



Jeff Bailly

Big Sir's Notes

Our June Luncheon was very enjoyable. **John Lewis**, eleven year chair of the Walking Group and former five year chair of the Newsletter Folding and Mailing Group and former BEC Director in 1999 and 2000 was honored

for his many contributions to our Branch.

Congrats again, John.

Former Area Governor **Harry Hubinger**

spoke about various countries he has visited. He demonstrated the hats in vogue in some of those places.

It was great to see **Jim Helmick** at his first luncheon since a major stroke a few months ago. He's making an amazing comeback.

I had the privilege of announcing the candidacy of **Dick DeVoe** for the position of Area Governor for 2009. We take pride in seeing that our present Area Governor, **Jim Stedman**, will be standing for election to the position of Regional Director for 2009. We wish the best of success to these two fine gentlemen in all their endeavors.

The Branch is in good fiscal shape and the BEC authorized the expenditure of \$750 for the purchase of a laptop computer for the Branch's use. For details of what happened at the June BEC meeting, go to <http://www.sir146.com/minutes.htm>

As you may know, your Branch leadership is trying its level best to ensure the vitality and thus the longevity of Branch 146. State SIR now recognizes the principal reason for chronic membership loss throughout SIR. It is the result of branches allowing the percentage of younger members to continually decline by not bringing in new members in sufficient numbers and thus allowing the average age of their membership to continually increase, until those Branches no longer are

attractive to younger men. They cannot recruit as successfully as when their average age was younger. When once-successful branches suddenly and unexpectedly reach that point, they are often beyond help and begin their downward spiral toward inevitable closure. We must not allow ourselves to get to that point.

The trick is to keep on bringing younger men into the organization in sufficient numbers to stop average age from increasing. We are currently bringing in three per month to help offset the age increase of the rest of the established membership, numbering about 260. We have managed to keep the average at 76.3 for about nine months now. This is the first time in our Branch's history that average age increase has been stopped, and we are fortunate that our success came when it did. The bad experience of so many other formerly successful branches that suddenly and unexpectedly became too old can no longer be ignored. Another good sign is the growth of our under seventy age group. Remember, the key point here is not that we have too many older members. We want them to stay. The problem is that we have too few younger members and we must continually strive for the proper balance.

From my perspective, the older members are us. They are part of our 'extended' family we call Sons in Retirement and they are appreciated and valued. We all will be older members some day (we hope) and Branch 146 will continue to be here for us (we hope). We must continue to bring in younger members to ensure the Branch's vitality over the long run. That will benefit all of us.

If you would like to join Br 146, please go to our website at www.sir146.com and click on 'Application for membership'. Print and complete the form and send it to J. Jackson, 4487 Adelia Ct., Concord CA 94521- 4505.



Little Sir's Corner

Stu Somerville

Our speaker for July will be **Todd Harris**. He is a native of Walnut Creek and a current resident of Washington DC. He has served as a senior communications strategist and spokesman for some of the nation's most prominent elected officials, including Senator **John McCain**, Governor **Arnold Schwarzenegger** and Governor **Jeb Bush**. You may have seen him discussing politics on CNN, MSNBC and Fox News. His presentation will be non-partisan but expect direct answers to your questions.



**Former Area Governor
Harry Hubinger**



Duplicate Bridge **George Zunich**

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

In June, Sir **Jim Jackson** hosted 3 tables of Duplicate Bridge at his home.

The results were as follows. **Jim Jackson** 1st place with 30 points, **Jim Todhunter** 2nd with 27.5 points and **Dick Johnson** 3rd with 26.5 points.

The next match will be held on Monday July 14th at **Chuck Hammond's** home. Contact **George Zunich** at 375-4439 for information. We welcome interested members.

George



Couples Duplicate Bridge **Lo McCarley**

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

Bill and Margaret Rees hosted eight couples for a gala evening of duplicate bridge on June 18th – everyone had a great time. As for the bridge results, **Jim and Allison Todhunter** tied with **Carl and Anne Johnson** for first place with 36 points. **Jim Brown and Barbara Lundblade** (35 points) captured third place and **Dean and Daphne Merritt** took fourth place with 33 points. Next bridge will be hosted by **Jim and Allison Todhunter** on July 17th.



