



Ray Kan

Big Sir's Notes

Thanks to Sir **Doug Cook** for an outstanding 2004. **Doug** and his Board gave us a great year. Thanks to those Officers and Directors who will not be serving this year: **Doug Cook, Lew Thompson, Howard Harvey, Dale Haukland** and **Ed Wojnar**.

Welcome to the new members of the Board: **Bob Burley, Jim Todhunter, Jeff Baily, Peter Gates** and **Mike Varner**.

For those who missed our Holiday Luncheon, you missed an opportunity to see our own members at their best. There were a record 333 attendees at the luncheon. A special thanks to **Bill Hansen** who wrote the scripts and **Rod Sharretts** who directed the Song-Sirs. You missed performances by **Fran** and **Bob Schroder, Sandy Wagner** and **Fred Kovar**. And also thanks to musicians **Barney Meade** and **Dave Obera**. What about that M.C. **Bill Weinberg**?

Let's all welcome 2005 by continuing to actively participate in Branch 146. Get involved, have fun and make this a very special year.

Little Sir's Corner

The speaker for the January Luncheon will be **Robert McCleary**, Executive Director for the Contra Costa Transportation Authority. **Bob** will be speaking about local transportation issues affected by passage of Measure J. During the coming year, if you have suggestions for speakers, please call **Garth** at 820-0745 or e-mail gnscomings@sbcglobal.net.



Garth Cummings



Margot Somerville, Janet Yolland, and Sue McCarley help **Lo McCarley** celebrate his birthday during Couples Duplicate Bridge at **Lynn and Dasha Freeman's** on December 15th.

Getting to Know SIR

Bob Brady

A SIR member since 1992, **Bob Brady** had retired in 1990 after a 28 year career as a research testing engineer with the University of California, Livermore National Laboratory. In his teenage years, **Bob** was active in the scouting movement. Having attained the rank of Eagle Scout, he was pressed to assist in leadership and in teaching survival skills at Camp Miaconda, a prominent Boy Scout camp in NW Ohio, the state of his birth. He has continued supporting scouting over the years.

Bob was inducted into the US Army in his first college year. After basic training he was successful in passing a test for entry into the Army Air Corps Cadet Program.

Upon commission as a bombardier/navigator, he taught cadets until he joined a low level attack squadron headed to Okinawa which was disbanded quickly with the ending of war with Japan.

Upon his return to Ohio, **Bob** completed his engineering education and was immediately hired by ALCOA to manage the testing laboratory in their West Coast Plant in Los Angeles. During a career of a decade there and while in a part time pursuit of post-graduate work at USC, he and his first wife **Nancy** had four children. A fifth child was born soon after accepting new employment with UC at the Livermore Lab Facility.

Over the years in California, his hobbies included building a one-man gyrocopter which he crashed during a test series at Edwards Dry Lake.

Upon the family's insistence, he renewed his interest in boating when he took up schooling and course teaching in the US Power Squadron (agenda; safe boat handling), eventually leading to an envied certification as an advanced watercraft pilot.

Bob and his wife **Lucille**, a long-time teacher in Lafayette, were both active in the early SIR RV Group. Jointly, they were also involved in teaching country/western dancing for both the Walnut Creek City Rec. Dept. and the Acalanes School District. A long time resident of the Lafayette area, **Bob** recently moved to Ross-moor, a large gated retirement community, after the death of **Lucille** in 2003. Subsequent to care taking of his wife for a number of years, he has now taken up golf with his sons and hopes to join with fellow SIRs in the sport in the near future.



Bowling

Wha??

Gus Edwards



Hallelujah! De LaSalle wins; 49ers win. Raiders... well, two out of three isn't bad. However, the big sports news for 146 is the fact that Dave's Dudes won the championship for the first half. Going into the final day, only five points separated the first six teams. The league was very competitive. The Dudes (**Larry, Ray, Dave, Gus**) won due to a great team effort. The Destroyers (**Stan Strange, Martin Lyle**, and the two palindromic bowlers--**Bob Swick and Otto Wilson**), another pure 146 team, finished in the middle of the pack. The Spare None (**Pete Grelli, Clarence Tooley, Don Patterson, Bruce Jones**), yet another pure 146 team, finished a couple of points below the Destroyers. All bowlers are looking forward to the second half of the season.



