



Jeff Baily

Big Sir's Notes

“Spring has sprung, the grass has ris’,
I wonder where the birdie is?
There he is up in the sky.
He dropped some whitewash in my eye!
I’m alright, I won’t cry,
I’m just glad that cows can’t fly!”

With that Spring celebratory moment out of the way, let’s talk turkey...

Now that we have our luncheon contract in place (see page 4) it’s time to move forward with planning for other events that involve meals such as ladies day, mixed golf events and our 20th anniversary celebration dinner on October 1. **Steve Dawkins**, **Dick Richmond** and **Vince Rettew** are handling those events respectively and will have information out to you in a timely manner.

We welcomed our new members, Sirs **John Aaro**, **Jim Locker** and **Howard Nemir** at our March meeting. I was able to meet with them personally after the Luncheon and give them some ideas on how to get involved and how to make them feel at home in this branch. These guys are energized! Our New Member Relations chair, **Pete Gates**, was unable to attend due to traveling, but will follow up with these gentlemen.

It’s nice to see a lot of new faces and invited guests at our monthly luncheons. New members are the life blood of our branch’s health and we must work towards bringing more into the fold. If you can think of a newly retired friend and prospective new Sir to bring as a guest, he will be welcome at the luncheon. **Jim Burk** was the winner of a free lunch drawing in the successful Guest Incentive Program invented by our Luncheon Attendance Chairman, **Glen Renk**.

Members who would like to participate in a group, but cannot because groups may be full, can start their own. **Joe Barry** is starting a new Duplicate Bridge group and **Bill Roberts** is starting a new Poker group. All one has to do is phone a few people, get some volunteers and then advise the BEC at a meeting before the Luncheon and it will be approved.

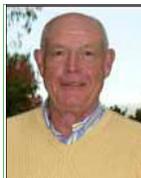
Now some more good news... Congratulations to all who have sponsored new members. We have stopped the average age of our members from trending upwards.

The average age of the membership remains at 76.3 years old but is decreasing fractionally. The number of men over 80 has increased to 87 while the number of men under 70 has increased to 48. We still have a way to go in balancing these two groups, so let’s work together and continue to bring in new members. This is a full time job!

For the hidden talents article please find it on page 4.



Branch 146 wants to thank **Walter Barabash** for his 13 plus years of service on the Golf Committee. He was honored with a Certificate of Appreciation at the March meeting for his dedication and work for many years as Golf Treasurer. We also sincerely thank his wife **Betty**, shown above, for her help and support in this endeavor.



Little Sir's Corner

Stu Somerville

Our speaker for April will be “award winning” sports reporter and play by play announcer **Joe Starkey**. Best known as the voice of the Cal Bears and the San Francisco 49ers. He is also the weekend anchor for KGO TV.



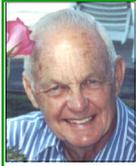
Duplicate Bridge **George Zunich**

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

On March 17th, Sir **Richard Johnson** hosted four tables of Duplicate Bridge at his home.

The results were as follows: **Carl Johnson** took 1st Place with 46.5 points, **Fred Kovar** was in 2nd place with 42.0 points and a three way tie for 3rd place with **Harry Dillon**, **Jim Jackson**, and **Jim Todhunter** each getting 40.0 points. The next match will be held on Monday, April 14th at **Lynn Freeman's** home.

Interested members should contact **George Zunich** at 376-4439 for information. We welcome new players.



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 **Dick Johnson** on March 3. First place went to **Chuck Hammond** with 6340 points. Second to **Bill Rees** with 6070, third to **Jim Stedman** and fourth to **Bob Donahue**. Our next game will be hosted by **Jim Jackson** on April 7th.

Area 2 Bridge Tournament Results

First place **Jim Jackson**,
Third place **Dick Johnson**
Fourth place **Jim Stedman**

Branch 146 did well in taking three out of four places



Cooking **Dave Johnson**

1st Monday at various members' homes.

