



Branch 146

Contra Costa County CA

Call

May 2023



Big Sir's Corner

Bob Wilkenfeld

In my last SIR-Call article and at our April luncheon, I asked for members help to fill some important positions. I am glad to say that **Steve Lane** and **Jim Pope** stepped

forward to help **Steve Oki** coordinate our regular lunch meetings. **Mark Curtis** has volunteered to help **Bill Holly** with the setup and operation of our audio/video equipment at monthly meetings. **Glenn Breslin**, a new member this year, has taken over the roles of Branch Activity and Travel Chair. Many thanks to these gents for their time and efforts – they're doing their part!

We are still looking for someone to help co-chair the Cycling group and serve as our Assistant Secretary.

Get Moving!

Finally, it appears that the rains have ended, and the daytime temperature is on the rise. Despite the concomitant increase in the pollen count, I am grateful for the nicer weather! It means that we can get out of the house and get active again. After months of sitting on my posterior, I definitely need to start moving again.



Branch 146 and our regional brethren have plenty of activities to help get you moving. Whether Bocce or Golfing is your "thing," or something more taxing like Hiking in the local regional parks or Cycling the local roads motivates you, our Branch can get you outside and flexing some muscles. And we're trying to increase the scope of physical activities with the [rein-statement of a Walking group](#). (Contact [Glenn Breslin](#) if you are interested.)

"Why bother?" you ask. "I'm too old," you say. Not true! Physical activity has significant health benefits

for your heart, body, and mind regardless of your age. The World Health Organization (WHO) states that staying active (i.e., 2-4 hours of aerobic activity per week) even after age 65, reduces the risk of death 20% to 30%; enhances thinking, learning and judgement; improves balance; and reduces symptoms of depression and anxiety. And WHO indicates that muscle-strengthening activities two or more days/week provide even greater health benefits. You can start in small increments of activity and work up to the WHO recommended level. So, join up with your SIR buddies, get moving and have fun!



Bob loved the outdoors. Wound up with quite a collection.

Your health account, your bank account, they're the same thing. The more you put in, the more you can take out.

– Jack LaLanne

Strength does not come from physical capacity. It comes from an indomitable will.

– Mahatma Gandhi

I don't count my sit-ups. I only start counting when it starts hurting because they're the only ones that count.

– Muhammad Ali

Bob Wilkenfeld

Big Sir, Branch 146

SIR Monthly Luncheon

Ladies Day!

Thursday, May 11th, 2023
Boundary Oak 11:30

Twelve to fifteen banjo players including our very own **Bud Pearce**

[A reservation is required!](#)

[To make yours and choose your entree go to page 3.](#)



Little Sir's Corner John Kluesener

Our speaker for the April luncheon was Dr. Jon Haveman who is the Executive Director of a group of economists whose goal is to help demystify the soft science of economics. The organization is called the National Economics Education Delegation or NEED and is available to talk to groups, including young adults, who are interested in having a better understanding of economics and how it interacts with our lives. His presentation focused on our current economic condition and whether or not we are due for a recession and if so will it be a soft landing or more of a crash landing. He explained that the recent banking crisis with Silicon Valley Bank has added to the chances of a recession but the actions of the Treasury Department were swift and thorough and should limit the impact of that challenge to the economy. He did opine that if Congress does not raise the debt ceiling in a timely fashion we will have a major financial crisis, shaking world confidence in the stability of the USA. As a self-proclaimed optimist he feels that reason will prevail and the soft landing is still likely.

For our Ladies Day Luncheon we will be serenaded by twelve to fifteen banjo players including our very own **Bud Pearce**. In June our speaker from The John Muir Group will enlighten us about the Future of Health Care and in July we will hear from Charles Fracchia of ABC News about scams that target seniors.

If you have suggestions for additional speakers please do not hesitate to contact me at john@klueseners.com.

John Kluesener
Little Sir, Branch 146



Membership George Mon

There were three new members that joined in April. **Stephen Petersen** lives in Walnut Creek with his wife **Barbara**. He was a self-employed software developer. His sponsor is **Dave Tucker**. **Earl Bates** and his wife **Sonia**

also live in Walnut Creek. He was a parts distributor for Toyota USA. His sponsor is **Bob Wilkenfeld**. **John Rexroat** and his wife **Lynda** live in Concord. He was a manufacturer engineer bookkeeper for International Harvester. His sponsor is **Paul Kersis**.

The 2023 membership count is at 248.

If you want to sponsor a new member please go to our website www.sir146.com and go to the Members Only tab to see the Sponsor's Role. The member application is in the Members tab.

The Membership Directory is located on our website and is updated monthly.

It is important that any changes to your contact information, especially to your e-mail, phone, or address, are sent to me in an e-mail (gckk@comcast.net) so that we can update the directory with the most current information.

George Mon
925.830.1604 gckk@comcast.net

SIR Mission Statement

The Mission of SIR is to enrich the lives of its members through fun, activities, events and luncheons while making friends for life.



Ladies Day Luncheon Steve Ybarra

The Ladies Day Luncheon will be held on Thursday May 11, 2023. The cost for this event is \$39 per person. Doors open at 10:30am and SIR members and guests can socialize until 11:30am which is when the Luncheon will be called to order with the Pledge of Allegiance. Reservations must be made to **Steve Ybarra** and received by May 5, 2023. Please use the reservation form (below) provided in this SIR-Call, and make checks payable to SIR Branch 146 in the amount of \$39 per person.

Steve Ybarra
sjybar@gmail.com



SIR 146 May Ladies Luncheon Thursday May 11th, 2023

Salad

Organic Mixed Greens
Local Baby Asparagus, Kalamata Olives,
Shaved Parmesan, Aged Sherry Vinaigrette

Entrées

Grilled Filet Mignon
Roasted Garlic Mashed Potato,
Sautéed Vegetable Medley
Red Wine Jus

—or—

Baked Salmon

Confetti Rice Pilaf, Sautéed Vegetable Medley
Chunky Roasted Tomato Sauce

—or—

Stuffed Peppers

Mushrooms, Zucchini, Eggplant Tomato Basil Sauce

Dessert

German Chocolate Cake

For the Ladies Luncheon events you need to use the reservation form.
The click to reserve menu will resume with the June Luncheon.



SIR 146 Ladies Day Luncheon

Thursday, May 11th, 2023

Number of Tickets _____ at \$39 ea. Amount Enclosed \$ _____ We are sitting with: _____

Use this form to list yourselves and the guests at your table (if any) along with their choice of entrée. Check the "Total Paid" box if you are paying for them, otherwise they will be assigned to your table when their payment is received.

Type in the requested information and print this page, or just print this page and fill your information by hand then cut along the dotted line and send it with your check made payable to SIR Branch 146 to:

Steve Ybarra
142 Leonard Dr.
Concord, CA 94518-1213.

#	F Name, L Name	Filet Mignon	Salmon	Vegetarian	Total Paid
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

There will be no tickets sold at the door the day of the event!
Reservations must be received by May 5th.



Luncheon Chairman Steve Oki

This last month we had Dr. Jon Haveman of the National Economic Education Delegation to speak on the state of our economy. This month (May) is the Ladies Day luncheon. You should find in the newsletter [a form to](#)

[fill out to attend this event](#). This event requires you fill out the reservation form and send it with your payment to Steve Ybarra, 142 Leonard Dr., Concord CA 94518-1213 by May 5th.

This past March our attendance was good with 114 members attending, but we still had nine members who had not RSVP'd and attended as well as eight member who did not show for the luncheon after indicating they would. It is very important that you let us know if you are not going to make the meeting, and especially if you want to attend after missing the deadline. We did run out of lunches, and it caused a scramble with the kitchen to get enough meals.

Looking ahead, for the June Luncheon, here is the information:

Luncheon Date: June 8th, 2023

Check-In: 11:00am Meeting starts at 11:30am

Where: Boundary Oak

Cost: \$36 per person

Payment

The preferred payment method is by check at the luncheon payable to SIR Branch 146.

RSVP

If you want to attend the Luncheon, you must RSVP (Opt-In) by Friday, June 2nd, 2023 at Noon.

Meal Preference

Let us know your meal preference. Specify:

- ✓ Meat
- ✓ Fish
- ✓ Vegetarian

Ways to RSVP

- ✓ Click on your meal choice in the menu on the right to generate a confirming e-mail.
- ✓ e-mail: attendlunchbr146@gmail.com
- ✓ If you don't have e-mail access, call: 925.979.5721 and leave a message.
- ✓ All RSVPs will be acknowledged by e-mail or call back where appropriate

If you find that you will be unable to attend, please let

us know as soon as possible, via one of the methods above. You will be asked to pay for your lunch if you do not inform us before the Friday deadline at noon.

Sponsors of Guests and New Members

If you are bringing a guest or a new member, please notify the Luncheon Chair with the name at the same e-mail address: attendlunchbr146@gmail.com. Please be sure to notify by the Friday deadline and if possible determine their meal preference.

Questions

If you have any questions, please call **Steve Oki** at 925.831.9380 and leave a message with your question or request. Steve will acknowledge by returning your call.



THE CLUBHOUSE
AT BOUNDARY OAK

SIR 146 June Luncheon

Thursday June 8th, 2023

Salad

Pear Salad

Baby Field Greens, Julienned Pears, Blue Cheese, Candied Nuts, Champagne Vinaigrette

Entrées

BBQ Beef Brisket

Slow Braised Beef, Garlic Mashed Potatoes, Sautéed Vegetable Medley, BBQ Jus

—or—

Sesame Crusted Pacific Dory

Confetti Rice Pilaf, Sautéed Vegetable Medley
Lemon Chive Butter Sauce

—or—

Chef's Choice Vegetarian

Dessert

Bailey's Irish Cream Cake

Lunch RSVP required!

To confirm your attendance and select your choice of entrée, simply click on the desired menu item! Clicking will generate the appropriate e-mail to send to the attendance group.

[If you can't join us. Click Here!](#)



Editor's Ramblings Clint Collier

April has been what I like, a nice quiet month. A number of our contributor's are getting into the mode of submitting their articles earlier in the month, allowing us a little more time throughout the month and less

“crunch” at the end. Great, thank you, one and all who are doing this.

The deadline for submissions for the June issue is **May 25th**. If you have something you would like to say, send it in to br146SirCall@gmail.com, putting “Member Note” in the subject line, and we will try to get it out in the next available issue.

