

**Garth Cummings**

## Big Sir's Notes

Now that the rains are letting up, some of our outdoor activities can begin in earnest and we should have a chance to spend more time outdoors. Our neglected gardens will require some of our time but golf, bocce ball, hiking and fishing will be available in between planting and cultivating chores.

Our April 13th luncheon was a "Getting to Know You Day", which again appeared to be a success. I want to thank **Howard Harvey** for assisting with this effort as he did last year. At the May 11th luncheon we will have the chance to entertain the women in our lives. Thanks to our treasurer, **Jim Todhunter**, for arranging this Ladies Day luncheon. Also, thanks to **Bill Root** who has stepped in as our Luncheon/Attendance Chair and done a bang-up job as our point-of-contact with Blake's concerning branch luncheon arrangements. This is sometimes a thankless job but a necessary one.

While we are giving out thanks I should mention **Dale Haukland**, our Wine Tasting Committee Chair, who has generously given out wine from his wine cellar to deserving members at our recent luncheons. You wine connoisseurs should plan on attending some of the tastings that **Dale** has arranged. The next tasting will be a trip to the Livermore Valley on April 26th.

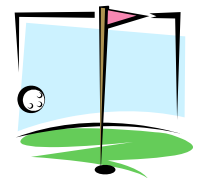
As many of you know, Assistant Secretary **Stu Somerville** was appointed last year by Big Sir **Ray Kan** to head a committee tasked with developing waiting list policy and assessing the impact of the recent increase in our membership limit from 210 to 240 members. **Stu, Chuck Bobinecz, Jack Calloway, Jim Todhunter and Mike Varner** have been meeting several times a month since the first of the year on this effort. We are narrowing down our policy options and hope to finalize the waiting list policy this summer. As you know, in February, the Branch Executive Committee agreed to freeze the waiting list through 2006 and a waiting list policy needs to be in place by then. I am sure that any member of the committee would be happy to receive your input concerning waiting list policy and the impacts of the membership increase on branch operations.

Finally, as I mentioned last month, our Area 2 Governor, **Harry Hubinger**, has put together a committee to publicize SIR and work toward forming a new branch. **Don**

**Nunn** is our representative on that committee and as such the logical person to notify with the names of retirees who wish to be part of this new branch or are interested in SIR and not already focused on any particular branch. Let **Don** know if you have any names.



A happy **Bill Cammerer** receives his "Hole-in-One" certificate from **Dick Richmond** at the April luncheon.



## Bocce Ball Bob Frankland

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

Wet courts cancelled April. We will resume play in May on the 8th and the 22nd. I hope to see you there.



## Fishing

**Sal Costanza**

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

Rain, rain, rain go away, so we can go fishing in the Bay!!! Wow! Will it ever stop? Not much action to report. But, come to our next meeting and we'll try to stir something up. We will also be discussing all of the up-coming trips. There are some good ones. See you there.



## Little Sir's Corner



**Jim Stedman**

The Clayton Valley High School chorus will provide the entertainment for Ladies Day on May 11th.

## Ladies Invitational Golf

Wednesday--May 24th--Vintners' Golf Club--  
Yountville

All members and those men on the Waiting List are eligible to bring the ladies of their choice. Registration forms must be received NLT May 15th. First received have preference. Limit of 64 players. \$48 per golfer includes: 18 holes of golf, cart, buffet and prizes. Please sign up before we are completely subscribed.

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



## Area 2 Computer and Digital Photography Groups

**Floyd Skelton** 838-2515, [f.skelton@sbcglobal.net](mailto:f.skelton@sbcglobal.net)

**Dick Curry** 376-5541, [racorinda@pacbell.net](mailto:racorinda@pacbell.net)

**Phil Goff** Digital Photography, [philgoff@yahoo.com](mailto:philgoff@yahoo.com)

Thursday, May 18 - "**Online Investment Tools and Services**" **Ben Smith** (Branch 116), Chairman of the SIR Area 2 "Sums In Retirement" Investment Group, will compare various on-line services with particular focus on AOL, Fidelity Investments, and Charles Schwab. A Q&A session will follow his presentation and attendees are encouraged to come with their comments and experiences and contribute to the discussion.

