



Ray Kan

Big Sir's Notes

Thank you Little Sir **Garth Cummings** for our informational and entertaining programs. Our meetings are well attended and the questions to the speakers, indicate a continuing high interest in the talks and top quality presentations. If you know of a program or have information on a future speaker, please call **Garth**.

Our 2004 Audit Committee with chairman **Syd Whalen** and members **Lo McCarley** and **Bob Schroder** have completed their report and have given their findings and recommendations to the Executive Board. Some members of the Board will be meeting to discuss the findings and recommendations.

The year is starting out with plenty of activities. The first Dinner-Dance has long been sold out and listening to **Bob Spellman's** report at our last meeting, he has trips and activities for all.

Get those checks to **Mitch Mitchell** for the Candy sales.

Check our Sir146.com website regularly and especially the Branch calendar. Get involved.



Hank & Betty James
of the Theatre Group in New York City

Little Sir's Corner

The speaker for the March luncheon will be **Steve Weir**, Contra Costa County Clerk/Recorder, who will be speaking about changes in the election process being put into effect in Contra Costa County. We also will be entertained by the Song Sirs who will be singing a medley of Irish ballads in honor of St. Patrick's Day.



Garth Cummings

Getting to Know SIR

Frank Fries

I was born October 10, 1923 in Ellis, Kansas. My family moved to Los Gatos, CA in the late thirties. I attended Los Gatos High School and started at U.C. Berkeley for one semester in 1942 before joining the US Army. Following three years in the Army I returned to UC Berkeley and graduated in 1949 with a B.S. in Civil Engineering.

I met my wife **Helen** (native Californian) at a church youth function and we were married January 30, 1949 during semester break of my senior year at Cal. **Helen** was employed until 1951 when our daughter was born and has been a stay at home mom and grandmother ever since.

We have been blessed with two children, six grandchildren and one great granddaughter. Following Cal graduation, I was employed in highway and heavy construction for the State of California, and for general contractors Gordon H. Ball Inc., Danville and Oliver De Silva Inc., Dublin. I retired as V.P. of Operations in 1989.

Helen and I have enjoyed family outings, house boating, and water sports. We enjoy cruising and travel. In addition to foreign travel we have visited forty seven of the fifty states.

My interests are boating, fishing, traveling, gardening, wood-working and visiting our mountain home in Paradise, CA.

I am active in Caring Hands, a John Muir Hospital Caregiver Volunteer Program and Loaves and Fishes in Martinez.

I have been a SIR for eight years, and am a recent transfer from Rossmoor Branch 81.



Bocce Ball

Bob Frankland

2nd and 4th Mondays at 9 am.

March through November except May 26 (Memorial Day) at Concord Bocce Courts in Newhall Park, Concord near the corner of Turtle Creek and Ayers Rds.



Bowling

Gus Edwards



The Phoenix arises from the ashes; out of the mud grows the lotus. After eight weeks of bowling, Dave's Dudes have risen to within one point of the league leaders. Only three points separate the top four teams in the 16-team league. The major Dude, **Larry Mitchell**, has the fourth highest average of the 64 bowlers in the league. **Tom Lindeland's** high series handicap score remains unchallenged. Tom is also in contention for most improved bowler. Note: *The Dave Valladao Memorial Tournament is March 21, 23, and 24th at Diablo Lanes and the entrance deadline is March 18th.*

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

FLOYD SKELTON 838-2515 f.skelton@att.net

Meet the 3rd Thursday of each month 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 March meeting of the SIR Area 2 Computer User Group will be held on Tuesday, March 17th. At this meeting we will continue our presentation on Utility programs, covering the registry cleaner program, RegSupremePro. Time permitting we will also talk about what you can do to help your computer perform better/faster. We'll also have time to talk and hopefully resolve your computer problems and talk about some interesting web sites



Cooking and Social

Don Nunn

1st Monday at various members' homes.

The Cooking group met at the home of **Don Nunn** for our kickoff for the new year. We feasted on garlic-rosemary fried chicken, potato-onion and apple gratin, multi-colored cabbage chard and finished with cherry pie dessert. A bit of the grape was enjoyed by all. Next month will be at the home of Sir **Dan Hungerford**. Bring your plates and cups. Call **Dan** and confirm the time and your attendance.



Duplicate Bridge Bob Donahue

Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

Sir **Doug Carlson** hosted four tables of duplicate bridge in February. **Bob Yolland** was first with 42.5 points and **Jim Jackson** was second with 42 points. **Fred Kovar** was third with 38.5 points and **Jim Brown** was fourth with 36.5 points. The next meeting is scheduled for Monday, March 14.



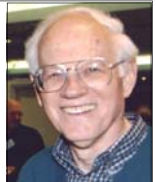
Warren Boero



Dick Johnson and Harry Tutton

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 at **George Zurich** and **Tamara Judson's** home on February 16th. **Bill** and **Margaret Rees** took first place with 40 points, **Lo** and **Sue McCarley** took second (37 points), **Carl** and **Anne Johnson** (34 points) placed third, and **Dave** and **Claire Rasmussen** (33 points) came in fourth.