Clint Collier—Editor SIR-Call
925.457.1489 br146SIRCall@gmail.com

SIR-Call Newsletter Group

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Publicity	Randy Graham

Refer to the Branch Directory, accessible under the Members Only tab heading on our website, for phone numbers and e-mail addresses.

May

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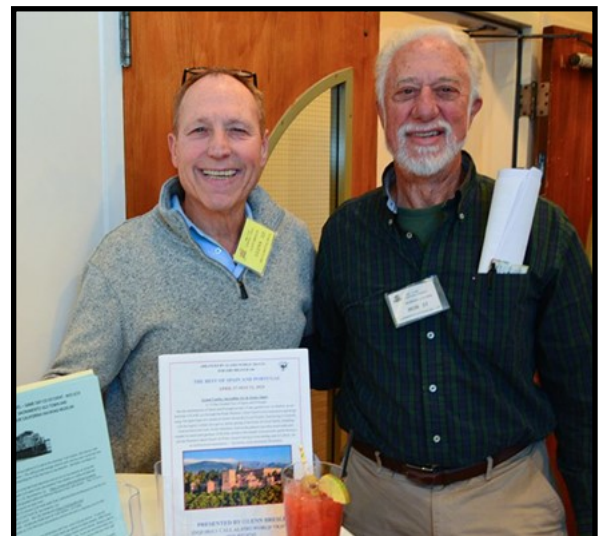


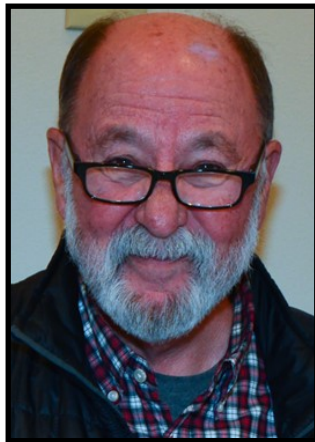
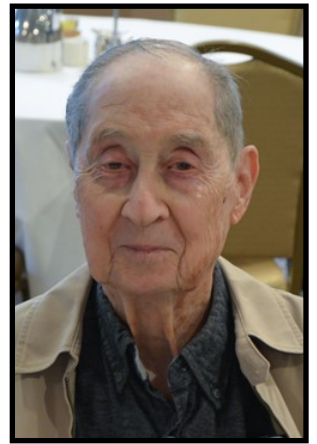
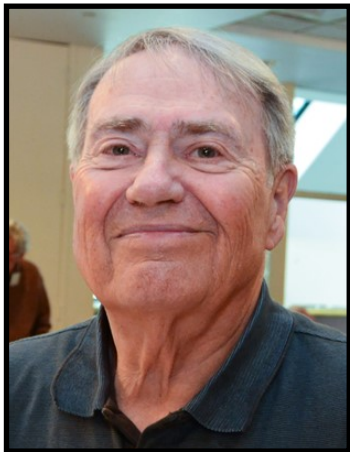
MEMBERSHIP ANNIVERSARIES MAY 2023

WHAT? NO ANNIVERSARIES? THAT'S RIGHT... BY TRADITION WE DO NOT INDUCT NEW MEMBERS AT THE LADIES DAY LUNCHEON SO, NO MEMBER HAS AN ANNIVERSARY IN MAY OR DECEMBER!

April 2023 Lunch

Photos by Henry Thatcher

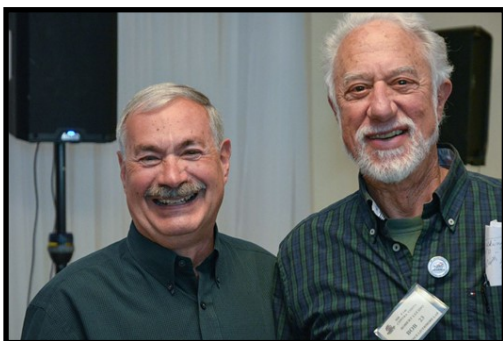


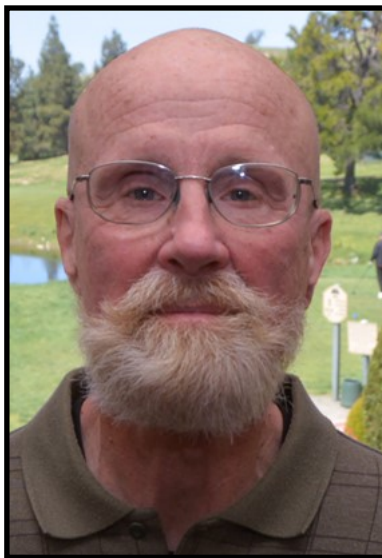






Distinguished Service Award Recipients





Welcome New Members!
John Rexroat, Earl Bates, Steve Petersen

Our speaker for April
Dr. Jon Haveman
Nation Economic
Education Delegation



Birthday Boy
Brad Hatcher presented
by John Klusener

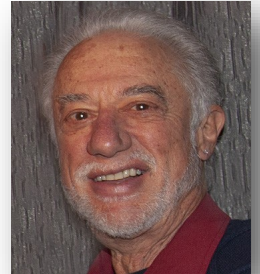




Looking for something to do...



Activities Coordinator Glenn Breslin with Bob Lucido



It is time for me to pass on the role of Activity Chairmen to a new SIR member. Serving in this position has been a rewarding experience for me. Through this role, I have been able to make many valuable contacts within the SIR organization and have formed some great friendships. I will still retain the duties of State Activity Chairman.

I want to encourage new members to volunteer in any capacity they can within the SIR organization. If you're just starting, consider taking on an activity that doesn't require a lot of time commitment. For example, you could help with checking in members at the monthly luncheon, act as a greeter, or serve drinks to members out of the trunk of your car. Well, maybe not the last one, but you get the idea.

I'm excited to introduce **Glenn Breslin**, who joined us this year and will be taking over as the new Activity Chair. **Glenn** is an excellent addition to our branch and has also taken on the role of Travel Chair. Thank you, Glenn, for your contributions. While **Glenn** will be the primary Activity Chair, I will still be around to assist him and step in when he is traveling. So, you will still have to put up with me.

Signing off for the last time as Branch 146 Activity Chairman.

Bob Lucido

I very much appreciate what **Bob Lucido** has accomplished as the SIR146 Activities Chairman, over these past years. Bob has been relentless in his efforts to increase and upgrade SIR activities. I hope to now step into Bob's shoes to meet SIR146 Activities Chairman objectives. Bob will be there to support me as I learn the ropes and to back me up when I am away on travel. Thank You to Bob for all your SIR Activity knowledge and patience during my transition period.

SIR146 is an excellent Social Organization. I am glad to be able to organize and increase SIRs participation in social activities. Please reach out to me with your activity needs, questions, recommendations, or concerns. I also look forward to working closely with the existing individual activity chairs and any new SIR activity chairs. I consider keeping SIR Activities organized and optimal for our members a very important SIR objective. I look forward to taking on this new challenge.

I will close today with some information that I have recently read on the internet. Social Connections are critical to our health. Activities can achieve this need.

From National Institute of Health:

"Social connection is a pillar of lifestyle medicine. Humans are wired to connect, and this connection affects our health. From psychological theories to recent research, there is significant evidence that social support and feeling connected can help people maintain a healthy body mass index, control blood sugars, improve cancer survival, decrease cardiovascular mortality, decrease depressive symptoms, mitigate posttraumatic stress disorder symptoms, and improve overall mental health. The opposite of connection, social isolation, has a negative effect on health and can increase depressive symptoms as well as mortality. "If interested, further

Information can be read by [Clicking Here](#).

From Harvard Health Publishing:

“Research increasingly shows that strong social ties are crucial to your brain health. Socializing can stimulate attention and memory and help to strengthen neural networks. You may just be laughing and talking, but your brain is hard at work. This increase in mental activity pays off over time. Scientists have found that people with strong social ties are less likely to experience cognitive decline than people who spend most of their time alone. Throughout your life, the number and strength of your relationships affect your mental and physical wellbeing. The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. Strong, healthy relationships can also help to strengthen your immune system, help you recover from disease, and may even lengthen your life.”

If interested, further information can be read by [Clicking Here](#).

Glenn Breslin
925.788.6520 glennbreslin@gmail.com

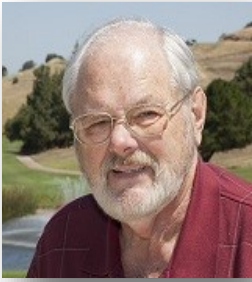
SIR Activities!

Here is a list of the activities that are available in SIR Branch 146 and, in some cases, through other SIR branches as well. Click on the link of the activity that you are interested in to retrieve a PDF file explaining the activity and information on who to contact if your are interested in participating.

- | | | |
|-------------------------------------|------------------------------------|------------------------------|
| Birding | Cribbage | Cinco |
| Bocce Ball | Cycling | Seis |
| Book Corner | Dining Out | Siete |
| Book Group | Couples Dining Out | Ocho |
| Bridge: | Explore and Eat | Nueve |
| Couples Duplicate 1 | Sushi no Tomodachi | Photography |
| Couples Duplicate 2 | Dixieland Musician | Pinochle |
| Couples Party | Fishing | Poker: |
| Men’s Duplicate 1 | Golf—9 Hole | Group 1 |
| Men’s Duplicate 2 | Golf—18 Hole | Group 3 |
| Men’s Duplicate 3 | Hearts | Group 4 |
| Men’s Party | Hiking | Group 6 |
| Chess | Mexican Train Dominoes | Song SIRs |
| Cooking: | Uno | Table Pool |
| Cooking II | Dos | Theatre |
| Lunch & Wine | Tres | Travel |
| Tres Gourmet | Quatro | Wine Tasting |
-

