



Jim Stedman

Big Sir's Notes

Greetings to all. I wish the best for you in the new year.

I am so grateful to be a member of Sons in Retirement and especially Branch 146. Since becoming a member in January 1993, my retirement years have been active, exciting and satisfying, mostly because of SIR. The most satisfying

part has been to get to know so many of you as a result of participating together in activities in which we have a common interest.

Thank you, **Garth Cummings**, for your fine leadership as Big Sir last year. We all owe you a debt of gratitude for your service. Thank you also to the following men retiring from the Executive Committee, each of whom made significant contributions to Branch 146: **Chuck Bobinecz, Frank Rockwell, Lew Thompson, Jim Todhunter** and **Mike Varner**.

Branch 146 is fortunate to have the following men continue their service on the Executive Committee in 2007: **Jeff Baily**, Little Sir, **Stu Somerville**, Secretary, **Dennis Hallett**, Assistant Secretary and Directors **Pete Gates** and **Al Zamolo**. We welcome the following new members: **Bill Snyder**, Treasurer, **Tom Thomson**, Assistant Treasurer and Directors **Jack Matthews, Larry Mitchell, Dan O'Sullivan** and **Harry Tutton**.

We have Chairmen, and in most cases Assistant Chairmen, for all of our committees in 2007. Many men are willing to serve in leadership positions in this branch. For that we can be thankful.

On January 4, 2007, there will be an informal training session for the 2007 Executive Committee members. We will learn about our responsibilities, about why there are losses of members and branches in SIR statewide and other issues of importance to Branch 146 at this time.

We will be ready to go on January 11, 2007, our first Executive Committee meeting.



Jeff Baily

Little Sir's Corner

Master Chief (ret.), J. R. Stafford, former Command Master Chief of USCG Pacific Area Port Security Detachment JTF-GTMO 2004, will present a brief history of the Guantanamo Bay Naval Station and outline current US Coast Guard missions in support of the Global War on Terror in Cuba.

NOTICE

NEW LUNCHEON PRICE: \$21.00

The Branch 146 Executive Committee, at its meeting on November 9, 2006, approved the 2007 contract for Blake's restaurant. After conducting surveys of other organizations that use Blake's, and of the other five SIR branches in our area, it was determined that Blake's' request to increase the luncheon and drink prices is justified. In January 2007, the luncheon price will be \$21, after having been at \$18 for two years.



Outgoing Big Sir **Garth Cummings**, shown here with incoming officers (from left to right): **Stu Somerville** (Secretary), **Jeff Baily** (Little Sir) and **Jim Stedman**, our Big Sir for 2007.



Frank and Judy Ryken put on a great show for us at the December Ladies Day Luncheon.



Duplicate Bridge George Zunich

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

Sir **Bob Donahue** hosted three tables of duplicate bridge in December. **Chuck Hammond** took first place with 28 1/2 points. **Jim Stedman** and **Stu Somerville** tied for second with 26 points each.

The next meeting is scheduled for Monday, January 15, 2007. Our regular chairman, **George Zunich**, will be undergoing heart by-pass surgery on December 21st and expects to be recovering at home for the next month. **Bob Donahue** or **Carl Johnson** can be contacted at 376-4527 or 376-6146, respectfully, 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.



Eight couples had a great time playing duplicate bridge at **Stu and Margot Somerville's** home on December 20th. **Bill and Margaret Rees** took first place with 38.5 points, **Carl and Anne Johnson** (36 points) took second, **Lynn and Dasha Freeman** (35 points) placed third, and **Lo and Sue McCarley** (32 points) came in fourth. The next meeting will be hosted by **Jim and Allison Todhunter** on Wednesday, January 17th.

Fishing

Sal Costanza

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



A draft schedule for fishing activities in 2007 has been prepared and will be discussed at our meeting on December 21st. Some great fishing trips are in the works. Our January meeting should have all the updates. Come, enjoy breakfast and the company of other Area 2 SIR. Find out what's planned for the coming year.



Bob and Charlotte Darius with **Ron and Ann Pascoe**, looking sharp for the camera.



Cribbage

Al Tufo

The Cribbage Club did not have a get together this month. With the holidays and other commitments it was decided that it would be best to skip the month of December. We, the Cribbage Club members, would like to wish everyone a healthy and safe holiday and a Happy New Year!