Our March meeting was at the home of **Frank Mandic**, who was very capably assisted by **Don Nunn**. Their teamwork was truly inspiring as they stumbled about the kitchen but sustained no serious injuries. **Don** started us off with a great hors d'oeuvres combination of thin-sliced ham wrapped around cream cheese and a sliver of pepperoncini, and whole wheat crackers. **Frank's** mixed green salad was served with his special champagne dressing and the entree was Spanish rice with Mexican manicotti. It was excellent and the entire meal was quickly inhaled. Our dessert was Berry Patch sherbet submerged in crème de menthe. **Don** correctly identified all cars of members and assisted several with turning on their ignitions. The April meeting is at **Dave Johnson's**.

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, April 17, **Ken Haley** (Branch 171) will tell how to create and store great vacation photos with the new Photoshop Elements 6.0.

Ken will discuss the transition to Photoshop Elements 6.0 and demonstrate the new features it offers. **Ken** has made other presentations to our Group on digital photography and is one of our most popular presenters.

Following **Ken's** presentation, **Dick Curry** will lead an informative Computer Q&A session.

We have redesigned our website and it contains a lot of useful information about computers and related technology. Please check it out at sir-web.org/computer

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



Tres' Gourmet

Lew Thompson

To avoid the crush of young lovers dining on Valentine's Day, we mature lovers of the Tres` Gourmet cooking group treated our significant others to a lovely post-Valentine's dinner at Prima in Walnut Creek. Our next meeting will be at **Frank Rockwell's** kitchen.

Lew Thompson



Couples Duplicate Bridge **Lo McCarley**

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

Eight couples had a great time playing duplicate bridge on March 19th. **Carl and Anne Johnson** hosted the gala affair. **Lynn and Dasha Freeman** took first place with 43 points, **Bob and Janet Yolland** took second (36 points), **Jim and Allison Todhunter** (35 points) placed third, and **Lo and Sue McCarley** (30 points) came in fourth. **Lo and Sue McCarley** will host the next meeting on Wednesday, April 16th.

LADIES INVITATIONAL GOLF

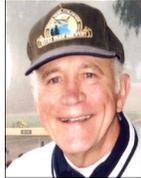


Ladies Invitational Golf, Vintner's Golf Club, Yountville, Wednesday, June 11, 2008. \$60 per person includes 18 holes of golf, cart, buffet and prizes. Reservations and checks to Sir **Lynn Freeman** by Friday, May 30th, 2008. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. Limited to 64 players. Sir **Lynn Freeman**, 5363 Crystal Ranch Drive, Concord 94521. (925) 691-1186 or lynnaf@astound.net

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.



Sir **Steve Dawkins** will be our April speaker. His talk will be on basic horticulture. **Steve** is a member of the Garden Club and a master gardener with the University of California cooperative extension for Contra Costa County.

Sir **Jack Hockel** has arranged a May outing to the Shadowbrook Winery with **Tim Jockner**, who is the winemaster. We will meet at our regular meeting date and time 9:30am at the vineyard.

Garden tip of the month: Leave the lawn clippings on the lawn and not a landfill. Invest in a mulching blade (cuts the grass into smaller pieces) for your mower. As the grass clippings decompose, they add organic matter and nitrogen to the soil. Don't worry about thatch. Thatch is caused by over fertilizing.



Sunshine

Otto Wilson



Phone: 825-1943

E-mail: ottowilson@astound.net

There is a correction in the address for **Owen Sullivan** reported in last month's Sir Call. The correct address is: 8020 Benaroya Lane SW Apt 58, Huntsville AL 35802

Sir **Russ Anderson** has had rotator cuff surgery and is now recovering.

Theresa, wife of Sir **Larry Reilly** has passed away. Services were held on March 12th.

Sir **Gene Schulting** had Mohs surgery on his ear for cancer.

Carol, wife of Sir **Joe Fitzsimmons** had a knee replacement.

Jean Thorbrogger, wife of Sir **Willard** is continuing her chemo treatments for cancer.

Sir **Jim Helmick** is still in John Muir Hospital after a serious stroke. His condition is still critical.