SIR Branch 146 Activities Calendar May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May 1	2	3	4	5
9:45am—3:00pm Men's Party Bridge 10:00am Hiking 12:00pm Table Pool at Masses	9:00am Golf 4:00pm Couples Party Bridge	6:30pm—10:00pm MTD 8 Ocho	9:30am Nine Hole Golf-1 12:30pm Poker Group #6	10:00am—2:30pm Men's Duplicate Bridge 2
8	9	10	11	12
8:30am—10:00am Bocce Newhall Park, Concord 10:00am Hiking 11:30am—1:30pm Cooking II 12:00pm Table Pool at Masses	9:00am Golf	9:00am Birding Heather Farms birding pond 1:00pm—2:30pm Guitar Group 1:00pm—3:00pm Pinochle Rocco's Restaurant 6:45pm—10:00pm MTD 7 Siete	11:30am—1:00pm Ladies Day Luncheon	12:00pm—3:00pm Hearts Rocco's Restaurant. 6:45pm—10:00pm MTD 1 Uno
15	16	17	18	19
10:00am Hiking 10:00am—3:30pm Men's Duplicate Bridge (1) 11:30am—1:30pm Tres Gourmet 12:00pm Table Pool at Masses	9:00am Golf	11:00am Lunch and Wine (LAW) 7:00pm—10:30pm Couples Duplicate Bridge 1	9:30am Nine Hole Golf-2 7:00pm—10:00pm MTD 5 Cinco	10:00am—3:00pm Men's Duplicate Bridge 3 7:00pm—10:00pm MTD 4 Quattro
22	23	24	25	26
8:30am—10:00am Bocce Newhall Park, Concord 10:00am Hiking 12:00pm Table Pool at Masses 1:00pm Poker Group #3 1:00pm Poker Group #4	9:00am Golf 5:30pm—8:00pm Couples Dining Out La Finestra, Moraga 1419 Moraga Way	9:30am—4:30pm Explore & Eat—CAISO CA Independent System Operator Folsom, CA 10:00am—11:00am Birding Rocco's Restaurant 12:30pm—3:30pm Cribbage Rocco's Restaurant 1:00pm—2:30pm Guitar Group 1:00pm—3:00pm Pinochle Rocco's Restaurant 1:30pm—3:30pm \$UMS in Retirement Investment Group Zoom 6:45pm—10:00pm MTD 6 Seis	7:30am—9:30am Area 16 Fishing Group Legends Sports Bar Diablo Creek GC 9:30am Nine Hole Golf-3 12:00pm—8:00pm SF Presidio Main Post Tour Lv Mitchell Dr. Park & Ride	12:00pm—3:30pm Hearts Rocco's Restaurant 6:30pm—10:00pm MTD 2 Dos 6:30pm—10:00pm MTD 3 Tres
29	30	31	Jun 1	2
10:00am Hiking 12:00pm Table Pool at Masses 1:00pm Poker Group #3	9:00am Golf		9:30am Nine Hole Golf-1 12:30pm Poker Group #6	10:00am—2:30pm Men's Duplicate Bridge 2



Theater Gary Schaub

We have been able to reserve a block of tickets for this Tony Award winning Broadway musical for Friday, June 16 at Leshar Center for the Arts, produced by Center REP.

Curtain time is 7:30 p.m.

The group rate for "In the Heights" is \$41.00 per person for reserved seating for SIR members and guests. Deadline to reserve is Wednesday, May 17.

"In the Heights" was chosen as "Best Musical" on Broadway, with music and lyrics by Lin-Manuel Miranda (the creator of "Hamilton"). It tells the rousing

story of three days in the life of Washington Heights, a tight-knit community at the top of Manhattan.

"In the Heights" opened in early 2008 and played to sold-out houses for four years on Broadway. This hip musical will win you over with its sweet story and hot tunes.

For reservations for June 16, send a check (payable to SIR Branch 146) for \$41.00 per person to **Gary Schaub**, at 1400 Canyonwood Court, Apt. #8, Walnut Creek 94595. Phone: 925.938.5454; e-mail: creekfolks@gmail.com. Reservation deadline is May 17.

Leshar Center is in downtown Walnut Creek at Locust Street and Civic Drive. Parking is available is available in the City Garage, adjacent to Leshar Center



**LAST CALL FOR
RESERVATIONS
FOR THIS
AWARD WINNING
BROADWAY MUSICAL**
SIR146 Theater Party
Friday, June 16



Nine Hole Golf Group Bob Ford

Do you like to play golf, but 18 holes takes too long? We have the solution, join us for 9-hole golf. The weather is ideal for golf, the course is in great

shape and there are no cart restrictions. Just let me know and I will add you to our list. Our group tees off at 9:30 am at the Diablo Hills Golf Course every Thursday, except the second Thursday of the month when we go to the SIR luncheon. It is open to all, and you

don't need to be a member of the NCGA or have a handicap to play. It takes us about two hours to play, then most of us also have lunch at the Greenery which is the restaurant at the course. On Fridays, I will send out an e-mail asking who is coming for golf and if you plan to walk or ride. On Wednesdays I will send out an e-mail to those who signed up for Thursday morning. I hope to see you there!

Bob Ford
scubabob.ford@gmail.com



Cycling Group Larry Kaye

Could not figure out what that noise was. Seemed to be coming from the garage.

Went downstairs to check it out. Upon opening the garage door it became obvious. It was my bike.

It had been standing still since the end of February. The tires were low and the shine on her frame was dusty. It was calling her Dad to take her outside.

The forecast was for sun and a bit cool. I reached out to **Bill Holly**, and **Bill Ross**, both experiencing the same problem.

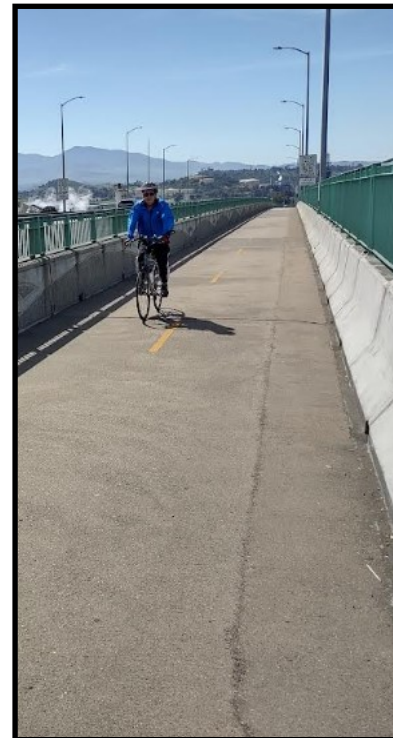
So, the morning of March 24 we rode. Talk about re-training curves. The feeling was really weird. Heading South for a relaxing non taxing ride we took off. Fun and frolic. Move the pedals, feel the wind in your face and see the miles roll by.

A short joyous tour of Danville followed by a much needed hot cup at Peets was reveled in. The bikes were happy, feeling a familiar weight on their saddles. As the wind came up to a roar we settled in our chairs and were thankful for a chance to enjoy the nice day. SIR, a great group of guys, dedicated to fun.

And from **Jim Nelson**...

On Friday April 24, four SIR cyclists, **Roger Meyer**, **Michael Wolfson**, **Jim Nelson** and **Paul Brown** (Branch 3) made the trek from Nancy Boyd Park in Martinez to the Benicia waterfront. Their 18-mile route took them through downtown Martinez, past the refinery, and over the Benicia Bridge. The roads were clear and traffic was manageable. The weather was perfect for riding and the near-mandatory coffee stop at States Coffee in Martinez on the way back. Now that spring is finally here, all the riders are looking forward to getting more time in the saddle.

Larry Kaye
925.698.4030



I've found marriage to be very educational.
For example, I had no idea there was a wrong way to
put milk in the fridge.



Explore & Eat
Henry Thatcher and Jim Pope



Niles Canyon Railway Tour

July 28th 10:00

Sunol Station 6 Kilkare Road Sunol, CA



A railroad museum where the exhibits come to life!

The Pacific Locomotive Association, Inc. operates Niles Canyon Railway as a living history museum interpreting the importance of our heritage railroads in the development of California and the nation. The purpose of the organization is to preserve the physical aspects and atmosphere of Pacific Coast railroading during the period from 1910 to 1960. Our mission is to develop and operate a working railroad museum for the benefit of the general public. Operating historic railroad equipment using standard railroad practices for train crews, signaling, block operations, and equipment maintenance.

- Preserving the atmosphere of railroads in small-town America before the 1960s by connecting the historic communities of Sunol, the Niles District of Fremont, and eventually Pleasanton.
- Providing educational programs for schools, civic organizations, and community events.
- Instructing the public in railroad history, tradition, and the evolution of rail transportation technology.

The Pacific Locomotive Association also has railroad artifacts on display and interpretive educational exhibits at the Sunol Depot.

**Signup: send a check for \$8/person (SIR146 w/ note: Railway Tour) to
Jim Pope 385 Bryan Drive Alamo, CA 94507.**

Lunch following at [Bosco's Bones & Brew](#) 11930 Main Street, Sunol, across the street from the Niles Canyon Railway Station. Lunch details to follow.



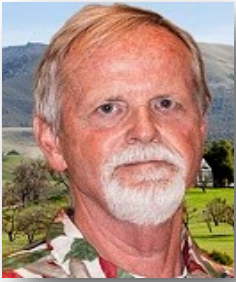
Explore & Eat Henry Thatcher and Jim Pope



Shadelands Ranch Overflow Tour

Our overflow tour group of 15 met at the National Register of Historic Places, the Shadelands Ranch Museum to tour the turn-of-the-20th-Century home. Completed in 1903, the Museum was originally the ranch home of [Hiram Penniman](#), an early Walnut Creek pioneer who came to Walnut Creek in 1850 and eventually owned some 500 acres of fruit and nut orchards in the Ygnacio Valley. The house is furnished with many original family furnishings and treatments. The Shadelands Ranch Historical Museum is operated by the Walnut Creek Historical Society. The 2 docents conducted an outstanding tour explaining the Ranch's history and Hiram's role in the forming the town of Walnut Creek. They also described the many furnishings, dish and glassware, the old wood stove kitchen, and the many pictures of historic value. All enjoyed the outing and then moved on to [The Greenery Restaurant](#) for a lovely lunch gazing up at Mount Diablo. See the pictures that highlight the many features of the Ranch House and furnishings.





Photography Group

John "Moose" Kelly and Henry Thatcher

On Friday, April 21, 2023, the photography group consisting of Susan, Steve and Dad Oki, Rich Lyons, Clint Collier, Dave Tucker, Frank Terzuoli, Mike Rothman, Earl Bates, Glenn Breslin, Bill Holly, and Moose Kelly met at Rocco's to share our photographs on our recent outing at the Japanese Tea Garden in San Francisco. Attached to this article are several photos representing a cross section of photos from our shutterbugs.

Additionally, we had a number of other topics that were presented by the photography membership. They were:

1. A short video on "Mother Nature Putting on a Show",
2. Becorns: Whimsical Creations Sculpted from Nature,
3. A short video on Surreal Photography,
4. A summary video on the new Samsung S23 Plus camera phone,
5. A Shootout of Pixel 6 Pro vs. the Pixel 7 Pro: Is there a difference? by **Moose Kelly** and **Mike Rothman**,
6. A interesting comparison video of the Samsung S23 Ultra vs. the Sony A7RIV (aka a \$5,000 camera).

