

**Garth Cummings**

## Big Sir's Notes

Branch 146 got off to a successful start with our luncheon meeting of January 12 at which time we inducted 12 new members. Welcome to all of you and I hope you will enjoy the SIR experience as much as I have. We also had an excellent speaker from John Muir Hospital who explained their expansion plans in vivid color. Thanks to **Jim Stedman** for arranging this speaker and winning the battle with our new projector which allowed the color images of the new expanded hospital to be shown. This projector was purchased by the Branches in Area 2 last year and is the first use we have made of it in our Branch.

To all of you in the Branch, including our new members, I would like to extend an invitation to join as many of our activities as you might enjoy. We have over twenty activities you can choose from which have been designed to meet all tastes. These were listed in the January SIR CALL along with the point of contact and also in the handout for new members.

As our membership grows, it becomes increasingly important that members inform our Attendance/Luncheon Chair, **Bill Root**, by the Friday before the meeting, if they will not be attending the luncheon. The rules concerning attendance are spelled out in the SIR CALL each month. In January, a number of you did not call in until after Friday, January 7. In a few cases this was due to a last minute emergency or unforeseen event and these will inevitably occur. Be advised that branch policy is to charge members for the lunch if they fail to properly notify the attendance chair that they will not attend.

As our luncheon group grows it is also important to keep in mind that the Treasurer needs to collect all luncheon fees by 11:30 am on the day of the lunch. If you are attending the luncheon please try to arrive and pay your fee by that time so that the group collecting the fees has a chance to eat lunch.

Finally a reminder that at the next Branch Executive Committee (BEC) meeting, starting at 9:30 am on February 9, there will be a discussion on how to handle the Waiting List. Last November, the BEC voted to stop accepting new applicants on the waiting list till our current membership limit of 240 plus the 5 Honorary Life Members, is met. This membership limit will probably be met in March. At the November meeting the BEC also formed a committee to investigate membership issues. This committee is proposing to cap the Waiting List at 20 and not reopen it until it drops to 10. If you are interested in this subject please plan on attending the February Committee meeting or contact someone on the BEC with your thoughts.



**Jim Stedman**

## Little Sir's Corner

The speakers for February are **Gary Hunt**, President, Global Energy Advisors and **Jim Pope**, General Manager, Northern California Power Agency. They will talk about the economics of alternative energy sources and the power outlook for California.



January Speaker: **Neil Humphrey**, VP-Facilities Development, John Muir Health

Remember, if you are a member and are going to miss a luncheon, for any reason, you must call **Bill Root** (943-6194) by Friday noon prior to the luncheon. **Bill** has to give Blake's our head count by Saturday and we pay them based upon that head count..



## 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 resume play in March. Rain cancels.



## Duplicate Bridge George Zurich

Sir **Bob Yolland** hosted four tables of duplicate bridge in January. **Dick Johnson** was in first place with 45 points. **Jim Jackson** and **Fred Kovar** tied for second with 44.5 points. **Bob Donahue** was fourth with 42 points. The next meeting is scheduled for February 13th. Contact **George Zurich** or e-mail: [juroz@earthlink.net](mailto:juroz@earthlink.net) for information.

## Bowling

Larry Mitchell

Congratulations to the "Rotoroosters". They won the first half of the SIR bowling league, as anticipated. The team is composed of: **John Miller, Wes Hauschildt, Tom Lindeland** and **Mitch Mitchell**. These four gentlemen are all Branch 146 members and have done us proud.



The next SIR tournament will be at the Napa Bowl on the 6th and 8th of February. Entry forms for this event will be available at the Diablo Lanes on our regular bowling days.

## Area 2 Computer and Digital Photography Groups

**Floyd Skelton** 838-2515, [f.skelton@sbcglobal.net](mailto:f.skelton@sbcglobal.net)  
**Dick Curry** 376-5541, [racorinda@pacbell.net](mailto:racorinda@pacbell.net)  
**Phil Goff** Digital Photography Chairman,  
[philgoff@yahoo.com](mailto:philgoff@yahoo.com)

**February 16 - "Recommended Computer Practices We All Should Do"** **Dean Steichen**, Branch 8, will present an outline of the things we should all do to keep our computers and data secure and usable. This is a subject we can all learn more about, and **Dean** is the right guy to put us on the best path. **Dick Curry**, Branch 171, will conduct a "Computer Questions and Answers" session following the recommended practices presentation.