Cathy Binder, wife of Sir **Ron** is home from the hospital but still undergoing chemo treatments.

Area 2 \$ums In Retirement **Dave Munson**

4th Wednesday, 8:00am (breakfast starts at 7am) at the Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord

Our April 23 speaker will be Dr. **Richard Peterson**, Managing Partner of Market Psych LLC which offers training and coaching in investment psychology and behavioral finance for investment managers, analysts, traders and financial executives. **Richard** has written a book "Inside the Investor's Brain: Harnessing the Power of Mind over Money" in which he posits that investors often invest with emotion, and when they do, they not only jeopardize their investment plans, but create opportunities for others in the market. **Richard** has said he will bring along one of his tests for the \$ums attendees to take so we can find out what type of investor we are. This promises to be one of our more interesting meetings. You can learn more by visiting **Richard's** website at www.marketpsych.com.

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.

Katherine Erickson's letter of Appreciation to Branch 146
Dear Jeff,

Langley's association with SIR 146 was a very important part of his life and a great source of pride. He identified with the values espoused by the organization, and the positions he held were a testament to his integrity and his overall attitude of being involved and participating and giving.

Over the months, the cards, phone calls and emails were a source of joy for him, and were so appreciated. And all of the prayers offered on his behalf truly did not go unanswered.

Our family thanks all of you for the expressions of sympathy. The SIR website, the testimonials at the Memorial, and participation of so many of the SIR organization, has been a source of pride and comfort to all of us. To know that **Langley** was as special to so many as he was to us, only verified that his life truly had a positive effect on everyone whom he came in contact.

God Bless all of you.

Sincerely,

(s) **Katherine**



Cribbage Al Tufo

The bell rang, the gate opened, and the Cribbage group dashed out onto the track. **Howie King** jumped out into the lead. **Barney Meade** was hot on his tail. As they raced down the back stretch, **Barney** tried several times to jump into the lead. **Howie** would just speed up the pace and hold him off. Coming down the stretch to the finish line **Barney** pooped out and faded back only to come in second. The next race **Dan Meckfessel** jumped into the lead with **Howie** dashing to keep up. But with all the effort that **Howie** used in the first race, he just couldn't keep up and placed second. The Italian Stallion developed Colic and wasn't able to leave the barn area, but watch out next month.

CIAO TUFO

Fishing

Sal Costanza

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



Fishing is an Area two activity. We currently have sixty one total members of which fifteen are from Branch 146. We have regular monthly speakers on diverse subjects. Currently, we fish the Delta and lakes. Come join us at Diablo Creek Golf Course at the Legends Grill on the fourth Thursday of the month.

Sal

Theatre

Gary Schaub

It's last call for the next SIR theatre party. Reservations are needed now and paid for by our April meeting.

On Thursday, May 22 at 7:30 p.m., we'll be attending *Sunrise at Campobello* at the Willows Theatre in Concord. *Sunrise* is a warm and poignant family story of FDR's personal journey after being diagnosed with polio in 1921 and leading up to his "Happy Warrior" speech at Madison Square Garden in 1924. It's an inspiring story you'll be glad to see. Many will remember the popular movie made from this play.

Tickets for *Sunrise at Campobello* are \$27 each. Send reservations and checks (payable to SIR 146) to **Gary Schaub**, 1758 Candellero Ct, Walnut Creek 94598, or call, 938-5454 for additional info. Seating is limited. Tickets will be distributed at the door at Willows Theatre at 7:00 p.m. on May 22.

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. Experience delightful dining while getting to better know your fellow SIR members in a relaxed and friendly atmosphere.

On April 17th, we will be dining at Marie Callender's, where we have a separate room reserved for our group

Location: 2090 Diamond Blvd., Concord, CA. 94520
Web site: mcpies.com (locations are mapped under "Find Us")

Phone: 925-827-4930

Reserved: Library Room - Seating 14

Please RSVP by Tuesday, April 15th, if you can join us.

Please let me know if you have any suggestions. I look forward to seeing you on Thursday, April 17th.

