



Big Sir's Notes

Dennis Hallett

We are all saddened at the passing of **Stu Somerville**, our 2009 Big Sir. He made a unique contribution to our Branch which will never be forgotten. We will always remember his calming influence, dedication and above all his friendship.

Our Christmas luncheon was a great success and special thanks go to **Steve Dawkins** for arranging the details, and to **Dave Obera** for his excellent holiday music program.

I would like to thank those members of the Branch Executive Committee who are retiring from office: Directors **Ron Binder** and **Larry Mitchell**.

I also welcome our new BEC members: Assistant Secretary **Jim Meehan**, and Directors **Bob Johnston** and **Bob Lyman**.

Further, our 2010 Nominating Committee will benefit from the addition of **Bob Yolland**.

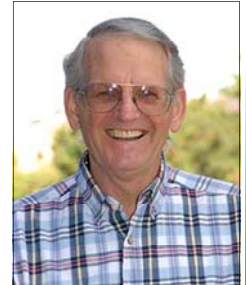
Our branch continues to face many challenges and will need every member's continued support to maintain and hopefully increase our level of enjoyment. I encourage you all to seek new members so that we remain a vibrant organization. Once your guest experiences the fun and friendship we share, I am sure they will want to be part of our Branch.

I wish you and your family a wonderful New Year.

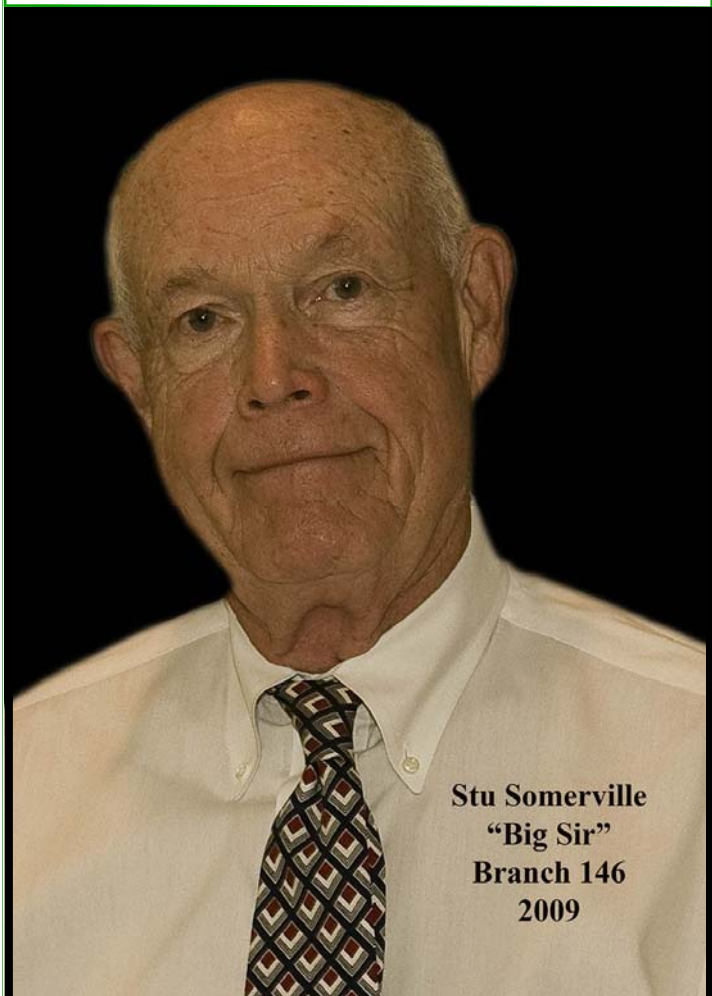
Dennis

Little Sir's Corner

Pete Gates



The speaker for the January luncheon will be **Donn Walklet**, Board Chairman for the Muir Heritage Land Trust. He will talk about preserving open space in Contra Costa County.





Duplicate Bridge

George Zunich

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

In December, SIR **Jim Jackson** hosted 3 tables of duplicate bridge at his home.

In a close match, the results were as follows: **Jim Brown & Carl Johnson** tied for 1st Place with 30.5 points. **Jim Jackson** was in 3rd Place with 26.5 points.