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 **Bob Donahue** on June 2. First place went to **Lo McCarley** with 7330 points, Second to **Bob Donahue** with 5840, third to **Chuck Hammond** and fourth to **Jim Stedman**. Our next game will be at the home of **Lo McCarley** on July 7th.

Fred



Table Pool

Bill Weinberg

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

Just had our first June meeting and it was good to see some of fellows that are back from trips. There were 4 tables of play and some really great competition.

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

Is a Generic Good Enough?

Brand-name drugs are expensive because many are still under patent, and thus only one company can make each medication. Healthy competition re-enters the marketplace when the patent expires and generic versions are produced. In the last two years many major drugs became available as generics, including the cholesterol drug simvastatin (brand name Zocor), the antidepressant sertraline (Zoloft), and the sleeping pill zolpidem (Ambien). More blockbuster brands will soon join the list. About two-thirds of prescriptions in the U.S. are now for generic drugs. The shift to generics has trimmed billions of dollars from the nation's rising health-care costs. Insurers and government health plans very strongly encourage or require the use of generics. Even if your prescription form says a brand name, your pharmacist is likely to give you the generic version if one is available—some states even mandate this—unless your doctor specifies “brand only,” “do not substitute,” or “dispense as written.” But most states also allow patients to request that the pharmacist not substitute the generic. Some people fear that switching to a generic is risky. Here's the lowdown.

How close is a generic to the original?

Generics are required by the FDA (as well as Health Canada) to measure up to the original in every respect—dose, safety, strength, efficacy, quality control, and purity. They must act just as fast and meet the same rigorous standards. Indeed, about half of all generics come from the same companies that make the name brands. Generics can differ from the originals in shape, color, and inactive ingredients, such as preservatives and fillers.

The FDA tests the bio-equivalence of each generic in small groups of people to make sure that blood levels of the active ingredient are within 20% of the brand-name drug. FDA reviews of generic drugs have found they differed by only about 3 or 4%, on average, from the brand names—about the same difference seen among batches of brand-name drugs.

But do generics really work as well as brand-name drugs?

Many studies have shown that generic drugs are equivalent biologically and therapeutically to the brand names. Some researchers, however, suggest there are small differences for certain drugs—for instance, a few anti-seizure medications—which may cause problems in some people. Furthermore, though the active ingredients are exactly the same, the composition of the products may differ. A generic tablet may be harder or softer, which could affect how quickly it dissolves and is absorbed. This is rarely of consequence. But the FDA has received reports of problems, for instance, when some people switched from certain formulations of the antidepressant Wellbutrin to the generic, bupropion, and a 2007 analysis by ConsumerLab.com suggested that at least one com-

pany's extended-release generic (bupropion XL 300) released the active ingredient much faster than the original drug.

Can switching to a generic cause new side effects?

It's possible, but unlikely. Sometimes switching from a brand name to a generic increases side effects, perhaps because of different inactive ingredients. But that can also happen if you switch from one brand-name drug to another, or from one generic to another made by a different company.

Why are some generics still expensive?

During the first six months after their release, the price may drop only 20 or 30%, since initially one generic maker is granted exclusive marketing rights. As other generic makers step in, the price can eventually drop 70 or 80% or even more. If you're paying out of pocket, shop around, since prices can vary a lot among drugstores. But if you have insurance that covers drugs, your generic co-pay will be low from the start. One problem: generics may not save you money if the medication becomes both generic and nonprescription, since insurance won't pay for over-the-counter drugs.

Why does it take so long for a generic to come on the market?

The patent life is usually 20 years from the time a drug company submits its request to the government. Plus, companies have many ways to delay the expiration in order to prevent generics from being marketed.

Aren't newer prescription versions better than the generics?

Not necessarily. As patents run out, many pharmaceutical companies simply market a slightly different version of the brand-name drug (sometimes called a “me-too drug”) and then aggressively advertise it as being better than the old drug, now a generic. This is what happened, for instance, when Claritin went generic as loratadine—its maker started aggressively marketing a new version, Clarinex. Another example is the ulcer drug omeprazole, a generic of Prilosec. The original maker now pushes Nexium—an almost identical drug, but available only by prescription, and much more costly. Usually the therapeutic differences are minimal.

