



Garth Cummings

Big Sir's Notes

Spring is here at last. After a long, wet, cold March, let us hope for more sun and warmth. It's been great for the skiers but tough on the golfers, although, a few hardy souls have braved the weather to get in their rounds of golf.

Our April 13th luncheon will be a "Getting to Know You Day", similar to what we did last year. This will give us an opportunity to meet some of our new members and renew friendships with existing members. After you pick up your badge and pay for your lunch you will be asked to pick a number for your table assignment. Two tables will be reserved for those who are bringing guests.

I wish to again thank **Dave Obera** for his dedicated service to the branch as our pianist. **Dave** has been a little noticed but much appreciated contributor to functions of our branch for the last ten years. The special award presented to **Dave** at our March luncheon was well deserved and I hope in a small way thanks him for his continuing musical contributions.

The State SIR organization has sent out a request for nominations to run for State office for the 2007 term. Neither our branch nor our area have officers on the State Board of Directors for this year. Now would be an opportunity for members of our branch to have an impact on state operations and bring some of the issues unique to our area to the state organization's attention. The State President and Vice President must be past Area Governors or a past State Secretary or Treasurer. There are no minimum requirements to run for State Secretary or Treasurer. The deadline for applications is April 15th.

Contact Sir **Jim Donovan** at jimdonovan111@comcast.net or call him at (916) 391-1854 for more details.

Our branch's Radio Club has been in existence almost from the time the branch was formed. It brought together members who were interested in amateur radio and contributed to the State level SIRARC organization which brings together members from throughout the state who have similar interests. The chair of our branch Radio Club is moving on, as are the remaining members of the club. If anyone has an interest in such activities and wants to continue the Club please let me know of your interest.



Jim Stedman

Little Sir's Corner

The speaker for April will be **Paul Giroux**. He is with Kiewit Construction Co., the contractor that is building the new San Francisco Oakland Bay Bridge. He will tell us about the issues involved in building that very interesting bridge.

Bocce Ball Bob Frankland

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

We will not resume play in April unless I call you. Rain cancels.



Cooking and Social Don Nunn

1st Monday at various members' homes.

THE Cooking Group met for our March luncheon hosted by Sir **Al Milano**.

Sir **Al** started with a specialty cheese from France for hors d'ouevres., a "Delice De Burgogne" triple cream cheese with a variety of wines ranging from Italy to Trader Joes.

Dinner started with a delicious variety of green salad with baby carrots, radishes and cheese, followed by a Golden Green Pheasant Polenta covered with a beef stew type tasty sauce. Dessert was a choice of chiffon pie with whipped cream or delicious pecan pie. He also offered a unique and very tasty tidbit called Crouque' (ask him?). Kudos to Sir **Al** for a job well done.

Social

The 16th bi-annual dinner dance was held on March 1st with a sell-out crowd of 120 happy dancers. The Hawaiian theme was carried out by the Aloha Shirt band and Pineapples on the table. Cocktails, wine and food accompanied the dancing music. We partied from 6pm until the wee hours of 10pm!! We made it home by the evening news. Many thanks for all of the support.

Mark your calendars for Wednesday, October 4th for the next extravaganza. We are moving to the Civic Center Arts building on the corner of Ygnacio Valley Road and Wiget Lane. We'll have much more room and much more parking. We hate to leave the wonderful Garden Center, but our larger membership requires such. Save the date.

Ladies Invitational Golf

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

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

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



Area 2 Computer and Digital Photography Groups

Floyd Skelton 838-2515, f.skelton@sbcglobal.net

Dick Curry 376-5541, racorinda@pacbell.net

Phil Goff Digital Photography , philgoff@yahoo.com

Thursday, April 20 - "**How to Organize and Store Your Digital Pictures**" -- At the second meeting of the newly formed Digital Photography Group, Chairman **Phil Goff** (Branch 116) will present a subject most of us with digital cameras need to learn more about. Following his presentation **Phil** will conduct a general digital photography Q&A session.

Meetings of the Area 2 Computer Users Group/Digital Photography Group are held the 3rd Thursday of each month (except December) from 9:30 to 11:30 a.m., at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

The Digital Photography Group only meets the first month of each quarter (January, April, July, and September) and the Computer Group on the 2nd and 3rd months of each quarter. All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://www.sir-web.org/computer>



Duplicate Bridge George Zunich

Sir **Carl Johnson** hosted three tables of Duplicate Bridge in March. **Carl Johnson** was in 1st place with 27.5 points. **Chuck Hammond** and **Fred Kovar** tied for 2nd place with 24.0.