The next match will be held on Monday January 18, 2010 at the home of **Bob Yolland**

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



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 **Bob Donahue** on Dec. 7. First place went to **Bill Rees** with 6010 points, second to **Bob Yolland** with 5680 and third to **Carl Johnson**.

Our next game will be at the home of **Fred Bolton** on Monday, Jan. 4.

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 December 16th at **Bob and Janet Yolland's** home. But we sorely missed **Stu and Margot Somerville**. We appreciate **Fred Bolton** subbing for **Barbara Lundblade**. As for bridge results: **Jim and Allison Todhunter** took first place with 39 points. **Bob and Janet Yolland** took second (38 points), **Jim Brown and Fred Bolton** (37 points) placed third, and **Bill and Margaret Rees** finished in fourth place with 32 points. **Jim and Allison Todhunter** will host the next bridge on Wednesday, January 20th.

WELLNESS TIPS

From UC Berkeley Wellness Letter

This article is not intended to provide specific medical advice. That should be obtained from your physician.

• To lower your cholesterol, try flaxseeds. An analysis of 28 studies found that flaxseeds (typically 1 to 2 ounces a day) lower total and LDL ("bad") cholesterol modestly in people with high cholesterol. The effect is greatest in postmenopausal women and in those with higher cholesterol levels. Flaxseed oil had no effect at all.

• When you read food labels that boast about antioxidant content, don't get your hopes up. Scientists have developed a variety of tests to measure a substance's antioxidant capacity, but the "simplistic, one-dimensional" tests are of limited value in predicting antioxidant activity, concluded a recent article.

• To help keep your bones strong, get more vitamin K. According to a recent review, high doses of the vitamin (at least 200 micrograms from supplements) improved bone quality and reduced fracture risk in postmenopausal women.

• If you eat frozen meals, follow the cooking directions carefully. In some cases, the label advises using a conventional (not microwave) oven, plus a thermometer to check that the food reaches a certain internal temperature.

• If you buy ground beef, look for "extra lean" with the lowest percent fat. Labels on ground beef can be misleading. They typically give the percent fat or percent lean, by weight. Even extra-lean beef can be fatty. For example, 4 ounces of uncooked ground beef that is 15% fat has 17 grams of fat (much of it saturated), which supplies 63% of its 243 total calories.

• Here's a way to strengthen your forearm muscles, wrists, and grip, as well as increase flexibility. With one outstretched arm, hold a page of newspaper by a corner and crumble it up into a small ball as fast as you can using only that hand. Repeat a few times, several times a week, as part of your regular exercise routine. This can help in a variety of sports, from tennis to rock climbing, as well as in daily activities.

Couples Duplicate Bridge Too

We were deeply saddened by the loss of our dear friend and regular substitute **Stu Somerville**. He and **Margot** had even been scheduled to play this month. Our thoughts and prayers are with and for **Stu and Margot**.

MONTEREY MASHER GOLF TOURNAMENT

March 21 -24, 2010

You are invited to attend the Monterey Mashers Golf Tournament, a SIR Branch 146 event open to all members.

March 21, 22, 23 – Best Western Monterey Inn. Complimentary breakfast provided each morning.

March 22 (Monday) – golf with cart at Rancho Canada Golf Course. Traditional heavy hors d'oeuvres/dessert party at the Inn. BYOB

March 23 (Tuesday) – golf with cart at Laguna Seca Golf Course. Gala Awards Banquet with wine at Rancho Canada Golf Club. No-host bar before dinner.

March 24 (Wednesday) – Breakfast at the Inn and departure for home, outlets, etc.

Since we are limited by the number of rooms, number of tee times, and space for the Monday night party, we may have to invoke a first replied – first served policy. Do not delay. Reply by January 24, 2010. A complete packet of information including room assignments and tee times will be sent to you at a later date.

-----Cut here-----

Name _____ Companion _____

Complete package: room, banquet, and golf for two both days \$574

Modified package: room, banquet and one golfer both days \$483

Companion will play Monday only: add \$43 _____

Companion will play Tuesday only: add \$48 _____

Total enclosed _____

Banquet Choices

New York Steak with garlic whipped potatoes and grilled vegetables _____

Petrale Sole Dore with baby shrimp, wild rice and grilled vegetables _____

Vegetarian _____

Make checks payable to: SIR Branch 146 – Monterey Mashers

Mail to: **Low Thompson**, 1830 Cleveland Ct., Concord, CA 94521 No later than January 24, 2010



June and Bob Donahue

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.