Meetings of the Area 2 Computer Users Group, and Area 2 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 meets the first month of each quarter (January, April, July, and September) and the Computer Group meets the 3rd and 4th 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/>

## Cooking and Social

Don Nunn

*1st Monday at various members' homes.*

The cooking group will meet at the home of **Dan Hungerford** on Monday, February 6.

Please call **Dan** for the meeting time and to confirm that you will attend.

## Social news

By January 14, the March Dinner Dance was filled to capacity and sold out. All checks or requests received after that date will be placed on the waiting list. Be sure and place the date of March 1st on your calendar. We have had some folks send money and forget to show up. It comes with the years. Happy New Year to all.

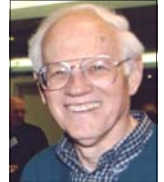
## Tres' Gourmet Frank Rockwell

On Thursday, January 19th, the group met at the home of **Frank Rockwell**. They feasted on prime rib. The entrée was prepared with a slathering of yellow mustard, packed in rock salt, roasted at a high temperature for 25 minutes then reduced until done. Also served were a romaine salad, au gratin potatoes and a broccoli casserole. Dessert was a Galliano cake and ice cream. We tasted some excellent wine and had a great time.



## Couples Duplicate Bridge Lo McCarley

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



**Bob** and **Janet Yolland** hosted eight couples for SIR Couples Duplicate Bridge. **Jim Brown** and **Barbara Lundblade** took first place with 32 points, **Bob** and **Janet Yolland** came in second with 30.5 points, **Lynn** and **Dasha Freeman** finished third with 30 points, and **Bill** and **Margaret Rees** came in fourth with 29.5 points. **Jim** and **Allison Todhunter** will host the next bridge on February 15<sup>th</sup>.



**John Wilhelmy** and **Jesse Crews** at the January Luncheon

## Fishing

Sal Costanza

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



We have a couple of great trips planned. Sign-ups are now open for trips back to Eagle Lake and to Lake Almanor. Come to our next meeting on January 26th (or the fourth Thursday of any month) and find out about the rest of the Area 2 Fishing Group's calendar. Just like anything else, if you don't plan ahead, you will find you have let another beautiful spring go by without wetting a line.

## Table Pool Bill Weinberg

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

We're having great turnouts for table pool. Remember, every 1st and 3rd Mondays at Masses...See you there.



## Garden Club

Chuck Bobinecz

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



What do you know about orchids? You probably gave an orchid to your date for your high school prom. Orchids grow all over our planet except the Antarctica. Sir **Bob Burley** has arranged for **Bob Van Galder**, past president of the area's Orchid Society, to be the guest speaker at our February 3<sup>rd</sup> meeting.

Garden tip of the month: Now is the time to fertilize the lawn with a pre-emergent fertilizer (gets rid of the crab grass and establishes a good root system for the summer heat).

## Tuesday Golf

Walt Barabash

### Latest Weekly Tournament Results

December 20 First Flight: **Gene Diana, Al Zamolo and Jim Stedman**. Second Flight: **Stu Somerville, Larry Zugnoni and Pablo Chavez**. Closest to the Pin: **Bill Hansen**. Low Gross: **Gene Diana: 83**

December 27 First Flight: **Jack Calloway, Larry Sheerin and Jim Baldrige**. Second Flight: **Joe Lamanna, Ralph Fowler and Doug Cook**. Closest to the Pin: **Rich Hanford**. Low Gross: **Jack Calloway: 86**

January 3: Too Wet. Not Enough Players.