Meetings of the Area 2 Computer Users Group/Digital Photography Group are held the 3rd Thursday of each month (except 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 Group only meets the first month of each quarter (January, April, July, and September) and the Computer Group on the 2nd and 3rd months of each quarter. 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>



## Duplicate Bridge George Zunich

. Monday following the SIRS luncheon at 10 AM, hosted by different members. Bring your lunch.

Sir **Lynn Freeman** hosted four tables of duplicate bridge in April. **Bob Yolland** was first with 46.5 points. **Fred Kovar** was second with 44.5 points. **Dick DeVoe** was third with 43 points and **Jim Jackson** was fourth with 40 points.

The next meeting is scheduled for Monday, May 15th. Contact **George Zunich** at 376-4439 for information.



## Cooking and Social Don Nunn

1st Monday at various members' homes.

THE Cooking Group assembled at the house of Sir **Don Nunn** for our April meal with wine.

**Don** started things off with gravlax, onions and cream cheese on crackers, accompanied by salami and cheese wraps.

Dinner started with a salad of oranges, garbanzos, jicama, onion and celery with a honey-citrus dressing.

Also served was a roasted leg of lamb with salsa Verde.

The pasta was Orzo with tomatoes, feta and green onions. Dessert was peach cobbler and ice cream.

A slight touch of the grape was also served.

The best thing on the menu was the good fellowship enjoyed by all. Next month, we assemble at the home of Sir **Dave Johnson**. Please call to confirm your presence.

P.S. The gravlax and cobbler recipes are in the Branch 146 cookbook.

## Table Pool Bill Weinberg

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

The Table Pool Club met on the 3rd Monday (April 17th) and had an excellent turn-out.

Branch 146 was well represented and we had 4 tables of "Crazy 8" and "8 Ball" going. Nice to see everyone there and enjoying themselves. **Jim Helmick** made a first appearance; hope to see you there again

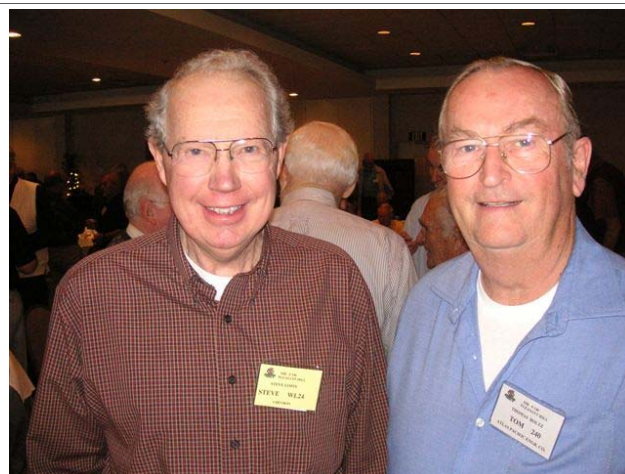


## Couples Duplicate Bridge Lo McCarley

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



The Couples Duplicate Bridge Group surprised **Sue and Lo McCarley** by celebrating **Sue and Lo's** 50<sup>th</sup> wedding anniversary before playing bridge on April 19<sup>th</sup>. **Lynn and Dasha Freeman** took first place with 40 points, **Carl and Anne Johnson** (39 points) took second, **Bob and Janet Yolland** (37 points) placed third and **Stu and Margot Somerville** (35 points) came in fourth. The next meeting will be hosted by **Bill and Margaret Rees** on Wednesday, May 17th.