Cooking Too

Rich Hanford

Cooking Too escorted their ladies to Windsor to celebrate Valentines Day. A grand time was had by all. A lovely wine country dinner at Langley's on the Green, shopping in Healdsburg, wine tasting

and golf. Not only did **Rich Handford** and **Sandy Wagner** plan the entire event, but **Rich** cooked individual omelets for all 16 of us, with **Sandy's** assistance, before we left to shop or play golf.

Fishing

Sal Costanza

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



Spring is almost here and fishing looks good. We need more Branch 146 members at our meetings. After all, 146 is the originator of this group! Up-coming events: Mar. 16-19, steelhead fishing in Oregon; Apr. 1-2, fishing seminar at Angels' Camp, Apr. 10-16, trout fishing at Collins Lake; May 2-6 trout fishing at McSwain/McClure Res; May 15-20, trout fishing at the Pitt River; May 22-27, trout, salmon, bass etc. at Lake Almanor. We also go out into the Delta and Suisun areas to fish for stripers and sturgeon. If you have any questions about the Fishing Group see me at our next lunch.



Cribbage

Al Tufo

The Cribbage Club was hosted by **Barney Meade** on February 9, 2005. We were able to get in two great derby tournaments. After eating a full bucket of oats, the Italian Stallion couldn't wait to get in the starting gate. When the bell rang he bolted out into the lead and never looked back, winning easy. **Bryant Fischback** came in second, followed by **Barney Meade**. **Bryant**, and **Howie King** were scratched from the second race due to caffeine overdose. The second race was also won by the Italian Stallion [AKA] **Al Tufo** with **Larry Reilly** running a close second. Cribbage Club will be hosted by **Al** in March at his home.

Garden Club

Chuck Bobinecz

1st Thursday at 9:30 am at Alamo Safeway conference room unless otherwise announced.

Our March meeting will feature **Rich Hanford** who will give us a presentation on tomatoes. The presentation will cover such topics as: lying down tomato plant trick, troubled tomatoes, too hot to work, etc.

The April meeting will be at the home of **Lo McCarley**. **Lo** has new landscaping and will talk about the principles of landscape architecture, the bidding process, hiring the landscape contractor and more about landscaping and the process.

The Garden Club, the Cooking Groups and the Wine Tasting Group are planning a bus trip on Friday, July 29th to the Gilroy area to visit the Goldsmith Seed Co. (their flowers will be in bloom then) and then will go to the Gilroy Garlic festival for lunch and some garlic ice cream.



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.

SPARE TIRE

Carrying a little extra weight around your middle? Not good! A recent Boston University study found that men having a waist measurement of 40 inches or more have double the risk of colon cancer.

“Central obesity (around your mid-section) is associated with increased insulin resistance problems that are thought to promote tumor growth,” says **Lynn Moore, Dsc.**, study author.

Source: *Men's Health*, July/August 2004

HOW TO BURN THE MOST CALORIES

If you're looking for an exercise to maximum calorie burn, choose a weight-bearing activity. The largest muscles in the body are those in the legs, and when you exercise them you have the greatest demand for energy (measured in calories). Walking, jogging, stair climbing, hiking are all good. Any activity that uses these legs in a nonstop rhythmic fashion for extended periods of time burns a lot of calories.

Source: *Fitness Magazine*, July 2004

AN ORANGE A DAY

Don't forsake the apple, but an orange a day can cut the risk of mouth and stomach cancers by as much as 50 percent and stroke by up to 19 percent. Citrus fruits, particularly oranges, are rich in antioxidants that inhibit cancer growth and slow blood clotting.

Source: *Bottom Line Health*, July 2004

DARKER SUNGLASSES

Darker sunglasses don't protect your eyes. The darkness of the color has nothing to do with the ability of the lenses to filter out UVA and UVB radiation. Rather, it is a chemical that is introduced to the lenses during manufacture that offers the protection. Look for sunglasses labeled as meeting the American National Institute (ANSI) requirements for general purpose use-which block 95% of UVB and 60% of UVA radiation. If you want even more protection, some glasses block 99% to 100% of UVA and UVB rays.

Source: *Consumer Reports on Health*, July 2004

EPSOM SALTS

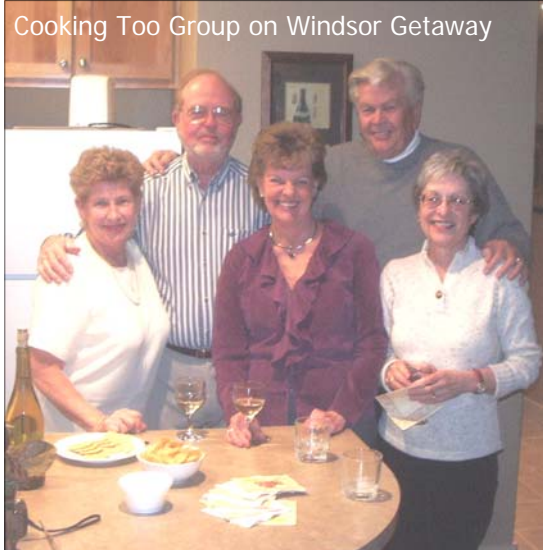
Epsom salts (hydrated magnesium sulfate), originally discovered in Epsom, England, is not effective in relieving muscle soreness. The folklore remedy is a powerful laxative, however, that should be used, if at all, with caution.