January 10 First Flight: **Bob Mehus, Lew Thompson and Rich Hanford**. Second Flight: **Ken Kratz, Bill Weinberg and Bob Spellman**. Closest to the Pin: **Al Zamolo**. Low Gross: **Frank Marcon and Bill Malone: 84**



## Socializing at the January Luncheon



Art Trost and Ray Nordstrom



Ron Platchy and Don Loustalet

## 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.*

### ASPIRIN AND IBUPROFEN

If you're on aspirin therapy for your heart, you may want to reconsider taking ibuprofen for a headache or sore muscles. In a new study, Harvard researchers found that regular use of drugs called NSAIDs (including pain medications like ibuprofen) can reduce aspirin's ability to protect the heart. Normally, aspirin reduces heart-attack risk by up to 44 percent in healthy men.

Source: *Men's Health*, November 2003

### BLUEBERRIES

Blueberries are chock full of a heart disease-fighting substance called pterostilbene (pronounced ter-a-STILL-bean). This compound seems to lower cholesterol as effectively as drugs do. The catch is, researchers don't yet know how many blueberries you'd have to eat to get the cholesterol lowering effect. In the meantime, enjoy you blueberries. They help lower your risk for cancer and diabetes.

Source: *Hope Health Letter*, March 2005

### DO YOU HAVE PRE-DIABETES?

Pre-diabetes is a silent but serious condition in which your blood sugar levels are higher than normal — but not yet high enough to be diabetes. Long-term damage to your heart and circulatory system can occur even with pre-diabetes, which affects more than 20 million adults in the U.S.

The good news is that lifestyle changes can put the brakes on diabetes for most people.

- Lose weight if you need to. Dropping just 5% to 10% of your body weight can bring blood sugar into the normal range.
- Get 30 to 90 minutes of moderate to brisk physical activity every day. Exercise pays a double premium: It helps control blood sugar levels and burns calories, which will help keep weight off.
- Follow a diet rich in fruits and vegetables, whole grains, lean protein, and unsaturated fats.
- Limit saturated fats and refined carbohydrates like white sugar and white flour.

A fasting blood sugar between 100 and 125 mg/dl is pre-diabetes. A level of 126 mg/dl or higher is a diagnosis for diabetes. Normal is below 100 mg/dl.

The American Diabetes Association recommends that everyone over age 45 be screened for diabetes. Some people should get screened earlier, especially those who have a family history of the disease, are overweight or have other risk factors.

Source: *Hope Health Letter*, July 2005

## Branch 146 Welcomes New Members



Sponsor, **Fred Kovar** and **Bob Hutfliess**



Sponsor, **Don Nunn** and **Reggie Fromm** with **Robert Royster** and Sponsor, **Lew Thompson**



Sponsor, **Joe Schild** and **Tom Morgan**



Sponsor, **Tom Dunne** and **Ron De Golia**



Sponsor, **Jeff Baily** and **Chuck Kistenmacher**



Sponsor, **Ken Richter** with **Skip Thomas** and **Dan Schlatter**



Sponsor, **Larry Sharon** and **Norm Kingshill**



Sponsor, **Bob Yolland** and **William Schmeb**



**Hank James** and Sponsor, **Bill Root** with Sponsor, **Dick DeVoe** and **Peter Kautz**

## 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*

- Home-Made Meat Loaf with garlic mashed potatoes
- Honey and Soy Glazed Salmon Filet, vegetable orzo

### *Dessert*

- Daily dessert special
- Regular or decaffeinated coffee and tea

## Membership

**Jim Jackson**



*Branch 146 Statistics:* Members 228 , HLMs 5, Waiting List 27, Inactive 2.

*December Attendance:* Members 186, HLMs 3, Waiting List 12, Guests 4, Excused 34, Unexcused 9. Total December Attendance 205.

### *Status Changes:*

Inducted: **Henry James, Norman Kingshill, Reginald Fromm, Tom Morgan, Daniel Schlatter, Robert Hutfliess, William Schmeh, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary "Skip" Thomas**

New Top 30 Men: **Robert Figone, Teddy Coggiola, Charles Koeber, Steve Loftin, Terry Marchione, Winslow Ferrin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

Resigned: **Luther Jones, Bob Muentner**

Withdrew: **William Stephenson**

Added to Waiting List: None.

