



Ray Kan

Big Sir's Notes

Congratulations, **Lang Erickson**. At the September 13th SIR State Board meeting, a surprised **Lang** was awarded an Honorary Life Membership. As Secretary of our statewide organization of over 23,000 members, he had previously

served as State Assistant Secretary and was our Branch Membership Chairman for many years. **Lang**, we are all proud of your accomplishments and dedication to SIR.

After much discussion and input by our general membership and the Executive Committee, the motion to add five new members a month for six months was approved. At the end of this six month period it is to be evaluated by the Executive Committee. With room at our luncheon and the many activities we offer, this should make for a better Branch and allow more retirees the opportunity to enjoy SIR.

I will be appointing a committee to study our Branch. They will study our current programs, activities and our needs. This will be broad based to see how we can further benefit our membership.



Getting to Know SIR Harry Alderson

I was born in Alameda in 1925 and was raised in East Oakland. I attended Maxwell Park School, Frick Junior High and Fremont High. After graduating in 1943 I headed to Cal Berkeley following in the footsteps of my father (Class of 1904), my sister (Class of 1935) and my brother (Class of 1937). I managed to complete one semester before the Army Air Force called me to service. I was discharged in November 1945, returned to Cal and received my degree in Chemical Engineering in 1949.

I worked as a Chemist at two jobs before finding my life's work. In 1951, I went to work for PG&E Engineering Research in Emeryville doing chemical-corrosion work. I enjoyed the work, particularly when I was in the field in the Sierras. I retired from PG&E in 1987.

I met **Rosemary**, my wife to be, in 1952 after she had moved from Lafayette to Oakland. We were married later that year. We have three daughters and 2 grandchildren.

We have done a lot of traveling through the years, some with my job and a lot with the PG&E Retirees group.

Unfortunately, **Rosemary** suffered a stroke last December and is in a rehabilitation center recovering slowly. She is close by so I see her often.

A lot of my friends from my old days at Cal are members of Branch 146 and I joined them in 2001. I am a long term golfer but I play with a PG&E Retirees group I have been with for many years. I walk with the Walking Group as often as I can. Our home in the Oakland hills backs up on the Redwood Regional Park and I have walked my dogs there for over 40 years.



Garth Cummings honors our August speaker, Sir **Fred Kovar**

Little Sir's Corner

The speaker for the October meeting will be **Tom Ehrhorn**, Commissioner of the North Coast Section of the California Interscholastic Federation. The CIF coordinates high school sports throughout California and **Tom** will be discussing their activities and the status of high school sports in California in general.



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 had 15 people show up for one of our biggest ever groups. In fact, we used two courts. Come out and join us, the season is drawing to a close. Also, check out the photo on the back of this bulletin.

Bowling

Gus Edwards



NEW BOWLING CHAIRMAN **Larry Mitchell** (the Major Dude) will be the bowling chairman for this year. Larry also chairs the **Dave Valladao** Tournament in March and brings a wealth of experience to this position. The winter league has begun with 16 four-man teams of which 18 bowlers are from Branch 146. As usual, the league will be very competitive this year.

The next tournament will be the **Bob Matteucci** Memorial, which will be held at the Harvest Park Bowl in Brentwood. The dates for this tournament are October 18th and 20th. The entry deadline is October 12th.



Cooking

Don Nunn

1st Monday at various members' homes.

"The" Cooking Group met at the home of Sir **Bob Spellman** for our September get together on Monday the 12th. We were a week late due to the Labor Day Holiday. We purchased 25 gallons of wine from The Obester Winery near Half Moon Bay and prior to the luncheon, we bottled, corked and capped 125 fifths of red wine. We then proceeded to apply labels complete with personalized photos. Following the bottling process, we enjoyed a great potluck with our ladies as guests. Sir **Nunn** provided assorted hors d' oeuvres, Sir **Spellman** barbecued tri-tip beef, Sir **Johnson** provided his patented 5 bean casserole, Sir **Hungerford** tossed a green salad, Sir **Milano** provided a vegetable ratatouille and Sir **Meade** provided a super homemade ice cream with homemade cookies by Sir **Mandic**. Of course, our lovely ladies contributed in the complete process. We did manage to sample a bit of the wine. The meeting next month will be at Sir **Frank Mandic's** home. Please call to confirm your attendance.