SongSirs

Bill Rees



The SONGSIRS had recent performances at the San Miguel Villa Convalescent facility in Concord and at the Veterans Hospital in Martinez. Our success and our rewards are measured by the expressions we see on the faces in our audience and by comments received afterwards. By these standards, both programs were successful. Our next gig is not until early in February. Our next practice will be on January 10th.



Sirmoncats Jim Helmick

The Sirmoncats participated with the Song Sirs at their two gigs during the month. Our audiences were small but seemed to appreciate our efforts. **Dave, Otto, Jim and Barney** (on the drums) participated. We are flexible and available. Interested??? Call **Jim** at 376-6042.

Table Pool

Bill Weinberg

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



We continue to have good turnouts and we welcome new players. I hope to see you at Masse's.



Al and Lana Altman, Betty and Walt Barabash, Mike and Sharon Varner all looking relaxed and happy at their table.

At the December Ladies Day Luncheon

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.



There will **NOT** be a Garden Club meeting in January. Our next meeting will be on Thursday, February 1st, at our normal meeting site.

It's the season to be careful with little ones around holiday plants. Mistletoe berries can be fatal and parts of the poinsettia plant are toxic.



Sunshine Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Sir **George Zurich** is scheduled for 5-way bypass heart surgery. He will be admitted to Summit Hospital in Oakland.

Shirley, wife of Sir **Rich Ahlf**, is scheduled to have her shoulder prosthesis replaced.

It was reported that Sir **Bryant Fischback** attempted to take his first step since being admitted to the hospital. This has been a long journey in his recuperation.

Investments

Ben Smith

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

Sums In Retirement Financial Group will NOT have a meeting in December. The next meeting will take place on January 24, 2007 at our normal meeting site. This will be our kick off meeting for the coming year and we will have Mr. **Tom Kopas** of Pring-Turner Capital group giving us their outlook for 2007. Mr. **Kopas** has provided us with annual forecasts for the market outlook in past years and they have proved, for the most part, to be very accurate. Mark your calendar, you will not want to miss this meeting. Also in January, we will be welcoming a new Chairman for the Sums In Retirement group. He is Mr. **Dave Munson**, Branch #171. **Dave** has had vast experience in the investment world and will be presenting many interesting and informative programs during the coming year. We look forward to his leadership and fresh perspectives. Wishing everybody a great Holiday season and a prosperous New year.

He said, "What have you been doing with all the grocery money I gave you?" She said, "Turn sideways and look in the mirror."

He said, "Why are married women heavier than single women?" She said, "Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in the bed and go the fridge".



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.

OSTEOPOROSIS BY THE NUMBERS

By age 20, the average woman has reached about 98% of her bone mass.

Women can lose up to 20% of their bone mass in the first five to seven years after menopause.

The one-year mortality rate following a hip fracture is nearly twice as high for men as for women.

White women over age 65 have twice the incidence of fractures as African-American women.

Osteoporosis-related medical costs were \$17 billion in 2001 (\$47 million each day). And the cost is rising.

Source: National Osteoporosis Foundation

ANTIPERSPIRANTS VS. DEODORANTS

What is the difference between an antiperspirant and a deodorant?

Deodorants mask odor with long-lasting perfume and reduce the bacteria that cause odor. Antiperspirants do all that plus stop you from sweating, which also effectively makes it more difficult for bacteria that cause odor to grow, according to a scientist at Procter & Gamble.

Source: Take Heart, May 2005

DUMB AND DUMBER

Secondhand smoke is even worse for kids than researchers first thought. Known for leading to asthma and behavioral trouble, it also appears to depress children's scores on math, reading, and problem solving test. Put another way, smoke seems to decrease young peoples' IQ from 2 to 5 points, according to a Cincinnati Children's Hospital Medical Center Study. Experts suspect that nicotine damages brain cells. The real shame: as many as 25% of children still inhale smoke at home.

Source: Health, May 2005

AVOCADO LOVERS DIG IN

Avocados are a great source of monounsaturated fat (known to keep cholesterol levels down). But recent research on the Haas avocados has propelled this satisfying fruit into nutrition superstardom. They have nearly twice as much vitamin E as previously reported, making them the highest fruit source of this powerful antioxidant.

And to mop up even more free radicals, they contain three times the antioxidant glutathione of other leading fruits.

They're also the highest fruit source of lutein, which test show reduces prostate cancer cell growth by 25%. Lutein also protects against cataracts and macular degeneration. And the combination of a beneficial plant based fat and monosaturated fat makes the avocado an excellent cholesterol buster.