Garden Club

Chuck Bobinecz



1st Thursday at 9:30 am at the Walnut Creek Presbyterian Church, 1801 Lacassie Ave., in the Room 203, unless otherwise announced.

As usual the Garden Club does not meet in January. Sir **Bob Yolland** has arranged for our next meeting in February at Heather Farms to learn about rose pruning (there might be donuts) and to get some hands on experience in rose pruning. Details will be in the next SIR Call. At the December meeting, the 2010 agenda was established. Our major field trip will be a bus trip to Filoli gardens.

Come Join. More people are involved in gardening than any other activity (well maybe except one). It is rated as one of the best exercises for the body. It is surprising how many forms of gardening that we do and how much we invest in time, money, etc. One of the main purposes of the garden club is to learn from each other, speakers, and field trips

ROMEO (Retired Old Men Eating Out) Malcolm Hendry



ROMEO (Retired Old Men Eating Out) will not meet in December, but we will reconvene January 21, 2010.

We experience delightful dining while getting to better know our fellow SIR and their guests, in a relaxed and friendly atmosphere.

Come treat yourself and welcome the New Year with us at "Vic Stuart's, Famous for Steaks". " Award -winning steak, seafood, chicken and pasta complete a unique atmosphere in Walnut Creek's historic 1891 train depot. National winner of the "Steakhouse of Year" by the U.S. Beef Council, and selected as one of the Great Steak Houses of North America." The restaurant has also been honored by "Wine Spectator" for having one of the most outstanding restaurant wine lists in the world.

Location: 850 South Broadway, Walnut Creek, CA

Web Site: www.vicstewarts.com (Menu, History and Press and Awards)

Phone: 925-943-5666

Please let me know by Tuesday, January 19th, if you will join us.
Your suggestions are welcome for future restaurants to visit.

Poker Club #1 Frank McNamee



Santa Claus showed up a little early for **John Lewis, Frank McNamee, Bill Cammerer**, and guest **Rich Hanford** at Poker club #1's December 9th meeting at the home of **Bob White**. The little elves who contributed to their good fortune were **Howard Harvey, Bob White**, and guest **Don Martin**. We missed our regulars **Bob Frankland** (cataract surgery) and **Dan O'Sullivan** (cancerous ear trimming). We will meet at the **Bill Cammerer** residence on January 13th for our



Poker Club #4 Chuck Bobinecz

Sir **Frank Rockwell** enjoyed our company and lack of winning in 2009 and will start our first session in 2010. No poker session in December. Wait till next year.

Again poker jargon: Flop: (usually what I am) but in poker it is the first three community cards (that are dealt face up and can be used in each hand) in Hold'em and omaha and you thought Omaha was a city.



Poker Club #2 Al Zamolo

Poker Group 2 met a few days before Thanksgiving at **Jim Stedman's**. Players must have been thinking about all the good food they would be having soon and were very laid back. There were no big winners or losers. **Jim Brown** will be hosting our December session and we hope to have a more spirited session.



Poker Club #3 Siegfried Kaletis

Poker Club #3 did not have a meeting this month, but will be resume meeting next year.

Experience is what you get when you don't get what you wanted.

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.)

Check out our website at <http://sir-web.org/computer>

Neil Schmidt is the featured speaker and his talk is titled "Smartphones, What Are They And What Are They Good For". One definition of a Smart Phone is "'A device that lets you make telephone calls, but also adds in features that you might find on a personal digital assistant or a computer.'" He has screen captures of many available applications (Apps) some of which you will surely want to (lust after!).

Following the main topic, if time permits, **Phil Goff** says "I've done about 4-5 installs of Win 7 and I can talk to people about it."

Table Pool

Bill Weinberg

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

Haven't played in years? Come join us. We usually have three or four pool games going. We also have SIR members from other branches joining us.



SIR Happenings Newsletter

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.