Steve Loftin (WL) and Tom Boltz share some thoughts, probably about fishing, at the April luncheon

## Theatre

### Bill Hansen



They are two of the wackiest, funniest shows to grace the American stage. *Noises Off* will be presented by the Willows Theatre May 4, 2006 at 7:30pm and *Laughter on the Twenty Third Floor* will be presented by the Walnut Creek Rep. on June 15, 2006 at 8pm. Both will charge twenty five dollars per ticket. Both shows will be on a Thursday night.

Checks made out to Sir 146 should be sent to **Bill Hansen**, 3098 Manzano Drive, Walnut Creek, 94598. These shows are so good that you will need a really good excuse to miss them.

## Garden Club

### Chuck Bobinecz



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

On May 4th, we will be touring the Berkeley Botanical Gardens. Those that wish to car pool meet at the WC Presbyterian Church parking lot at 9:00am and we will depart at 9:15am. The tour of the gardens is scheduled for 10am. The tour will take approximately 80 minutes. After the tour, Sir **Ron Binder** has arranged reservations for lunch at the Spenger's Restaurant in Berkeley. Wives and guests are welcome. You don't have to be a garden club member to attend this event.

The host for our June meeting is Sir **Fred Bolton**. We will meet at his home where he will give a talk on summer pruning.

Garden tip of the month: Try a children's garden with your grandchild. It is a great time to spend together. Like most hobbies, if you enjoy it, the odds are greater the grandchildren will too. Gardening is one of those hands-on pastimes. Don't tell them how, show them.



## Cribbage

### Al Tufo

I have some great news. The Cribbage Club just accepted a new member into our club. His name is **Dean Merritt**. In so doing, we have all the members we can accommodate at this time. It has taken a long time to achieve this goal.

We were able to get in two tournaments in the time allotted. **Larry Reilly** won the first and **Howie King** took second. The second tournament was won by **Al Tufo** (AKA the Italian Stallion). **Dan Meckfessel** took second. The club was hosted by **Barney Meade** who did a splendid job as usual. We're glad he is a member of the SIR cooking school. Most of the time he makes things from scratch that turn out delicious. This week he made a cake with tofu that melted in your mouth. Next month the Cribbage Club will be hosted by **Bryant Fischback** on May 10th.

GOD BLESS. CIAO, AL TUFO



## Health Matters

### Physical and Mental

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

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

### Wellness Made Easy

**Don't throw away your Teflon and other nonstick pans** because of news that the Environmental Protection Agency (EPA) has asked manufacturers to gradually eliminate per-fluorinated acid (PFOA), a chemical used in the production of nonstick coatings, as well as in many industrial and consumer products. At very high levels, PFOA causes cancer in lab animals, and recently an EPA advisory panel said it may be a human carcinogen, too. However, studies have found that virtually no PFOA remains in the cookware after manufacture. The EPA does not advise people to stop using these products. Still, don't overheat nonstick cookware. As the instructions state, it is not designed for high-heat cooking. The coating begins to break down at 535 degrees F (frying is typically 400 to 470 degrees), at which point fumes may be released. No one knows if the fumes pose any long-term risk to humans, but such temperatures can easily start a fire.

**If you are over 70, you should pay special attention to your HDL ("good") cholesterol level.** In that age group, low HDL (below 45 mg/dl) may be an even stronger indicator of cardiovascular risk than high LDL ("bad") cholesterol, according to a large recent study in *Circulation*.

**To reduce the risk of age-related macular degeneration (AMD), eat foods rich in vitamin E and C, beta carotene and zinc,** suggests a recent study in the *Journal of the American Medical Association*. People who consumed the most of these nutrients were 35% less likely to develop AMD (a leading cause of blindness) over an eight-year period than those who consumed less-than-average amounts. Some subjects also got these nutrients from dietary supplements, but the study concluded that foods rich in these nutrients seem to be more important. Foods rich in E include nuts, seeds, vegetable oils, broccoli, and whole grains. Zinc is found in meat, fish, dairy products, and whole grains. Carrots, spinach, and cantaloupe are good sources of beta carotene. Citrus fruit, peppers, broccoli, and potatoes are among the best sources of C.

