



Big Sir's Notes

Jeff Baily

Having spent the formative years up in Canada where Novembers can be very cold, I vaguely recall a poem that mournfully described this time of year. I couldn't remember the words, but with the help of Google,

voila...No sun, no moon. No morn, no noon. No dawn, no dusk, no proper time of day. No warmth, no cheerfulness, no healthful ease.. No comfortable feel in any member.

No shade, no shine, no butterflies, no bees. No fruits, no flowers, no leaves, no birds! - November! **Thomas Hood**

But here in SIR in November, (what a great segue!) we are surrounded by good friends and we have activities galore to choose from. We have a great place to gather and dine. In our advancing years we have the things that memories are made of, including SIR group travel. The only thing that could prevent you from the full enjoyment of this great organization is you.

I've said it before and I'll say it again. You only get out of this organization what you put in. The trick is making the first step. Pick an activity or a committee-we have about 50 to choose from- and then join the group. You'll find yourself warmly welcomed.

At the most recent Branch Executive Committee meeting held just before the monthly luncheon, I had a list of 86 recent inductees and read aloud the names of about 15 out of many more who have joined different activities and committees and have thus made a significant positive contribution to our branch. Our newbies are getting involved even though it usually can take up to a year or so before one can feel comfortable enough to make the jump.

There are many wonderful things you can take part in as an active member of Branch 146. And if you wish to join a committee instead of an activity to start your SIR career, there are meetings! Ah yes, you fondly remember meetings. Except here they are short, pleasant and there's no pressure. But even before you're comfortably ensconced in branch activities or committees, call some of your recently retired friends and invite them to our lunch and to join Branch 146. Now you're surrounded by new friends you've met in SIR and old friends that you've invited to join us. It can't get any better than that! When future Novembers roll around, all too quickly, you will never give the things that aren't here in November a second thought. You'll be too busy giving thanks for all the blessings that have come your way via SIR...Just another way to look at November.



Little Sir's Corner

Stu Somerville

The program for our November luncheon will honor our veterans, who have kept us free and helped countless millions around the globe.

Lynn Freeman, our Veterans Chairman, will lead the program.

ROMEO

(Retired Old Men Eating Out)
Malcolm Hendry



The ROMEO group meets on the third Thursday of the month at 6:30pm at select restaurants in the East Bay. Come join your fellow SIR members for delicious dining in a friendly and relaxed atmosphere.

On November 20, we will be dining at "Chopin Cafe", a Polish restaurant which has been recommended by **Don Martin**.

All of Chopin's dishes are excellent representations of traditional home style Polish cooking, and include borscht, beef roulade, breaded pork cutlet and hunter's stew. Check out the rave reviews posted in yelp.com to get a flavor of what you will experience. Because the cafe is small, attendance will be limited to the first twelve respondents.

Location: 1574 Palos Verdes Mall, Walnut Creek, CA 94596 (opposite Lunardi's Market)

Web Site: www.yelp.com (search: Chopin cafe and Walnut Creek) Phone: 925-945-7736

Please RSVP by Tuesday November 18th.

I welcome your suggestions for restaurants that you would like to visit.



Duplicate Bridge **George Zunich**

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

In October, Sir **Bill Rees** hosted 3 tables of duplicate bridge at his home.

The results were as follows: **Fred Kovar** took 1st place with 29.5 points. **Carl Johnson** came in 2nd place with 28.5 points. **Dick DeVoe** and **Dick Johnson** tied for 3rd place with 25.5 points.

The next match will be held on Monday, November 17th at the home of **Lo McCarley**.

Contact **George Zunich** at 376-4439 for information. We welcome interested members.

Couples Duplicate Bridge Too

Joe Barry

Couples Duplicate Bridge #2 meets on the 2nd Tuesday of the month at 7:00 pm at participants' homes. Couples play as partners.

Dick and **Christy DeVoe** hosted the October event. Based on previous efforts, there was shock and awe that they were 1st with 24-1/2 points. **Ken** and **Elaine Richter** took 2nd place with 24 points. Due to the closeness of the result, a recount was called for. The audit revealed that the data was proper according to accepted accounting standards in place at the time. **Terry** and **Sharon Marchione** were 3rd with 20 points. There were wry remarks from players about too much bridge and too little animal study while the 2nd and 3rd placers were on safari. **Lynn** and **Dasha Freeman** will host November bridge.