The group is in the middle of planning for a visit to the De Young Museum to view the Ansel Adams Exhibit on Tuesday, June 13th. In preparation for this visit, we viewed a 16-minute documentary video on Ansel Adams, the great American Photographer.

Frank Terzuoli provided several recommendations for future photography excursions. We hope to take advantage of one of his suggestions for a photo shoot in May. Stay tuned!

I want to acknowledge **Dave Tucker** for supplying the donuts for our meeting as well as Professor **Bill Holly** for being our Technical Support person. Thank you!!

If you are not on our e-mail list and would like to join the Photography Group for one our outings or just

want to come to a meeting to see what the club is all about, then please contact **John "Moose" Kelly** or **Henry Thatcher**. We would be happy to welcome you to the group.

Be safe, be well and be sure to "Say Cheese!"

John (Moose) Kelly

610.517.0152 rollingstone91149@gmail.com

or

Henry Thatcher

925.997.5032 1henrythatcher@gmail.com



Left: Never too Young by Clint Collier

Right: Japanese Tea Garden by Henry Thatcher



Above: Japanese Tea Garden House by Frank Terzuoli

Below: Cherry Blossoms by Rich Lyons



More Pictures...
from the Japanese Tea Garden
Golden Gate Park, San Francisco



Pagodas by Mike Rothman



Bridge at the Tea Garden by Peter Plante



Got it, got it, got it, got it, got it!



Coming to a Museum near You.
Join us for a trip to view the Photography of
Ansel Adams!

Yosemite in Winter © Ansel Adams



Spring at the Japanese Tea Garden
by Susan Oki



Travel Glenn Breslin

Hi to all potential SIR146 Travelers. I love traveling. Yes, I do love everything about it. I very much look forward enabling SIRs to share travel experiences with other SIRs. SIR Travel goals are to plan travel for as many SIR travelers as possible. Let's share in these experiences and make fabulous travel memories together !!

International Trip Planned to Spain and Portugal



Thank you again for all your feedback on the travel questionnaires. 19 people wrote that they were interested in traveling to Spain and 18 people wrote that they were interested in traveling to Portugal (very high vote getters). Based upon these questionnaire inputs, SIR146 will be going to Spain and Portugal. Summary below. It will be fun to travel internationally with SIR146 members and their wives !!

Dates: 4/27/24 to 5/12/24

Cities: Please see the flyer for further details: Madrid, Segovia, Porto, Lisbon, Seville, Gibraltar, Costa Del Sol, Alhambra, Valencia, Barcelona.

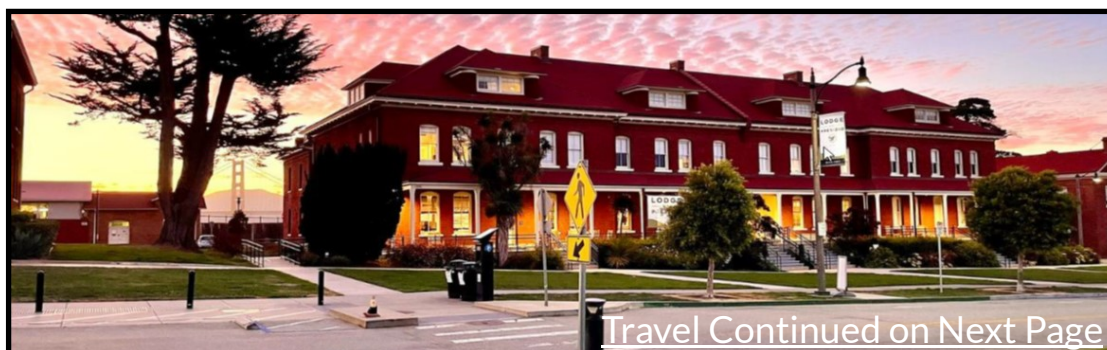
Included: Round Trip Airfare, 15-day guided tour with Travel Director, 14 nights at centrally located 4 star hotels, 5 dinners and 2 lunches including wine, All Tips, Transfers and baggage handling also included in the price.

Cost: Total cost depends airfare, e.g., if you choose to include airfare in the tour package and the type of airfare that you chose. Please contact see me to discuss further.

Discount: Alamo World Travel will offer a \$200 discount offer – if \$325 deposit received on or before 6/1/23.

Further Info: Please reach out to me directly glennbreslin@gmail.com for more info. I will also send you the updated trip flyer.

Day Trip Announced – San Francisco Presidio Tour



Travel continued from prior page

1. On Thu May 25, meet at 12:15pm at Mitchell Drive Park and Ride , 2770 Mitchell Drive, Walnut Creek.
2. We will create carpools at that time. Cars will leave soon after for the Presidio Main Post at 105 Montgomery St., San Francisco.
3. Parking is available at this location (Park-Platz) on the grass right across from the entrance. Parking is about \$15.
4. Tour Starts at 2:00pm. The tour takes 2 hours.
5. An optional dinner is next on the agenda. At 4pm, when the tour ends, then drive to the Fourth Bore Tap Room and Grill at 2 Orinda Theatre Square, Orinda,
6. Parking is available on the street or at the Orinda Square Parking Garage.
7. Dinner is scheduled at 5:30pm. If possible, if you can please bring cash to the restaurant, as they do not have individual dinner checks.
8. After dinner, carpools will drop off passengers back at the Mitchell Drive Park and Ride located at 2770 Mitchell Drive, Walnut Creek.

Costs: The tour costs \$39 per person. Please send your check to Glenn Breslin, 3480 School St., Lafayette, CA 94549 to hold your spot. Make out the check to SIR146. Payment is due by Mon 5/7. Only 10 allowed per this tour. Many people requested this tour on the SIR-Travel Questionnaire. If this interests you, then I suggest that you send the your registration in sooner rather than later. This tour has a chance of booking up soon.

SIR Travel Questionnaire Results

Destinations Highest Votes:

- Day Trip or Overnight Trips: Angel Island, Broadway Shows, Carmel, Golden Gate Fields, Oldies Tribute Bands, Presidio, Treasure Island, Yellowstone, Yosemite, Walnut Creek Happy Hours and Winery Tasting.
- National 1 to 2 Week-Long Trips: Fall Colors, New England, Nashville, U.S. River Cruises, Washington DC.
- International 2 to 3 Week-Longs Trips: Australia, Canada, Croatia, England, France, Germany, Ireland, Italy, New Zealand, Japan, Greece, Portugal, Scotland, Spain.

Other Travel Preferences:

- 4-star hotels.
- Structured travel agenda (e.g., planned land tours or planned cruise excursions).
- Cruise Preferences were equally divided amongst Moderately Priced Cruise Lines (e.g., Holland-America, Princess), High-End Cruise Lines (e.g., Oceania, Ama Waterways) and Very High-End Luxury Cruise Lines (e.g., Regent, Crystal). To optimize participation, most future cruises will focus on the High-End Cruise Line category.
- To Cruise or to Land Travel came up very close with many votes for each. Let's do both !
- To River Cruise or Ocean Cruise also came up very close with many votes for each. Let's do both !

Completed SIR Trip to California Train Museum

17 folks traveled via Amtrak to the California Train Museum on 4/19. The Tour guide did a fabulous job. We had a delicious lunch at the RIO City Café right on the Sacramento River.

Quotes

"Sharing adventures means enjoying them 100% more."

"Travel opens your heart and broadens your mind"

"There is an unspoken bond you create with the friends you travel with."

"Travel makes you realize that no matter how much you know, there's always more to learn."

"Dare to live the life that you always wanted."

I look forward to traveling with you !!

Glenn Breslin

925.788.6520 glennbreslin@gmail.com





146 Hiking Mark Curtis

Here we are in May, 2023, and the deluge has subsided for now. But the pundits predict that we are transitioning to an El Nino scenario. Typically, this means more rain, but who knows. If more rain is relative to the norm, that's OK. But if it's more rain than we've had over the past 3 months, that might be a problem.

With respect to the hiking activity, **Ray Martz** has been leading the effort while I have been recuperating from shoulder surgery. He led a hike in Black Diamond Mine a couple of weeks ago, and as the leader, he demonstrated where not to step as he covered both boots in mud up to the 10 inch level or so. I am starting to get back into it, with the next activity at Hayward Regional Shoreline on 4/24. We will start at low tide so there should be plenty of bird watching opportunities.

Tentative plans include the MDSP Falls Loop Trail along with some of our regular venues such as Brushy Peak, Diablo Foothills, Shell Ridge, Round Valley, Las Trampas, Del Valle, and Sunol. I personally would like to do these trips while there is "a bunch" of water running down the creeks. And I think that will be the case through June at least.

And there is an initiative currently to start a walking group which will be parallel to the hiking activity. The focus of the walking group will be to do easier stuff, like 2 miles and not much climbing. The last walking group that existed in SIR146 was more of a shuffle to a local restaurant, have a meal and/or beverage and return home.

If anyone has a hankering to see wild flowers and does not want to walk too much, visit Fossil Hill in Shell Ridge. The parking area is at the end of Sutherland which is off of Walnut Blvd. Phil Johnson has been working on restoration of native flower species there for over 10 years. And April/May are the best viewing months.

If any of you have suggestions for any hikes that you have enjoyed, or would like me to include in planning, please let me know. I/we are always open to new venues. Also, spouses and guests are always welcome. Our canine friends will be allowed on leash if the hiking venue permits it.

If you have an interest in participating in this hiking activity, please let me know and I will add your e-mail address to my distribution list.

Mark Curtis

925.360.3449 Mocurtis1657@gmail.com





AREA 16 Fishing Report

Paul Dubow

It is now official. The California salmon fishing season has been cancelled. There will be no fishing for salmon in either the

ocean or rivers this year and it is quite possible that the ban will extend to 2024. If you want to fish for salmon in 2023, you either have to drive to Oregon or fly to Alaska. The ban follows the limitation on rockfish fishing, which we mentioned in a previous issue of the SIR-Call. Rockfish can only be taken in waters over 300 feet deep until July 31. Basically, that means that the only place that one can fish for rockfish until July 31 is the Farallones.

But these bans have not deterred the intrepid members of our fishing group. Halibut fishing in the bay has been terrific. For example, **Mike Browne** of Branch 146, along with **Phil Scimonelli**, **Brion Beetz**, **Tom Chapman**, and **Gordon Linebaugh** set out on all day trip on the *Scallywag*, but it turned out to be a half day trip. That was because they caught their limit. Well, they really didn't catch the limit. The deckhand miscounted the fish, and it turned out that they were one shy of the limit. But they still had a good time.