The next meeting is scheduled for Monday, April 17th. For more information contact **George Zunich** at 376-4439.

SongSirs

Bill Rees

The SONGSIRS have no near-future performances scheduled and so are in a partial state of hibernation. This translates into a practice schedule of the 1st and 3rd Wednesdays of each month at 3pm at the W.C. Presbyterian Church. SONGSIR members will be notified when this pattern changes



Couples Duplicate Bridge Lo McCarley

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



Stu and Margot Somerville hosted a gala evening of duplicate bridge on March 15th. All eight couples had a great time and the winners were **Carl and Anne Johnson** with 37 points. **Jim Brown** and **Barbara Lundblade** came in second with 34 points. **Lynn and Dasha Freeman** (33 points) took third, **Bob and Janet Yolland** (32 points) got fourth prize. **Lo and Sue McCarley** will host the next bridge on April 19th.



Garth Cummings honored **Dave Obera** for his dedicated service as the pianist for our branch. Fellow **SongSirs** looked on appreciatively.

Table Pool Bill Weinberg

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

The Table Pool Club met on the 1st Monday of the month and had 2 tables of 8-Ball Partners for 3 hours. Branch 8 still has had a very good turn out. Remember, we meet at 11:30 AM at Masses on N. Main on every 1st and 3rd Monday.



Fishing

Sal Costanza

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

Fishing trips for April and May include: Collins Lake; McSwain/McClure Res.; Pitt River-fly fishing and Lake Almanor. At our last breakfast meeting, reports were made of nice sturgeon caught in the Delta by members of our group. Come to our next meeting and find out for yourselves what's happening in the SIR fishing world!!!



Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.

- A fine is a tax for doing wrong, a tax is a fine for doing well.
- Despite the cost of living, it remains very popular.
- How much deeper would the oceans be if it weren't for all those sponges?

Theatre

Bill Hansen

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

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



Garden Club

Chuck Bobinecz

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



Our April 6th meeting will be held at the Presbyterian Church. Sir **Fred Kovar** will give a presentation on Iris. **Fred** is a member and former president of the Mt Diablo Iris Society. In his presentation, he will describe the various types of iris and talk about recommendations for growing top-notch iris. Wives and guests are welcome. Sir **Ron Binder** is arranging a May tour of the Berkeley Botanical Gardens. It will probably be a morning tour with lunch at an area restaurant. Wives and guests are welcome. For those who have not yet picked up the perlite you ordered, I will bring the bags to the meeting. Remember they are four cubic feet bags, so clean out the trunk of your car. *Garden tip for the April:* Don't be in a hurry to plant your vegetables until the ground warms up. Last year, in March, we had temperatures in the low eighties and no snow. It takes awhile for the ground temperature to warm up. Wait until daytime temperatures are in the 70's and the nighttime temperatures are in the 50's for one week.



Jim Stedman, Doug Cook, Garth Cummings, Jeff Baily and Jim Brown take time for some "guy" talk at the Dinner Dance



Health Matters

Physical and Mental

The following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co. 1-800-241-6103

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

BERRY GOOD

Peak berry season is coming. You won't see a nationwide advertising campaign on TV. You won't get coupons in the Sunday newspaper. It's not as though someone's trying to convince you to sample a new Coke flavor, McDonald's burger or Pizza Hut pizza.

So here's a reminder: summer is prime time to indulge in fresh blueberries and strawberries, and possibly the only time for in-season raspberries and blackberries.

All four are rich in fiber and vitamin C. All but the blueberries also pack a nice shot of folate and potassium. (Blueberries excel in the antioxidant department, so don't ignore them.) A cup of berries has only 40 to 80 calories....not much for such exquisite, intense flavor.

If you don't polish them off right out of the container (after washing, of course), the possibilities are endless. There's no easier way to make fruit salad. (Step 1: rinse. Step 2: dump into a bowl.) It takes just a handful of berries and a scoop of sorbet or low-fat ice cream to create a classy, foolproof dessert. And don't forget chilled berry soup. Mix three cups of orange juice with three cups of buttermilk. And two tablespoons of fresh lemon juice, one tablespoon of honey and 2 1/2 cups of berries.

Berry easy. Berry good.

Source: *Nutrition Action Healthletter*, June 2004

NONALCOHOLIC BEER

The compounds found in beer that provide heart-saving benefits are also present in similar amounts in nonalcoholic beer. These compounds appear to thwart the blood thickening process that can lead to cardiovascular disease. Nonalcoholic beer also has half the calories of regular suds

Source: *Alcoholism: Clinical and experimental Research*

HIDDEN SUGAR

You might be amazed how much sugar is added to processed foods. For starters, a 20 ounce bottle of soda contains the equivalent of about 14 teaspoons of sugar.