Anyone interested in being a substitute for the group give **Joe** a call at 939-3869.



Party Bridge

Fred Bolton

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

We played four tables of bridge at the home of **Jim Stedman** on Oct 6th.

First place went to **Bob Yolland** with 5,880 Points, second to **Bob Donahue** with 5,450 points, third to **Tommy Thomson** and fourth to **Bill Snyder**.

Our next game will be played at **Bill Rees'** home on November 3rd.



Couples Duplicate Bridge **Lo McCarley**

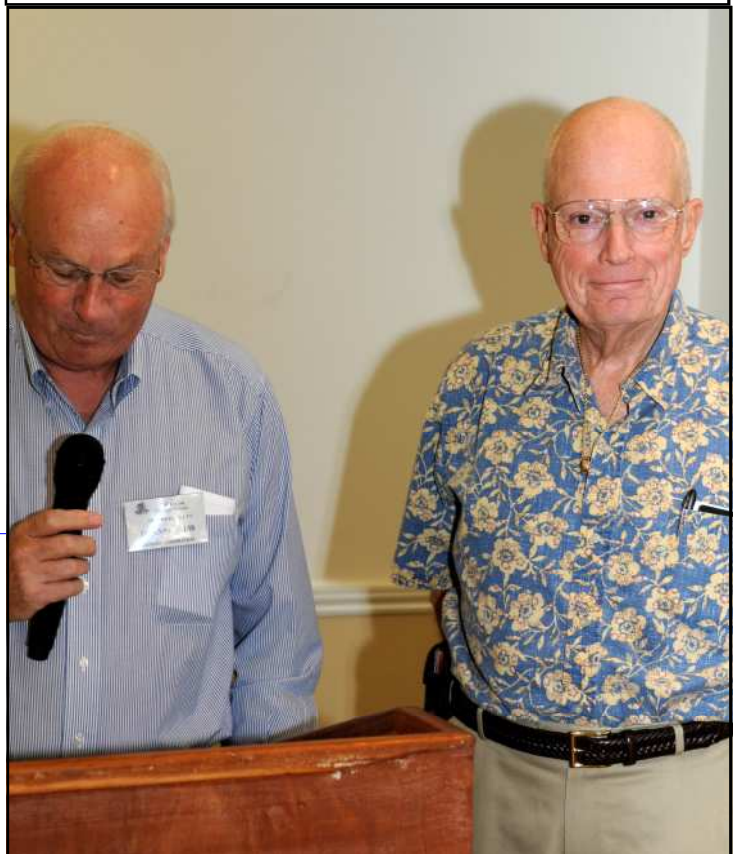
Meet the 3rd Wednesday of each month starting at 7:00 pm at participants' homes. Couples play as partners.

Barbara Lundblade hosted couples duplicate bridge on October 15th.

Lynn and **Dasha Freeman** took first place with 38 points. **Bob** and **Janet Yolland** were second with 36 points.

The evening was highlighted by several slam hands bid and made.

Next bridge will be hosted by **George** and **Tamara Zunich** on November 19th.



Dennis Hallett
Introduces
Stephen Snow



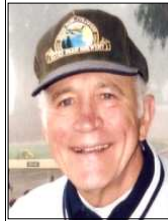
David Pierce introduced by **John Pearl**

Here's your chance to learn web site design and construction in a no pressure environment with SIR friends. I'm looking for a small number of members, say 4 or 5 who are interested in computers and would like to learn web page design. We would join in attending a web design class that will be held one afternoon a week (Tues 1-4pm) from January to March 2009 at a local school. During the course and after completion we could contribute, as a group or individually to adding to or otherwise improving our Branch 146 web site. If you're a Tuesday golfer you can transfer to the Thursday 9 hole golf group during the term of the class as I do. No previous experience in web design needed. Prerequisites are enthusiasm and a willingness to work at learning – That's it!! Be in the first 4 to call or email me, **Jeff Baily** for details. Don't miss this opportunity!



Cooking **Dave Johnson**
1st Monday at various members' homes.

