

Published For Our Members And Friends



Jim Stedman

Big Sir's Notes

I first want to thank members who served on the 2007 Executive Committee. Branch 146 is better off now, and will be better off in the future, because of their leadership.

The Executive Committee voted to increase Branch maximum membership to 270 and to induct 30 new members for the year, at the rate of three new members per month, in order to stop branch ageing and to begin the replenishment of younger members. As a result, membership increased from 245 to 254.

There was no increase in branch average age and the number of younger members increased to 45. A total of about 80 younger members are needed to reach the desirable goal of being in balance with older members. This is a successful start in the process to maintain the health and vitality of Branch 146. Let's keep it going.

We have a history of good leadership in Branch 146. This will continue as ten members inducted in the last two years assume leadership positions in 2008. We welcome their energy and new ideas.

All of our activities are successful and robust. We started three new activities this year. All are chaired by newer members: The Book Exchange Group-**Terry Marchione**, Explore and Dine-**John Pearl** and Guys Dine Out-**Mal Hendry**. There are now 32 different activities available for Branch 146 members. A large selection of activities is crucial for the future success of Branch 146.

All activity chairmen did outstanding jobs in 2007 and I commend them. **Dick Richmond** and his golf committee are to be particularly congratulated for reenergizing the golf program. We now have free golf lessons from time to time, a new nine hole golf program with good participation, a variety of formats for Tuesday golf, good participation in Area and State tournaments and a fine Away Golf program headed by **Jim Baldrige**.

As each of us reflects upon how much we benefit from our membership in SIR Branch 146 let's think about bringing a guest to lunch and sponsoring a new member.

In conclusion I say thank you to **Jeff Baily** for his friendship, collaboration and support during 2007 when he was Little Sir. **Jeff** is a fine and deserving Big Sir. He is the right leader at the right time for Branch 146 in 2008.



Jeff Baily

Little Sir's Corner

December Ladies Day entertainment will feature **Liz Emigh** directing the Clayton Valley High School Women's Ensemble. Great music. Don't miss this one.



Sir Bill Boyd, Army Air Corps, WWII POW



Cribbage

Al Tufo

On Wednesday the 14th, we held our monthly Cribbage tournament at the home of **John Pearl**. Earlier I had mentioned that I thought **John** had played Cribbage with the Egyptian Pharaohs. Now I'm sure he did. You should have seen the Cribbage Board that he wanted us to play on? I think it was carved from one of the spokes from a horse-drawn chariot. To make it an even more stressful day, he won the tournament by coming in first. How's that for being the Cribbage host? **Larry Reilly**, the Dublin Kid, came in second. I'm not going to mention anything about the **Italian Stallion** who is sulking in his hay stall. Next month the host for Cribbage will be **Dan Meckfessel**.

Happy Turkey To All. CIAO TUFO



Duplicate Bridge **George Zunich**

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

In November, Sir **Bill Snyder** hosted 3 tables of Duplicate Bridge at his home.

The results were as follows: **Lynn Freeman** took 1st Place with 28.5 points, **Bill Rees** came in 2nd Place with 28.0 points, **Jim Brown** and **Bob Donahue** were tied for 3rd Place with 27.0 points. The next match will be held on Monday, December 17th.

Contact **George Zunich** at 376-4439 or **Carl Johnson** at 376-6146 for information.



Party Bridge **Fred Bolton**

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

We played four tables of bridge at the home of **Bill Snyder** on November 6th. First place went to **Jim Brown** with 5570 points, second to **Bob Donahue** with 5170 points. **Bill Rees** was third, and fourth went to **Jim Jackson**.

Our next game will be on December 3rd at the home of **Lo McCarley**.



Couples Duplicate Bridge **Lo McCarley**

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

Couples Duplicate Bridge had three tables (six couples), instead of the usual four tables, of bridge. **Jim** and **Allison Todhunter** hosted the gala evening. Finishing in first place were **Jim Brown** and **Barbara Lundblade** with 24 points. They were followed in second place by **Carl** and **Anne Johnson** (21 points) and in third place by **Bill** and **Margaret Rees** (19.5 points).

Stu and **Margo Somerville** will host next bridge on December 19th.