Tom Kostik, **Stan Wong**, **Brion Beetz**, and **Mike Corker** also ventured out in the bay and all of them caught quite a few stripers, including a few keepers.

San Pablo and Contra Loma Reservoirs have been stocked with trout and are available for fishermen. However, San Pablo has not yet recovered from the muddy water that affected it during the recent rainstorms and so most of the action has been at Contra Loma, where **Ron Lew** and **Bob Lively** of Branch 146 caught their limit, fishing from kayaks.

Ron Lew and Bob Lively trout—Contra Loma



All Branch 146 members are welcome to join our fishing outings and attend our monthly meetings. Our next meeting is on Thursday, May 25, at the Legends Bar and Grill at the Diablo Creek golf course at 4050 Port Chicago Highway in Concord. The meeting begins at 8:30am, but many of us gather at 7:00am or thereafter for breakfast and/or fishing stories and so please join us at that time. You are also welcome, even if you have never fished before, to join us for our regular fishing trips. For further information, feel free to call branch fishing chair **Paul Dubow** at 510.504.3566.

Paul Dubow
510.504.3566



Just for the Halibut!



SongSirs

Peter Plante

Our eminent leader, **Peter Plante**, is traveling this month to the British Isles and Ireland, and this report is thus penned by **Bruce Borgman**, who is also filling in at rehearsals since,

as the saying goes in the entertainment world, the show must go on.

The Song Sirs have been working on a new repertoire for the spring and summer. Our pianist, **Steve Dinning**, and **Peter** and **Bruce** have come up with a series of songs of a more recent genre than the ones we have been singing in the past. Many of these songs date from the folk singing era, although they have become part of our timeless repertoire of memorable songs. They include songs originally made famous by the Kingston Trio, the Mamas and the Papas, Sonny and Cher, and most notably, the Beach Boys. Songs such as Sloop John B, the M.T.A, Tom Dooley, Where Have All the Flowers Gone, Blowin' in the Wind and If I Had a Hammer.

If these are songs that you remember, and hum in the shower, we invite you to join the Song Sirs at one of our rehearsals. We practice every first and third Wednesday in the Multipurpose Room of the Walnut Creek Presbyterian Church. We are actively recruiting new members and would love to have you join us.

The next performance is not scheduled until July giving you plenty of time to get up to speed on these memorable songs. No audition necessary - just a love of music and singing.

Peter Plante

pcplante109@gmail.com

I can't see well enough to shop online.
So I just drive to the store!

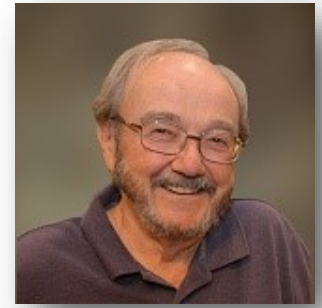


Table Pool

Bill Weinberg / Jim Barry

Against long odds, on April 10th, one of our group's



Table Pool players has sunk the 8 ball on the break!! This rarely happens, and this is either the third (3rd) or fourth (4th) time this has happened since I joined the group about 8 years ago.

Congratulations to **Mike Davidson** for this long odds shot!

Reported by **Jim Barry**

Bill Weinberg
925.682.0962

What do you call an Overweight Psychic?
A four-chin teller.



Book Corner

Peter Plante

The Book Corner returns in May for the Ladies Day Luncheon. There's a great selection of your favorite authors in hardcover or in paperback. Come by with your spouse or significant other and take home some terrific reading.





Book Group **John Pearl, Interim Chair**

The Branch 146 Book Group met on March 30 and reviewed our current book, *Horse*, by Geraldine Brooks. This book has been a best seller and our group heartedly endorses it for a

branch reader.

The book is an historical novel about a young black man and a horse, a real and amazing horse if you will. It includes the people who were with him in his youth and days as a trainer, in the pre-and early Civil War period. But it is also a story about the racial prejudice that persists to this day. Thus, there is a parallel story set in today's times, primarily in Washington DC, where the ostensible connection is the effort of some science types to delve into the horse's past, but the real connection is between the young trainer and a young black man who is a graduate student in Washington. The book bounces back and forth between the time periods, flashbacks that the reader may find a bit hard to follow, but they do just roll along.

The horse, whose original name is Darley, is born on a horse farm near Lexington in northern Kentucky that is owned by a local physician of some stature. The primary horse trainer on the farm is a free black man who knows how to get the most out of a horse without abusing him or her. The owner is a kind man who gives the trainer free rein to run that part of the farm. The owner provides a house for his family to live in and the trainer is a free man because the owner paid him well enough so that he could buy his way out of slavery. Although the father is free, the family remains enslaved. The family includes a son, Jarrett, who learns how to be a great trainer and the bulk of this part of the story is about him and Darley.

Jarrett grows up on the horse farm and starts working with horses at a very early age. His father "delegates" the responsibility of being with the mother of Darley on the night that Darley is born, and so Jarrett establishes an early relationship with him. The owner of the farm gives the horse to Jarrett's father as payment for past services and Jarrett's father lets him take the lead as Darley's trainer. Darley, when deemed ready, easily wins his first two races, in spite of having a willful temperament. Darley enters the races as part of the horse farm owner's stable because Jarrett's father, even though a free man, was not, as a black man, allowed per

the race track bylaws, to enter a horse in races in his own name.

Winning puts Darley in the eye of a man from New Orleans who wants to buy and then race Darley. He tells the horse farm owner to name his price. The farm owner, notwithstanding his respect for and generally kind attitude to Jarrett's father, agrees to sell the horse and essentially deprive Jarrett's father of his major asset and source of income. The actual ownership of horse falls to a four-man syndicate. The syndicate renames the horse Lexington in honor of his birthplace. The syndicate also recognizes the relationship between the horse and Jarrett and so they put both on a steamboat to Natchez, even though Jarrett's family remains behind in Kentucky. Lexington gets a new trainer who is white and Jarrett is left out of the training program and made into a groom with inconsequential duties. He also spends a lot of time doing farm work under intolerable conditions. Ultimately, however, the head of the syndicate realizes Lexington's need for Jarrett. They are sent to New Orleans, specifically to the Metairie racetrack. Jarrett now plays a larger role in the life of Lexington. The horse wins some tough races, including two at four miles! He soon is recognized as the best race horse of the day. Part of the story includes the painting of horses by Thomas J. Scott, a real person who narrates a small part of the book.

Lexington's racing career ends when he loses his eyesight because of a defective eye socket and an accompanying infection. He is put out to stud on a farm at Woodburn, Kentucky, where he sired 236 race winners, including eighteen who won major races..

Lexington died in 1875, and was buried in a casket in front of the stables at Woodburn. His bones were prepared and assembled into a skeleton which was put on display in the Osteology Hall of the National Museum of Natural History in Washington and they eventually found their way to the Smithsonian, which has a laboratory dedicated to the study of horses and other animals..

The current-day story starts with two events. The first involves Theo, a black graduate student who buys a painting of a horse at a yard sale conducted by a destitute widow, who lives across the street and who is clearly uncomfortable dealing with a black man. The other is the discovery of the bones of Lexington by a young woman, Jess who, like the author, is Australian, and who takes on the task of getting the bones properly

Continued on next page

prepped and displayed at the Smithsonian. Jess and Theo meet when she accuses him of stealing her bicycle. In fact, Theo was riding his own bicycle, which was similar to the one owned by Jess. Jess is humiliated because she realizes that she thought that Theo was a thief because he was black and she apologizes to Theo. Things smooth over and they eventually become lovers.

Theo and Jess work together to make sure that Lexington's skeleton is fully restored. Theo also realizes that the drawing that he purchased from the widow for a pittance was a drawing of Lexington by Thomas Scott and is worth much more than he paid for it. To Jess' surprise, he returns the drawing to the widow, notwithstanding the widow's disdain for him.

One evening, just before dinner at Jess' home, Theo and his dog Clancy go for a run in nearby Rock Creek Park. Theo comes across a woman lying unconscious on rocks in a ravine partially filled with water. There is no cell service. Theo clammers down to the woman, who was still alive, and begins to pick her up in order to carry her to the trail above. At that moment, the police arrive and a rookie cop mistakes Theo for a criminal and shoots and kills him. The policeman is exonerated and this leads a Washington Post reporter who previously had written stories about police and black killings to write about Theo's death. Theo was in grad school at Georgetown, and had a student following that uses the incident to protest the violence and racism in the city that derives from the "rising tide of White House-sanctioned white supremacy" and the "racist society" that envelops Washington. Although the book is effective in describing both the actual racism and the subtle racism that people of color endure, the description of Washington and the White House is a bit over the top. Notwithstanding this, we recommend the book.

John Pearl, Chair—Paul Dubow, Sr. Editor
jpearljr@gmail.com

You can't blame anyone else if you fall in your driveway... it's your own asphalt.

New Activity



Walking Glenn Breslin

Hi to all potential SIR146 Walkers. A new walking group is forming. During our first walk, we will discuss future walk requirements as to duration, location, frequency, timing, etc. If interested, it would be great if you can attend the first walk.

Our First Walk details are as follows:

- Meeting Place: Lafayette/Moraga Trail Head Parking at the corner of Reliez Station Road and Olympic Blvd (e.g., this is where Olympic Blvd ends). [Click Here for a Google map](#).
- Date: Thu 5/4.
- Time: 9:00am.
- Walk Duration: 1 hour.

RSVP Yes or No: To me at glennbreslin@gmail.com
[Click here](#) to add this meeting to your calendar.

Glenn Breslin
925.788.6520 glennbreslin@gmail.com





Bocce John Kendrick

The SIR 146 Bocce Ball activity will soon be active and always looking for new players.

Mark your calendars because the SIR 146 Bocce Ball activity will soon be a reality. The fun starts at 8:30am and finishes around 10:00am on the 2nd and 4th Mondays during the months of May through September.

The First Bocce Ball activity will be May 8, 2023.

All games are played at the Bocce Courts in Newhall Park, Concord. The courts are near the corner of Turtle Creek and Ayers Roads in Concord.

Join us for some Monday morning entertainment and fun. Ladies are welcome.

F.Y.I.—there is a rumor the Olympic Committee is considering adding Bocce Ball to the next summer games. SIR 146 may consider forming a team for the next 2024 Summer Olympic games to be held in Paris, France. Does anyone speak French?