Our October meeting was held at **Barney's** home. The host tried to be cool and collected, while sweating nervously, and **Dave** floundered about the kitchen in a vain effort to be helpful. Otherwise, things went smoothly. The theme was German so we started with a Black Forest liver pate (homemade) and pretzels to accompany our wine. The meal began with a tossed green salad with lemon dressing; followed by **Barney's** eye-popping sauerkraut cooked with apples; grilled bratwurst and Polish sausages, onions, which were steamed and cooked with the sausages, and potatoes au gratin. Members who were too young to drink wine, were offered small glasses of beer and drinking straws. **Barney** completed his meal with an apple-nut torte and then took a short nap. We adjourned, singing "Lilli Marlene." Next month is our ladies' night, on the 5th.



Garden Club **Chuck Bobinecz**

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

The featured speaker for our November 6th meeting will be Sir **Malcolm Hendry**. His topic is on plant propagation. He will cover the basic principles of plant propagation, how to germinate seeds, how to propagate from a stem, root cutting, etc..

Sir **Bill Hansen** will be our December speaker and the topic is soil. We covered this topic some time ago but it is so basic to gardening that we need a refresher on this topic.

The December meeting is one of our important meetings because we will be planning our agendas for next year.

Note that we do not meet in January.

Garden tip of the month: keep a good thing going, plant your bulbs so they bloom in succession. With a bit of planning, you can have a yard with months of color. Also, a gardening myth is that bulbs such as tulips need bone meal. What they need is nitrogen.



Table Pool **Bill Weinberg**

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

The Table Pool club has been meeting on the 1st and 3rd Monday for over 6 years now and the playing keeps getting better. I've been hearing from many of the golfers about how they enjoyed playing some pool in their younger years. Now is the time to start enjoying it again and the fellowship is excellent.

Hope to see you there sometime.

SIR HAPPENINGS

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

An article by Jeff Baily, Dick DeVoe and Jim Stedman is in the current issue which came out yesterday. It reveals the reasons why SIR has lost thousands of men and what we can do about it.

Wide World of Books Terry Marchione



The book exchange is on the quiet side these days although I have received excellent feedback on *The Match*. I encourage all golfers to consider this book. Unfortunately it is not currently available through the book exchange. I have it on my Kindle (which, by the way was awesome on our trip to Africa.) If someone in the group has a hard copy and is willing to lend, please let me know

This month I am recommending *The Post American World*. This is a very interesting look at the “new world order” envisioned in the future (the near future). Try the library for this one unless someone has a hard copy available. A review follows:

“When a book proclaims that it is not about the decline of America but the rise of everyone else, readers might expect another diatribe about our dismal post-9/11 world. They are in for a pleasant surprise as *Newsweek* editor and popular pundit **Fareed Zakaria** (*The Future of Freedom*) delivers a stimulating, largely optimistic forecast of where the 21st century is heading. We are living in a peaceful era, he maintains; world violence peaked around 1990 and has plummeted to a record low. Burgeoning prosperity has spread to the developing world, raising standards of living in Brazil, India, China and Indonesia. Twenty years ago China discarded Soviet economics but not its politics, leading to a wildly effective, top-down, scorched-earth boom. Its political antithesis, India, also prospers while remaining a chaotic, inefficient democracy, as Indian elected officials are (generally) loathe to use the brutally efficient tactics that are the staple of Chinese governance. Paradoxically, India's greatest asset is its relative stability in the region; its officials take an unruly population for granted, while dissent produces paranoia in Chinese leaders. **Zakaria** predicts that despite its record of recent blunders at home and abroad, America will stay strong, buoyed by a stellar educational system and the influx of young immigrants, who give the U.S. a more youthful demographic than Europe and much of Asia whose workers support an increasing population of unproductive elderly. A lucid, thought-provoking appraisal of world affairs, this book will engage readers on both sides of the political spectrum.”

If you prefer something on the mystery side I suggest *Moscow Rules*. This is available through the book exchange. Check out the review at www.amazon.com

Area 2 \$ums In Retirement

Dave Munson

4th Wednesday, 8am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord

The \$ums In Retirement Area 2 meeting will be held on Wednesday 19 November at the Diablo Creek Golf Course. This will be the last meeting for 2008 and we will be having an open meeting for all attendees to bring questions and discuss among themselves.