Travel Opportunities

Bob Spellman



Feb 10, 2010 The Four Aces at the Robert and Margrit Mondavi Center for the Performing Arts, UC Davis. The Four Aces have been internationally acclaimed as a group who has not only produced some of the most beautiful vocal renderings ever, but for being superb showmen as well. Cost \$76.00 per person which includes Motorcoach transportation and performance ticket. Contact **Ken Richter** 689-6217

Mar 10-17, 2010 Cruise the Caribbean. Experience a 7 night cruise aboard the luxurious MS Silver Cloud, of Silversea Cruises. Along the way visit an exciting array of ports. Bridgetown, Barbados, Castries, St.Lucia, St George's, Grenada, Kingstown, St Vincent & the Grenadines, St. John's Antigua, Spanish Town, Virgin Gorda and San Juan Puerto, Rico. Cost is \$2970 for Vista Suite normally \$6595 and \$3570 for Veranda Suite normally \$8195. This price is all inclusive; meals, drinks, gratuities, complimentary in-suite dining, port taxes and fees, baggage handling, and round trip to and from airport. Contact **Bob Spellman** 934-8428. Note: We encourage you to sign up as soon as possible as available space is filling up fast.

Jun 10-20, 2010 Oberammergau & The Rhine River Valley. The Passion Play at Oberammergau in Munich plus an 8 day cruise of 4 countries from Basal to Amsterdam aboard the mv Viking Sun. Included and features are: round trip air, tickets to the Passion Play and overnight accommodations in Munich. The Rhine Cruise includes: all meals, cocktail reception, six guided tours, all transfers and driver tips. Cost \$4,925 to \$5855 Contact **Bob Hagler**- 934-7620

Despite the cost of living, have you noticed how popular it remains?

Diplomacy is the art of saying good doggie while looking for a bigger stick.

Luncheon Attendance
Bob Lyman



SIR Luncheon is the 2nd Thursday of every month at The Clubhouse at Boundary Oak.

Please call me (925-825-6386) or email me, rjlyman@aol.com, by Friday noon (January 8, 2010) prior to the luncheon if, for any reason, you are unable to attend. If no one answers, leave your name, badge number and phone number. Please be sure you call!

Remember that our luncheon will be called to order at 11:45am, so please allow enough time to arrive on schedule. A check for \$25.00 made payable to SIR146 is requested for payment of your lunch on Luncheon Day. Thanks.

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 will result in a letter notifying them of pending membership termination. Certification of another branch meeting will be considered as credit to the attendance record.

SIR bringing a Guest

Please call by Friday, noon prior to the luncheon and leave your name and badge number and the name of your guest. Please spell the last name of your guest.

Luncheon Menu for January 14, 2009:

Salad – Orzo pesto pasta salad
Seasonal vegetables

Roasted pork loin medallions with mustard cream sauce
Or

Pan seared Dover sole with Meyer lemon remoulade
Dessert – Lemon tart with raspberry coulis

Special Luncheon Requirements

If you require a vegetarian meal or any special meal, please call and make a request. Your request will remain in effect until you cancel it through the Luncheon Chairman. If for medical reasons, you cannot eat lunch, please notify me and your request will remain in effect until you cancel it through your Luncheon Chairman.

New Members and/or Sponsors

There will be a dedicated luncheon table set for any new members and their sponsors who would like to sit together to share their conversations as new members of SIR146. It is voluntary and please do not feel obligated, as a new member, to sit at this table.

Membership

Dale Hertweck



Branch 146 Statistics:

Active Members 255 (including 3 HLMs),
Applicant List 2, Inactive 10

Status Changes:

Deceased:

Stu Somerville, Badge #131

Resigned:

Michael Siebert, Badge #190

Rich Colombo, Badge #225

Inactive:

Edward Wojnar, Badge #111

Applicant List:

Douglas Eisner and **James Passaglia**

SIR 146 -Year to Date - Treasurer's Report
As of October 31, 2009

SIR 146 -Year to Date - Treasurer's Report
As of December 31, 2009

Beginning Bank Balance - 1/1/09 \$ 2,296.31

Administrative Receipts 9,436.86

Administrative Disbursements 5,117.85

Net Administrative \$ 4,319.01

Activities Receipts 85,233.38

Activities Disbursements 85,714.09

Net Activities (\$ 480.71)

Ending Bank Balance – 12/31/09 \$ 6,134.61

SIR 146 members wishing to receive an emailed .pdf copy of the complete 2009 annual treasurer's report, please email your request to Ron de Golia at ron944@gmail.com.

The monthly lunch is \$25.
Please pay by check



Bill and Donna Snyder

**Bocce Ball
Martin Lyle**



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

The Bocce players are going into hibernation starting in December for the winter months. Since we weren't invited to the Olympics we will be able to take some time off. We will have our first session on May 10, 2010. See you then.