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

FLOYD SKELTON 838-2515 f.skelton@att.net

Meet the 3rd Thursday of each month (except December), 9:30 to 11:30 am, at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

October 20 - "**Genealogy – More Than Who and When**".

Bob Wolf, President, Mt Diablo Genealogy Society, and a member of SIR Branch 116, will cover a wide range of genealogy topics. Subjects to be covered include: Where to start, primary sources, getting organized, genealogy programs, research on the internet, and 'land mines' to be aware of, including examples of some Bob has tripped over. Whether you're a veteran or a newbie on the subject, this presentation will be rewarding.

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

For more information visit our Website at:

<http://www.sir-web.org/computer/>.



Duplicate Bridge Bob Donahue

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

Sir **Bob Donahue** hosted three tables of duplicate bridge in September. **Jim Todhunter** was first with 26 points. **Dick Johnson** and **Lynn Freeman** tied for second with 24 1/2 points.

The next meeting is scheduled for Monday, October 17th. Contact **Bob Donahue** at 376-4527 for information.

Couples Duplicate Bridge Lo McCarley

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



George and **Tamara Zunich** hosted three tables of Duplicate Bridge in September.

Jim and **Allison Todhunter** came in first with 27 points.

Carl and **Ann Johnson** were second with 20 points and **Lynn** and **Dasha Freeman** were third with 19 points. The next bridge game will be hosted by **Jim Brown** and **Barbara Lundblade** on Wednesday, October 19th.

Tres' Gourmet Frank Rockwell



The Cooking III group met at the home of **Bryant Fischback** on September 15th. **Bryant** put together a delightful lunch consisting of jambalaya, glazed carrots, salad and a wonderful frosty strawberry dessert. Among the topics of discussion was a new name for our cooking group. It was decided that henceforth we shall be known as the " Tres' Gourmet " cooking group. Our next meeting will be at the home of **Mike Covello** on the 20th of October.



Smiles all around from **Don McDonald, Bill Comley** and **Peck Ferrin** (Waiting List) at the September luncheon

Garden Club

Chuck Bobinecz

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



It was decided at our August meeting to **cancel the October garden club meeting** because a number of the Garden Club members will be on the SIR Black Sea cruise or will be out of town. We will resume our meetings in November.

For our November meeting we will have a speaker who is a physical therapist, **Janelle Gonsalves**. She will talk to us about "gardening body mechanics"; how to do it and how not to do it. You would think we should know by now but I am sure she will give us some new insights.

Garden tip for the month of October: Now is the time to fertilize your lawn. The extra nutrients are stored in the roots so they'll be ready for growth in the spring.

Zen for those who take life too seriously:

1. Save the whales. Collect the whole set.
2. A day without sunshine is like, night.
3. I just got lost in thought, it wasn't familiar territory.
4. 42.7% of all statistics are made up on the spot.
5. Remember, half the people you know are below average.

Away Golf

Jim Baldrige



Thanks for the great sign up for the Oct 6 SIR Br. 146 Scramble Tournament at Boundary Oak. At this writing we have enough sign ups to form 10 teams. The handicaps also worked out great as there is only a 2.25 stroke difference in handicaps between the 1st and 10th team. **Dick Richmond** has the team lists and they will be available at Tuesday Golf. Note to "A" players. Please contact your players so they know their tee times. Mark your calendars for Thursday, November 17. Sunol Valley GC, on Hwy 680 just south of us is the venue. Cost will be \$35 to \$37 and will include green fee, cart and \$10 to \$15 in pro shop and prize credits. Start time is 9:30 am. **Dick Richmond** is finalizing details and will have a flyer out at Tuesday Golf. Remember Sir **Lynn Freeman** is hosting the Br.146 Ladies Invitational Tournament at Vintners GC in Yountville on Wednesday, Oct 26. Contact **Lynn** for details. Plan ahead for 2006. Mark your calendar for Monday, April 3, 2006 for the Br. 146 Silverado Country Club SIR Invitational Tournament. Cost will be \$46 for SIR members competing for prizes and \$44 for guests or SIR's not competing in the prize fund. Cost includes green fee and cart. This is a 12 noon Shotgun Start, open to 144 players, on the South Course. I will get out a flyer and start formal sign ups in December. Questions: **Jim Baldrige** 925-689-9232 or **Dick Richmond** 925-947-1167



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.