Source: Prevention, October 2004

Letters to the Editor

Dear Editor:

I'd like to congratulate you on another fine year of putting together the Call. The tone of the newsletter, the quality of the pictures by **Ken Kratz** and now by **Rich Ahlf** and great articles and your sense of humor all contribute to a very nice read every month. I would also like to mention one article that always brings a smile to my face and that is the Cribbage column. Of course there are others but **Al Tufo** has been at it for years and produces a light hearted spin on the games played by his group. Keep up the good work, **Al**, and all the other contributors to our newsletter.

Jeff Baily, Former SIR Call Editor

Editor:

A very funny thing happened at golf today and needs to be in the Sir Call. **Ray Nordstrom** was the Marshal and went to see if the first foursome had used the sign for the closest second shot on # 12. That foursome, made up of **Bill Cammerer**, **Bill Becker**, **Bill Hansen** and **Bob Madge**, used the sign and walked off the green to their carts. However, **Ray** had driven off with **Cammerer** and **Becker's** cart, clubs and all without knowing it. The two **Bill's** got in **Ray's** cart and proceeded to play # 13, borrowing clubs from **Bill** and **Bob**. **Ray** finally looked behind the drivers seat and saw the clubs when he got to # 6. Totally embarrassed, he turned around and chased the two **Bill's** down on the 13th green. Fortunately, they stopped him from driving off too quickly again, this time with their putters and wedges which they had put in the back of his original cart. We were in the foursome behind them and had a great laugh.

Bob Yolland

Tres' Gourmet Lew Thompson

The January 18th meeting of Tres' Gourmet will be at **Jim Brown's** kitchen.



Cooking Dave Johnson

1st Monday at various members' homes.

The next meeting will be in February.



Cooking Too Rich Hanford

2nd Monday at various members' homes.

"Cooking Too!" members feasted at the home of Sir **Don Martin** this month. The meal opened with a Cranberry Gorgonzola green salad, followed with an Old Style Ham loaf with glaze, cheesy potatoes and fresh green beans. Following the entrée, we all napped for 30 minutes then sprung back to life to enjoy "pumpkin pie a la whipped cream".

Sir **Jeff Baily** brought a rare organic wine with no sulfites in it for us to sample. Remarks included..."I'd only drink this if it was the last wine available"... "If this was the last wine on earth I wouldn't touch it". Obviously the search for the ideal healthy wine is still on.

Camaraderie, intellectual discourse and ribald jokes rounded out this splendid event.

Theatre

Bill Hansen



It's witty, it's naughty, it's great fun, and it's a new show. Return with us to the outlandish new production of "Wigged Out" in Danville, January 19th at 9 pm. Mail \$38 per person, made out to Sir 146, to **Bill Hansen**, 3098 Manzano Drive, WC 94598. It is always a sellout, so reserve your seats now.

Area 2 Computers and Technology Group

COMPUTERS - PHIL GOFF, Chairman, 831-3692

philgoff@yahoo.com

DICK CURRY - Assistant Chairman, 376-5541

racorinda@pacbell.net

Beginning in 2007, **Phil Goff** (Branch 116) will be the new Chairman for the Area 2 Computer User Group replacing **Floyd Skelton**. **Dick Curry** will continue as Assistant Chairman. We are changing the name of the Group to Computers and Technology to include discussions on other types of technology. We will continue to focus on digital photography for four sessions a year.

Thursday, January 18 – **Ken Haley**, (Branch 171), will present information about making slideshows from your digital pictures. This will include making slideshows with music on CD's to be played on your computer and DVD's to be played on your television. He will describe techniques for making a slideshow, including how to use special effects such as zoom and pan, and creating titles. Picture resolution considerations will also be discussed. This is the first meeting in 2007 of the Digital Photography Group, which has been an outstanding success, and has drawn record numbers of SIR members in attendance. **Dick Curry** (Branch 171) will conduct an informative Computer Q&A session following.

Meetings of the SIR Area 2 Computers and Technology/Digital Photography Group are held the 3rd Thursday of each month (except June and December) from 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). The Digital Photography presentations will be made on the first month of each quarter (January, April, July, and October) and the Computers and Technology presentations on the other months. 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>



Clockwise: **Rich Hanford**, **Bob Yolland**, **Ken Richter**, **Don Martin**. **John Demos**, **Bill Cammerer** and **Jeff Baily** at **Don Martin's** home, the latest Cooking Too get-together.