The meeting will begin at 8am with breakfast available from 7am.

Dave Munson, Chairman Area 2, \$ums In Retirement Investment Group.



Sunshine

Otto Wilson

Phone: 825-1943

E-mail: ottowilson@astound.net



Sir **Al Bond** is recovering from colon surgery. He would like to have visitors. He is in Stonebrook Convalescent Center, Concord.

Sir **Corrie Oranje** is being treated for cancer of the colon and receives chemo once a week. He is at home, doing well under the circumstances.

Sir **Stan Pieratt** is being treated for kidney failure and is in Care Center of Rossmoor, 1224 Rossmoor Parkway, Walnut Creek. He would like to have visitors.



Cribbage

Al Tufo

Results of our October tournaments. **Larry Reilly** was our host for the two tournaments. The first one and second one were won by the Italian Stallion. **Barney Meade** came in second in the first tournament and **Larry Reilly** came in second in the next one. Next month will be hosted by **Dan Meckfessel** in Brentwood at his new home. We are looking forward seeing his new residence. Starting time will be 11:30am. Hope everyone had a great summer. God Bless.

Ciao Tufo



Can This Drug Prevent Prostate Cancer?

You may be surprised to hear that five years ago a large, long-awaited federal study found that a drug widely used to treat the urinary symptoms caused by prostate enlargement also reduces the risk of prostate cancer in men over 55 by 25%. The drug is finasteride; its brand name is Proscar, though it is now available as a generic. It inhibits the conversion of testosterone to dihydrotestosterone, a hormone that can cause prostate growth as well as encourage prostate cancer growth and hair loss. The study, the Prostate Cancer Prevention Trial (PCPT), was done because earlier studies had pointed to finasteride's anti-cancer effect. There was one problem, however: PCPT concluded that the drug reduced the risk of insignificant cancers, but seemed to increase the risk of more aggressive types. That finding largely quashed the hopes about finasteride as a preventive for prostate cancer—for a while.

Recently, however, several analyses of the PCPT research, using more thorough and complete data, have shown that the initial scary finding about finasteride was misleading—that ultimately men taking finasteride had lower rates of all types of prostate cancer, including the aggressive ones. Not only does the drug appear to prevent or slow the development of cancer, but by shrinking the prostate, it may also make it easier to detect tumors that do develop. In June this news made the front page of the New York Times and then ricocheted through the media. One leading researcher told the Times that finasteride could prevent as many as 100,000 cases of prostate cancer a year. Another likened it to taking a statin drug to lower cholesterol. So why aren't men dancing in the street, and all their doctors prescribing them finasteride?

First, it's important to remember that prostate cancer is unusual in that most tumors remain small and do not spread, growing very slowly or not at all. It is fatal in only a small percentage of cases. In fact, far more men die with prostate cancer than from it (autopsies have shown that as many as 80% of men over 70 have unsuspected, asymptomatic prostate cancer). That's why there's still much debate about widespread screening for it via the PSA blood test. Since the test helps discover cancers that may or may not be deadly, it often leads to unnecessary treatments, which in turn can result in impotence, incontinence, and other problems. Ironically, one of the proposed benefits of finasteride, besides preventing deadly cancers, would be to prevent harmless cancers and thus avoid the resulting overtreatment and years of worry.

What we need to know

There are still many unanswered questions:

- Will finasteride really save lives? No study has focused on this. And if it merely prevents some unnecessary cancer diagnoses and treatments, should millions of men (or their insurance companies) spend hundreds of dollars a year on it?
- What are the side effects?

Countless men with an enlarged prostate (benign prostatic hyperplasia, or BPH) have taken finasteride for many years. It is relatively safe, though it can cause erectile dysfunction and, less often, breast growth. But no one knows what will happen if men without an enlarged prostate take it for decades, starting in middle age. Any treatment that affects hormones can be risky business, as was learned with estrogen therapy.