L to R,
Peter Kautz,
Rich Hanford
and
Vince Rettew

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 9:30 to 11:30 a.m. 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).]

Our next meeting will be held January 20, 2005. At this meeting we will have a presentation on database technology. In addition to an introduction on this subject, our speakers will cover relational database management systems. They will also provide an example of how to prepare a simple database program using Microsoft's Access program. Whether you are an expert or a beginner in database programming, there will be something to learn for all of us. We'll also have time to hopefully resolve your computer problems and talk about some interesting web sites. For more information please visit our web site at: [http://home.alt.net/~area2computer/.](http://home.alt.net/~area2computer/)

Dick Curry and **Floyd Skelton**, Co-Chairmen

Duplicate Bridge

Bob Donahue



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

SIR Fred Kovar hosted four tables of duplicate bridge in December and came in first with 46 points. **Stu Somerville** was second with 44 points. **Jim Jackson** was third with 40.5 points and **Chuck Hammond** was fourth with 39 points. The next meeting is scheduled for Monday, January 17, 2005.

Couples Duplicate Bridge

Lo McCarley



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

Bob and **Janet Yolland's** 41.5 points were not only enough to win Couples Duplicate Bridge for December, it was the second most points scored in our two years of existence. **Stu** and **Margot Somerville** came in 2nd with 34 points and **Carl** and **Anne Johnson** took third with 33 points. Fourth place was a tie between the teams of **Lynn** and **Dasha Freeman** (our hosts for the evening) and **Jim Brown** and **Barbara Lundblade** with 32 points.

Fishing

Sal Costanza



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

Our fishing calendar for 2005 is in. It looks like a great year of fishing. From steelhead to salmon to trout to bass, you name it. There's something for anyone who's interested in the great sport of angling. Come to our next meeting and get the scoop on these outstanding fishing trips!



New Big Sir **Ray Kan** making the rounds, pictured here with **Elaine Richter** and **Alicia Bailly**



Cribbage

Al Tufo

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

Well, the Cribbage Club finally got together this month. It was hosted by **Langley Erickson**. We were able to get in two tournaments. After a two month layoff and just loafing around and eating alfalfa with some oats added, some of us really put on the weight. It sure didn't help the Italian Stallion. **Dan Meckfessel** had been training at night so no one could see him and was in good shape. He won both tournaments in a gallop. **Bryant Fischback** came in second in the first race, and **Langley Erickson** took second in the next race. The Italian Stallion and **Larry Reilly** have been put on a strict diet of spaghetti and boiled potatoes and will be ready next month. **Dan** will host Cribbage in January at his home in Concord. Best Wishes for the Holidays. **Ciao Al Tufo**

Garden Club

Chuck Bobinecz



1st Thursday at 9:30 am at Alamo Safeway conference room unless otherwise announced.

The Garden Club will not meet in January due to the New Year's holiday. At the December Garden Club meeting elections were held for the year 2005.

Chuck Bobinecz was elected chairman, **Lew Thompson** vice-chairman and **Lo McCarley** as the garden mentor. Researchers have studied the effects of different exercises and they've found that one of the best bone building activities is gardening! In fact, gardening was more effective than almost all other activities studied. There is also another bonus to gardening. It is performed outdoors and your body is exposed to sun, which provides bone-building vitamin D.

Tuesday Golf

Walt Barabash



November 16: First Flight: **Ken Beattie, Jim Stedman** and **Frank Rockwell**. Second Flight: **Ken Richter, Doug Cook** and **Tom Gorman**. Closest to the Pin: **John Demos**. Low Gross: **Jim Stedman: 85**

November 23: First Flight: **Ed Wojnar, Jim Stedman** and **Joe Himsl**. Second Flight: **Bob Spellman, Ken Richter** and **Pablo Chavez**. Closest to the Pin: **Bill Hansen**. Low Gross: **Jim Stedman: 85**

November 30: First Flight: **Bob Mehus, Al Zamolo** and **Bob White**. Second Flight: **Mitch Mitchell, Ken Richter** and **Dan O'Sullivan**. Closest to the Pin: **Russ Bliese**. Low Gross: **Bob White** and **Jack Calloway: 84**

December 7: Boundary Oaks missed schedule, therefore no golf played this day.