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 telephone number. **Be sure you call!**

Waiting List:

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

SIR's 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*
 - Yankee Pot Roast with potatoes, veggies and gravy.
 - Breaded Calamari Steak, rice pilaf, tartar, & lemon.
- *Daily dessert special, regular or decaffeinated coffee and tea.

Membership

Jim Jackson



Branch 146 Statistics: Members 240, HLMs 5, Waiting List 3, Inactive 7.

Ladies Day December Attendance: Members 144, HLMs 1, Waiting List 1, Ladies 145, Excused N/A, Unexcused N/A.

Total Ladies Day Attendance: 291.

Status Changes:

Inducted: None

Added to Waiting List: None.

Members: The Waiting List will is now closed as of December 14th. The Executive Committee will hold a lottery at the January business meeting to determine the Waiting List priority of all qualified applications. The future Waiting List will be capped at fifteen (15) applicants. All remaining applications received during the previous open WL period will move to the formal WL on a prioritized basis as future inductions occur.

Inactive: None

Resigned: None

Withdrew: None

Current Waiting List (prioritized): **Ray Spears, Robert Darius, Joseph Fitzsimmons**

Party Bridge **Fred Bolton**



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

We had five tables of bridge at the home of **Fred Bolton** on December 4th. First Place went to **Chuck Hammond**. He was followed by **Lo McCarley, Jim Jackson** and **Tom Thomson**.

Our next game has been rescheduled to January 8th and will be hosted by **Bob Yolland**.

Poker Club #2 **Al Zamolo**



Doug Cook hosted the November meeting and allowed **Bob Royster** and **Jim Brown** to continue their winning ways. Our January meeting will be hosted by **Ken Kratz** on January 22nd.

Poker Club #3 **Ron Plachy**



No activity for Poker Group #3 this month in honor of our Ladies Day Luncheon. We look forward to January's game on Thursday the 11th, after the luncheon.

Poker Club #4 **Chuck Bobinecz**



The Poker Club #4 will not meet in December. Something about being unable to afford it after all the Christmas gifts. Our next meeting will be on January 22nd, 1pm, at the home of **Sir Rich Hanford**.

We currently have an opening for one more player or sub. Call **Sir Chuck Bobinecz**, 939-8740.



The bar was a busy place but, with help, **Sue** helped us quench our collective thirst and happily separated us from our \$.

Social **Don Nunn**



We are gathering final prices from our caterer, etc. and won't be able to start taking reservations for the Spring Dance until the January meeting. We will have reservation forms for distribution at the meeting and in the next SIR CALL. Remember the date is March 14, 2007.

Travel Opportunities Bob Spellman



Feb 4, 2007---**Jeremiah O'Brien Champagne Cruise.** Welcome the Queen Mary II, on her Inaugural "Around the World" Cruise, to San Francisco. The Jeremiah O'Brien will depart at 1:00 PM from Pier 45, Fisherman's Wharf and proceed out to the Golden Gate Bridge to escort the worlds largest passenger ship into San Francisco. Cost is \$50 per person. Contact **Bob Spellman** at 925-934-8428.

Feb. 13-15 2007—**Snow Train Special XII.** Round trip on Reno Snow Train from Martinez to Reno. Two nights accommodations at Harrah's, all meals in Reno free or discounted, show at Harrah's, beverage on train to Reno and snack on Tuesday return trip. Cost is \$250 p/p d/o. Contact **Carl Raaka**, Branch #8 at 925-254-0482.

Feb. 18, 2007—**Coastal Repertory Theatre** presenting "Lost in Yonkers" by Neil Simon. This day trip includes motorcoach transportation, driver gratuity, hosted champagne-brunch at the Moss Beach Distillery, matinee performance of "Lost in Yonkers" with reserved seating, and all taxes. Contact **Carl Raaka**, Branch #8 at 925-254-0482.

Mar. 16-Apr. 1, 2007,—**The Best of Spain & Portugal.** A 17-day tour featuring Madrid, Salamanca, Oporto, Lisbon, Seville, Costa Del Sol, Mijas, Granada, Valencia and Barcelona. Included are all transfers, airfare, hotels, daily breakfast, 7 hosted dinners, deluxe motorcoach, baggage handling, tips for driver, guides and tour manager. Cost is \$3675 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Sept. 6-17, 2007—**Russian Waterways.** A 12 day adventure cruising from St Petersburg to Moscow. Explore beyond tourism's reach in towns such as Uglich, Yaroslavl and Mandraga. Pre-cruise option to Helsinki and Tallinn also offered. Tour includes airfare, luggage handling, transfers, all meals, sightseeing tours, entrance fees, and tips for guides and drivers. Cost is \$3555 to \$3855 p/p d/o. Contact **Bob Spellman** at 925-934-8428.