- What is the optimal dose, and will other similar drugs have the same effect? For instance, the baldness drug propecia is also finasteride, though it contains one-fifth the amount used to treat BPH, and there's some evidence that even smaller doses can be effective against hair loss. Perhaps that dose has the same effect on cancer risk, with fewer adverse effects. Another drug for BPH called dutasteride (Avodart) is also being studied as a cancer preventive in high-risk men.
- Will finasteride give men a false sense of security and keep them from getting PSA tests? For experts who believe that all men over 50 should be tested, this is a big concern, especially if, in addition, they have doubts about finasteride's potential as a cancer preventive.

Final thoughts, for now

It's too soon to recommend finasteride as a way to prevent cancer for all men. Still, those at high risk for prostate cancer (black men, for instance, or those with a strong family history) may want to discuss finasteride with their doctors. If you do decide to take it, you should be monitored for side effects. The drug lowers PSA levels substantially, so your doctor will have to adjust the results of your PSA test accordingly.

Meanwhile, if you're taking finasteride to treat an enlarged prostate, it's good news that you may be getting the added benefit of a reduced risk of prostate cancer.

Luncheon Attendance

Bill Root



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

Call me by Friday noon prior to the luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, leave your name, badge number and phone number. Be sure you call!

Waiting List:

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

Sir bringing a guest:

Call by Friday prior to the Thursday luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination.

Certification of another branch meeting will be considered as credit to attendance record.

Luncheon Menu

Mixed baby greens with mustard vinaigrette
Breast of turkey with gravy or
Pan seared salmon with olive tapenade
Mashed potatoes
Dill carrots
Pumpkin pie with cinnamon chantilly

Special Luncheon Requirements

If you need a vegetarian meal or any special meal, please call and make a request.

Your request will stay in effect until you cancel it. If for medical reasons you cannot eat lunch, please notify me. Your request will stay in effect until you cancel it, however, you will be required to pay a \$1 fee for club donation when attending the luncheons..

Membership

Jim Jackson



Branch 146 Statistics:

Members 263, HLMs 4, Waiting list 3, Inactive 8.

October Attendance:

Members 185, HLMs 2, Waiting list 2, Guests 1, Excused 67, Unexcused 10.
Total October attendance: 190.

Status Changes:

Inducted: **David Pierce, Stephen Snow**

Added to Applicant list: **Charles Bates, Robert Bogardus**

Inactive: None

Resigned: **Ray Welles, "Mike" Isola**

Current Applicant List (prioritized):

Ronald Louis, Charles Bates, Robert Bogardus.



Jim Brown, Frank Mandic & Harry Dillon

Fishing Sal Costanza



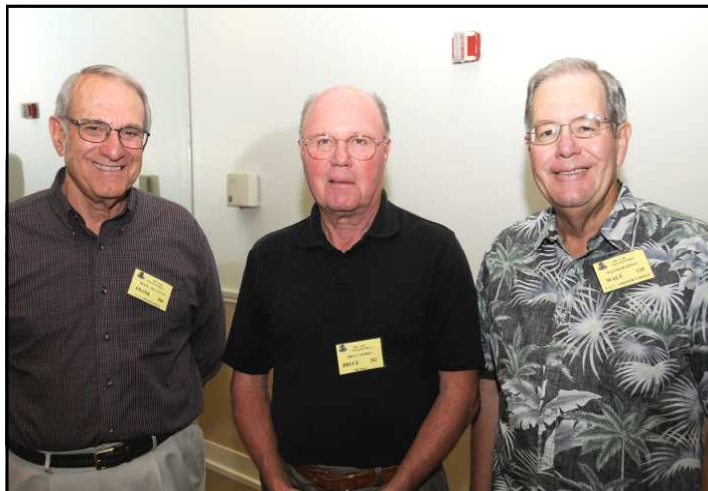
4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Hwy