December 14: First Flight: **John Lewis, Rich Hanford** and **Joe Himsl**. Second Flight: **Bill Becker, Dan O'Sullivan** and **Walt Barabash**. Closest to the Pin: **Bill Cammerer**. Low Gross: **John Lewis: 83**

Away Golf

Jim Baldrige



Mark your 2005 calendar for Silverado Country Club on Monday, April 4. It's a 144 player noon shotgun on the South Course. This is a great spring outing for couples and guests. The cost is \$45 for SIR golfers competing in the prize fund and \$43 for guests or those choosing not to compete for prize money. I'm getting sign ups already and hope to have a flyer out at Tuesday golf soon. Contact **Jim Baldrige**, 925 689-9232 or e-mail jimjudy39@aol.com .

Three SIR Area 2 tournaments have been scheduled for 2005: Area 2 Governors Cup Wednesday, April 6-Boundary Oak. Poppy Hills Qualifier Friday, May 20-Franklin Canyon.

Team Scramble Friday, July 22-Franklin Canyon.

Contact **Dick Richmond**, 925-947-1167 or e-mail drichmon@pacbell.net

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.

CHOLESTEROL MAGNET

A Tulane University study of 10,000 people found that those who averaged 25 grams of fiber a day cut their heart disease risk by 15 %. Fiber, especially the kind found in oats and beans, turns into a cholesterol magnet in your intestines, helping your body to get rid of it. Source: *Runner's World*, February 2004

HOT COCOA

You've read that wine and tea contain protective phenols and antioxidants. Cocoa contains even more. Here's a comparison:

Drink	Mg. Phenols	Mg. Flavonoids
Hot cocoa (cup)	611	564
Red wine (glass)	340	163
Green tea (cup)	165	47
Black tea (cup)	124	34

Note: Chocolate is high in saturated fat, but a cup of cocoa contains less than one gram. Source: *Bottom Line Health*, April 2004

CALCIUM DISSOLVABILITY

Try dropping your calcium tablet into a glass containing five ounces of white vinegar and stir every five minutes. If its not dissolved in half an hour, its unlikely that it will break down in your stomach, meaning reducing the amount that is absorbed by the body. Brands that contain calcium citrate do dissolve easily.

EGGS GOOD FOR YOU

There is no link between the cholesterol in eggs and heart disease say University of Connecticut researchers. Eggs are good for you: they are rich in protein, vitamins A, B12, folate and riboflavin.

SERVING OF CHIPS AND COLA

A serving of chips: that's only 160 calories.
A serving of cola: that's only 100 more. Total: 260
But read the label. That 4 ounce bag of corn chips contains 4.5 servings: that's 720 calories.
That 20 ounce cola is 2.5 servings: that's 250 calories.
The bag of chips and the soft drink totals 970 calories. Moral: read the label. Note serving size. Otherwise, you could double, triple or even quadruple the number of calories, not to mention the number of carbohydrates, grams of sodium, fat, etc.

Source: *Hope Health Letter*, April 2004

2.4 statute miles of intravenous surgical tubing
at Yale University Hospital = 1 IV league

Letters to the Editor

The Executive Committee meets at 9:30 am. each month except in May and December, prior to the membership luncheon. All members are welcome, but very few non-executive committee members are in attendance. I would encourage all to drop by at one of meetings this year and see our officers and directors in action. This would be especially helpful for newer members who might be asked to serve in the future. **Jack Calloway**

Branch 146 Food/Cooking Groups have been a smashing success. The members have had the opportunity to really get to know each other. Cooking techniques and recipes are shared and of course, wine is offered. Members eagerly look forward to the meetings to be with their friends and experience new menus.

I believe our Branch could have a few more food/cooking groups, perhaps ones with special interests that will build the same camaraderie. It has been suggested that we could support at least one Diet Club. Members could discuss the subtle tastes of bottled water from around the world. Another idea offered is for a coffee/breakfast discussion group. Let your imagination run wild.