*Current Top 30 Man Waiting List (prioritized):*

**Miles O'Conner, Timothy Valanos, Vincent Rettew, Bill**

**Baltezore, Thomas Boltz, William Danzig, Ron Binder, James Burk, George Knies, Stephen Dawkins, Allen Meier, Glenn Casebolt, James Meehan, Jim Hanck, 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**



## Poker Club #1 **Frank McNamee**

**Bob Franklin** hosted 4 members and an invited guest on January 11th. Guest **Jim Stedman** welcomed the members' contributions. Next meeting will be on February 8th at **Howard Harvey's** home.



## Party Bridge **Fred Bolton**

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

We had thee tables of bridge, hosted by

**Bob Yolland** on January 9th. The winners were:

**Jim Stedman** with 6360 points, **Bill Snyder** was second with 5170, **Jim Jackson** was third and **George Zunich** was fourth. Our next game will be on February 6th at **Dick Johnson's** home.



## Sunshine **Otto Wilson**

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



*Our esteemed Sunshine Chairman, is, himself, recovering from open heart surgery which was performed on Friday the 13th. According to **Ottos' wife, Roberta**, his surgery went well and his condition is improving every day. He may be home from the hospital as early as Saturday the 21st. Best wishes for a speedy recovery **Otto!**.....Editor.*

## SONGSIRS

**Bill Rees**



On February 1, the SONGSIRS entertained a Walnut Creek Presbyterian Church seniors group called the VIP's. Since I am writing this in advance, I will report on the success of that gig next month. No future performances are currently scheduled beyond those tentatively planned for selected Branch 146 luncheons. We are continuing to look for new voices to add to our group. If you have an interest, please contact me or any current SONGSIRS member. Our practices are normally held at the W.C. Presbyterian Church at 3pm on Wednesdays.

## Travel Opportunities

### Bob Spellman



Mar. 19, 2006: **SIR Day with the Golden State Warriors.** This year's opponent will be the Philadelphia 76ers at the Arena in Oakland. The 1 pm starting time should make it much easier for more people to attend the game. Tickets should be ordered directly from the Warriors' ticket office. Cost is \$24 or \$34 depending on seats. Pick up an order form at the next meeting or contact **Bob Spellman** at 934-8428.

Mar 21-22 2006: **Bobby Vinton.** Deluxe motorcoach, one night accommodations at Reno Hilton w/ stop at Silver Legacy. One breakfast and one dinner coupon plus tickets to **Bobby Vinton.** Cost \$121 per person. Contact **Bob Hagler** Branch #8 at 925-934-7620.

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

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.

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 gambling. 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 Hagler**, Branch #8, at 925-934-7620.

## Away Golf

### Jim Baldrige



Our next Away Golf date is Thursday, February 23rd. We have 40 spaces reserved at Los Positas GC in Pleasanton. The cost is \$39 for SIR members competing in the prize fund and \$37 for guests or those not competing for prizes. The cost includes green fee, cart and a \$5 per player credit for pro shop merchandise. Flyers are being distributed at Tuesday golf and at our monthly luncheons. Like most courses, Los Positas requires a count of players 10 days before the date of play. Sign ups are coming in, so let me know ASAP if you want to play.

The flyers for our annual Br. 146 Invitational Tournament at Silverado Country Club in Napa are also being distributed. The date is Monday, April 3rd. Cost is \$47 for SIR members competing in the prize fund and \$44 for guests and Sirs not competing for prizes. This event is a 12 noon shotgun start on the South Course, with a 144 player field. This is a great event for couples and an opportunity to invite several guests to play Silverado CC for less than half the regular rate. We have a unique arrangement with Silverado CC on payment. We pay them on the day of play for the count of players on the tees. So, there is no risk in signing up and sending me a check early. If you are unable to play on April 3 and don't hit the first ball, you don't pay. So, sign up as a single or with a group; but sign up early to reserve your spot.