What causes the confusion of sugar content in processed foods? Most food labels list sugar in grams....a measurement that we're not very familiar with. To convert grams to teaspoons, do this simple math: Divide the grams of sugar by 5. For example, if an 8 ounce serving of fat-free yogurt has 43 grams of sugar that works out to be almost 9 teaspoons of sugar.

Source: *Hope Health Letter*, October, 2004

Branch 146 Welcomes New Members



Sponsor, **Rich Hanford** and **Ron Binder**



Glenn Casebolt and his Sponsor, **Bob Wheaton**



Sponsor **Bob Yolland** and **Vince Rettew**



James Hanck being introduced by **Bob Yolland**



Bill Baltezare with his Sponsor, **Pete Gates**



Sponsor **Syd Whalen** and **Jim Meehan**

Investments

Ben Smith

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

April meeting of "Sums In Retirement" Investment Group will be held on Wednesday, April 26th. The meeting will be at Diablo Creek Golf Course, will start at 8am and conclude around 9:30am. All SIR and their guest are welcome. No reservations are needed. Breakfast starts after 7am and you can order off the menu. Food is good, coffee is hot, and there are lots of nice people.

We will be reviewing the "Sum's" stock picks for 2006 and discussing current investment topics.

The featured attraction of the meeting will be an outstanding presentation from Ms. **Sue Larsen**, a Registered Investment Advisor and money manager. She is Managing Director of LARSEN CAPITAL INVESTMENT COMPANY, of Walnut Creek. **Ms. Larsen** has over 18 years of professional investment experience. She performs financial planning, money management, asset allocation planning and manages a privately held Hedge-fund. She has a vast understanding of sound investment picking skills and we should all benefit from this presentation and expand our investment knowledge, better developing our

understanding of how to make timely and effective investments. There will be plenty of time for Q&A so come with some good questions and leave a wiser person.

If you have any questions or need additional information, contact SIR Ben Smith (Br.#116) at 925-820-5403 e-mail bjsssmith@aol.com



Rain doesn't bother these Tuesday golfers at Boundary Oaks! Just ask **Joe Suta, Jack Calloway, Jim Stedman** and **Bill Boyd**

Luncheon Attendance **Bill Root**

SIR's Luncheon 2nd Thursday of every month at Blake's Restaurant, Boundary Oak



Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and telephone number. **Be sure you call!**

Waiting List:

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

SIR's bringing a guest:

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

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.

Luncheon Menu

Salad - House salad

- Freshly baked rolls and butter

Entrees including vegetables

- Pork Shanks Osso Bucco style with vegetable risotto
- Filet of Sole with pesto fettuccini, lemon and tartar

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 237, HLMs 5, Waiting List 15, Inactive 4.

March Attendance: Members 190, HLMs 4, Waiting List 5, Guests 4, Excused 40, Unexcused 7. Total March Attendance 203.

Status Changes:

Inducted: **Vince Rettew, Bill Baltezare, Ron Binder, Glenn Casebolt, Jim Meehan, Jim Hanck**

Resigned: **Henry Berriman**

Withdrew: None

Inactive: **Ken Baumgarten**

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

Current Top 30 Man Waiting List (prioritized): **Miles O'Conner, James Burk, Philip Sapunor, Glen Renk, Robert Lipscomb, Robert Figone, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione, Winslow Ferrin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

Party Bridge **Fred Bolton**

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



We had four tables of party bridge at the home of **Fred Bolton** on March 6th. **Bill Rees** was tops with 6170 points, **Rich Ahlf** was second with 5900, **Jim Jackson** finished third and **Lynn Freeman** was fourth. **Jim Jackson** will host our next game on April 3rd.

Poker Club #1 **Frank McNamee**



We met on March 8th at the home of **John Lewis** for an afternoon of bluffing, raising and calling. **John** himself proved to be the most successful at all venues and emerged the big winner. **Frank McNamee**, adding to his IRA check for the month, was the second place finisher. The next gathering will be on April 12th at the home of **Dan O'Sullivan**.

Poker Club #2 **Al Zamolo**



At our February meeting we enjoyed each of our player's favorite poker games. **Jim Brown** was our gracious host for the session. Our March 27th session will be hosted by **Doug Cook**.