Sept. 24-Oct. 10, 2008—**SIR 50th Anniversary Cruise to Hawai'i.** This exclusive round trip from San Francisco aboard Celebrity's luxurious *Summit* will take us to the Big Island, O'ahu, Kaua'i and Mau'i. This event is for all SIR members, their family members and SIR guests. This 17 day round trip includes too many features to mention. It's sure to be a very popular cruise, so get your reservations in early to insure the cabin location of your choice. The low \$100 deposit required is fully refundable until the charter is confirmed. Contact **Bob Spellman** at 925-934-8428

Question: Why is psychoanalysis quicker for men than for women?
Answer: When it's time to go back to childhood, he's already there!

I like long walks, especially when they are taken by people who annoy me.

Away Golf

Jim Baldrige



Questions: **Jim Baldrige**
Phone: 925-689-9232
E-mail: jimjudy39@aol.com

Entries are already coming in for the Br #146 Invitational Golf Tournament at Silverado Country Club. This 144 player event is Monday, April 9, 2007. It's a 12 noon shotgun start and a chance for couples, friends and guests to enjoy a spring day in the Napa wine country and play a very nice country club course.

The new clubhouse/restaurant is elegant and a great place to take your guests for brunch before the tournament. Also, the cheeseburgers at the snack bar out on the course are awesome.

The cost for green fee and cart is \$46 for SIR competing in the prize fund and \$44 for guests or those not competing for prizes. We will use April 2007 indexes. There is a dress code; no jeans allowed. Carts will be allowed out on the course if they don't get rain that week.

I have been circulating flyers at Tuesday golf and at luncheons. If you need one contact **Jim Baldrige** or **Dick Richmond**.

The SIR State Golf Committee has started scheduling 2007 tournaments. There are two scheduled for Las Vegas. The first is March 19 thru March 23; the second is March 25 thru March 30. Flyers have been mailed. If you didn't get one and want to go contact **Dick Richmond**.

Tuesday Golf Walt Barabash Latest Tournament Results



November 21 First Flight: **Russ Bliese, Joe Barry and Ron Plachy.** Second Flight: **Ralph Fowler, Mitch Mitchell and Ken Richter.** Closest to the Pin on Hole No. 2: **Olof Johansson.** Closest to the Pin on Hole No. 12: **Fred Bolton.** Low Gross: **Dick DeVoe: 82**

November 28 First Flight: **Bob White, Ron Binder and John Lewis.** Second Flight: **Ray Weisz, Bob Yolland and Howard Harvey.** Closest to the Pin on Hole No. 2: **Myles Ringle.** Closest to the Pin on Hole No. 12: **Jack Calloway.** Low Gross: **Jim Burk: 80**

December 5 First Flight: **Gene Diana, Al Zamolo and Bob White.** Second Flight: **Ern Dickson, Ralph Fowler and Don Nunn.** Closest to the Pin on Hole No. 2: **Ron Binder.** Closest to the Pin on Hole No. 12: **Myles Ringle.** Low Gross: **Bob White: 82**

December 12: Golf play rained out.