A few years ago a study by the National Institute for Health Care Management Foundation found that two-thirds of newly approved drugs were modified versions of existing drugs—not new at all. This helps delay the threat of competition from generics. It also stymies innovation, since instead of looking for new drugs, companies look for new ways to market old ones.

Bottom line: There are thousands of generic drugs on the market that are safe, effective, and well tolerated. If you take a brand-name prescription medication, ask your doctor or pharmacist if there is a generic (they should tell you, in any case). If you take an over-the-counter drug, choose the generic or store brand, if there is one. If your brand is not available as a generic, talk to your doctor or pharmacist about switching to a similar drug that is generic. If you do experience problems or side effects with any drug, tell your doctor and/or pharmacist. They should file a MedWatch report to the FDA, but in case they do not, you should. To file your report by mail or fax, call MedWatch at 800-332-1088 for the form.



Cooking

Dave Johnson

1st Monday at various members' homes.

When **Don** and **Frank** greeted us in June at **Don's** house, **Frank** was wearing a lovely circle of meringue around his mouth and **Don** had a delightful pattern of tomato paste over his entire shirtfront. To relieve our fears, they offered us ham roll-up and onion-cheese hors d'oeuvres, which matched very well with the customary grape juice. An excellent salad of seasonal greens, delicately misted with **Don's** special salad dressing followed. For our entree, **Don** offered us his adaptation of several stolen lasagna recipes, which was outstanding. All of this momentum brought us to our epiphany--one of **Frank's** world famous lemon chiffon pies! Made from scratch! And we all know that **Frank** scratches a lot! Next month, we're at **Charlie's**--on the 7th.

Dave Johnson

Bowling

Larry Mitchell



Three tournaments are set for June and July as follows:

June 29, 30, and July 30 at Homestead Lanes in San Jose.

July 14 and 15 at Nu Generation Lanes in Yuba City.

July 28, 29 at Napa Bowl in Napa.

All three events will be Singles and Doubles (may be mixed). If more information is needed or entry forms are needed, please call me.

Larry Mitchell 925-798-5440



Cribbage

Al Tufo

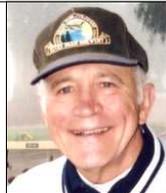
Sorry to report that the Cribbage Club didn't have a tournament in the month of June. Due to travels and medical needs it was necessary to cancel our get-together. The Italian Stallion AKA **Tufo** and the Dublin Kid **Larry Reilly** remained in their stalls and did some early work outs around the track to keep in shape.

Caio Tufo

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.



Our July meeting has been rescheduled to July 24th. There will be a BBQ (11am-3pm) at the home of Sir **Chuck Bobinecz**. He will furnish the sausages and suds. Sir **Lew Thomson** is coordinating this event. Please contact him by July 17st in regards to what you want to bring. As usual wives and guests are welcome.

In August, Sir **Garth Cummings** will give a presentation on watering and the drought. A timely topic. We are in the process of planning a bus trip on September 4th to tour the gardens and exhibits at COPIA and Castello di Amorsa, a winery in Napa that was built in the form of a castle. This is open to all Sirs after July 4th. Contact Sirs **Fred Kovar** or **Lo McCarley** to get a seat on the bus.

Garden tip of the month: Water rationing and the drought is upon us. Water deep, infrequent, on rising temperatures (early morning) and set your lawn mower to it highest setting.

Area 2 \$ums In Retirement **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

For those interested in the investment world, \$ums In Retirement will meet on Wednesday 23 July at the Diablo Creek Golf Course starting at 8:00am. For the early risers breakfast is served starting at 7:00am. The speaker will be **Peter James Lingane**, EA, CFP of Financial Security by Design of Lafayette, CA. His topic will be "Who Benefits from a Roth Conversion".

Peter's role is to provide objective advice to help you manage your financial affairs with an emphasis on investment and estate planning. His investment philosophy is grounded on the principles of simplicity, diversification, cost control and tax awareness. He is a fee based advisor paid directly by his clients.

You can go to his website at www.lingane.com, click on Investment and Estate Planning for more information.

Cooking Too

Don Martin

2nd Monday at various members' homes

Baklavaaaaahhhh!

On Monday, June 9, John "The Greek" Demos dazzled Cooking Too members with genuine Greek cuisine, topped off with non-caloric baklava!