All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. **Paul Dubow** provided a colorful and exciting description of fishing in British Columbia for salmon and halibut in October. Our speaker in November will be **Don Newman** of Pline fishing products, showing us his new wares. **Craig Walton** fished on several days in the delta with **Joe Peterson** for some nice stripers, trolling and bait fishing. **Craig** also participated in a bass tournament, catching 8 nice largemouths **Tom Boltz, Dick Thomson, Pete Gates** were led by fishmaster **Paul Dubow** on a 4 day fishing extravaganza from La Paz Mexico. They caught many dorado, a sailfish, some giant squid, and a big roosterfish. **Dick Thomson** and **Joe Karg** joined **Carl Moyer** on the ocean for some fun with rockfish. **Carl** made several other forays on the ocean, catching the delectable rockfish and ling cod. **Carl** also fished with **Karl Droese** and **Harry Sherinian** on the delta for some small stripers. **Joe Peterson** caught 4 keepers to 4 pounds on yet another outing with **Carl**, and on a solo trip where he plugged with rattletraps, **Joe** experienced a day like "the old days" catching and releasing over 20 nice sized stripers. The next day, **Joe, Craig Walton, Harry Sherinian** and **Carl Moyer** enjoyed more of that good striper action, catching and releasing many more nice sized stripers. **Joe Miscione** enjoyed fishing from the bank of the Erie Canal in New York for lots of rock bass. Late October to Thanksgiving is the peak of the striper fishing in the delta, as well as the beginning of the trout season in local lakes. Meanwhile the bay continues to deliver halibut. Lets go fishing!

We will be very busy in the future with trout fishing in the Eastern Sierras; tuna and bill fish in Mexico, crab and sand dab or rock cod on the ocean, delta fishing for striped bass and sturgeon, and trout fishing in our local lakes. If you haven't been fishing in a while, but might like to test drive an adventure, come on down to our next meeting.

Our next two meetings, November and December, have been moved to the third Thursday instead of the fourth to accommodate the holidays.

Next meeting will be Thursday, November 20th, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. For further information, please contact **Craig Walton** (Big Fish) (925-937-4876) **Carl Moyer** (Branch 8 Coordinator) (925-685-5243) or **Joe Peterson** (Treasurer/Secretary)(916-777-5363)



Frank Ascatigno, Bruce Gilbert and Walt Busenius



Pete Gates proudly shows a big sailfish caught off La Paz Mexico. **Pete** wanted to release the fish, but the boat captain refused.

Travel Opportunities Bob Spellman



Nov 3-15, 2008 Vietnam & Thailand Gateway to South East Asia. 13 day adventure that will take us from Ho Chi Minh City (Saigon) Vietnam to Hanoi, Ha Long Bay, Chiang Mai and on to exotic Bangkok, Thailand. Trip includes round trip airfare, motor coach transportation, hotel accommodations, and all tips for guides and drivers, daily breakfast, nine hosted lunches and dinner daily. Cost: \$3,885 per person. Contact **Bob Spellman** 934-8428.

Sep 24, 2009 Highlights of South Africa. On this comprehensive 19 day trip you'll discover the cultural and natural wonders of South Africa. The trip will take you to Johannesburg, Kruger National Park, Swaziland, Zululand, Wilderness, and Cape Town with optional trips to a big five animal bush safari and Victoria Falls. Cost of the trip is \$4,858 per person which includes all airfares, 17 night hotel stay, 32 meals, and 13 sightseeing tours. Space is limited so contact **Bob Spellman** to make reservations @ 934-9428.

Area 2 Computers and Technology Group

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

Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the Walnut Creek Elks Lodge, 1475 Creekside Drive (just off South Main.)

Thursday, November 20, we will give an introductory session for Photoshop Elements. Also, **Phil Goff** will review the new Photoshop Express website and show you some of his favorite websites for bargain shopping on the internet.

We've had a number of requests to help CAT members get started with Photoshop Elements. We will show you how to get your pictures organized on your computer and import them into Photoshop Elements. Also we will show you how to tag them, rename them, and perform many other functions. If you have a lot of digital pictures and want to get them organized, this is a great opportunity. Next, **Phil Goff** will review the new Photoshop Express website which has some very good file sharing features. Looking forward to the Christmas season, many of us will make purchases on the internet. **Phil Goff** will show you some of his favorite bargain shopping websites and give you tips for finding the best price for internet purchases. Following the presentations, **Dick Curry** will lead an informative Computer Q&A session.

Bowling

Larry Mitchell



We have two tournaments in November. The first is at the McHenry Bowl in Modesto It will be a mixed doubles, (two Sirs or Sir and spouse, or a Sir and any other female he can get to bowl with him), singles and all events.

This event will be held on November 5th and 7th. The other event will be at the Clayton Bowl in Clayton on November 18th and 20th and will be the same type tournament as described above. For more information or entry forms, call me at 925-798-5440.