Explore and Dine



John Pearl

Explore and Dine kicks off their 2010 season with an outing to the studios of KQED, where we will have a one-hour docent-lead tour of their television and radio studios.

We meet at the studios at 11:00 AM on Thursday, January 28. The studios are located at 2601 Mariposa Street in San Francisco. There is no charge for this tour. Lunch will be at a nearby restaurant.

Please let me know if you're interested in this event. We've been KQED members for years, but have never actually visited.

John Pearl
mcpearl@astound.net
934-6920

Duct tape is like the force, it has a light side and a dark side and it holds the universe together.



Left to right : Lynn Kratz, Kay Calloway, Sandy Coggiola, Ann Pascoe, and Charlotte Darius

ACTIVITIES COORDINATOR

TERRY MARCHIONE

Branch activities continue to grow and that's a good thing. Couples golf is off to a roaring start and a new photography group is also underway. Two other groups are in the process of being formed—tennis and a couples barbecue group. The nature of these two groups will delay their start up until early spring.

If any of you newer members have an interest in a couples duplicate bridge group please let me know. The two groups currently operating are full. There is already a volunteer to organize this activity so don't worry about being recruited for that job.

The last survey we conducted indicated some interest in chess and biking but not quite enough to get a group started. If you are interested in either of these activities and have not so indicated, please get in touch with me and we'll see what we can do about getting them off the ground. Also, all five poker groups are pretty much filled so if any of you are interested let me know and we'll get a sixth group together.

Finally, if you have ideas for a new activity, please let me know. I can be contacted by phone 472-8850 or by email terrymarchione@yahoo.com



Caroline and Jim Jackson
and
Shirley and Haradon (Harry) Dillon

Letter to the Editor:

I am sure that some may have suggested this before but I would suggest that a blurb be put in the next bulletin concerning taking advantage of Life Line Screening where they check out your vascular system to see if anything might be wrong. You can call them at 1-800-478-1724 and get information on where the screening is being done locally. The cost is \$125-\$150 and well worth the money. I had it done about six years ago and found a major problem with my abdominal aorta. I had this repaired and it saved my life.

Mitch Mitchell

Area 2 \$ums In Retirement

Our January meeting will be January 27 at the Diablo Creek Golf Club in Concord starting at 8:00am. For those who want breakfast the restaurant is open at 7:00am. **David Chee**, a CPA with 28 years of executive financial experience will do a presentation on the concepts of reverse mortgages and the details you should know to see if it fits into your or a family member's retirement planning.

Following will be a Q and A wrap up.

Allen Espenmiller Co-Chairman Area 2 \$ums in Retirement Investment Group(Br-174) 376-3977

Photography Group Rich Ahlf

The photography group will meet on Wednesday January 13, at 7:00pm at **Rich Ahlf's** house. Please bring a flash drive of pictures to critique. Any questions about the Photoshop program send them to me and we'll work on them. Let me know by e-mail if you're coming. (richandshirley@sbcglobal.net) or 925-672-2514.

This is a new group, if you would like to join us contact Rich Ahlf.

Away Golf
Jim Baldrige



Tuesday Golf
Ray Weisz



Due to travel and weather we did not offer Br 146 Away Golf events in November and December.

The two trips to Nueva Vallarta Mexico offered by SIR State Golf took place Nov 10 through Nov 18 and December 1 through December 9. Reviewing the results, I did not see any Br 146 members among the prize winners.

The State Golf Committee has sent out circulars announcing a tournament in Coeur d'Alene Idaho May 16 through May 21, 2010 and an event in Mesquite Nevada November 7 through November 12, 2010.

They have also scheduled Reno in June, the State Team Championship in August, Solvang in September, and the State Individual Championship in October. See www.sirstategolf.com for details.

Couples Golf continues to grow. **Terry Marchione** reports 21 couples have now signed up. This group usually plays the 4th Wednesday of each month with couples sharing the responsibility for getting tee times and choosing the format. The schedule for 1st quarter 2010 is January 27 (**DeVoe's**), February 24 (**Hallett's**) and March 31 (**Schwab's**). Contact **Terry Marchione** at terrymarchione@yahoo.com for details.