**Drink plenty of fluids when exercising or working outdoors in cold weather.** It's easy to become dehydrated in cold weather because of the water you lose from breathing, sweating, and stepped-up urine production. In addition, the cold actually impairs the thirst mechanism, so people tend to drink less, according to recent research from the University of New Hampshire.

## Branch 146 Welcomes New Members



**Don Nunn** with two men he sponsored, **Phil Sapunor** on his right and **Jim Burk** on his left



Sponsor **Chris Satterthwaite** and **Glen Renk**

### Investments

**Ben Smith**

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

We meet for breakfast any time after 7am and the meeting starts at 8am. All SIR and their guests are welcome and no reservations are required. You can order off the menu.

We will be conducting an open discussion session relating to how we can more effectively select winning stocks. In a recent survey of our SIR members, this was the number one topic that people want to discuss.

Our fellow SIR, **Dave Munson**, will make a presentation relating to a key Federal Reserve model used by many investors in selecting stocks. It is an interesting method for anyone to take a look at for attempting to determine the direction of the stock and bond markets. We will also examine key areas and fundamentals to focus on when selecting a stock. Members of the "Dollar Devils" will also discuss their stock selection methods.

We ask all attending to come with some of their ideas and suggestions for sound investment selections. This should prove to be a very informative session and we should all gain some excellent knowledge on how to make future investments.

If you have any questions or need additional information, contact Sir **Ben Smith** (Br.#116) at 820-5403 e-mail [bjsssmith@aol.com](mailto:bjsssmith@aol.com)

### Songsirs

**Bill Rees**

Nothing new to report at this time. Our practice maintenance schedule remains the 1st & 3rd Wednesdays of the month at 3pm at the W.C. Presbyterian Church.

Please note that we have a continuing desire for additional singers. If you have an interest, please contact me, any current SONGSIR or just show up at a practice session.



### Learn Computer Basic Computer Skills at Br. 146 Computer 101 Classes



Basic Class Schedule: Time... 2pm - 4pm,  
Monday Apr 17,

Thursday Apr 20, Thursday May 4 and  
Wednesday May 24.

All classes held at Walnut Creek  
Presbyterian Church,  
1801 Lacassie Ave. Room 120

### Learn Ms Word at Br. 146 Word 101 Classes

Ms Word Class Schedule: Time... 2pm -  
4pm, Wednesday April 19,

Friday April 21, Friday May 5 and Friday  
May 26.

**Getting familiar with Word**

Please add class dates to your calendar

### Bowling

**Larry**

**Mitchell**

The annual Sir **Dave Vallado** Memorial Tournament was held at Diablo Lanes on March 20th, 22nd and 23rd. It was hosted by Branch 146 and was a great success with over 200 bowlers participating. Over \$3,500 was won by bowlers from many branches in Northern California.

Branch 146 bowlers winning prize money were: **Cal Jones** in "Singles" and "All Events" and with his wife, **Ruth**, "Doubles". **John Miller's** wife, **Dorothy**, cashed in "Singles" and "All Events". Congratulations to **Cal**, **Ruth** and **Dorothy**. (Where were you **John**?)



## 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.

### 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
  - London Broil with oven roasted potatoes
  - Spice Rubbed Filet of Salmon with rice pilaf
- \*Daily dessert special, regular or decaffeinated coffee and tea



## Membership **Jim Jackson**



*Branch 146 Statistics:* Members 240, HLMs 5, Waiting List 10, Inactive 4.

*April Attendance:* Members 187, HLMs 3, Waiting List 4, Guests 2, Excused 44, Unexcused 9. Total April Attendance: 196.

### *Status Changes:*

Inducted: **Jim Burk, Phil Sapunor, Glen Renk**

Added to Waiting List: None. (A moratorium is currently in effect on the WL).

Inactive: None

Resigned: None

Withdrew: **Miles O'Conner, Bob Figone**

*Current Top 30 Man Waiting List (prioritized):* **Robert Lipscomb, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione, Winslow Ferrin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

First year of marriage: the man speaks, the woman listens.