John Kendrick

925.827.0585 jmkendrick23@gmail.com



Birding Frank Lucas

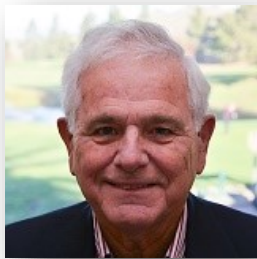
Mitchell Canyon is the North entrance to Mt. Diablo State Park near Clayton. We met there at 9:00 am last Wednesday, 4/12, and were treated to a very green, slightly breezy, sunny day in this very, very popular park. Hiking, Walking, Biking, Horseback-riding, Photographing, and, of course... BIRDING. **Mike and Gail Wolfson, Henry Thatcher, Glenn Breslin, Larry Gray,** and I enjoyed the stroll and are looking forward to our next "adventure". Y'all come and join us!

Frank Lucas

925.316.6122 frank.lucas1105@gmail.com



Dixieland Band Ross Abbott



The band consisted of **Ross Abbott** on piano, **Chuck Cornell** on trombone, **Doug Hansen** on saxophone, **Bud Pierce** on banjo and a ring-in friend of **Ross'**, **Jim Patrick**, on stump fiddle, spoons and

other sundry instruments which always guarantees a fun event.

We played stuff like, *Darktown Strutters Ball*, *Beer Barrel Polka*, *Five Foot Two*, and *Carolina*

We plan on doing it again on Wednesday, June 28, and would welcome anyone who plays an instrument and enjoys this type of music.

Ross Abbott

925.939.1121 rossabbott@hotmail.com





and engaging conversation was enjoyed by all. Photo (left to right) are **Bruce Borgman, Steve Ybarra, Dennis Hallett, Richard Hockenbrock and Ken Richter**. **Corrie Oranje** is the man in the mirror taking the picture. Our next event will be on May 8 at a restaurant to be selected by **Bruce Borgman**.



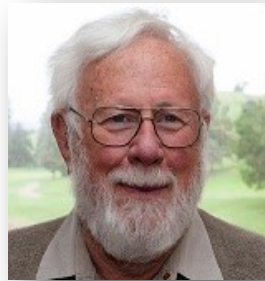
Cooking Lunch and Wine Paul Dubow

Twice per year, the Lunch and Wine (LAW) Cooking Group abandons the cooking sessions at members' homes and spends an evening out at a local restaurant with our spouses and significant others. April is one of those two months.

Our April outing was at the Brass Door in San Ramon. Fourteen of us enjoyed the restaurant's fare of steak and roast beef (although two of us disdained the meat with one ordering pasta and the other ordering a large sandwich.) We were also pleased that the restaurant provided us with a private room and allowed us to pay the bill with separate checks.

This month, we will return to our usual pattern, where the men meet for lunch at a member's home, while the spouses and significant others escape from us and enjoy themselves at a nearby restaurant. The restaurant has not yet been selected, but the men will meet at **Pete Gates'** home on May 17.

Paul Dubow
510.504.3566



寿司の友達 Sushi no tomodachi Clint Collier

Five sushi friends got together on April 18th to indulge our passion for fresh fish at Oishi Sushi and Grill on Newell Street in Walnut Creek.

Although Oishi has onsite service, they also specialize in party trays and we decided to go with those. Turns out we were the first group to actually do that, order a party tray and consume it there. We ended up with 3 trays actually: a nigiri and two roll plates, the old standbys; a California Roll along with a spiced tuna roll and finally, a tempura roll.

There seems to be an interest in expanding our get togethers so we will be exploring incorporating either a sushi-making class or a visit to a sake brewery in a future excursion. Our next get together will be June 15th but the location has not yet been set.

Clint Collier
925.457.1489 SirClint@the-colliers.org



Cooking II Steve Ybarra

Our cooking group met at the home of **Steve Ybarra** this month for a home-hosted luncheon. Puff savory pastries were the main appetizers. The main dish was a delicious Sloppy Joe Casserole and a green salad. Dessert of lemon squares with vanilla ice cream finished off the meal. As usual excellent wine





Couples Dining Out Bruce Borgman

Your Dining Out hosts were hard pressed this time to come up with a dining event that would match our last one in March at the Sichuan House.

We had a record number of diners, 72, attend this event. We were also challenged to try to find a restaurant which would not break the bank. Since we had a family style dinner at the Sichuan House, the cost per person was considerably less than at the traditional plated dinner. Also, since we generally have 60 or more diners, it is difficult to find a restaurant which can accommodate a large group.

We thought we would go back the conventional service and scour the area for an appropriate restaurant. We thought we would go for an Italian restaurant in May, and, true to our goal, we decided to go to La Finestra Ristorante in Moraga. Veterans of this activity will recall that we went to this restaurant many years ago when it was in Lafayette. Looking at our Dining Out archives, we actually paid less than \$40 when we were here in 2014. Many of you will recall that shortly after we were there, the restaurant suffered a major fire. In talking with Jeff, the chef/owner, he relates that sadly, hardly anything could be saved from this devastating event. It took some time, but Jeff opened a new restaurant, also named La Finestra, in Moraga. We had considered dining there before this

but thought that it was a bit further than our diners prefer. We checked it out this last week, though and thought that the drive along Moraga Boulevard was a pleasant one and we enjoyed a nice chat with Jeff as we reviewed a menu and cost that would be agreeable.

The cost of the entrees is much more reasonable than at most restaurants, but adding in tax and gratuity brings the total cost to \$59 per person. On the plus side, you will be pleased with the menu which will include a salad, a choice of four entrees, dessert, and coffee and tea. The entrees choices will be a Chicken Marsala, a wonderful lasagna, a sauteed prawns dish and a vegetarian option. Dessert will be tiramisu with strawberry sauce. Reviews of the restaurants are uniformly complimentary, and the ambiance of the restaurant will no doubt give us a wonderful dining experience for the spring. The flyer will be found on a subsequent page of the Sir-Call. The date of the event will be Tuesday, May 23. We will have our social time at 5:30pm and have dinner at 6:15pm. We will take over most of the restaurant, which will limit us to about 60 diners. You will want to respond quickly with an e-mail to me and follow up with a check to confirm.

We look forward to an enjoyable dining event! See you there!

Bruce Borgman and Sue Sheldon
Dining Out Hosts
bgborgman@aol.com



COUPLES DINING OUT

Tuesday May 23, 2023

Social hour / no host cocktails 5:30pm

Dinner: 6:15pm

Salad

Insalata Mista

Organic Seasonal Mixed Greens with Dried Cranberries, Roasted Almonds, Sliced Tomato and Avocado, tossed with Olive Oil and Balsamic Vinaigrette

Entrée choices

Pollo Marsalese

Chicken Breast Braised with Peas and Kalamata Olives with Marsala Wine in Light Cream Sauce, Served with Roasted Potatoes and Sauteed Vegetables

Lasagna alla Bolognese

Lasagna Pasta Layered with Ground Beef and Ground Sausage Bolognese Sauce. Topped with Provolone Cheese. Baked on a bed of Marinara Sauce

Gamberoni alla Diavola

Jumbo Prawns Sauteed with Roasted Sweet Bell Peppers and Onion in a Spicy Tomato Sauce, Served with Roasted Potatoes and Vegetables

Melanzane alla Parmigiana

Thinly Sliced, Grilled Eggplant, Baked in Tomato Sauce with Provolone Cheese, Served with Roasted Potatoes and Vegetables (vegetarian)

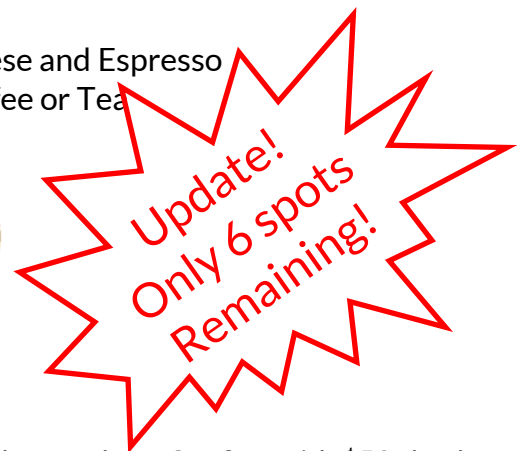
Dolce (Dessert)

Tiramisu

Lady Fingers with Imported Mascarpone Cheese and Espresso
Served with Strawberry Sauce and Coffee or Tea



Classic Italian Cuisine
1419 Moraga Way, Moraga



RSVP to Bruce Borgman, bgborgman@aol.com, \$59.00 per person, incl tax and tip. Confirm with \$59 check made out to Sir 146. Mail to 3611 Winchester Pl, Walnut Creek 94598 Please Indicate your choice of entrée with your reservation!

MEXICAN TRAIN Dominoes

Group Uno 1



Mexican Train Dominoes "Uno" Corrie Oranje

wife Susan.

Sue Oranje for Corrie Oranje
corrieoranje@gmail.com

Congratulations to Mexican Train Uno's winning trio! **Jim Stedman** (2nd), **Richard Hockenbrock** (1st) and

Peter Bishop (3rd). For some reason, the women didn't fair well this evening.

We had a wonderful evening, hosted by **Alicia Baily**. Ample goodies and a wonderful selection of pies. The strawberry-rhubar pie was more popular than the old standard apple pie, both with ice cream of course.

These evenings allow us to indulge in some of our favorite things. We had fun conversations and were all wondering what **Peter** and **Martha** were up to in Italy.

Our May session will be hosted by **Bruce Borgman** and



Group Tres 3



Mexican Train Dominoes "Tres" Walt Busenius

On March 24th, the ole choo choo left the roundhouse and made its way to the home of **Judy and Jim Baldrige** for a fun filled night of MTD's. In

addition to **Judy and Jim**, there was **Alicia Baily**, **Joyce Wells** and **Jim Berry**, **Sharon Varner**, **Jim Stedman**, and **Lynn Shafer**. A smaller group than usual but everyone enjoyed the all the treats, and the **Baldrige's** wonderful hospitality.

There were two tables of four, ladies at one and men at the other. We have not done this before. The competitors were humbled and reminded once again to not take on **Alicia** on the train. **Alicia Baily** won the big money and took home first place with an avg low score of 11.78. **Jim Barry** (avg 22.75/gm) clawed his way through the night into 2nd place, with **Jim Baldrige** (avg 25.25/gm) in a photo finish to grab 3rd place.