Bocce Ball Bob Frankland



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

We have decided to continue to have bocce games thru November until the rains come. So come join us at Newell Park in Concord.



Jim Burk, Charles Clark and Bill Danzig

Away Golf

Jim Baldrige



At this writing we are anxiously awaiting the results of the Cabo San Lucas Mexico Tournament, October 18-25 hosted by **Dick Richmond**.

The 2008 SIR State golf championship tournament will be held November 3rd and 4th at Poppy Hills Golf Course in Monterey. In addition to the competition among the SIR Area qualifiers there will also be 74 slots on Monday November 3rd slated for open play. On Tuesday November 4 all 144 slots are slated for open play. The cost for SIR golfers is \$85. Any Sir interested in playing in the open play groups should contact **Gene Drennan** at 530-873-3377 or e-mail genebert1001@sbcglobal.net.

Also scheduled in November is the Mexican Riviera Golf Cruise (Nov 10 thru the 20th). The cruise ship Star Princess leaves San Francisco and visits Acapulco, Ixtapa, Cabo San Lucas and returns to SF. For details visit www.sirinc.org

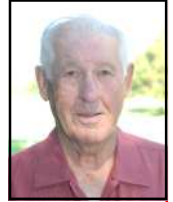
I will be traveling to New England to visit friends and take in the fall colors from October 16 until October 26. When I return I will set up a get-together with some of our Sirs who expressed interest in helping with Away Golf.

Questions **Jim Baldrige** 925-689-9232; e-mail jimjudy39@aol.com or Dick Richmond 925-947-1167; e-mail drichmon@pacbell.net.

Reminder: The 2009 NCGA dues are due. **Ray Weisz** started collecting them Oct 1. See the Tuesday Golf page on our Branch 146 website for details

Tuesday Golf

Ray Weisz



September 2008 weekly winners

September 2: First Flight: **Larry Sheerin (66), Ken Kratz & Jeff Baily**, Second Flight: **Ray Weisz(68), Mitch Mitchell & Stu Somerville**. Closest to the pin: **Bob Mehus # 2 & Lew Thompson # 12**.

September 9: First Flight: **Joe Fuchs (67), Ray Spears & Joe Fitzsimmons**, Second Flight: **Bill Weinberg, Bill Hansen & Joe Suta**. Closest to the pin: **Joe Fitzsimmons # 2 & Larry Sheerin # 12**.

September 16: First Flight: **Joe Suta (68), Joe Fuchs & Lew Thompson**. Second Flight: **Bob Spellman (67), Ken Beattie & Ray Weisz**. Closest to the pin: **Bob White # 2 & Frank Rockwell # 12**.

September 23: First Flight: **Bob White (68), Gene Diana & Ron Plachy**. Second Flight: **Ken Beattie (70), Bill Weinberg & Mitch Mitchell**. Closest to the pin: **Bill Hansen**.

September 30: First Flight: **Larry Sheerin (66), Ray Spears & Ron Binder**. Second Flight: **Mitch Mitchell (68), Dean Merritt & Ken Beattie**. Closest to the pin: **Bob White # 2 & Larry Sheerin # 12**.

SAVE THE DATE!

Monterey Mashers Golf Classic
March 25-28, 2009

Reminders to be Sent in January

First Come-First Served

Questions? Contact Chair **Dick DeVoe**

Long ago when men cursed
And beat the ground with
sticks,
It was called witchcraft...
Today, it's called golf.



Sirs **Kirby Narcisse, John Wilhelmy and Bob Darius**



**Poker Club #1
Frank McNamee**

Poker Club #1 met at the **Dan O'Sullivan** residence on October 8th and it turned out to be a great day for two old guys-**Frank McNamee** and **Howard Harvey**. They took everybody's money except **John Lewis**'.

Howard and **Frank** both won enough to offset some of the market losses they had suffered over the past 30 to 60 days. This was **Harv's** second successful outing in a row.

Our next meeting will be at the home of **Bob White** on November 12th.