BLOOD PRESSURE MEDICATION: AM OR PM?

The best time of the day to take blood pressure medication depends on the type of medication and your goals for managing your blood pressure.

Blood pressure follows a daily rhythm. It's higher when you get up in the morning and during your waking hours and generally lower while you're sleeping. Most types of blood pressure-lowering medications work for 24 hours, allowing you to take them once a day. But the effects of these medications may not be the same over the course of the day. The effects typically start about an hour after you take the medication. They peak four to 15 hours later and then start to wear off in the last eight hours.

Some medications are designed to be taken at bedtime and start working in the middle of the night to reduce the increase in blood pressure that occurs when you get active in the morning. Also, some medications may cause drowsiness, which can be a problem during the daytime hours. Generally, you can take those medications at bedtime.

Discuss any side effects and your blood pressure goals with your doctor. You can see how the medication affects your blood pressure by taking measurements at home at different times of the day. Then you can track your side effects with blood pressure changes and the time of day at which you take your medication.

Source: *Mayo Health Clinic, February 2005*

LEAP OUT OF BED

The results of a hard workout often are not felt until the next day, when you wake up stiff and achy. But you may be able to reduce some of the soreness. Vitamins may ease the pain.

Studies show that antioxidant supplements, such as vitamins E and C, may ease muscle aches and promote recovery after intense exercise. "We need more research, but nutritional strategies that limit muscle soreness and damage may help athletes train more frequently and reduce these effects in weekend warriors," says leading antioxidant researcher **Jeffrey Blumberg, PhD**.

If you're not already taking these healthy muscle vitamins, now might be a good time to start

Source: *Prevention Magazine, February 2005*

SPLINTERS

If you think you have a splinter in a finger, but aren't sure, here's an easy way to find out. In a dark room, put a small flashlight directly against the finger. You should be able to see, from the side, how deep and how large the splinter is, making removal easier.

Ladies Invitational Golf

October 26th, 2005 at the Vintner's Golf Club in Yountville. The cost is \$48 per person which includes 18 holes of golf, cart, buffet and prizes. Send reservations and checks to **SIR Lynn Freeman** NLT October 20th, 2005. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. Shotgun start at 8:30 am. There is a limit of 60 players.

SIR Lynn Freeman, 5363 Crystal Ranch Dr., Concord, 94521. Phone:(925)691-1186 or e-mail: lynnaf@astound.net



Tuesday Golf Walt Barabash

August 16 First Flight: **Jack Calloway, Bob Mehus and Joe Suta.** Second Flight: **Ken Kratz, Bill Knapp and Doug Cook.** Closest to the Pin: **Ray Kan.** Low Gross: **Jack Calloway: 80**

August 23 First Flight: **Myles Ringle, Rich Hanford and Jim Baldrige.** Second Flight: **Ernie Dickson, Larry Zugnoni and Don Del Bene.** Closest to the Pin: **Dean Merritt.** Low Gross: **Dick Devoe: 79**

August 30 First Flight: **Lew Thompson, Jack Calloway and Ray Nordstrom.** Second Flight: **Ernie Dickson, Frank McNamee and Joe Lamanna.** Closest to the Pin: **Ray Nordstrom.** Low Gross: **Lew Thompson: 79**

September 6 First Flight: **Gene Diana, Bill Hansen and Frank Rockwell.** Second Flight: **Fred Bolton, Bob Madge and Fred Kovar.** Closest to the Pin: **Ken Beattie.** Low Gross: **Gene Diana: 81**

September 13 First Flight: **Bob Yolland, Ken Kratz and Bill Hansen.** Second Flight: **Fred Kovar, Don Del Bene and Howard Harvey.** Closest to the Pin: **Ed Wojnar.** Low Gross: **Lew Thompson: 83**



Margaret Rees, Bernice Cammerer, Gene Diana, Jody Martin, Bill Rees and Mel Hinrichs relax in pleasant surroundings at the Silverado Country Club.

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

When: Wednesday, October 26, 2005

Time: Breakfast will be available at anytime after 7am and the meeting will start at 8am. Order off the menu, no reservations required.