He started the menu off with horiatiki salad, and then came an entrée which combined souvlaki, spanakopita, and trochita. Warm country bread kept the food moving, and naturally, the entire meal was accompanied by a spot, or two, or in some cases three, of vino. As the photo demonstrates, no one in this group suffers from malnutrition!!

Ahhhhhhhhhhhh, Baklavaaaaaaa!



Sunshine

Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net

Sir Chris Satterthwaite is undergoing tests to determine why he is losing weight. He has lost 25 to 30 lbs in the past six weeks. His wife **Dorothy** is home recovering from a broken hip due to a fall earlier this year. She is doing well according to **Chris**.

Sir Ray Welles is undergoing tests for atrial fibrillation.

Sir Bill Baltezare is home recovering from surgery.

Sir Rod Sharretts fell at home and dislocated his shoulder. He is under the great care of his wife and hopes to be back into the swing of things soon.

Fishing

Sal Costanza



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

All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, July 24th at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. Our speaker in June was **Mark Wilson**, who shared his knowledge of trolling for stripers in the delta. July's speaker will be **Barry Canavero**, local guide for stripers and sturgeon.

Tom Boltz, **Pete Gates**, and **Steve Loftin** fished the Feather River area for some nice trout, but **Pete**, **Tom**, and **Joe Miscione** struck out when sturgeon fishing in the upper Suisun bay. **Bob Olson** and **Dick Thomson** caught a halibut trolling in the Berkeley Flats. **Don Mittelstaedt** worked hard for a few shad in the Sacramento river, but did catch some trout and surprise catfish while fly fishing in the Pit River area. Joining **Don** were **Harry Sherinian**, **Craig Walton**, and **Jim Andrews**.

Ed Djikman hosted the fishing group excursion to a day at the races at Golden Gate fields. **Ed** was joined by 9 fishing group couples, a few of whom emerged money ahead. Wind has been a local problem, keeping most of us at home. **Harry Sherinian** and **Carl Moyer** tried for sturgeon from Martinez, and despite the fact that **Carl** had two previous calm days catching 2 nice sturgeon, 50 and 60 inches long, **Harry's** day ended cold and windy and early with only a very small sturgeon. **Carl** managed to catch 5 rockfish the next day out on the Pacific, but the pesky wind once again drove him away. Meanwhile, **Joe Peterson** watched forlornly from his home by the Sacramento, where the wind proved relentless.

We have an exciting summer agenda with trips to the delta for bluegill and crappie, fly fishing for trout in various rivers, New Melones Lake for kokanee, Lake Tahoe for mackinaw, the bay for halibut, and an evening social at an Irish pub which will be fun. All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, July 24th at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. For further information, please contact **Craig Walton** (Big Fish) (925-937-4876;) **Carl Moyer** (Branch 8 Coordinator) (925-685-5243;) or **Joe Peterson** (Treasurer/Secretary)(916-777-5363.)

Explore and Dine John Pearl



"Explore and Dine" at Branch 146 had a great outing in May, visiting Tao House, the Danville home of author **Eugene O'Neill** and his wife **Carlotta**. Thirteen of us were taken "up the hill" to the home the O'Neill's built in the late 1930's and lived in until the early 1940's. The view here was spectacular, and must have been even more magnificent before the development that you see from there today.

Our guide, a National Park Ranger, taught us about the **O'Neill's**, as well as telling us about the house. As a part time actor, he loved doing quotes from some of **O'Neill's** works (He also volunteered to take our picture!)

A great lunch followed at The Peasant and the Pear in Danville.

On July 24 we venture to the John Muir House in Martinez - let me know if you're interested in attending.

John Pearl
mcpearl@astound.net
934-6920



Explore and Dine group at Tao House in Danville

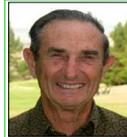


Poker Club #1 Frank McNamee

Poker Club #1 met on June 11th at **Howard Harvey's** residence and we contributed again to **Bob White's** care package as he continued to prove to all that he is serious about moving up to the next tax bracket.

Howard Harvey also proved to be a winner on his home court despite throwing away an Ace over full house that would have been a winner.

Our next meeting will be on July 9th at the home of **Bob Frankland**.