Poker Club #2 Al Zamolo

We invited three guests from other poker groups and two of the three took our money. **Bob White** and **Frank McNamee** proceeded to take our money. We're questioning whether to invite them again. **Al Zamolo** was the big winner. Host **Doug Cook** donated his money. His wife **Georgia** treated us to some special snacks. Our October session will be hosted by **Ron Binder**.

POKER GROUP #6 BILL ROBERTS

Our September game was held on 9/24 rather than our normal date (the 1st Wednesday of the month) at **Bill Roberts'** place (our permanent host). **Ken Richter** showed no effects of jet lag from his trip to Africa, walking off with most of the money. **Dean Merritt** and **Skip Thomas** also managed to come out on the plus side. **Terry Marchione** obviously was suffering from jet lag (even though he was on the same trip as **Richter**) and wound up as one of the big contributors along with **Bob Spellman** (who had no excuse). Food, wine and other adult beverages were plentiful.

Our regular players are **Bill Roberts** (permanent host), **Terry Marchione, Ken Richter, Skip Thomas, Bob Spellman, Dean Merritt, Charlie Koeber,** and **Stu Somerville**.

Due to travel schedules, our October game will take place 10/22 rather than on our regular date.



Poker Club #4 Chuck Bobinecz

Our October 27th game has been changed to the home the home of **Bob Mehus** in Oakland. We play a lot of different poker games and variations of the same game. "Hold 'em" is currently the most popular form of poker.

Non-Responsibility Declaration:

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

Gala Ladies Day Luncheon

Thursday, December 11, 2008

No. of tickets _____ @ \$30 each. Enclosed \$ _____

Names:

Choose from the following entrées:

Petite NY strip steak with demi glace _____ or

Orange roughly with remoulade sauce _____

Special requirements _____

Make check payable to SIR 146 and mail to:

Stephen Dawkins 117 Alegra Lane, Walnut Creek, CA. 94598

Stephen's e-mail address is sdawkins@astound.net. We are accepting reservations until December 1. All reservations and payments in full must be received by December 1st. Guests will be accommodated on December 1st 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 entree choice on an attached sheet. Don't delay!

FALL CANDY SALES

It is time to order your See's candy. The price is \$11.60 for a one pound box certificate. Retail price is \$15.00 a pound so you are saving \$3.40 a pound. You can pick any type of candy you like. Soft centers, nuts and chewies etc. There is no limit to the amount you can order. Make your check payable to "SIR Branch 146" and send it to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521. Please include a stamped self addressed #10 envelope (this is the long envelope).

The deadline for me to receive this is November 15, 2008

Your certificates will be mailed to you shortly thereafter.

Name _____

Address _____

City and Zip _____

Enclosed is my check for \$ _____ to cover the cost of _____ one-pound certificates.



Walkers

John Lewis

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



October walks planned
by **Jack Matthews**

Nov. 7

Buckeye Ranch Trail Lafayette
Meet: End of Springhill Rd. off Pleasant Hill Rd.
Walk: North Trail from parking
Not Paved Not level No shade
Coffee: Saxby, 1632 N. Main St. Walnut Creek

Nov. 14

Carquinez Scenic walk Martinez
Meet: I-80 North to Marina Vista---through town to right on Talpert to parking just past cemetery on Carquinez Scenic Highway
Walk: west on Scenic Highway
Paved Not level No shade
Coffee: Starbucks Pleasant Hill Plaza

Nov. 21

Inspiration Point Wildcat Canyon Rd. Orinda
Meet: At Inspiration Point parking lot
Walk: West on trail
Paved Not level Some shade
Coffee: Peet's, 63 Moraga Way, Orinda

Nov. 28

NO WALK

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

SIR CALL

Newsletter

Sons In Retirement, Inc.
63 El Molino Drive
Clayton, CA 94517-1723

sircall@hotmail.com

<http://www.sir146.com>

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soon as possible.



Branch 146 Officers and Directors at the October Branch Executive Meeting

Left to right; directors **Jack Matthews**, **Larry Mitchell**, **Ken Richter**, **Ron Binder**, **Dan O'Sullivan**, Little Sir **Stu Somerville**, Big Sir **Jeff Baily**, secretary **Dennis Hallett**, assistant secretary **Pete Gates**, director **Rich Hanford**, treasurer **Tom Thomson** and assistant treasurer **Rich Colombo**