Explore and Dine **John Pearl**

Explore and Dine, a new activity for Branch 146, has an event planned for Thursday, February 28, 2008. This will be a docent-led tour of the *Dean Leshner Regional Center for the Arts* in Walnut Creek at 11:00 am. The cost is \$2.00 each. Dates for a possible event in January are the 24th and 31st - more coming on this. If you would like to be placed on the e-mail list of people who have indicated an interest in this activity, please contact **John Pearl**.



Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692, philgoff@yahoo.com
DICK CURRY, Asst. Chairman, 376-5541, racorinda@pacbell.net

We will not meet in December. Our next meeting will be January 17, 2008. Have a happy holiday season.

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.)



Our November Greeters, **Joe Fuchs** and **John Pearl**



SongSirs

Harry Tutton

The SongSirs have enjoyed a good year of singing in 2007. We sang at four SIR Luncheons.

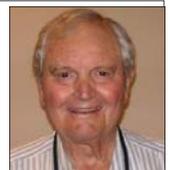
We sang at six community events: Walnut Creek Presbyterian Church VIP Luncheon, Manor Care, Mt. Diablo Retired Teachers Association, Walnut Creek Senior Club Luncheon, Sunrise Assisted Living and the Meals on Wheels Christmas Luncheon. We are looking forward to another good year of singing in 2008. If you would like to sing along with us in the coming year, please contact **Don Tubb** who is the new Manager of SongSirs.

Thanks! **Harry Tutton** - 2007 Manager of SongSirs.

Sirmonicats **Jim Helmick**

The Sirmonicats participated in the Veteran's Day luncheon by playing Battle Hymn of the Republic and TAPS. Now we are working on the Xmas program.

Call **Jim Helmick** if you are interested.



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.

We have a timely topic for our December meeting. Winter pruning: What, When and How to Prune. Our presenter is **Carla Preisler**, a Master Gardener with Contra Costa County.

Garden tip of the month: Christmas Tree Care. Wait as long as possible to bring a Christmas tree from outdoors. They prefer a cool spot inside with lots of water. You can spray the tree with a product called "Ground Cover" which seals in moisture and therefore it will require less frequent watering.



Sunshine Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Esther Bond, wife of Sir **Al**

Bond, passed away on November 8th. Our sympathies to Sir **Al** and the family.

Sir **Dave Obera** will be going into the hospital for a hip replacement on November 21st, the day before Thanksgiving. I hope they will serve Sir **Dave** a turkey leg so he may have something to stand on.

Bonnie Mathos, wife of Sir **Frank Mathos** is home recovering from eye surgery. She is doing very well.

Sally Burley, wife of Sir **Bob Burley** is now home recovering from back surgery. She has had a long recovery in the hospital and is now under the care of Sir **Bob**. He tells me it will still be a long recovery for her, but she is strong and doing just fine.

Sir **Don Martin** has fully recovered from a torn muscle in his leg. He has been home recuperating.

Sue McCarley, wife of Sir **Lo McCarley** had a successful cataract operation on November 16th. She now can keep an eye on **Lo** and make sure he keeps the house in ship shape.

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "he's just for good luck" A third child brought the argument to a close. "They use the dogs to find the fire hydrants!"



Health Matters Physical and Mental

The following articles were copied with permission from the *University of California Wellness Letter*. 1-800-829-9170. .

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

Aspirin: how to decide

People at high risk for cardiovascular disease (CVD), which includes many men over 40 and women over 65, should be taking low-dose aspirin. But a new survey of adults over 40 in *American Journal of Preventive Medicine* found that many who are at high risk are not taking it. Part of the problem is that people often don't know if they're at high or low risk. Here are some findings:

- Percent of respondents who were at high risk, based on reported risk factors: 42%
- Percent of those who believed they were at low risk but actually were at high risk: 28%
- Percent of those who believed they were at high risk but actually were at low risk: 44%
- Percent of a respondents taking aspirin: 41%
- Percent at high risk taking aspirin: 57%
- Percent at low risk taking aspirin: 30%
- Percent who discussed aspirin with their doctors: 33%
- Percent of those taking aspirin who discussed it with their doctors: 88%
- **Take-home message:** *The best way to evaluate your risk and see if you should take low-dose aspirin is to talk to your doctor.*

When shopping for a car, look for one with an electronic stability control (ESC) system.