Poker Club #2 Al Zamolo

Bob Royster hosted our May session and **Ron Binder** was a great contributor to **Jim Stedman's** big winnings. Maybe we can get some money back from **Jim** when he hosts our June 30th meeting.



Poker Club #4 Chuck Bobinecz

The June game will be at the casino del **Rich Hanford** at the usual time. For those that can't attend and get a chance to get their money back, please call **Rich** a week before the game so that he can arrange a sub. Our July game will be hosted by Sir **Garth Cummings**.

In the 1937 edition of Foster's, Complete Hoyle, **R. F. Foster** declared: "the game of poker, as first played in the United States, five cards to each player from a twenty-card pack, is redoubtably the Persian game of As Nas. I don't think Poker #4 has played this one.

Poker Club #6

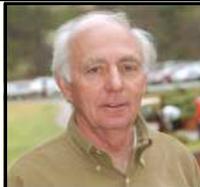
Bill Roberts

Our poker group meets on the first Wednesday of the month. We are in the enviable position of having a permanent host – Sir **Bill Roberts**. **Bill** is the chairman of this group and prepares a gourmet dinner at each gathering (this time BBQ Teriyaki chicken, tortellini pasta salad and copious amounts of wine.) Our June game produced one big winner in **Charlie Koeber**. **Charlie** also happens to take care of the bank at the game—hum? **Skip Thomas** also managed to land on the positive side of the ledger. Regular players include the above mentioned as well as **Terry Marchione**, **Ken Richter**, **Stu Somerville**, **Bob Spellman** and **Dean Merritt**. Enticed by **Bill's** hospitality, **Paul Dubow** travelled from San Francisco to sub in our June game.



Ray Weisz, Dick Richmond & Joe Himsl

**Wide World of Books
Terry Marchione**



Welcome to the Wide World of Books (formerly the Book Exchange). The Book Exchange is alive and well but is suffering from a lack of activity. In an effort to maintain interest I will try to widen the scope of the group a bit—hence the name change.

This month I would like to encourage all of you book readers to check out Amazon’s new “Kindle” an amazing new electronic device for reading books. If you travel or if you do not wish to develop and maintain your own physical library this is the thing for you. I recently purchased a Kindle and have nothing but praise for it. You can find a complete description of the device on www.amazon.com. You do not need a computer to use the Kindle. Books are downloaded via Sprints wireless technology and this can be done anywhere (U.S. only), anytime. There are no charges for the wireless access! The Kindle will hold about 50 (yes that’s 50) books. Over 90,000 titles are available with the most expensive book I could find being \$9.99 (this includes new releases which are available in hardcover for \$20-\$30. There are many more exciting features (including the ability to listen to music while you read) but not enough room to cover all of them in this newsletter.

Go to www.amazon.com for complete details. (I do not receive a commission if you decide to purchase).

ROMEO

**(Retired Old Men Eating Out)
Malcolm Hendry**



The ROMEO group meets on the third Thursday of the month at 6:30p.m. at select restaurants in the East Bay. Experience delightful dining while getting to better know your fellow SIR members in a relaxed and friendly atmosphere.

On July 17th we will be dining at "Mary's Pizza Shack" (MPS), a family run organization started in Sonoma County in 1959 . MPS was suggested by Sir **Jack Hockel** and has a wide range of Italian and American menu choices along with wine and beer selections. Dinners include choice of home made soup. House salad or half Caesar salad and warm sour dough bread and butter.

Location: 2246 Oak Grove Road, Walnut Creek
 Web Site: www.maryspizzashack.com (includes directions, menus and accolades)
 Phone: 925-938-4800

Please let me know if you can join us. Also, if you have a restaurant you would like us to try, please let me know.

We look forward to seeing you on Thursday , July 17th.

Mal

SIR HAPPENINGS

SIR Happenings is the statewide SIR Newsletter. Just go to www.sirinc.org and click on SIR Happenings to read the current issue. You may enjoy reading about the activities of other SIR Branches.