Seriously, if you have an interest in starting a group, contact any member of an existing group for ideas and assistance. **Stu Somerville**

Ladies Day December 2004



Caroline and Jim Jackson are all smiles at the luncheon.



Fran and Bob Schroder who did a skit as two BART riders, enjoy a laugh prior to lunch.



L to R, **Adele Meier, Ann Pascoe, Al Meier** and **Ron Pascoe** chat before the start of the program.



After **Fred Kovar's** shopping story...Ya gotta get a life **Fred**"

"Ok guys, no problem. I got the hat. Bring on the New Year", an exuberant **Ray Kan** seems to be saying.



Big hat, no cattle

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 bjsssmith@Aol.Com

\$ums In Retirement Investment Group will next meet on **Wed, Jan 19, 2005 (third Wed). This is a change from our normal 4th Wed. meeting day. The group will gather for breakfast starting at 7am and the meeting will start at 8am. All Sir's and their guest are welcome to attend. No reservations are required.

Our guest speaker will once again be Mr. **Tom Kopas**. He will be joined by Mr. **Joe Turner**. These two men are principals in Pring-Turner Capital group, in Walnut Creek. They have many years of investment experience between them. Mr. **Kopas** will present their insightful observations into the investment climate in 2005 and offer suggestions as to what areas investors can look to for reasonable returns. The Pring-Turner group continually takes a very detailed, conservative and realistic view of market conditions. Their forecasts and observations have been pretty much on the mark over the past years. These two men are very knowledgeable and you will not want to miss this presentation and outlook covering 2005.

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

- Yankee pot roast with potatoes, carrots, onions
- Pan fried breaded Calamari steak with tartar & lemon

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 210 , HLMs 4, Waiting List 54. December Attendance: Members 145 , HLMs 2 , Waiting List 20, Ladies 166, Total December Attendance: 333 (Wow!!) . Status Changes: None

Current Top 30 W/L Men prioritized: **Jim Wray, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner.**

Remaining Waiting List Men (prioritized): **John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmeh, Ron De Golia, Chuck Kistenmacher, Peter Kautz, Bob Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezare, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson.**

Party Bridge **Fred Bolton**

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



The Party Bridge Group met on Dec. 6 at **Bob Yolland's** home for four tables of bridge. First place went to **Jim Jackson** with 7600 points, second to **Dick Johnson** with 5990, third to **Jim Brown** and fourth to **Doug Carlson**. Our next game will be on January 3 at **Fred Bolton's**.

Song Sirs

Bill Rees



Practice is held at the WC Presbyterian Church normally at 3:00 pm Wednesday.

January practice sessions will be at the WC Presbyterian Church on the 19th and 26th at 3:00 pm.

No future performances are scheduled at this time. The response to the December Ladies Day Luncheon program, including our role, was heartening. Thanks to **Rod Sharretts** for continuing to make us a better



Song Sirs is a gas and ya gotta join, or so says **Karnak the Omnipotent**, aka **Ken Kratz** at a recent rehearsal. L to R, **Bill Rees, Mike Varner, Ken Kratz** and **Bob Yolland**.

singing/musical group. Effective January 1st **Bill Rees** assumed the role of Chairman of Song Sirs, replacing **Chris Satterthwaite**. Kudos to **Chris** for having provided quality direction and leadership to the group for the last couple of years. His efforts on behalf of Song Sirs will certainly be missed.



Sunshine



Otto Wilson

Owen Sullivan's wife **Gloria**, is in critical condition at Stonebridge Convalescent Center in Concord. **Owen** is temporarily at San Miguel Villa in Concord. Prayers and cards would help.

Chuck Smith is retiring as Sunshine Chairman. I am taking over (how can you fill shoes like that?) for the next year and will appreciate any reports from you.