Such systems could prevent up to 30% of all U.S. automotive fatalities, saving as many as 9,600 lives each year, according to the National Highway Safety Administration. That would make ESC the greatest highway lifesaver since safety belts. An extension of antilock brake technology, ESC sensors can detect when a driver is about to lose control--for instance, during a skid--and brake individual wheels to keep the car under control. ECS is especially effective in preventing fatal single-vehicle crashes, such as rollovers (which SUV's are most prone to). ESC is now standard or optional in more than half of vehicle models, mostly more expensive one. A proposed federal rule would require all vehicles to have ESC by 2012.

To prevent onions from making you cry when you chop them, try some of the following steps:

Put them in the freezer for 10 minutes beforehand. Use a sharp knife so you can cut faster. Aim a fan to blow the fumes away. Wear goggles. Use sweeter varieties such as Vidalias or purple onions (or related shallots and leeks). And, of course, there's always the food processor. Never wipe your eyes with your hands while peeling or chopping. When cut, onions release an enzyme that causes the formation of a chemical that irritates the tear glands.

Branch 146 Welcomes Three New Members in November



Ray Welles was introduced by Sponsor **Bill Rees**



Robert Schwab was introduced by Sponsor **John Demos**

Area 2 Investments

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

There will be no meeting in December.

It is getting close to the year end 2007 which means we need to look at our meeting dates for 2008. As is our custom we will be meeting on the 4th Wednesday of each month at the Diablo Creek Golf Course Grill Room. However, there will be 2 months in 2008 that we will not be meeting on the 4th Wednesday: January and November.

In January I was unable to line up our speaker for the 4th Wednesday so the meeting has been moved to the 3rd Wednesday, the 16th of January. Our speaker for January will be **Gary Schlossberg**, Senior Economist, Wells Fargo Capital Management. **Gary** is often seen on Bay Area broadcasts commenting on current economic events and conditions.

In November we have the Thanksgiving holiday so we will meet on November 19th. There will be no meeting, as usual, in the month of December 2008.

Here are our meeting dates for 2008:

January 16, February 27, March 26, April 23, May 28, June 25, July 23, August 27, September 24, October 22 and November 19.

Wishing everyone a Happy Holiday season and best wishes for the New Year.

Cheers! **Dave Munson**

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?". Mentally polishing my halo I asked, "No, how are we alike?" "You're both old."



Sponsor **Jim Adams** introduced new member **Bob Bailey**

Fishing

Sal Costanza

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

Fishing activity has been high. Our members have been out there having fun and still catching fish in what has turned out to be a slow year due to low/warm water conditions. Many are focusing on the Delta. Members of our Branch have had some success. It has been reported that **Bob Spellman** had a good outing while vacationing near Puerto Vallarta, Mexico. He boated a huge 75# roosterfish. **Steve Loftin** caught a 25# king salmon from the Sacramento River near Red Bluff.

The Area 2 Fishing Group Calendar is now available. The group is offering a wide variety of activities. There is bound to be something of interest for just about anyone. Our next meeting is on December 27th. Join us!



Luncheon Attendance **Bill Root**



SIR Luncheon is the 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 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



*House salad, freshly baked rolls and butter

* *Entrees including vegetables*

- *Petite Filet of Beef with twice baked potatoes*
- *Herb Crusted Filet of Salmon with roasted vegetable orzo*

*Daily dessert special, regular or decaffeinated coffee and tea.

Membership

Jim Jackson



Branch 146 Statistics:

Members 249, HLMs 5, Waiting List 8, Inactive 9.

November Attendance:

Members 206, HLMs 1, Waiting List 5, Inactive 0, Guests 0, Excused 33, Unexcused 6.

Total November Attendance: 212.

Status Changes:

Inducted: **Robert Schwab, Robert Bailey, Ray Welles**

Added to Waiting List: None

Resigned: None

Withdrew: **David White**

Deceased: **Bill Martini, John Fontenrose**

Current Waiting List (prioritized): **John Aaro, James Locker, Keith Oleson, Paul Dubow, Peter Miller, Randall Becker, Louis Meyer and Mike Isola**

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.

"What's it about?" he asked.

"I don't know," she replied. "I can't read."

Poker Club #1 **Frank McNamee**

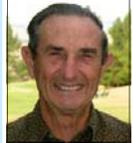


We met on November 7th. **Rich Hanford** and **Don Martin** subbed for **Frank McNamee** and **Dan O'Sullivan** at **Howard Harvey's** place.

Big Winners were **John Lewis** and **Rich Hanford**.

Our next meeting is in January at the **Lewis** household.