Travel Opportunities Bob Spellman



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. 934-7620

Oct 28-30, SIR 50th Anniversary in Reno. Enjoy two nights at the beautiful and luxurious Grand Sierra Resort & Casino plus an exclusive SIR 50th anniversary reception and dinner followed by a performance by world famous comedian **Yakov Smirnoff**. The tour features: Deluxe motor coach transportation, two nights accommodations, SIR welcome reception, exclusive anniversary dinner and tickets to **Yakov Smirnoff** performance, baggage handling, gratuities and taxes. Cost: \$291 pp, do. \$45 single supplement. Contact **Bob Spellman** 934-8428 for more information. Reservation Deadline is Sept 19th.

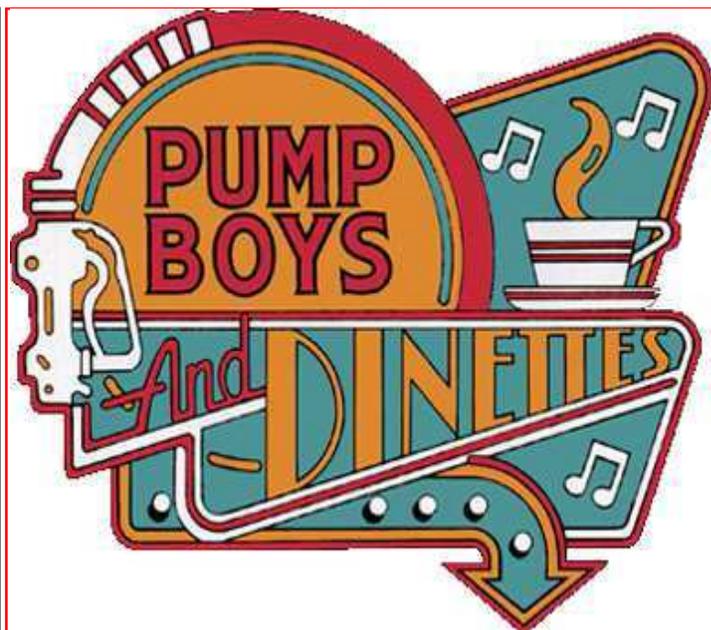
Nov 3-15, 2008 Vietnam & Thailand Gateway to South East Asia. 13 day adventure that will take us from Ho Chi Minh City (Saigon) Vietnam to Hanoi, Ha Long Bay, Chiang Mai and on to exotic Bangkok, Thailand. Trip includes round trip airfare, motor coach transportation, hotel accommodations, all tips for guides and drivers, daily breakfast, nine hosted lunches and dinner daily. Cost \$3885 per person. Contact **Bob Spellman** 934-8428.

Bocce Ball Bob Frankland

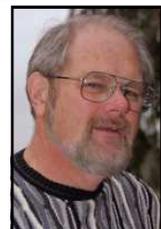
2nd and 4th Mondays at 9 am, April through November, at Concord Bocce Courts in Newhall Park, Concord, near the corner of Turtle Creek and Ayers Roads.

Turnouts have been very good but we always have room for more so come join us July 14th and 28th.

Bob



Theatre Gary Schaub



Time is running out for those who want a laugh-filled evening in the theatre. The deadline for ticket reservations for "Pump Boys and Dinettes" is July 10, the date of our July luncheon.

This musical has more laughs than you'll get filling up your car with gas as the "Pump Boys" down on Hwy 57 and the gals who run the Double Cupp Cafe next door fashion an evening of high octane songs with lots of good old Southern fun!

We've got a block of seats reserved for SIR #146 for Thursday August 14 at 7:30 pm at the intimate Campbell Theatre in downtown Martinez. Tickets will be distributed at the door beginning at 7:00 pm at the Campbell Theatre, 636 Ward Street, Martinez.

Tickets for "Pump Boys" are \$19.00 each. Send reservations and checks (payable to SIR #146) to **Gary Schaub**, 1758 Candelero Court, Walnut Creek 94598, or call 938-5454. There's a limited number of seats remaining.

Gary F. Schaub, Theatre Chair
SIR 146

Luncheon Attendance **Glen Renk**



SIR Luncheon is the 2nd Thursday of every month at the Sunrise at Boundary Oak Restaurant

Call me by Friday noon prior to the Luncheon at 672-7860 if, for any reason, you are unable to attend. If I am not home, 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

Iceberg Salad with Shaved egg,
Cherry Tomatoes Blue Cheese Dressing

Grilled Sausages with Country Mustard or
Rainbow Trout with citrus sauce.

