Lewis**

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



Nov. 4 -- Larkey Park, Walnut Creek. Meet at Lindsey Museum parking lot.

Nov.11 -- Mitchell Canyon Trail, Clayton. Meet at Clayton Library

Nov.18 -- Meet at the Lafayette Community Center on St. Mary's Road

Nov.25 -- No Walk--Day after Thanksgiving

Thanks to **Bill Cammerer**, **Bob Madge**, and **Jack Matthews** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proof reading.



← "Lining up" for Drinks

↙ Dancing the Night away

**December Lady's Day Luncheon  
Thursday, December 8, 2005**

No. of tickets \_\_\_\_\_ at \$22 each. Enclosed \$ \_\_\_\_\_  
Names:

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

Pick: Petite filet of beef \_\_\_\_\_ or Herb crusted salmon filet \_\_\_\_\_  
Special requirements \_\_\_\_\_

Make checks payable to SIR 146 and mail to **Jim Todhunter**  
1025 Sunnybrook Drive, Lafayette, CA. 94549-2827  
**Jim's** e-mail address is [hjtodhunter@comcast.net](mailto:hjtodhunter@comcast.net)

Seating for this event is now limited to 275. We are accepting only SIR member reservations until October 31. After October 31, both SIR members and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by December 1. Guests will be accommodated on December 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!



# SIR CALL

## *Newsletter*

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

[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.



Gene Diana, Bill Cammerer, Doug Cook, Joe Himsl, Bill Weinberg, Al Milano, Jim Baldrige, Al Zamolo and Fred Bolton