Jim Hanck continues to set up times for the 9 hole group that plays on Thursdays at Diablo Hills in Walnut Creek. **Jim** is looking for a replacement to set up times for the group. Contact **Jim Hanck** at jhanck@astound.net.

Looking ahead to 2010 Away Golf, as I explained in the December Call article, I am exploring another event at Silverado Country Club in April. I would be looking at the North course to avoid some of the back up we experienced last year on the south end. I am asking for an expression of interest at this time from any who would like to play and invite guests. Just shoot me an e-mail at jimjudy39@aol.com or call me at 925-689-9232.

Jim Baldrige

November 24: First Flight: First Place **Ed Malboeuf** 70, Second Place: **Joe Suta** 72, Third Place: **Ken Kratz** 73. Second Flight: First Place: **Ken Richter** 75, Second Place **Ray Weisz** 76, Third Place **Walt Busenius** 77. Third Flight: First Place: **Stu Somerville** 75, Second Place: **Don Nunn** 76, Third Place: **Jim Brown** 77.

December 1: First Flight: First Place: **Bob White** 67, Second Place: **Joe Fuchs** 70, Third Place: **Jack Calloway**. Second Flight: First Place: **Ray Weisz** 75, Second Place: **Dennis Hallett** 75, Third Place: **Bob Mehus**. Third Flight: First Place: **Don Del Bene** 67, Second Place: **Jim Saavedra** 71, Third Place: **Mitch Mitchell** 73.

December 8: We did not have the required 24 Golfer for a tournament.

December 15: First Flight: First Place: **Jim Burk** 75, Second Place **Bob White** 75, Third Place **Ray Spears** 76. Second Flight: First Place: **Chuck Campbell** 69, Second Place: **Gene Diana** 70, Third Place: **Bill Cammerer** 72. Third Flight: First Place **Al Zamolo** 74, Second Place **Stephen Sprague** 77, Third Place **Ernie Dickson** 79.



Stephanie and Joe Fuchs

Wine Tasting ... Bill Holly

Our next wine tasting will be on Wednesday, January 27th from 2:30pm to 5:00pm at the home of **Hank & Hazel James**: 3067 Avellano Drive Walnut Creek, CA 94598-3808.



From downtown Walnut Creek take Ygnacio Valley Road North-East to Oak Grove Road. Turn right on to Oak Grove Road, go to the third stop sign, and turn right on to Cedro Lane. Turn left turn at Avellano Drive and go to 3067 Avellano Drive.

We will taste two varietals:



Malbec as the red varietal.



Chenin Blanc as the white varietal.

Spouses are invited to attend. Please bring a single bottle per couple of either the red or the white (under \$20) in a brown paper bag plus an appetizer to share.

Please RSVP by Jan. 20th to **Bill Holly** either by telephone (925) 691-5337 or by email at bill.holly@comcast.net

Jim Baldrige Chaplain,
Interim Sunshine Chairman .

Sunshine

Bob Schroder Recovering from surgery.

Chris Satterthwaite Health problems continue.

Condolences were sent to the family of **Doug Pederson** who passed away in November.

Condolences were offered to the family of our Big Sir **Stu Somerville** at his Celebration of Life service. **Stu** passed away on December 8.

George Bjornson Recovering from surgery.

Jessie Crews Health problems.

Roger Maire Undergoing chemo treatments.

Ed Wojnar Asked to be placed on our Inactive List due to health problems.

Fishing Paul Dubow

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



The cold water and the wind kept many of us off the water during the past four weeks, but those who ventured out between short breaks in the weather did well. **Carl Moyer** landed and released a 78 inch sturgeon while fishing with **Harry Sherinian**. **Harry** also boated a beautiful seven pound striped bass, which was not released. **Carl** made three more successful trips to the Delta, landing and releasing a 55 inch sturgeon on the first occasion and then keeping two nice stripers on the second trip. On the third trip, fishing with **Guy Brown**, a member of the Sacramento Area Fishing Group, he caught and released a 60 inch sturgeon. However, **Harry Sherinian** and **Terry Miller** were forced to flee the wintry blasts without any fish on another trip to the Delta. Shadow Cliffs Reservoir in Pleasanton proved to be a good place to escape the wind. **Harry** and **Carl** caught a nice limit of trout there up to 3 lbs. On another occasion, **Paul Dubow**, **Carl**, and **Carl's** daughter **Leah** drove out to Shadow Cliffs on a balmy day in December and landed 13 trout, again with the largest at three pounds.