Program: A presentation will be made by Mr. **John Suttle**, one of the leading Bay Area experts in Tax and Estate Planning. Mr. **Suttle** has vast knowledge of the ever-changing world of tax considerations and Wills and Trust preparation. He is a CPA, Senior Attorney and principal of SuttleLaw located in the San Francisco Financial District. He has practiced Estate Planning for more than 25 years. He is a graduate of Hastings School of Law with an MBA from Haas School of Business, and B. A from Stanford University. Some of the topics he will cover are:

- Important Things you should do before it's too late
- Basic Estate Planning
- The five most common mistakes in Estate Planning
- The five most overlooked opportunities in Estate Planning
- Federal and State medical privacy legislation

We will be allowing time for an extended question and answer period so you will be able to present your questions and gain from Mr. **Suttle's** insights and vast expertise. This should prove to be a couple of hours well spent.



Cribbage

Al Tufo

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

Hello to all our SIR brothers. The Cribbage Club got together on September 14th. It was hosted by **Barney Meade**. We were able to get in two tournaments. The **Italian Stallion** was on the DAL for the month of August and felt he was ready for anything. Wrong, just as he came out of the starting gate, **Langly Erickson** bumped the I.S. and never looked back. **Langly** jumped in front and kept the lead right to the finish line. He won going away. **Barney Meade** tried to catch him but ran out of gas. The second race was a photo finish. **Larry Reilly** made the turn and with a burst of speed overtook the **Italian Stallion** who came in second. After returning to the barn area, we were given a special dessert homemade by **Barney**. He topped off with a scoop of homemade ice cream that blew us away. **Al Tufo** will host the next Derby at his home on October 12. **CIAO, Al Tufo**

More Zen for those who take life too seriously:

1. He who laughs last, last thinks slowest.
2. The early bird may get the worm but the second mouse gets the cheese.
3. I drive way too fast to worry about cholesterol.
4. A clear conscience is usually the sign of bad memory.
5. Plan to be spontaneous, tomorrow.

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.

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, Robert Lipscomb, Robert Figone, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione, Winslow Ferrin, Louis Balbi.**

One last dose of Zen:

1. Always try to be modest, and be proud of it!
2. If you think nobody cares, try missing a couple of payments.
3. OK, so what's the speed of dark?
4. How do you tell when you are out of invisible ink?
5. Hard work pays off in the future. Laziness pays off now.



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Lamb Stew, pearl onions, carrots, on mashed potatoes
- Breaded Cod Filet with waffle fries, coleslaw and tartar

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Party Bridge **Fred Bolton**

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

There were two tables of party bridge at the home of **Harry Dillon** on Labor Day. **Lynn Freeman** was tops for the day at 7950, **Jim Jackson** was next at 7620 and **Jim Stedman** was third with 5540 points. **Fred Bolton** will host the next game on Monday, October 3.

Membership

Jim Jackson



Branch 146 Statistics: Members 210, HLMs 4, Waiting List 52, Inactive 3.

September Attendance: Members 170, HLMs 4, Waiting List 8, Inactive 1, Guests 2, Excused 36, Unexcused 4. Total September Attendance 185.

Status Changes:

Inducted: **Jesse Crews, Martin "Cliff" Perkins.**

New Top 30 Men: **Gary "Skip" Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezare**

Resigned: **Bruce Smiley, Hal Rodgers**

Reinstated: **Owen Sullivan**

Added to Waiting List: **Winslow Ferrin, Louis Balbi**

Withdrew: **Bill Holsberry, Pat Tinguely, Byron Lee, Harold Whistler**

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,**

Song Sirs

Bill Rees



The Song Sirs will maintain a 1st and 3rd Wednesday practice schedule through September. Starting with our October 5th practice, our schedule will include every Wednesday in preparation for our performances with the Pleasant Hill Seniors on November 15 and the Veterans Hospital in early December.



Sunshine



Otto Wilson

Phone: 825-1943, e-mail: ottowilson@astound.net

Harry Rieck is still at John Muir hospital as of this writing. (9/16). He could be coming home the weekend of September 18th. He is undergoing more tests.

Charlie Kiser was admitted to John Muir hospital for surgery of the colon on Friday, September 16th. Keep him in our prayers.

Bill Martin's wife **Mary** is undergoing further treatment for lymphoma.

Ron Pascoe is home. He is trying to get rid of the infection in the knee area so he may have the knee replaced.