Orzo Pasta with Roasted Vegetables

Pineapple Upside down Cake

Membership

Jim Jackson



Branch 146 Statistics:

Members 254, HLMs 4, Waiting List 10, Inactive 8.

June Attendance:

Members 185, HLMs 3, Waiting List 5, Guests 3,
Excused 56, Unexcused 15.

Total June Attendance: 196.

Status Changes:

Inducted: **Robert Abegg, Bill Ennis, Durwood "Woody" Williams**

Added to Waiting List: **David Pierce, Ron "Rags" Ragno and Bruce Gilbert**

Inactive: None

Resigned: **Don Loustalet, Doug Carlson**

Current Waiting List (prioritized): **Stan Matsumoto, William Holly, Jerry Berggren, Donald Fitzgerald, Ronald Louis, Siegfried Kalteis, Walter Busenius, David Pierce, Ron Ragno and Bruce Gilbert.**



Donald McDonald, Ernie Dickson, Ron Binder & Malcolm Hendry

Area 2 Computers and Technology Group

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

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.)

Thursday, July 17, Dick Curry will make a presentation about the Internet -- "What is the Internet? How does it work? Who really invented it?"

The internet has become an integral part of our daily lives. We all use it for email, shopping, trading photographs and countless other applications. But how many of us really understand what the internet is and how it works? Please join us to hear **Dick Curry** demystify the workings of the internet. Following his internet presentation, **Dick** will lead an informative Computer Q&A session.

Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome.