**ALL HAVE A MERRY CHRISTMAS AND A HAPPY
NEW YEAR !!**

SIR State Officers	
State President Region Director Area Governor	Tom Ross Glen Schimelpfenig Harry Hubinger
Big SIR Little SIR Secretary Assistant Secretary Treasurer Assistant Treasurer Director Director Director Director Director Director	Jim Stedman Jeff Baily Stu Somerville Dennis Hallett Bill Snyder Tom Thomson Pete Gates Jack Matthews Larry Mitchell Dan O'Sullivan Harry Tutton Al Zamolo
Attendance/Lunch Audit Badges Bocce Ball Bowling Bridge-couples Bridge-duplicate Bridge-party Candy Sales Chaplain Computers Cooking Cooking Too Tres' Gourmet Cribbage Fishing Gardening Golf Golf Scheduling Golf Treasurer Away Golf NCGA-Handicaps Greeters Historian Honorees Investment Membership Newsletter Editor Asst. Editor Asst. Editor Mailing Photographer Nominating Pianist Poker Club 1 Poker Club 2 Poker Club 3 Poker Club 4 Social SongSirs Director Simonicats Sunshine Table Pool Theatre Travel Asst Travel Veterans Walkers Webmaster Wine Tasting	Bill Root Bob Schroder Ken Richter Bob Frankland Larry Mitchell Lo McCarley George Zunich Fred Bolton Mitch Mitchell Chuck Eichten Phil Goff Dave Johnson Rich Hanford Lew Thompson Al Tufo Sal Costanza Chuck Bobinecz Joe Jansen Tom Gorman Walt Barabash Jim Baldrige Dick Richmond Ed Mendelssohn Jack Calloway Dick DeVoe Ben Smith Jim Jackson Pete Gates Rich Ahlf Jim Jackson Bill Cammerer Rich Ahlf Ray Kan Dave Obera Frank McNamee Al Zamolo Ron Plachy Chuck Bobinecz Don Nunn Bill Rees Rod Sharretts Jim Helmick Otto Wilson Bill Weinberg Bill Hansen Bob Spellman Charlie Kiser Lynn Freeman John Lewis Jeff Baily Dale Haukland
	932-1636 906-0521 944-0738 943-1447 939-3903 945-6337 937-2035 376-2434 798-5440 685-4772 933-9658 932-7924 943-6194 934-4703 689-6217 284-7222 798-5440 935-3939 376-4439 932-1580 686-0537 673-7215 831-3692 945-8636 933-9237 686-6880 798-4129 689-7647 939-8740 935-6691 685-9721 935-2964 689-9232 947-1167 935-0592 933-7998 932-5546 820-5403 687-7052 937-2035 672-2514 687-7052 932-7887 672-2514 376-2023 932-2584 672-3443 932-7924 932-6072 939-8740 934-5214 376-3098 372-6566 376-6042 825-1943 682-0962 939-4951 934-8428 274-1575 691-1186 825-3561 906-0521 820-0189



Walkers John Lewis

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



Jan 5: Iron Horse Trail Park at New Life Church on Danville Highway (south of Rudgeard Rd) Park close to trail. Coffee at the Yellow Wood Coffee Shop, Alamo Plaza, near Safeway. Trail level/asphalt .

Jan 12: Osage Park., Danville. Take I-5 south to Sycamore exit, East. Turn right at Camino Ramon. Turn left at signal, El Capitan, turn left at Orange Blossom into park. Coffee at Lunardi's or Pascal French Oven (depending on weather) on Railroad Ave. Danville Trail, level/asphalt.

Jan. 19: Heather Farms Canal Trail. Coffee at La Strada (opposite WC Police Dept.). Trail level/asphalt.

Jan. 26: Larkey Park.. Parking at Lindsey Museum, WC. Coffee at La Strada, across the street from WC Police Dept. Trail level, slight rise/asphalt.

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

Help Wanted

Assistant needed to manage SIR Branch 146 website. Applicant should have some coding knowledge such as HTML or CSS, be willing to put in some time to learn & enjoy associated software. Most important and also most challenging, must be able to get along with present website manager. Salary and hours questions will be heard. Vacations are out of the question.

Hurry!...A mad rush for this job is expected!

Reply to: Br146webmaster@astound.net

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
2005 Ray Kan
2006 Garth Cummings



Computer Classes?

Jeff and Lo are considering holding more computer classes and need your input. What would you like the classes to cover? Call either one of us and let us know: Jeff Baily at 906-0521 or Lo McCarley at 935-3939

Wine Tasting ... Dale Haukland



All wine drinkers gather at the Museum of the San Ramon Valley on Monday, February 26th from 2-5 pm. There we will sample the fruit of Bacchus, nibble a few snacks and view the exhibit, "The Sword and the Cross."

Bring a bottle of your favorite red or white wine under \$20 and be prepared to say why you like it. Call me at 820-0189, by February 22nd, to reserve your spot. In the meantime, enjoy your wine as research says it is healthy for you in **moderation**.

The Museum is on the corner of Hartz Avenue and Prospect in Danville. It is the old train depot.

SIR CALL

Newsletter

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Pleasant Hill, CA 94523

sircall@hotmail.com

<http://www.sir146.com>

Non Profit Org
US Postage Paid
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Concord CA

Time Value Mail
Please deliver as
soon as possible.



Outside the San Francisco Conservatory on an outing put together by **Rich Hanford**.

Our SongSirs in action