Travel Opportunities

Bob Spellman



Oct 12-Nov 2, 2005: **Australia & New Zealand.** A 22 day excursion through Australia and New Zealand. Includes roundtrip airfare, accommodations in 3 to 4 star hotels for 19 nights, deluxe motorcoach transportation, all taxes and gratuities at hosted meals and hotels. Cost \$4980 p/p d/o
Contact **Bob Hagler** Branch #8 at 925-934-7620

Nov 6-7, 2005: **Fiddler on the Roof.** Presented by the Western Nevada Musical Theatre Company. Performance at the Carson City Community Center. A Sunday Matinee. Includes transportation, one night accommodations at Sands Regency, and admission to Fiddler on the Roof. Cost \$85 p/p d/o.
Contact **Carl Raaka** Branch #8 at 925-254-0482

Dec. 30, 2005: **Mexico & The California Coast.** Sail from San Francisco. An 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 p/p
Contact **Fred Stammen** Branch #171 at 925-283-1956

May 16-26, 2006: **Alaska Cruise.** Leave from San Francisco to Ketchikan, Juneau, Skagway, Tracy Arm and Victoria on the Regal Princess. Cost from \$1193 to \$2043 p/p.
Contact **Carl Raaka** Branch #8 at 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 and, 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 at 925-934-7620

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 October.



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.

Wine Tasting ... Dale Haukland

Our next tasting event will be November 16th, 2-5 pm. 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.



Fishing

Sal Costanza

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

October outings include: Trout fishing at Eagle Lake, salmon fishing in Oregon and in the Sacramento/Feather River area and striper/salmon fishing in the Delta. Many Sirs and their friends went to Komaham Lodge in BC, Canada and caught large quantities of salmon (Kings to 65#) and halibut. For info on these and even bigger fish stories come to our next meeting.



Secretary Jim Stedman welcomes two new Sirs



Sponsor- **Jim Kohl** , **Jesse Crews** and **Jim**



Sponsor- **Lo McCarley**, **Jim** and **Martin Perkins**

Letters to the Editor

Editor,
 Once a retiree's application is accepted, the branch has a responsibility to induct him within- say- 1 year maximum, NOT 2-5 years later. Last month our Executive Committee showed strong leadership with our waiting list by approving 5 new members/month for 6 months. The next urgent action required- to have an immediate moratorium on new applications until applicants can be assured membership within a reasonable time frame. Hopefully, the Executive Committee will take such action at its October meeting. **Dick DeVoe**

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 _____ one pound boxes.



Ray Luoma and Owen Sullivan. Welcome back to active membership, **Owen!**

Rollie Nordeen and John Lively (Greeters) welcome **Barney Meade and Mel Hinrichs** to the September Luncheon



Walkers John Lewis

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



Rain cancels any walk.

Oct. 7 - Castle Rock Trail, Walnut Creek. Meet at the end of Castle Rock Road.

Oct. 14 - Redwood Park Stream Trail, Oakland. Meet at Moraga Safeway parking lot.

Oct. 21 - Lime Ridge Open Space, Concord. Meet on the north side of Treat Blvd. between Cowell Road and San Miguel.

Oct. 28 - Briones Reservoir, Orinda. Meet at Orinda Village Safeway parking lot.

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

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

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

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

sircall@hotmail.com

<http://www.sir146.com>

Newsletter

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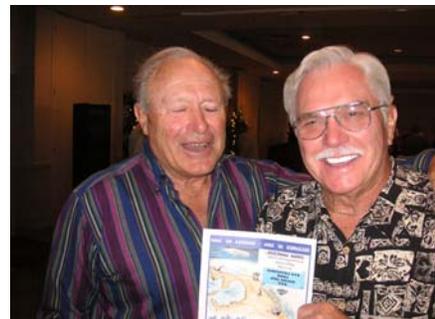
Time Value Mail
Please deliver as
soon as possible.



Bob White, Hal Ruby, Lang Erickson, Activity Chairman-Bob Franklin, Tom Thompson and Jim Jackson enjoying a good game of Bocce together.



Tres' Gourmets (formerly known as Cooking III)
Mike Cavallo, Jim Brown, Bryant Fischback,
Ron Binder and Bill Hansen



Bill Weinberg and Myles Ringle at the luncheon