SIR 146 Computer Classes

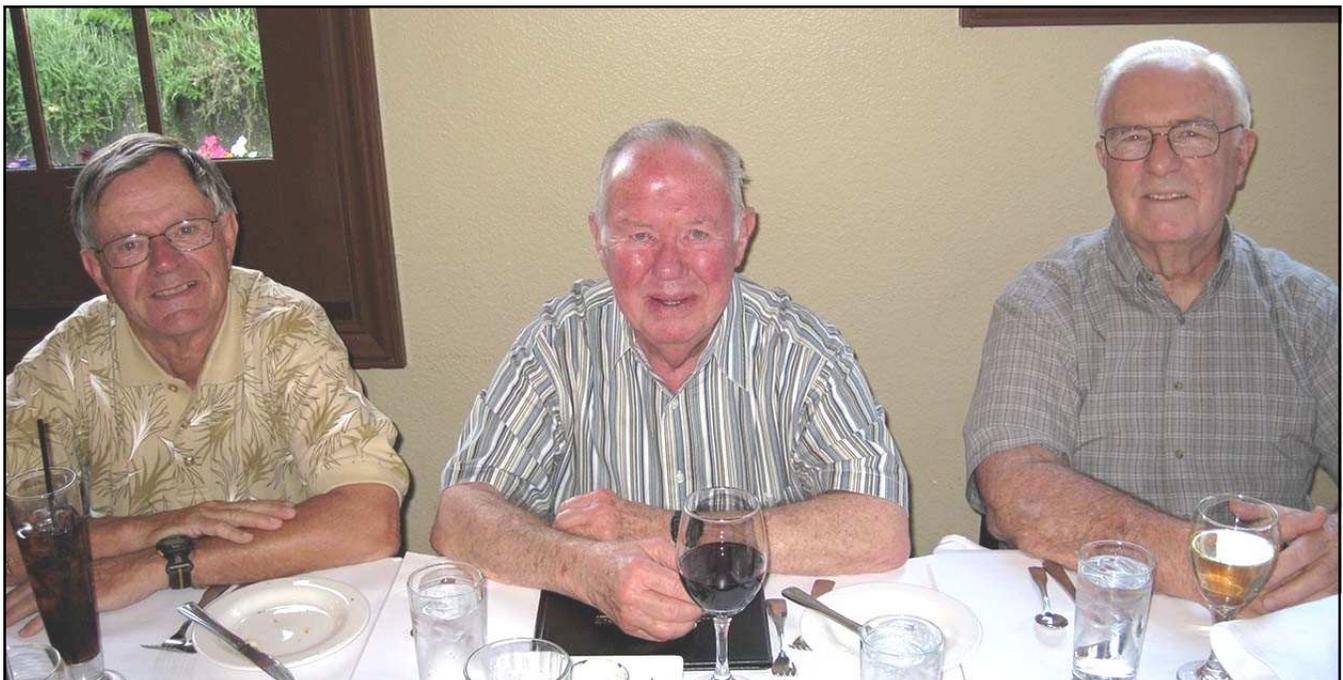
Jeff Baily

Photoshop Elements 6 Program



Class dates for 2008: Every Wednesday in October (1, 8, 15, 22, 29) from 9am to 11am. Place: Walnut Creek Presbyterian Church, upstairs. Please mark your calendar now. Below is a brief description of the course content...

To a beginner, Photoshop Elements is a relatively complex digital photography program and learning it can be daunting. **Rich Ahlf** is now teaching only aspects of PE 6 that SIR students want to learn. He has gone from teaching the whole program to breaking it into modules that SIR students have asked him about. For example, how do you get pictures from your camera or a CD onto your computer so that you can do things to them with the Photoshop Elements 6 program? How do you send pictures via email? How do you get rid of red eye? How do you enhance the color? How about changing the background of a picture and so on? Think about the things you'd like to change on pictures you have and then bring any questions to the Photoshop Elements class. You can even email **Rich** a photo and he'll demonstrate how to change it in class. This way you can attend a class no matter how far along it is in the program and still come away having learned something valuable.



Dick De Voe, Bob Lipscomb and Art Trost



John Lewis

John was a Director in 1999 and 2000. From 2002 to 2006 he worked behind the scene stapling and mailing the Sir Call. John is best known as the originator of the Walking Group way back in 1998. Many times he did a dry run to be sure the route was right for the group and to pick the perfect shop for the after-walk coffee. In recent years he continues to be the heart and soul of the Walkers.



Walkers John Lewis



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

July Walks planned by John Lewis

- July 4** Holiday. No Walk
- July 11** Back Creek Trail, Clayton
Meet: Clayton Library for carpooling
Walk: Early hill followed by slight incline, lots of shade
Coffee: Peets in Clayton Valley Shopping Center 5458 Ygnacio Valley Road
- July 18** Carquinez Bridge and Lunch at Dead Fish Restaurant
Meet: Sun Valley Bank of America parking lot for carpooling. John Lewis will have copy of directions
Walk: Winding
- July 25** Lafayette-Moraga Trail (NE)
Meet: Lafayette Community Center on St. Mary's Road
Walk: Level, paved, not much shade
Coffee: Terzettos in Moraga

Non-Responsibility Declaration:

Rule 345: All activities arranged for or by, Sons In Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc., and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

Thanks to **Bill Cammerer**, **Don Del Bene**, and **Larry Sheerin** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.

SIR CALL

Newsletter

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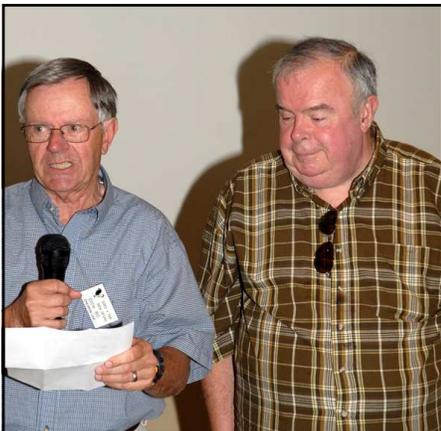
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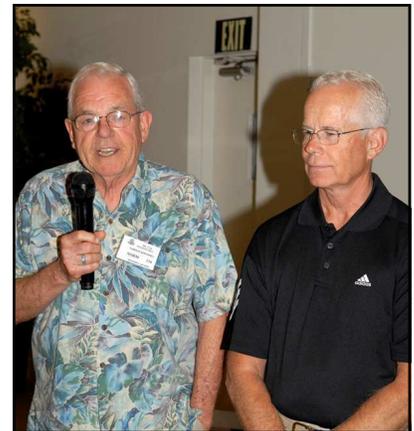
Welcome New Members



Dick De Voe
Introduces
Bill Ennis



Hugh Ferguson
Introduces
Robert Abegg



Norman Kingshill
Introduces
Darwood "Woody" Williams