Hidden Talents

By Jeff Baily

Did you know that **Fred Kovar** has a hobby of growing bonsai – the art of growing trees in pots? The object of bonsai is to shape a tree into a dwarf version of the full size tree. **Fred** has about thirty bonsai including Japanese maples, liquid ambers, spruce and many others. He has single trees and as many as 15 trees in a pot to simulate a forest. Almost any tree or shrub can be trained as a bonsai, including fruit trees bearing edible fruit, and flowering azaleas, etc. These trees may be used as accent plants in the garden or occasionally brought inside as an attractive centerpiece or table decoration. There is much work needed to grow Bonsai successfully: pruning of the leaves and needles is carried out throughout the growing season while the trees must be transplanted and their roots trimmed every year or two in the spring. Deciduous trees are especially beautiful in the fall when the foliage changes color. Way to go **Fred!**

Branch Luncheon Contract

The issue of where we hold our monthly meetings and luncheons going forward is settled.

The BEC voted on Thursday March 13, 2008 to stay at Sunrise at Boundary Oak.

Before that vote there had been an exhaustive investigation of alternatives by myself, other members of the BEC and other branch members who had volunteered to help.

We found that no location is comparable to Boundary Oak.

The principal factors considered were size and quality of facility, food quality and price, parking and site location.

A buffet luncheon was not considered because our branch has historically preferred the meal to be served. Our efforts to negotiate a lower price for our traditional full service meal were unsuccessful.

After adding the \$1 donation, the price of our luncheons will be \$29 through May 2009.

Jeff Baily

Big Sir Branch 146

Luncheon Attendance **Glen Renk**

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



Call me by Friday noon prior to the Luncheon at 672-7860 if, for any reason, you are unable to attend. If I am not home, leave your name, badge number and phone number. Be sure you call!



Waiting List:

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

Sir bringing a guest:

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

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

Luncheon Menu

Hearts of Romaine with Buttermilk Dressing,
Bacon, Cherry Tomatoes
And Herbed Buttermilk Dressing.
Grilled Pork Loin with Apple Chutney
or Herbed Salmon with Lemon Aioli
Mashed Potatoes
Braised Napa Cabbage with Caramelized Onions
Chocolate Fudge Raspberry Cake
(seasonal fruit upon request)

Membership

Jim Jackson



Branch 146 Statistics:

Members 253, HLMs 4, Waiting List 5, Inactive 7.

March Attendance:

Members 209, HLMs 2, Waiting List 2, Guests 4, Excused 32, Unexcused 12.

Total February Attendance: 217.

Status Changes:

Inducted: **John Aaro, James Locker, Howard Nemir**
Added to Waiting List: **Bill Earl, Robert Abegg**

Inactive: None

Resigned: **Tom Noonan, Dan Meckfessel**

Current Waiting List (prioritized): **Stephen Sprague, Stan Matsumoto, William Hoban, Bill Earl and Robert Abegg.**

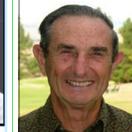


Joe & Mari Schild



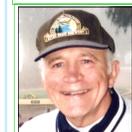
Poker Club #1 **Frank McNamee**

Dan O'Sullivan hosted Poker Club #1 at his residence on March 12th with three distinguished guests, two of whom contributed to **Bob White's** continued success. Thanks go to **Sal** (I've never played this game before) **Costanza** and **Rich** (He's in the drivers seat) **Hanford** for their kind donations to **Bob's** good fortune. The other guest, **Jim** (Chicago) **Brown** managed along with our Irish host **Danny Boy O'Sullivan** to finish on the plus side for the afternoon. We are all hoping that **Bob's** string of successes will come to an end when he hosts our next gathering at his home on April 9th.



Poker Club #2 **Al Zamolo**

Jim Brown, our host in February, along with **Charlie Kiser**, took our money without any apologies. We all tried different games even NO PEEKEE, but were still unsuccessful. We will try to get even on Monday, March 30 at **Charlie Kiser's**.