Cribbage

Al Tufo



The Cribbage Club was hosted by **Dan Meckfessel**. With all the rain we have had, the race track was real muddy. The **Italian Stallion** was shod with mud traction shoes for a firm grip. The others didn't have a chance. Sliding and slipping all over the place. We had two tournaments and the **I. S.** won both going away. **Barney Meade** came in second in both races. The Cribbage Club will be hosted by **Barney Meade** in May. Looking forward to some sunny weather. CIAO Tufo

Sunshine **Otto Wilson**



Phone: 825-1943, e-mail: ottowilson@astound.net



Sir **Don Loustalet** had gall bladder surgery on March 3rd. He has been at home recovering.

Sir **Roger Maire** is undergoing chemotherapy after colon tumor surgery.

Sir **Larry Zugnioni** had surgery on February 14th for cancer. This is the third time for this condition. Treatment has not yet been determined.

Sir **Ken Beattie's** wife **Evelyn** has a broken vertebrae and this will be a long recovery.

Sir **Martin Lyle's** wife **Ruth** fell and broke her kneecap. She had surgery at Kaiser on March 15th. Recovery will be slow.

Travel Opportunities Bob Spellman



Apr. 20, 2006: **A Day At The Races.** Join fellow SIR members for a day of racing at Golden Gate Fields. The day includes Turf Club admission, lavish buffet luncheon, program and bus transportation. Cost is \$37 per person. Contact **Charlie Kiser** at 274-1575.

Apr. 23-27.2006: **All Over LA.** This exciting tour includes: Deluxe motorcoach, 4 nights lodging, breakfast daily and 2 dinners, all gratuities, driver and guide tips, and admission to J. Paul Getty Museum, Richard Nixon Library, Ronald Reagan Library and La Brea Tar Pits. Cost is \$640 pp/do. Contact **Fred Stammen**, Branch #171 at 925-283-1956.

May 7-18 2006: **Enchantment of Lake Michigan.** A tour of Michigan and Wisconsin. Visit Holland, Mackinac Island, the Wisconsin Dells, Madison and Chicago. Includes r/t airfare, deluxe hotels, motorcoach, 21 meals, guided tours, and driver. Cost \$2680 per person. Contact **Bob Hager** Branch #8 at 925-934-7620.

May 16-26, 2006: **Alaska Cruise.** Leave from San Francisco to Ketchikan, Juneau, Skagway, Tracy Arm and Victoria on the Regal Princess. Cost from \$1193 to \$2043 p/p. Contact **Carl Raaka**, Branch #8, at 925-254-0482.

May 20-June 3, 2006: **Shamrocks to Thistles.** A 15 day tour of Scotland and Ireland starting in Dublin, Ireland with stops throughout Ireland. We proceed to Scotland with many more stops, ending in Edinburgh for our trip home. Tour includes r/t airfare, transfers to /from airport, first class hotels, deluxe motorcoach, baggage handling, 20 meals and, all tips for drivers, guides and tour manager. Cost \$3653 p/p d/o. **Limited space remaining.** Contact **Bob Spellman** at 925-934-8428 for current update.

Jun 18-27, 2006: **Nova Scotia & Prince Edward Island.** This 10 day trip includes r/t airfare, first class hotels, daily breakfast, 7 dinners, professional tour director and deluxe motorcoach. Cost \$2750 per person. Contact **Carl Raaka** Branch #8 at 925-254-0482.

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

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

Oct 23-Nov 5, 2006: **Eastern Mediterranean & the Greek Isles.** A 12 night Greek Isles cruise sailing from Istanbul, Turkey to Athens, Greece on board Oceania Cruises' Nautica: ports will include Kusadasi, Turkey; Rhodes, Delos, Mykonos, Santorini, Kotakolon, Corfu, Greece; and Dubrovnik, Croatia. Cost will be from \$3364 to \$5036 p/p d/o. Contact **Bob Hager**, Branch #8, at 925-934-7620.

Away Golf

Jim Baldrige



Congratulations to the winners at Las Positas.

1st **Bill Malone**, 2nd **Olof Johanssen**, 3rd **Jack Calloway** and 4th **Ken Kratz** (who subbed for **Bill Hansen** and ended up in the money).

Al Zamolo took closest to the pin.

Our Annual Br#146 Invitational Tournament at Silverado CC in Napa is full except for a single here or there on the roster. If you're signed up to play with a foursome and haven't sent in your check, send in your check ASAP. If you reserved a slot for a guest in your foursome, get the name and check to me ASAP. If you signed up to play and are unable to, please let me know ASAP as I have players waiting to fill cancelled slots. April 3rd is just two weeks away and I have to get a pairing sheet to the course.