Poker Club #2 **Al Zamolo**



The Poker 2 group met at **Ken Kratz's** home in October. The game of "Chicago" seemed to be the game of choice most often. Winners and losers were equally divided with no big money exchanges in either case. **Jim Stedman** will host our November meeting, on Monday the 26th.

Poker Club #4 **Chuck Bobinecz**



Sir **Pete Gates** will host our November 26th poker session.

Note: there will no game in December.

Poker became the national game of the United States because it so well suits the American temperament. It is a game for the individual. Public opinion polls have shown in recent years that poker, despite almost universal popularity it already enjoyed, has been growing in favor more rapidly than any other game (quote from Albert Morehead).

Cooking

Dave Johnson

1st Monday at various members' homes.



In November, our traditional Ladies Night was held at Zio Fraedo's. Other than having to forcibly restrain several guests from dancing on the tables, it was the usual dignified affair. **Don**, who is bigger and more muscular than the rest of us, performed all business negotiations. **Dan** was in charge, as Parking Chairman, of all misplaced cars and keys. **Bob**, as Travel Chairman, was our liaison to the Pleasant Hill Police Department and three local bail bond agencies. **Barney** was in charge of entertainment and nearly dislocated both hips. The rest of us provided good looks, stunning intelligence and gracious charm. Next meeting is at **Gene Diana's**, in February.

Tres' Gourmet **Lew Thompson**



Ron De Golia was the master chef this month and he treated us to a delightful bit of French cuisine, namely coq au vin. Coq au vin is marinated chicken cooked in red wine along with many vegetables and spices. The main course was accompanied by a great salad and a gingerbread dessert. We touched on several hot topics but we all remained friends, I think.

Travel Opportunities Bob Spellman



Apr 3-12, 2008--The Islands of Hawai'i. Our 50th SIR Anniversary trip is back again, better than ever. We will fly to and from the Islands and enjoy two nights at the Hawaiian Village on Waikiki Beach before boarding Norwegian Lines' new ship the *Pride of America*. Our 7 day cruise through the Islands include Hilo, Maui, Kona, Kaua'i and O'ahu. Cost: Inside cabins start at \$2554 pp double. Outside cabins start at \$2941.

Contact **Charlie Kiser** at 254-1575 for more information.

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 at 934-7620.

Tuesday Golf Walt Barabash

Latest Tournament Results



October 16 First Flight: **Bob White, Bob Yolland, Lew Thompson.** Second Flight: **Tom Gorman, Joe Suta, Bob Wheaton.** Closest to Pin on Hole # 2: **Jack Calloway.** Closest to Pin on Hole # 12: **Rich Hanford.**

October 23 First Flight: **Bob Royster, Joe Barry, Bob Lyman.** Second Flight: **Stu Somerville, Bill Boyd, John Demos.** Closest to Pin on Hole # 2: **Bob White.** Closest to Pin on Hole # 12: **Bill Cammerer.**

October 30 First Flight: **Ray Spears, Bob Royster, Bob White.** Second Flight: **Dean Merritt, Mitch Mitchell, Ken Richter.** Closest to Pin on Hole # 2: **Joe Fuchs.** Closest to Pin on Hole # 12: **Jim Stedman.**

November 6 First Flight: **Bob Lyman, Myles Ringle, Joe Fitzsimmons.** Second Flight: **Ernie Dickson, Joe Suta, Jim Brown.** Closest to Pin on Hole # 2: **Bob Lyman.** Closest to Pin on Hole # 12: **Joe Suta.**

November 13 First Flight: **Ron Binder, Bob White, Joe Barry.** Second Flight: **Sal Costanza, Ernie Dickson, Tom Gorman.** Closest to Pin on Hole # 2: **Bob White.** Closest to Pin on Hole # 12: **Jeff Baily.**

Table Pool Bill Weinberg

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



Away Golf

Jim Baldrige



Several of our Branch146 golfers and guests just returned from a great golf trip to Ixtapa, Mexico. Some 95 plus SIR and lady golfers competed in a scramble format on the Palma and Marina courses during the week of November 9-16. A second group was there the week of November 10-17. The weather was quite warm and the competition was challenging. We had 11 Branch 146 golfers competing the first week. Ten of group finished in the money. I am reluctant to name the one Branch 146 golfer who did not draw enough good players all week to finish in the money, but I understand he makes clubs.