On April 28th, the choo choo will leave the roundhouse after the SIR-Call is published. But that will not deter

us from telling you next month of our adventures at the wonderful home of **Sally and Lynn Shafer**. All Aboard!!



Winners Photo: (L to R): **Jim Barry**, 2nd Place; **Jim Baldrige** 3rd Place and **Alicia Baily**, 1st Place Winner.

Walt Busenius
925.457.7428 walterbusenius@gmail.com



Mexican Train Dominoes "Quatro"

Jim Pope

On April 21st, the El Quatro Mexican Train dominos group met at **Jim and Renie Pope's** home with 12 people. In attendance this evening were; **Ron Louis and Fran Matthews, Dick and Leslie Firth, Dick and Christy DeVoe, Ken and Carol Soutl , Steve and Susan Oki and Jim and Renie Pope.** The sweets, savories and wine were provided by several in the group. We played at two tables of six. We paid the player with low table score at each table 5 California Scratchers Lotto tickets. The winners were **Steve Oki and Renie Pope** (see in pictures). The individuals with the high score at each table were **Carol Soutl and Susan Oki** and awarded one Lotto ticket. (Photos were taken by **Jim Pope**) The next El Quattro MTD will meet on May 12th due to a schedule conflict with the host.



Jim Pope

jpoppe24@comcast.net



Mexican Train Dominoes "Cinco"

Dennis Hallett

Our gathering took place on Thursday April 20th 2023.

Joan and Dave Pierce were wonderful hosts and as usual, made everyone feel at home.

Was it the weather? Was it the venue? Was it the wonderful dessert (Chocolate brownie, Vanilla ice cream and Chocolate sauce)?

Whatever the reason the men were at their best, winning all three prizes. **Dennis Hallett, Jim Burk, and Dave Pierce** had the winning scores even after consuming a variety of excellent wine, and an assortment of tasty goodies.

The ladies were very magnanimous in their loss but murmurings of "Wait until next month" were heard and the men should heed the warning.

It was a delightful evening, and everyone remarked on

what an enjoyable time they had.

The next game is at **Hallett's** home on Thursday May 18th 2023.

Dennis Hallett

dennishallett@astound.net





Mexican Train Dominoes "Seis" Steve Lane

The MTD 6 group was co-hosted by the Lane's at Richard Hockenbrock's beautiful home on February 22, 2023.

Thank you, Richard. Attendees were Brian and Mary McCarthy, Bruce Borgman, Richard Hockenbrock and Virginia Tygart, and Steve and Carol Lane.

In the winner's circle were Brian McCarthy (15.1) followed by - Mary McCarthy (18.8) and Carol Lane (20.4).

We look forward to our next get together on March 22, 2023, at the home of Mary and Brian McCarthy- hosted by John "Moose" Kelly.

Steve Lane

925.984.0341 thelane3@aol.com.



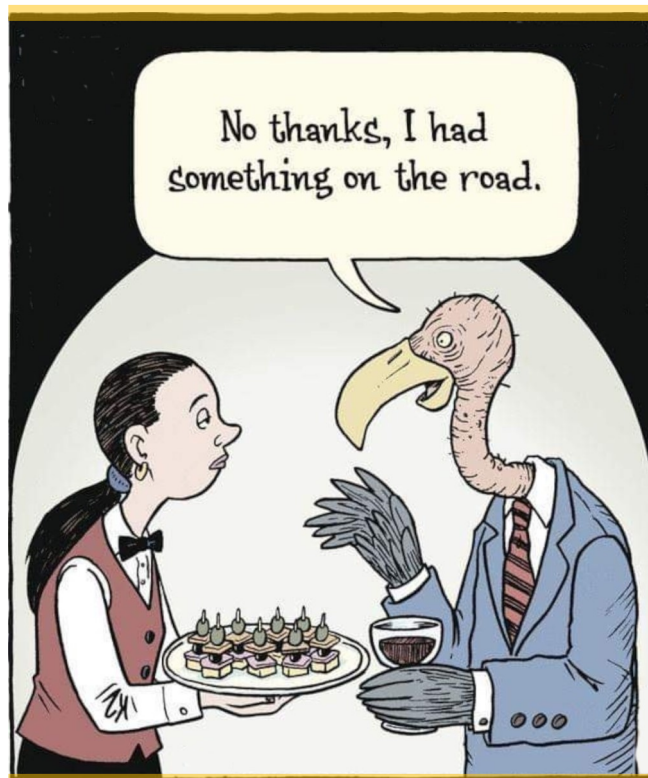
Mexican Train Dominoes "Siete" Bob Lucido

Clint and Bev Collier hosted our MTD7. We had 8 players but made enough noise, that the neighbors called the police. Ok, it was not that bad.

Jane West emerged as the winner of the game with a low average score of 12 and was pleased to receive \$15. Bob West came in second place with an average score of 13.3 with a payoff of \$7. Bev Collier was third with an average score of 16 and received \$2 which was less than the buy-in.

Bob Lucido

bobwendy3@comcast.net





Mexican Train Dominoes "Ocho" Richard Hockenbrock

Mexican Train Dominoes OCHO had 18 players show up for game play on Wednesday, April 5th, the highest attendance and

biggest pot ever. We alerted serving hosts for the evening, **Larry and Pam McAllister**, to the expected number coming and they met the challenge with a fine selection of Hors d'oeuvres.

With players on four different tables, **Ellen Breslin** playing at table orange in her first competitive SIR MTD game came in 1st place for the evening with an outstanding average score of 9.25. In 2nd place, also at table orange in only his second competitive SIR MTD game was **Frank Terzuoli** with an average score of 16.00. 3rd place went to **Victoria Polivka**, playing on table red with a score of 17.125. **Richard Hockenbrock** sitting next to **Victoria** and considered to have an enviable position of being upstream from her where he was in an ideal position to affect **Victoria's** game play but did none of that. He had the worst game of his memory, turning in an evening average score of 37.375 and earning one of two booby prizes, a scratcher ticket. **Steve Ondeck** was the other recipient of a scratcher ticket.

Our next game will be played on May 3rd with **Steve and Sue Loftin** as food hosts. If you would like to sign up as a substitute, send me an e-mail to RLHOCK@OUTLOOK.COM

Richard Hockenbrock
rlhock@outlook.com





Mexican Train Dominoes "Nueve" Bob Lucido

Dave and Claire Kingsbury hosted us for our game this month.

Although we had a small group of 8 which were four on each table. What we didn't have in numbers we made it up in fun.

We were socializing so much during the game that we had to stop and figure out whose turn was next.

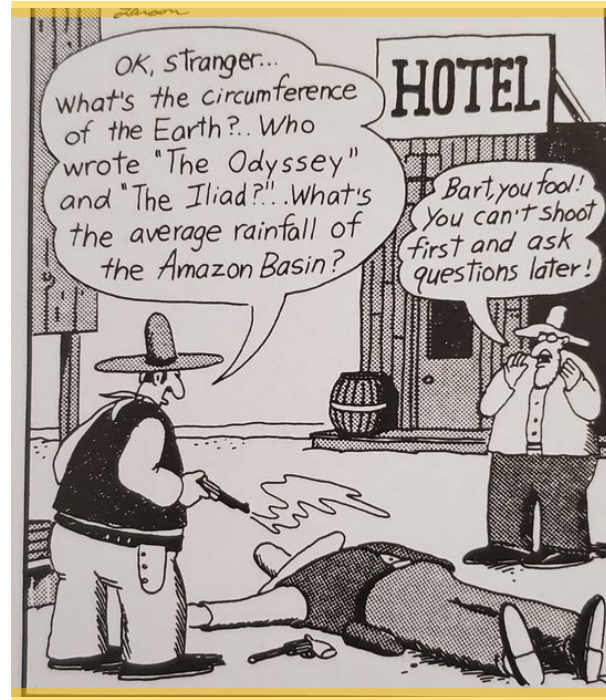
Wendy Lucido won first place with an average score of 8.73 and was rewarded with \$15. This is the first time **Wendy** has won first place, and her husband is jealous because he has never won first place.

Claire Kingsbury came in second place with an average score of 17.4 and won a prize of \$7.

Finally, **Bob Lucido** came in third place with a score of 18 and won a measly \$3, but was still happy winning something.

Bob Lucido

bobwendy3@comcast.net



My wife asked me what the female version of a "man cave" would be.
I told her it's called a kitchen.

Doctor says I should be able to go home in about 3 weeks.





CARD GAMES

...we play



Men's Hearts Bob West

Since the April SIR-Call submission, we met on March 24th and April 14th. The big winners were **Frank Lucas** and **Bob Finlayson** with 3 wins. **Dick Wade**, **Norm Cox** (Br8)

and **Bob West** all had 2 wins. **Dick Wade** led in 2nds with 4 followed by **Bob West** with 2.5.

The lowest average score was **Dick Wade** with 65, closely followed by **Rich Lyon** with 68. **Dick Wade** "Shot the Moon" three times and **Bob Finlayson** twice.

YTD: **Frank Lucas** has the most wins at 11 followed by **Bill Vizza** with 6. **Frank Lucas** leads with a winning percentage of 61% followed by **Bob Finlayson** with 60%. Most Improved is **Frank** with 278% of his 2022 winning percentage, followed by **Bob Finlayson** with 139%. **Dick Wade** has the lowest avg score of 65.2 followed by **Bill Vizza** with 68.7.

Dick Wade and **Norm Cox** are 2 of our 3 newest members and they did very well this month.

Future Meetings: We play 3 games at Rocco's on the 2nd and 4th Fridays, at noon, with an optional lunch at 11:15am. We will be meeting in May on the 12th and 26th.

Please call or e-mail me if you have any questions or are interested in playing.

Bob West

925.518.8472 robrtawest@aol.com



Old Money Poker Group 6

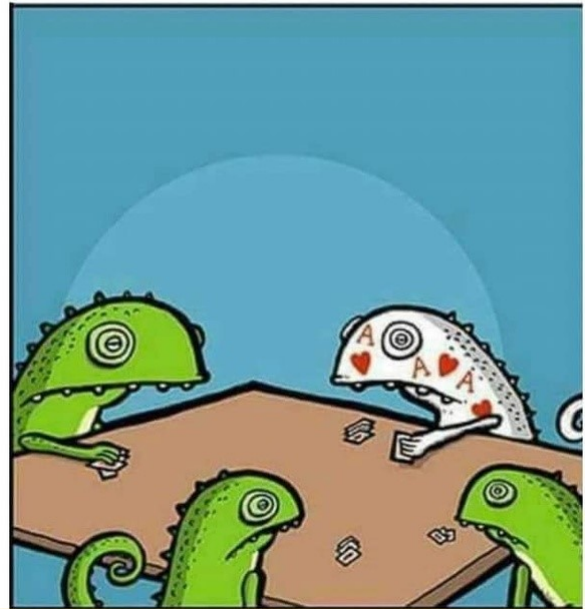
April came and went for our normal first Thursday game. Due to vacations and a health issue, we were unable to get enough players to have our normal game. We look forward to May to resume our play.