Second year: the woman speaks, the man listens.

Third year: they both speak and the neighbors listen.

## Party Bridge **Fred Bolton**

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



We had three tables of party bridge at the home of **Jim Jackson** on April 3rd. **Jim Jackson** was tops with 7010 points, followed by **Lynn Freeman** with 5610 and **Bill Snyder** with 5320. **Bob Donahue** will host our next game on Monday, May 1st.

## Trés Gourmet **Frank Rockwell**



In March, the Trés Gourmet group met at the home of **Joe Lamanna**. We started with home-made antipasto, salami, cheese and crackers. He roasted Cornish hens with BBQ sauce and spices. They were very juicy and tender. This was accompanied by twice baked potatoes, chilled asparagus, croissants and butter. Dessert was a strawberry sherbert and homemade biscotti, coffee and liqueur of choice. We had a great time and admired the woodwork and detail **Joe** and his wife have incorporated into their home.

Our April luncheon was held at **Jim Brown's** home. The appetizer included summer sausage, cheese and crackers. The main course was a "taco"rito". We each made our own using flour tortilla, ground beef, refried beans, onions, tomatoes, lettuce and cheese. A great sauce made of cream of chicken and cheddar cheese soup, cumin and other spices was added inside and out and was accompanied by a hot salsa, This was microwaved and served hot. Salad was jello with a pear inside. Dessert was called stripped delight and included a graham cracker crust, cream cheese, chocolate pudding and cool whip. As usual a lively conversation ensued and we enjoyed some great wine.

## Poker Club #2 **Al Zamolo**



**Doug Cook** hosted our March session. **Bob Royster** won big again and always seems to win. Our April session will be hosted by **Ron Binder** on Monday, the 17th.



## Sunshine **Otto Wilson**

Phone: 825-1943, e-mail: [ottowilson@astound.net](mailto:ottowilson@astound.net)



Sir **Frank McNamee** had hip replacement, but developed complications and had to go back into the hospital.

Sir **Bob Hutfliess** had back surgery plus heart problems. He is home recuperating.

**Madelyn Nunn**, wife of Sir **Don Nunn**, developed a heart fibrillation and is now home recuperating. She is doing better.

Sir **Richard Johnson** had hip replacement. He is home and doing great.

## Travel Opportunities

### Bob Spellman



May 20-June 3, 2006: **Shamrocks to Thistles**. A 15 day tour of Scotland and Ireland starting in Dublin, Ireland with stops throughout Ireland. We proceed to Scotland with many more stops, ending in Edinburgh for our trip home. Tour includes r/t airfare, transfers to /from airport, first class hotels, deluxe motorcoach, baggage handling, 20 meals and, all tips for drivers, guides and tour manager. Cost \$3653 p/p d/o. **Limited space remaining**. Contact **Bob Spellman** at 934-8428 for current update.

Jun 18-27, 2006: **Nova Scotia & Prince Edward Island**. This 10 day trip includes r/t airfare, first class hotels, daily breakfast, 7 dinners, professional tour director and deluxe motorcoach. Cost \$2750 per person. Contact **Carl Raaka** Branch #8 at 254-0482.

Jun. 21, 2006: **All SIR Day at AT&T Park**. Watch the San Francisco Giants battle the AL Western Division Champions, L.A. Angels. Game starts at 12:35pm with choice of Lower Box, View Reserved seats, or Left Field Bleacher seats. Contact **Charlie Kiser**, 274-1575.

Jul. 20, 2006: **Trip to River Rock Casino** in Geyserville, CA. The package includes roundtrip transportation on a private luxury motorcoach, \$20 cash back, free membership to River Rock Casino Players' Club, and 5 hours of Las Vegas style gaming. Cost \$24 p/p. Contact **Charlie Kiser** 274-1575.