Otto Wilson

Phone 825-1943.

email: ottowilson@astound.net

Travel Opportunities Bob Spellman



January 24-28, 2005 NYC Theater Tour. Includes r/t air and Times Square accommodations, 6 meals, 3 Broadway shows, backstage meeting with cast of Wicked. Radio City Music Hall backstage tour. Cost \$1573 p/p d/o. Contact **Bill Hansen** 939-4951

April 28, 2005 Nummi & NASA. We will travel by bus to the Nummi Plant in Fremont, a joint venture of Toyota and General Motors, for a tour of the auto plant on a tram. Next its to Gerald Canter Center for Visual Arts at Stanford University, which houses a diverse collection spanning 4000 years of the worlds cultures. Lunch will be hosted at McArthur Park in Palo Alto. After lunch, we're off to explore NASA Ames Research Center located at Moffett Field. Cost \$64.00 p/p. Contact **Bob Spellman** 934-8428

May 19, 2005 A Day at the Races. Includes r/t coach transportation to Golden Gate Fields, Turf Club Admission, Lavish Luncheon Buffet and program. Cost is \$35.00. Contact **Charlie Kiser** 274-1575

May 23-June 2, 2005 Branson & Barging. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer. In Branson deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**, Mississippi barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o. Contact **Charlie Kiser** 274-1575

Sept 29-Oct 10 2005 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post cruise night in Bucharest. Cost from \$3295 p/p d/o. Contact **Bob Spellman** 934-8428



Bruce & Liz Jones and Larry & Bettie Mitchell



Doug Cook, Dick DeVoe & Frank Rockwell



Jeff & Alicia Baily caught by Br. 146 photographer **Ken Kratz**



L to R, **Sharon & Mike Varner, Mitch Mitchell** and **Dick Richmond** who is recovering from an 8 hour back operation 10 days prior to the luncheon.

Table Pool Bill Weinberg

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

Had a good time Monday with 3 tables going. We decided to meet on the 3rd Monday (Dec 20th). Wear something red.....See you there!



State President Region Director Area Governor	SIR State Officers	Jim Donovan Art Miller Harry Hubinger
Branch 146 Officers and Directors		
Big SIR	Ray Kan	376-2023
Little SIR	Garth Cummings	820-0745
Secretary	Jim Stedman	932-1636
Assistant Secretary	Bob Burley	934-5816
Treasurer	Frank Rockwell	943-7743
Assistant Treasurer	Jim Todhunter	283-3974
Director	Jeff Baily	906-0521
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Pete Gates	937-2035
Director	Stu Somerville	944-0738
Director	Mike Varner	938-3778

Past Big SIR's

1989 **Charles Unfried**
1990 **Gill Rhodes**
1991 **Gene Hackett**
1992 **Walt Entelman**
1993 **Kap Kaprielian**
1994 **Joe Jansen**
1995 **Bob Walton**
1996 **Dick DeVoe**
1997 **Warren Boero**
1998 **Don Nunn**
1999 **Dave Valladao**
2000 **Jack Calloway**
2001 **Bill Hansen**
2002 **Fred Kovar**
2003 **Bob Yolland**
2004 **Doug Cook**



Walkers John Lewis

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



- Jan. 7 - Jack's Jaunt. Meet at Lafayette Community Center parking lot on St. Mary's Road.
- Jan. 14 - Adelaide's Amble. Meet at Heather Farms Swim Club parking lot.
- Jan. 21 - Mitch's Meander. Meet at Clayton Library.
- Jan. 28 - McCarley's Mile. Meet at Arbolado Park, Walnut Creek.