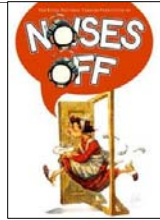
We will be very busy this winter with delta fishing for striped bass and sturgeon, trout fishing in our local lakes, and party boat trips for sturgeon, stripers, and other fish. If you haven't been fishing for awhile or if you would like to start out fishing, come down to our next meeting. You will be most welcome.

Our next meeting will be Thursday, January 28, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. The meeting starts at 8:30 am but you can pick up breakfast, beginning at 8 am. For further information, please contact **Paul Dubow** at 415-495-6308.



Carl Moyer and daughter **Leah**

Theater Gary Schaub



What has been described as the funniest farce ever written will be the SIR 146 Theatre Party event on Thursday, April 15 at Leshar Arts Center in Walnut Creek.

“Noises Off” is the story of a hapless English acting troupe touring a production of “Nothing On.” What happens? Everything! Doors slam, human dalliances prevail, confusions galore, and (are you ready?) a plate of sardines goes flying! Of course, it’s all in fun. Center Repertory Company’s production of “Noises Off” at 8:00 p.m. on Thursday, April 15 is guaranteed to be a crowd pleaser.

The three act play begins with the audience facing the stage. By the second act, the audiences sees what’s really happening backstage during this performance.

If you think you’ll be ready for a hilarious night out on “tax day” then this is the play for you! Recently revived on Broadway (and in a film with Carol Burnett). “Noises Of” promises a laugh-filled evening.

Tickets are \$31 each, and space is limited. Deadline to order is March 19. Send your check, payable to “SIR 146” to Sir **Gary Schaub**, 1758 Candelerio Court, Walnut Creek 94598. If you have questions, call **Gary** at (925) 938-5454. Tickets will be distributed at the door of Leshar Center at 7:30 pm on April 15.

2010 AUDIT COMMITTEE

Terry Marchione - Chairman

Frank Rockwell - Member

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

Bob Darius, Editor



Walkers John Lewis



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

Planned by: **Martin Lyle**

Jan. 8 DANVILLE RAILROAD MUSEUM
NORTH DANVILLE

Meet: At Railroad museum parking

Walk: North on Iron Horse Trail

Paved Level Some shade

Coffee: Pascal French Oven Railroad Ave.

Jan.15 CANAL TRAIL, WEST-- NO. WIGET
LANE, WALNUT CREEK

Meet: Deli-Delite 323 N.Wiget Lane, W.C.

Walk: From Deli to Canal West

Paved Level No Shade

Coffee: Deli-Delite Shadelands Office Park

Jan. 22 ALAMO NEW LIFE CHURCH
NORTH DANVILLE BLVD.

Meet: South on 680 Right on Livorna Rd.

Right on Danville Blvd.

Left at church, Park in back of church parking

Walk: North on Iron Horse Trail

Coffee: Yellow Wood Alamo Plaza

Jan.29 WALDEN PARK WEST OAK RD.

Meet: At Walden park Parking

Walk: West along Contra Costa Canal

Paved Level No Shade

Coffee: La Scala Civic & Locust

MEMBER RECRUITMENT AND RETENTION JACK CALLOWAY

Because of the high number of SIR member deaths in 2009, we had a membership drop which means we have a little catching-up to do in 2010. The Committee is busy making plans for 2010 including programs for both recruitment and retention.

Successful recruiting can only happen if you bring guests to the luncheons and they then decide to join Branch 146.

From our childhood we all remember the 3 R's. In 2010 our 3'R's will be RECRUIT-RECOGNIZE-REWARD. We intend to **Recognize** your efforts in **Recruiting** and sponsoring new members as well as **Rewarding** you for your interest in keeping our Branch strong and successful.

SIR CALL *Newsletter*

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

sircall@hotmail.com

<http://www.sir146.com>

CHANGE SERVICE REQUESTED

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2010 Branch Executive Committee is sworn in by SIR Regional Director **Jim Stedman** (left)
L to R: **Dennis Hallett, Pete Gates, Jim Burk, Ron de Golia, Jim Meehan, Joe Fuchs, Bob Darius,**
Bob Johnston, Vince Rettew. Missing were **Bob Schroder** and **Bob Lyman.**