We are looking for players who might wish to act as substitutes for our regulars in situations like the above. Please contact **Brad Hatcher** if you would like to be a substitute.

Brad Hatcher

bhatcher1942@gmail.com

Why poker is not a popular game amongst Chameleons



Nobody told me that when you get a husband the ears are sold separately.



Couples Duplicate Bridge 1 John Kluesener

The Couples Duplicate Bridge 1 group met on Wednesday the 19th at the home of **Gloria and Bud Pearce** where all were treated to an exquisite array of munchies, wine and soft drinks. We quickly got down to the business of cards after a brief update on our travels over the past month. Play was competitive with **Kathy and John Kluesener** eking out a third place finish with 20.5 point overall. **Janet and Bob Yolland** secured the second place prize money while **Christy and Dick DeVoe** managed to come away with the first place prize-again-with a score of 25.5. Our next gathering, scheduled for

May 17th will be at the home of **Margot Somerville**.

John Kluesener
john@klueseners.com



Janet and Bob Yolland: Christy and Dick DeVoe: John and Kathy Kluesener



Men's Duplicate Bridge 2 Dick DeVoe

Our 3/3/23 Duplicate Bridge 2 event with four tables was nicely hosted by **Ray Spears**. **Dick DeVoe** was 1st with 44 pts. **Joe Fuchs** was 2nd with 42.5, **Ed Marlovits** was 3rd with 42 and **Mike Whitaker** was 4th with 41.5. **Dick** had no zeros!

There were 4 perfect 2-board partnerships: **Ray-Spears/Dick DeVoe** on boards 5 & 6, **Steve Dinning/ Joe Fuchs** on boards 7 & 8, **Ray/Ed Marlovits** on boards 9 & 10, and **Ed/Rich Ahlf** on boards 11 & 12.

Our 4/7/23 event with three tables was nicely hosted by **Max Hinkle** on Friday, April 7. **Steve Dinning** took

1st place, followed in 2nd by **Rich Ahlf**, with a tie for 3rd with **John Kluesener** and **Dave Steinberg**.

The 3-board best partnerships were **Ed Marlovits/Rich Ahlf** on boards 4-6 (5.5 pts.), **Jim Pope/Dave Steinberg** on boards 7-9 (5.0 pts.), and **Dick DeVoe/Dave Steinberg** on boards 10-12 (6.0 pts.).



Richard Devoe
dicknchristy@comcast.net



Couples Duplicate Bridge 2 Dave Pierce

What a relief after March's miserable weather; April 11th was a beautiful spring day for bridge at the home of **Joan and Dave Pierce**. No slams were bid but everyone made seven on Board 6 with a powerful side suit in dummy.

Ken and Elaine Richter were third (50% game), **Tony and Cindy Greco** were second (55%), and the hosts were first (70%). And it was still daylight when we departed. Reminder: good friends are better than good cards.

Dave Pierce
925.932.3877 dwp@astound.net



Couples Party Bridge Tony Greco

Larry & Linda Brown hosted our April 4th event. Finding a needed sub for this event was unsuccessful. After going through a list of 8 subs with no takers, I opted to go with a two-table event. I find that having a

two-table event is a little cozier with a more relaxed feel to it.

After two rounds of play, **Tony & Cindy Greco** held the lead with **Rich Ahlf & Ismini MacLean** and **Larry & Linda Brown** not far behind. During the third and last round of play, the **Grecos** faced off with **Rich & Ismini** and were still in the lead with only one hand left to play. **Ismini MacLean** stepped up and played the last hand at a 3 no trump game, making 4 for 630 points, thereby sealing first place. Congrats!

The official results are as follows:

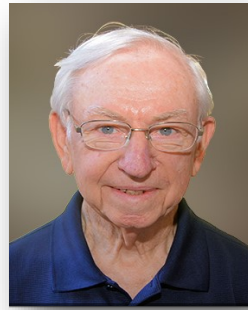
1st place with 2730 points – **Rich Ahlf & Ismini MacLean**

2nd place with 2700 points – **Tony & Cindy Greco**

Next month's event will be held on **May 2nd** and hosted by **Dick and Christy DeVoe**.

Tony and Cindy Greco

925.934.0395 almanorwest@sbcglobal.net



Party Bridge

Jim Pope and Jim Stedman

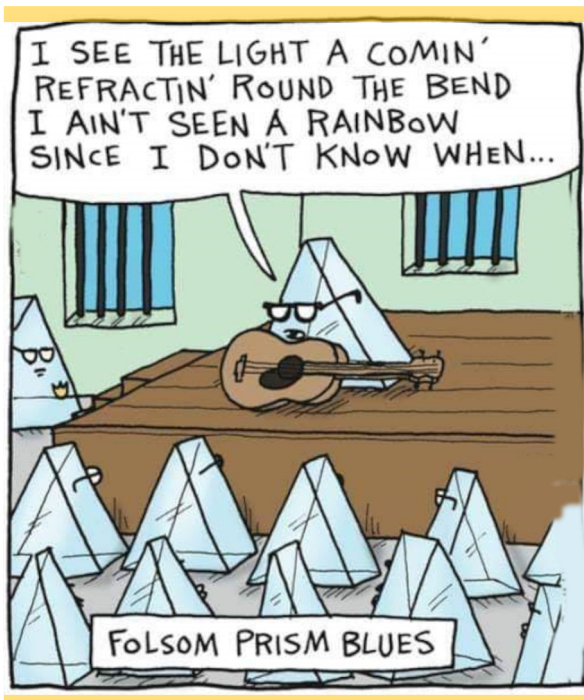
Twelve of us enjoyed party bridge at the home of **Bill Synder** who was a terrific host. His goodies and dessert were wonderful, strawberry short cake Those in attendance were; **Rich Ahlf, Mike Davidson, Steve Dinning, Joe Fuchs, Max Hinkle, Dick DeVoe, Jim Pope, Bill Schaaf, Bill Synder, Ray Spears, Jim Stedman, and Bob Yolland.**

The winning scores were very high: **Mike Davidson 6,580, Joe Fuchs 6,210 and Ray Spears 4680.**

The next game will be on **May 1st** at **Brad Hatcher's**. If you would like to play with the Party Bridge group, let **Jim Stedman** or **Jim Pope** know.

Co-Directors

[Jim Stedman](#) or [Jim Pope](#).





Duplicate Bridge 3 Michael Whitaker

Duplicate Bridge III held its April game on Friday April 21 at the home of **Brad Hatcher**. 12 SIR members played 24 hands of bridge. At the end of the day it was **Joe Fuchs** on top with 30.5 points. **Bill Schaaf** and **Max Hinkle** were close behind with 29.5 each. Our next game will be on May 19 at Boundary Oak.

Michael Whitaker

925.708.8213 mrwhitaker@yahoo.com

Pinochle

Pete McNeill and Stan Johnson

The pinochle group continues to attempt to add new members to the group which currently averages between ten to twelve players per session. We meet every second and fourth Wednesday of the month at Rocco's Pizza, located on the S/W corner of the intersection of Ygnacio Valley and Oak Grove Rd. on the east side of Walnut Creek. We have lunch from 12 (Noon) until 1:00pm, and play cards from 1:00pm until approximately 3:00pm No money, other than lunch involved, fun group.

Pete McNeill

925.858.9666 petemcgolf@gmail.com

Stan Johnson

925.949.3412 stanjohnson88@gmail.com

Why do cows wear bells?

Because their horns don't work.

Area 16 Activities



Area 16 \$UMS Investment Group

We will again join Branch 128's (San Ramon) Investment Group Zoom meeting on Wed May 24 at 1:30pm. The topic will be announced.

E-mail Dave Sutton to be included.

Chair **Tom Henry** Branch 174

tomhenry925@gmail.com

Co-chair **Dave Sutton** Branch 8

davesutn@comcast.net

SIR State Information



<https://sirinc.org/>

This is the state SIR web page. is a wealth of information about SIR, SIR training, and SIR merchandise you can purchase. [The current state newsletter can be found by clicking here.](#)

There are also copies of the many forms SIR uses; in short everything SIR can be found here!

Parting Shot

Since this “holiday” is fast approaching, I leave you with a short history of *Cinco de Mayo*...

Confusion With Mexican Independence Day

Many people outside Mexico mistakenly believe that *Cinco de Mayo* is a celebration of Mexican independence but...

Independence Day in Mexico (*Día de la Independencia*) is commemorated on September 16, the anniversary of the revolutionary priest Miguel Hidalgo y Costilla’s famous “Grito de Dolores” a call to arms that amounted to a declaration of war against the Spanish colonial government in 1810.

Cinco de Mayo, or the fifth of May, is a holiday that celebrates Mexico’s victory over France at the Battle of Puebla in 1862. At the time, Mexico was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments. In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

The Battle of Puebla

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either Indigenous Mexicans or of mixed ancestry—and sent them to Puebla.

The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army—supported by heavy artillery—before the city of Puebla and led an assault.

How Long Did the Battle of Puebla Last?

The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, it bolstered the resistance movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France finally withdrew.

The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico in 1864 by Napoleon, was captured and executed by Juárez’s forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

Cinco de Mayo in Mexico

Within Mexico, *Cinco de Mayo* is primarily observed in the state of Puebla, where Zaragoza’s unlikely victory occurred, although other parts of the country also take part in the celebration. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.

Why Do We Celebrate Cinco de Mayo in the United States?

There can be confusion over the origins of *Cinco de Mayo*. Some think it’s a holiday celebrating Mexican independence from Spain or that it was dreamed up to sell more beer and guacamole.

In the United States, *Cinco de Mayo* is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations. Chicano activists raised awareness of the holiday in the 1960s, in part because they identified with the victory of Indigenous Mexicans (such as Juárez) over European invaders during the Battle of Puebla.

Today, revelers mark the occasion with parades, parties, mariachi music, Mexican folk dancing and traditional foods such as tacos and mole poblano.