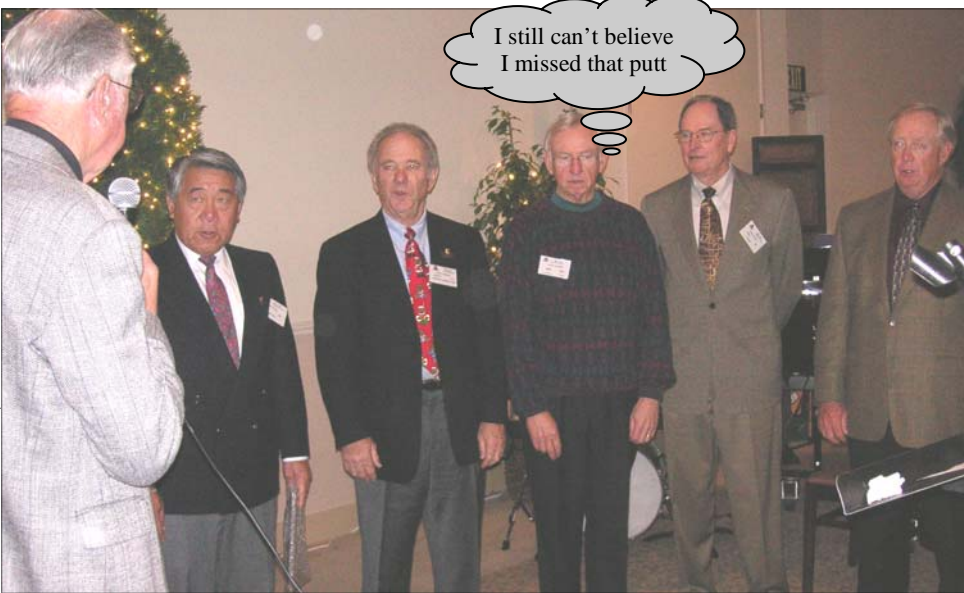
Committee Chairmen

Attendance	Bill Root	943-6194
Audit	Syd Whalen	837-7143
Badges	Dick Richmond	947-1167
Bocce Ball	Bob Frankland	284-7222
Bowling	Gus Edwards	930-6368
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Mitch Mitchell	686-0537
Chaplain	Roy Fredrickson	284-5623
Cooking	Don Nunn	934-5214
Cooking Too	Rich Hanford	933-9237
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Golf Treasurer	Walt Barabash	935-2964
Away Golf	Jim Baldrige	689-9232
Greeters	Ed Mendelssohn	935-0592
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Luncheon	Jerry Bellows	376-3352
Membership	Jim Jackson	687-7052
Newsletter Editor	Jeff Baily	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Doug Cook	939-4327
Pianist	Dave Obera	932-2584
Radio	Bill Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Bill Rees	376-3098
Director	Rod Sharretts	372-6566
Sunshine	Otto Wilson	825-1943
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Bob Spellman	934-8428
Asst Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Baily	906-0521
Wine Tasting	Dale Haukland	820-0189

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



Barney Meade on drums and **Dave Obera** on the keyboard, provided some delightful music for the Ladies Day festivities



Lang Erickson installing the new officers.

I still can't believe I missed that putt

An American tourist in London found himself needing to wee wee something terrible. He just couldn't find any public privy wherein to relieve himself. So he went down one of the side streets to do it. Just then, a London police officer showed up. "Look here, old chap, what are you doing?" "I'm sorry," the American replied, "but I really gotta wee." "You can't do that here," the officer told him. "Follow me." The police officer led him to a beautiful garden. "Here you go," said the policeman, "whiz away." Later, the American tourist said, "This is very nice of you. Is this a British courtesy?" "No," retorted the bobby. "It's the French Embassy."

SIR CALL

Newsletter

Sons In Retirement, Inc.
590 Pine Creek Rd.
Walnut Creek, CA 94598

SirCall@astound.net
<http://www.sir146.com>

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soon as possible.

DANCE DANCE DANCE DANCE DANCE DANCE

**13TH BIENNIAL DINNER DANCE
Black and White Ball
Heather Farms Garden Center**

Wear something to celebrate the 13th! Black and White socks are fine!

Yes, I want to attend the dinner dance on Wednesday, March 2nd. The evening starts at 6pm and ends at 10pm. We will hold the price at \$80 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet, and a rousing group of Retirement couples to party the night away.

Send check payable to SIR Branch 146 to Don Nunn, 2127 Seccombe Court, Walnut Creek, CA 94598.

SIR Name: _____ Dancing Partner _____

Beef _____ Chicken _____ Cannelloni (Vegetarian) _____

If you wish to order tables of eight, please send the total amount or all of the checks with your request.

Names of table mates-(Please include checks)

1. _____
2. _____
3. _____

Limited to 52 couples.

**We will take reservations for SIR members only until January 31.
After that SIR waiting list will be served on a first come first serve basis.**