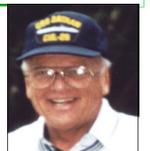


Poker Club #4 **Chuck Bobinecz**

The April game will be at the home of **Bob Mehus**. Did you know that by California law, draw poker is predominately a game of skill and stud poker is not?

Social

Don Nunn



Many thanks to those of you who have supported our dinner dance for the last ten years. On March 6, we had 150 people from our branch and judging from the packed dance floor, a great time was had by all. Many helpers participated to make the whole thing come together.
Thanks again to all of you.

Travel Opportunities Bob Spellman



Apr 29-May 4, 2008 A Tour of San Antonio & the Texas Hill Country. The tour will start in San Antonio and proceed to Kerrville, Fredericksburg and Austin. Trip includes tips, airfare, motor coach, tours, baggage handling and 9 meals. Cost \$1475.00 per person. Contact **Bob Hagler** Branch 8 for more information. 934-7620.

May 23-26, 2008 Sacramento Jazz Jubilee. Every Memorial Day Weekend since 1974 Old Sacramento and other downtown venues have drawn a horde of jazz fans to the Jubilee. It is the top jazz festival in the West and features over a 100 bands from all over the country. Free shuttles transport concertgoers between the event's myriad of venues. Many of our members take the train from Martinez right into Old Sacramento Cost \$30.00 on Friday, \$34.00 on Saturday and Sunday and 10.00 on Monday. Contact **Bob Spellman** 934-8428.

June 24-26, 2008 Boulder Creek Golf. Our annual trip to Boulder Creek Golf and Country Club includes 2 nights lodging, 3 days golf, and dinner on Wednesday night. Cost for two golfer package is \$420.00 and \$370.00 for 1 golfer and 1 non-golfer. Contact **Ken Richter** 689-6217.

Oct 6-19, 2008 Danube Dream. Glide past fairy-tale castles and medieval villages aboard the MS Switzerland II riverboat traveling the second longest river in Europe. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Enjoy a 2 night stay in Budapest followed by a 7 night cruise on the Danube and 3 night stay in Prague. Cost: \$3415 to \$3660. Sponsored by Branch 8. Call **Bob Hagler** for more information. 934-7620

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

BOOK EXCHANGE NEWS

The book exchange is in full swing. I encourage all Sirs to, at least, visit the page and see what we have to offer. Books are now organized (well, 90% organized) according to genre and many book reviews are offered (with more being added as we go). There are many best sellers as well as many, many others.

We have 22 Branch 146 members that have volunteered to share their books (some with extensive libraries). Please give me a call (472-8850) or email (terrymarchione@yahoo.com) if you have books to share or if you have questions or suggestions regarding the web page or how the exchange works.

Tuesday Golf Ray Weisz

Latest Tournament Results

February 19. First Flight: **Lew Thompson** (70), **Bob Royster**, **Vince Rettew**. Second Flight: **Don Del Bene** (67), **Olof Johansson**, **Dick Woodman**. Closest to Pin, Hole # 2: **Joseph Barry**. Closest to Pin, Hole # 12: **Lew Thompson**. Low Gross: **Lew Thompson** (85). **Hole in One. Don Del Bene, Hole #12.**

February 26. First Flight: **Jim Stedman** (67), **Al Zamolo**, **Russ Bliese**. Second Flight: **Bill Hansen** (72), **Dick Woodman**, **Sal Costanza**. Closest to Pin, Hole # 2: **Ken Richter**. Closest to Pin, Hole # 12: **Joseph Fuchs**. Low Gross: **Jim Stedman and Bob White** (Tied @ 88).

March 4. First Flight: **Joe Barry** (66), **Frank Rockwell**, **Bob Royster**. Second Flight: **Sal Costanza** (67), **Mitch Mitchell**, **Jim Brown**. Closest to Pin, Hole # 2: **Larry Sheerin**. Closest to Pin, Hole # 12: **Bill Hansen**. Low Gross: **Joe Barry, Joe Fuchs, Jim Burk** tied @ 86.