Oct 23-Nov 5, 2006: **Eastern Mediterranean & the Greek Isles**. A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens, Greece on board Oceania Cruises' Nautica: ports will include Kusadasi, Turkey; Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu, Greece; and Dubrovnik, Croatia. Cost will be from \$3364 to \$5036 p/p d/o. Contact **Bob Hagler**, Branch #8, at 934-7620.

May 26-May 29, 2006: **Sacramento Jazz Jubilee**. One of the great Festivals in the country, with over a hundred bands to entertain you over four days. Discounted tickets are available at the following prices. (Tickets are good for all venues in the Jubilee Center Areas until closing time.) Friday tickets are \$25, Saturday-Sunday tickets are \$34 and Monday tickets are \$9. Friday Parade starts at 11:45am in Old Town. Make check payable to SIR 146 and send to **Bob Spellman** 3524 Perada Drive, Walnut Creek, CA., 94598

July 30, 2006: **Coastal Repertory Theatre-Half Moon Bay**. Includes: Motorcoach transportation, matinee performance of South Pacific, hosted lunch at the Miramar Beach Resort. Cost is \$78. Deadline for reservations and payment is June 25th. For further information, contact **Carl Raaka** at 254-0484

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, tips for driver, guides and tour manager. Baggage handling, Cost \$3675 p/p d/o. Contact **Bob Hagler** Branch #8 at 934-7620.

## Away Golf

### Jim Baldrige



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

Silverado was rescheduled to Monday April, 24. Due to resort season scheduling, we ended up with only 100 slots, moved to the North Course (cart path only) and have a 9:00 am shotgun start. The first 100 players who contacted me were rescheduled. Others who wanted to play are on a back-up list to fill cancellations. Four moved up this week. Those not playing will get refunds. If it rains 4/24 am we will make a decision with the course that morning.

Shadow Lakes/Brentwood was rescheduled to Thursday, June 15. I have 32 players scheduled and I have 8 slots open. Cost is \$39 for SIR competing in the prize fund, \$37 for guests or SIR not competing for prizes. Start time is 10:00 am. It is filling quickly so let me know ASAP if you want to play. This course is hilly and has some challenging shots. Most of it is cart accessible but there are some cart-path-only holes.

The Area 2 Governors Cup was Wednesday, April 19 at Boundary Oak. This was a scramble format. Br. 146 entered two teams, eight players, from a list that signed up with **Dick Richmond**. Because of the format **Dick** had to select an A, B, C and D player to make up teams. As a result, not all players who signed up played. Results TBA at Tuesday golf, 4/25.

The SIR State Tournament-Area qualifying round is Thursday, May 18 at Franklin Canyon; a 7:30 am shotgun. Cost is \$38. This is one of two qualifying rounds competing for spots in the SIR State event at Poppy Hills/Monterey on November 1. Flyers are out at Tuesday Golf.

## Tuesday Golf Walt Barabash

### Latest Weekly Tournament Results



We had another bad month for golf. Only one tournament was played for the month.

March 21 First Flight: **Bob White, Ron Binder** and **Bob Mehus**. Second Flight: **Ron Plachy, Dan O'Sullivan** and **Doug Cook**.

Closest to the Pin for Hole No. 2: **Jim Stedman**.  
Closest to the Pin for Hole No. 12: **Jim Baldrige**.

March 28, April 4 and April 11: **All Rained out**.

Two cows are standing in a field.  
One says to the other, "Are you worried About  
Mad Cow Disease?"

The other one says, "No, It doesn't worry me, I'm a horse!"

Scrambled Countries (Each of the following scrambled words below will form the names of countries if the letters are place in the correct order. Answers on page 7.