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



## Cribbage

### Al Tufo

The Cribbage Club was hosted by **Langley Erickson** on January 11th. We were able to get in two tournaments. The first was won by **Barney Meade** with the **Italian Stallion** coming in second. The next tournament was won by **Langley Erickson**, with **Barney Meade** running second. It was nice having **Howie King** back after an absence of a few months due to his move into Rossmoor. His donations were greatly appreciated by all. Next month it will be hosted by **Howie** on February 8th.

CIAO, Tufo

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug." His wife got up, unplugged the TV and threw out all of his beer!

## Spring Candy Sales

It is time to order your Sees' candy for the Easter season. The price has gone up, as expected, but it is still a good deal. The new 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 to you shortly thereafter.

\*\*\*\*\*

Name \_\_\_\_\_

Address \_\_\_\_\_

City and Zip \_\_\_\_\_

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

## Wine Tasting ... Dale Haukland

The Wine Tasting group will be meeting Wednesday, February 15, from 2 pm until 5pm, to imbibe and quaff some delightful Chardonnay or Cabernet Sauvignon. We will gather at the home of **Don and Donna Strong** at 3074 Santa Maria Court in Concord. We will have an extra treat as they will be pouring some of their hand crafted wine. Please call them to say you will be coming and which wine you will bring. All wines must be \$19.99 or less. Remember it is Chardonnay and Cabernet Sauvignon time at the **Strong's**. Please call to confirm your attendance : 925-686-3016



### Wine Tasting & Blending- (Bus Trip)

When: April 26, 2006, Wednesday.

Where: Murrieta's Well Winery and wine tasting at Wente Vineyards.

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!

Lunch: Vineyard box lunch at Wente Estate Winery tasting room.

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.

Sign up sheet at the Feb. 9<sup>th</sup> SIR luncheon or in the March SIRCALL.



## Walkers John Lewis

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



**Feb. 3** - Canal Trail, Walnut Creek. Meet at the end of Heather Farms parking nearest the canal.

**Feb. 10** - Benicia Marina. Meet at the Sun Valley Bank of America parking lot for carpooling.

**Feb. 17** - Iron Horse Trail, Danville. Meet at the Railroad Museum parking on Railroad Ave.

**Feb. 24** - Donald Drive, Orinda. Off Highway 24, take Moraga Way south for approximately 2-3 mile to left on Hall, which leads to Donald.

Thanks to **Bill Cammerer**, **Bob Madge**, and **Jack Mathews** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Jeff Baily** for proof reading.



## Investments

**Ben Smith**

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

The February meeting of \$ums In Retirement Investment group will be held Wednesday February 22nd.

Time: Breakfast will be available at 7am and the meeting will start at 8am. No Reservations are required, just come and join in, gain some knowledge and learn some strategies that may improve your asset base.

Location: Diablo Creek Golf course (Legends Grill Room) located at the northern intersection of Port Chicago Hwy. and Hwy #4, in Concord.

Program: The program will consist of a presentation by Mr. **Greg McPherson**, Principal of the McPherson Group (HELP-U-SELL) located in San Ramon.

This presentation will cover basic information that you may need to help you sell your home and how you can save thousands of dollars, versus using a full service Real Estate Broker. Every Sir should have an understanding as to how the HELP-U-SELL program works. This is your opportunity to obtain all the information you may need at some future time when you may choose to place your home up on the market.

This should prove to be a very informative program and all SIR and their guests are welcome to attend.

If you need additional information contact Sir **Ben Smith** (Br.#116) Tele: 925-820-5403, e-mail bjsssmith@aol.com

# SIR CALL

## Newsletter

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Non Profit Org  
US Postage Paid  
Permit No 364  
Concord CA

Time Value Mail  
Please deliver as  
soon as possible.



**Dan Schlatter** (Inductee,) **Terry Marchione** (Waiting List) and **Skip Thomas** (Inductee) chat before the luncheon



**Tom Thompson, Dick Johnson, Bill Comley** and **Fred Donnelly** smile for the camera at the January luncheon.