For our next outing I'm talking to Shadow Lakes in Brentwood. It looks like we can get a base cost for green fee and cart for \$37. I'm looking at our Area and State Golf calendar with **Dick Richmond** to target a date that doesn't conflict with other events. Let's all pray for a couple of weeks of sunshine so these courses dry out.

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



**Ken Kratz,
Jack
Calloway
and
Jim
Baldrige
at Las
Positas GC**



Tuesday Golf Walt Barabash

Latest Weekly Tournament Results

It was a bad month for golf; too much rain. We only had one tournament for the month.

February 21 First Flight: **Bob Mehus, Leroy Vincent** and **Jack Calloway**. Second Flight: **Pablo Chavez, Jeff Baily** and **Joe Lamanna**.

Closest to the Pin for Hole No. 2: **Rich Colombo**.

Closest to the Pin for Hole No. 12: **John Demos**.

February 28: **Rained out**.

March 7: **Rained out**.

March 14: **Rained out**.

Wine Tasting ... Dale Haukland

Wine Tasting & Blending Bus Trip

When: April 26, 2006, Wednesday

Where: Murrieta's Well Winery

What: The Art of Blending

The art of blending is an essential skill in winemaking and reflects the artistic skill of the winemaker. A perfect blend creates a wine with balance, structure, and longevity. Try your blending skills! Taste your results. Get 15% off their wines.

Lunch: Vineyard Box Lunch at Wente Estate Winery Tasting Room. Lunch consists of a choice of sandwich: grilled chicken breast with roasted peppers, greens and herb pesto on focaccia bread or marinated roast pork loin with grilled red onions, greens and sun-dried tomato pesto on focaccia bread. Potato chips, chocolate chunk cookie, whole fresh fruit and choice of soft drink, mineral water or non-carbonated bottled water are also included.

Taste of the Vine at Wente Vineyards: Guided tour followed by an educational wine tasting of three limited reserve wines, one vineyard reserve wine, and one VS wine.

Total package price: \$75 per person

Bus pick-up is at Shadelands Park and Ride on Mitchell Drive between Oak Grove and N. Wiget Lane next door to Varian. **Bus Leaves at 9 am.**



Walkers John Lewis

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



April 7 - Iron Horse Trail, Walnut Creek. Meet at Civic Arts parking lot, Walnut Creek.

April 14 - Lafayette Reservoir. Bring quarters for parking.

April 21 - Back Creek Trail. Meet at Clayton Library.

April 28 - Osage Park Rose Walk, Danville. From Hwy 680 South, take Sycamore Valley Road east to first right on Camino Ramon to left on El Capitan to first left after crossing Iron Horse Trail into Osage parking lot.

Thanks to **Bill Cammerer**, and his reliable team for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proof reading.



Mail to: Dale Haukland, 148 Santiago Drive
Danville, Ca. 94526-1941

Payment must be received by March 31, 2006.

Name (s) _____

Lunch choice: Number of sandwiches: _____ Grilled
Chicken Breast or _____ Marinated Roast Pork Loin

Make Checks Payable to: SIR Branch 146
\$75.00 x _____ persons = \$ _____ Total
(Includes all above and driver's tip)

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

No. of tickets _____ at \$22 each. Enclosed \$ _____
Names:

Pick: London Broil _____ or Spice Rubbed Filet of Salmon

Special requirements _____

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

Jim's e-mail address is hjtodhunter@comcast.net

Seating for this event is now limited to 290. We are accepting only SIR member reservations until March 31. After March 31, both SIR members and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by May 1. Guests will be accommodated on May 1 if space is available. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entrée choice on an attached sheet. Don't delay!

Spring Candy Sales

Time is running out for ordering your Sees' Candy. The price is \$10.50 for a one pound box certificate. There is no limit to the amount you can order. Make your check payable to "Sirs 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 April 6, 2006. Your certificates will be mailed soon after.

Name _____

Address _____

City and Zip _____

Enclosed is my check for \$ _____ for _____ one pound certificates.

SIR CALL

Newsletter

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

sircall@hotmail.com
<http://www.sir146.com>

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.

The March Dinner Dance.



Ron Binder, Bill Weinberg, Beverly Murray, Don Nunn and Rich Hanford. That's a "colorful" group.



Janey King, Donna Strong and Sue Sheerin enjoying a few minutes together.



Our esteemed
Photographer
and his wife.

**Lynn and
Ken Kratz**

Looking good
on the floor.



**Mari and
Joe Schild.**

Obviously
having a
great time!