1. BLNAIAA
2. BACMIAOD
3. GENNDAL
4. NFADINL
5. HYGNAUR
6. IDNCEAL

SIR State Officers		
State President	<b>Robert Curley</b>	209-549-0792
Region Director	<b>Glen Schimelpfenig</b>	510-232-9284
Area Governor	<b>Harry Hubinger</b>	837-4381

Branch 146 Officers and Directors		
Big SIR	<b>Garth Cummings</b>	820-0745
Little SIR	<b>Jim Stedman</b>	932-1636
Secretary	<b>Jeff Baily</b>	906-0521
Assistant Secretary	<b>Stu Somerville</b>	944-0738
Treasurer	<b>Jim Todhunter</b>	283-3974
Assistant Treasurer	<b>Chuck Bobinecz</b>	939-8740
Director	<b>Pete Gates</b>	937-2035
Director	<b>Dennis Hallett</b>	943-1447
Director	<b>Frank Rockwell</b>	943-7743
Director	<b>Lew Thompson</b>	686-6880
Director	<b>Mike Varner</b>	938-3778
Director	<b>Al Zamolo</b>	932-7924

Past Big SIR's	
1989	<b>Charles Unfried</b>
1990	<b>Gill Rhodes</b>
1991	<b>Gene Hackett</b>
1992	<b>Walt Entelman</b>
1993	<b>Kap Kaprielian</b>
1994	<b>Joe Jansen</b>
1995	<b>Bob Walton</b>
1996	<b>Dick DeVoe</b>
1997	<b>Warren Boero</b>
1998	<b>Don Nunn</b>
1999	<b>Dave Valladao</b>
2000	<b>Jack Calloway</b>
2001	<b>Bill Hansen</b>
2002	<b>Fred Kovar</b>
2003	<b>Bob Yolland</b>
2004	<b>Doug Cook</b>
2005	<b>Ray Kan</b>

Committee Chairmen		
Attendance/Lunch	<b>Bill Root</b>	943-6194
Audit	<b>Bob Schroder</b>	934-4703
Badges	<b>Ken Richter</b>	689-6217
Bocce Ball	<b>Bob Frankland</b>	284-7222
Bowling	<b>Larry Mitchell</b>	798-5440
Bridge-couples	<b>Lo McCarley</b>	935-3939
Bridge-duplicate	<b>George Zurich</b>	376-4439
Bridge-party	<b>Fred Bolton</b>	932-1580
Candy Sales	<b>Mitch Mitchell</b>	686-0537
Chaplain	<b>Chuck Eichten</b>	673-7215
Cooking	<b>Don Nunn</b>	934-5214
Cooking Too	<b>Rich Hanford</b>	933-9237
Tres' Gourmet	<b>Frank Rockwell</b>	943-7743
Cribbage	<b>Al Tufo</b>	798-4129
Fishing	<b>Sal Costanza</b>	689-7647
Gardening	<b>Chuck Bobinecz</b>	939-8740
Golf	<b>Joe Jansen</b>	935-6691
Golf Scheduling	<b>Tom Gorman</b>	685-9721
Golf Treasurer	<b>Walt Barabash</b>	935-2964
Away Golf	<b>Jim Baldrige</b>	689-9232
NCGA-Handicaps	<b>Dick Richmond</b>	947-1167
Greeters	<b>Ed Mendelsohn</b>	935-0592
Historian	<b>Jack Calloway</b>	933-7998
Honorees	<b>Dick DeVoe</b>	932-5546
Investment	<b>Ben Smith</b>	820-5403
Membership	<b>Jim Jackson</b>	687-7052
Newsletter Editor	<b>Pete Gates</b>	937-2035
Asst. Editor	<b>Rich Ahlf</b>	672-2514
Asst. Editor	<b>Jim Jackson</b>	687-7052
Mailing	<b>Bill Cammerer</b>	932-7887
Photographer	<b>Ken Kratz</b>	933-7989
Nominating	<b>Ray Kan</b>	376-2023
Pianist	<b>Dave Obera</b>	932-2584
Poker Club 1	<b>Frank McNamee</b>	672-3443
Poker Club 2	<b>Al Zamolo</b>	932-7924
Radio		
Social	<b>Don Nunn</b>	934-5214
SongSirs	<b>Bill Rees</b>	376-3098
Director	<b>Rod Sharretts</b>	372-6566
Sunshine	<b>Otto Wilson</b>	825-1943
Table Pool	<b>Bill Weinberg</b>	682-0962
Theatre	<b>Bill Hansen</b>	939-4951
Travel	<b>Bob Spellman</b>	934-8428
Asst Travel	<b>Charlie Kiser</b>	274-1575
Veterans	<b>Lynn Freeman</b>	691-1186
Walkers	<b>John Lewis</b>	825-3561
Webmaster	<b>Jeff Baily</b>	906-0521
Wine Tasting	<b>Dale Haukland</b>	820-0189