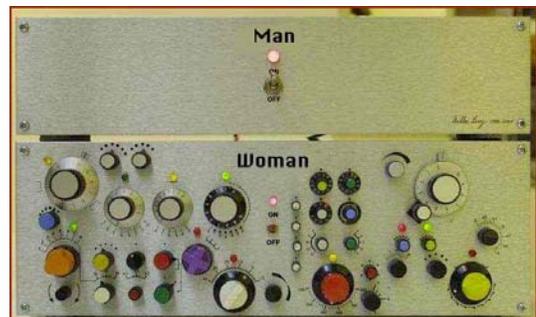
Ron Binder and **Lew Thompson** competed in the SIR State Championship Tournament at Poppy Hills in Monterey on November 5th but did not place in the top three slots in their flights. Maybe next year.

Our annual Branch 146 Silverado Country Club Invitational Tournament is scheduled for Monday, April 7, 2008. This 12:00 o'clock shotgun event is an opportunity for Sirs to invite guests to play a private country club resort course at a great rate. We will be on the South Course and we plan for a full field of 144 golfers counting Sirs and guests. The cost is \$44 for guests and \$46 for Sirs competing in the prize fund. The cost includes green fee and cart and there is no risk in signing up early as we don't pay this course until the day of play; last minute cancellations are refunded. I will circulate flyers shortly. In the meantime, if you are interested in forming a group, or playing individually, just let me know.

We have also received a nice offer for our group to play Hiddenbrooke/Vallejo. We are looking at Thursday, July 17, 2008 starting at 10:40am. The cost will be \$40 for guests and \$42 for SIR competing in the prize fund. This is a very good rate for this course and includes green fee, cart and range balls.

For scheduled tournaments and results of SIR State events check out our state website at sirstategolf.com.

Questions: **Jim Baldrige** 925-689-9232 or
Dick Richmond 925-947-1167



This could explain a lot!

**Gala Ladies Day Luncheon
Thursday, December 13, 2007**

No. of tickets _____ @ \$24 each. Enclosed \$ _____

Names:

Chose from the following entrées:

Filet of Beef _____ Herb Crusted Filet of Salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to:

Tom Thomson, 563 Monarch Ridge Drive, Walnut
Creek, CA 94597-2950.

Tom's e-mail address is thomsonsa@astound.net

Seating for this event is now limited to 290. We are accepting only SIR member reservations until October 31st. After October 31st, both SIR member and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by December 1st. Guests will be accommodated on December 1st 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 entree choice on an attached sheet. Don't delay!

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.

When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying. The veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there any more.



Walkers

John Lewis



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

Dec. 7 Lunch at Divino's Restaurant-Meet at shopping center near Taylor and Morello for walk and lunch at Divino's to celebrate nine years of Walkers.

Dec. 14 Sacramento Northern RR Trail thru Montclair- Meet at Moraga Safeway parking lot for car pooling. The walk starts at Shepherd Canyon Road and Paso Robles.

Coffee at Peet's, Montclair.

Dec. 21 Walnut Creek Christmas Walk-Meet at Walnut Creek Civic Center.

Paved - Level

Coffee at La Scala, Civic Drive and Locust, WC

Dec. 28 Lafayette East - Meet at Lafayette Community Center. Walk follows St. Mary's Road toward Walnut Creek.

Coffee at Terzetto Cuisine, Moraga

Thanks to **Bill Cammerer**, **Don Del Bene** and **Dan O'Sullivan** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Dick DeVoe** for proofreading.



Wine Tasting ... Dale Haukland

The wine group had a fine time sampling a myriad of wines and appetizers at the Artizan Wine Lounge in Walnut Creek. Their selection changes often, so one can sample often.

Enjoy the holidays with some fine wine or a glass of the bubbly.

I have enjoyed coordinating this group for the past many years, but it is time to pass the goblet to someone else for a while. Please contact **Jeff Baily** if you would like to coordinate this fine group of friendly people around six times a year. Two people could share as co-chairmen.

We are ready again to have a home-hosted event the latter part of February. If you are interested in hosting our event, please call me. **Dale Haukland**, 925-820-0189.

Cheers to all.



Merry
Christmas

SIR CALL

Newsletter

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Pleasant Hill, CA 94523

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<http://www.sir146.com>

Non Profit Org
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Time Value Mail
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soon as possible.



GROUP PHOTO TAKEN AT ONE OF MANY PICTURESQUE PLACES IN RUSSIA.
Do you recognize anyone?