March 11. First Flight: **John Harrington** (66), **Joe Barry**, **Ron Plachy**. Second Flight: **Ken Richter** (69) **Jim Brown**, **Pablo Chavez**. Closest to Pin Hole #2: **Bob Lyman**
Closest to Pin Hole #12 **John Demos**.

March 18. No Tournament, course maintenance.

Explore and Dine John Pearl



Our group had a great outing in February, getting an upfront and personal tour of the Leshner Regional Center for the Arts by none other than the General Manager himself, **Scott Dennison**. Imagine standing on the actual stages where some of the great performances you've seen over the years have been put on! We crossed the street to Katy's Kreek for lunch.

Our March adventure is to the Shadelands Ranch and Museum on Thursday, the 27th, at 10:45 AM.

John Pearl
mcpearl@astound.net
934-6920

SIR Help Wanted

Web Page Clerk - f/t or p/t, no pay, large vacation time, bonus if good. Applicants call **Jeff Baily**. Hurry, this won't last long

Computer Instructor - p/t learn such things as email and internet and then tell other beginner Sirs what you've learned. Good hours and plenty of time off. Call **Jeff Baily**

You've asked for it!
Now it's here!!

20TH ANNIVERSARY MEMBERS AND FRIENDS GOLF DAY!

Let's join together, in celebration of our 20th Anniversary, for an afternoon of golf, fun, companionship and food. On Wednesday, May 14, 2008, Branch 146 will be inviting our members, spouses and friends for an afternoon of golf, followed with a social time including a selection of hors d'oeuvres and a non-hosted bar.

Golf will start with a shotgun start at 1:00pm, at Boundary Oak Golf Course right here in Walnut Creek. This is open to all members of our branch their spouses and friends. You don't need a handicap to play in this tournament. Cost: \$55.00 per person which includes Green Fees, Cart Fees, Prize Money and hors d'oeuvres.

Sign up now and don't miss the fun! Call **Dick Richmond**, 925-947-1167, or **Jim Baldrige**, 925-689-9232. This is a first for our branch. A full fledged golf day and food and drink celebration right in our own back yard!

May Ladies' Day Luncheon Thursday, May 8, 2008

No. of tickets _____ at \$29 each. Enclosed \$ _____

Names:

Pick: Chili Rubbed Sirloin Steak with
Onion Marmalade _____ or
Tilapia with Lemon Caper Butter Sauce _____
Special requirements _____

Make checks payable to SIR 146 and mail to:
Stephen Dawkins, 117 Alegria Lane,
Walnut Creek, CA. 94598

Seating for this event is limited. All reservations and payments in full must be received by May 1. Guests will be accommodated after 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!



Walkers John Lewis

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



April 4 **Suzy's Garden, Lafayette**
Meet: Pleasant Hill Rd just south of Springhill Rd
Walk: Through Suzy's award-winning garden
Paved, Level, Shade
Coffee: Rising Loafer. Lafayette

April 11 **Twin Ponds Loop, Walnut Creek**
Meet From Rudgear Turn left on Whitecliff Way.
Walk: Twin Ponds Loop in Shell Ridge Open Space.
Not Paved, hilly, some shade
Coffee La Scala, Walnut Creek

April 18 **Benicia Marina. At end of First St, Benicia**
Meet: At Sun Valley Bank of America for car pooling
Walk: East of B St. around Benicia Harbor
Paved, level. No shade
Coffee: Mike and Gail's—The Tannery

April 25 **Osage Rose Walk, Danville**
Meet: Take 680 South to Sycamore Valley Exit
First Right on Camino Ramon, Left on El Capitan, Left on first stop sign past Iron Horse Trail.
Walk: Roses around Osage Park
Paved, level, no shade
Coffee: Yellowwood. Alamo Plaza

Thanks to **Bill Cammerer**, for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.

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.

SIR CALL

Newsletter

Sons In Retirement, Inc.
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Clayton, CA 94517-1723

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.



Howard Nemir
Introduced by
Gary Schaub

Welcome New Members



John Aaro
Introduce by
Mike Cavallo



James Locker
Introduced by
Malcolm Henry