## Walkers John Lewis



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

- May 5 - Heather Farms Rose Walk. Meet at Swim Club parking lot.
- May 12 - Danville Railroad Museum. **Dale Haukland** is letting us view the Quilt Exhibit, plus we'll take a short walk.
- May 19 - Buckeye Ranch Walk, Lafayette. Meet at the end of Springfield Road.
- May 26 - Shell Ridge Walk, Walnut Creek. Meet at the end of Marshall Drive.

Thanks to **Bill Cammerer, Dan O'Sullivan and Larry Sheerin** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proof reading.

### May Lady's Day Luncheon Thursday, May 11, 2006

No. of tickets \_\_\_\_\_ at \$22 each. Enclosed \$ \_\_\_\_\_

Names:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Pick: London Broil \_\_\_\_\_ or Spice Rubbed Filet of Salmon \_\_\_\_\_

Special requirements \_\_\_\_\_

Make checks payable to SIR 146 and mail to **Jim Todhunter**  
1025 Sunnybrook Drive, Lafayette, CA. 94549-2827

**Jim's** e-mail address is [hjtodhunter@comcast.net](mailto:hjtodhunter@comcast.net)

Seating for this event is now limited to 290. We are accepting all members and those on the waiting list. All reservations and payment in full must be received by May 1. Guests will be accommodated on May 1 if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entrée choice above. Don't delay!

### Letters to the Editor

*Joe Jansen sent the following brief history of Branch 146 golf as recorded by the late Glen Furlow. He thought our members might enjoy reading it.*

*Branch 146 Organizational Date-May 3, 1988*

*Initial Golf Committee-July, 1989 (20 golfers)*

*Lynn Freeman, Chair,  
Ed Leal*

*Jim Helmick-Handicaps  
Charlie Kiser, Away Golf*

*September 1989-(26 golfers)*

*December 1989-(39 golfers)*

*Branch 146 Chartered-December 19, 1989-100 members, (40 golfers)*

*July 1, 1990-New Golf Committee*

*Glen Furlow, Chair  
Joe Jansen, Earl Jelter, Frank Boyle  
Jim Helmick-Handicaps  
Charley Kiser-Away Golf*

### Answers to Scrambled Countries on

Page 6

1. ALBANIA, 2. CAMBODIA, 3. ENGLAND,
4. FINLAND, 5. HUNGARY 6. ICELAND

# SIR CALL

## Newsletter

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

[sircall@hotmail.com](mailto:sircall@hotmail.com)

<http://www.sir146.com>

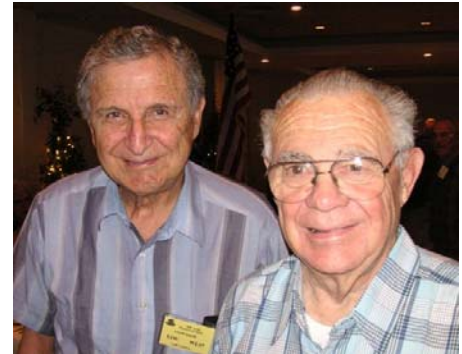
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soon as possible.

At the "Getting to Know You" luncheon in April



**Dan Schlatter and Kap Kaprielian**



**Lou Balbi (WL) and Don Patterson**



**Al Altman, Ray Yonce and Bill Powell**



**Bill Becker and Frank Mathos**