DONUTS

Question: Which variety of donuts is highest in saturated fat, trans fat and calories?

Answer: “Cake” varieties.

Source: *Consumer Reports on Health*, July 2004



Tuesday Golf

Walt Barabash

January 18 First Flight: **Bill Hansen, Bob Mehus** and **Bill Cammerer**. Second Flight: **Ralph Fowler, Pablo Chavez** and **Larry Zugnioni**. Closest to the Pin: **Bob Mehus**. Low Gross: **Bob White** with **83**

January 25: First Flight: **Bill Weinberg, Bob Mehus,** and **Bob Yolland**. Second Flight: **Ralph Fowler, Bill Becker** and **Don Del Bene**. Closest to the Pin: **Bob White**. Low Gross: **Jim Stedman** and **Bob White** with **85**

February 1: First Flight: **John Demos, Joe Suta** and **Ken Beattie**. Second Flight: **Bill Weinberg, Bill Becker** and **Pablo Chavez**. Closest to the Pin: **Rich Hanford**. Low Gross: **John Lewis** and **Jack Calloway** with **91**

February 8: First Flight: **Ray Nordstrom, Bob Yolland** and **Bill Hansen**. Second Flight: **Ray Weisz, Bill Weinberg** and **Bill Becker**. Closest to the Pin: **Russ Bliese**. Low Gross: **Bob White** with **85**



Letters to the Editor

Dear Editor

We have several people that have indicated they would like to become involved in the Cooking groups. The two Groups have limited participation due to space limitations. We would suggest that those Sirs interested, start a "Cooking Group Three". You can start with as little as two or three or four and grow as you feel fit. If you are interested, please contact either **Don Nunn** at 934-5214 or **Mike Cavallo** at 930-6555.

Bon Appetit!

Don Nunn

This Sir never cooked before joining and now very much enjoys the once-a-month camaraderie (and food). ..ed

Dear Editor:

I have always held you and the Sir Call in high esteem. I believe that our newsletter is the best of all those in the SIR Branches. Having said that, I need to express to you my disappointment regarding the Letters to the Editor feature last month. This feature was designed (or so I thought) to share ideas, concerns, suggestions and provide a forum that would be of interest to our members. We do not need silly fictitious letters as those published in the February Sir Call. The Gerly family, indeed! If there are not sufficient serious letters to publish in a particular month, then eliminate the feature for that month. As you indicated, we do need to find something for former Big Sir **Don Martin** to do. Do you think that we might find something for Past Big Sir **Dick DeVoe** also? He has entirely too much time on his hands. **Past Big Sir Doug Cook**

My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for minimal lettuce.

He said he was sorry, but they only had iceberg.

Away Golf

Jim Baldridge



Its Silverado on Monday, April 4. It's a 144 player shotgun on the South Course. This is a spring outing for couples and guests. The cost is \$45 for SIR golfers competing in the prize fund and \$43 for guests or those choosing not to compete for the prize money. Let me know as soon as possible of your intention to be there. Contact me at (925) 689-9232 or e-mail me at jimjudy39@aol.com

Three SIR Area 2 tournaments have been scheduled for 2005: Area 2 Governor's Cup Wednesday, April 6, Boundary Oak. Poppy Hills Qualifier Friday, May 20, Franklin Canyon. Team Scramble Friday, July 22, Franklin Canyon. Contact **Dick Richmond** (925)947-1167 or e-mail drichmon@pacbell.net



Bryant Fischback, Chuck Smith and Bob Burley prior to the Luncheon meeting



Harry Alderson and Dick D'Arezzo

Investments

Ben Smith

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

Ben Smith (925)820-5403 bjsssmith@Aol.Com

The March meeting of "\$ums In Retirement" Financial Group will take place on Wednesday, March 23. Breakfast will be served anytime after 7am. No reservations are required, just come and join in the fun.

Feel free to bring your fellow Sirs and friends.

Our guest speaker will be **Mr. George Fulmore**, who is the author of the Times Newspaper column, "The art of Retirement". Many of us are familiar with his column and have enjoyed his observations over the past months. He also teaches courses relating to retirement at Mt. Diablo Adult Education Center. He will be speaking about financial matters and how they effect your retirement life. **Mr. Fulmore** is a very knowledgeable person and will be presenting some excellent insights on how to handle many financial challenges that we must deal with in retirement. You will not want to miss this interesting and informative session. This is a great chance to bring your questions and obtain some sound advise from a retirement expert.

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.

SIRs 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 **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Corned beef and cabbage, boiled potatoes.
- Halibut steak with lemon butter, rice pilaf..

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership

Jim Jackson



Added to Waiting List: **Jim Hanck**

Resigned: None, Inactive: None

Withdrew: **Dick Nebinger**

Current Top 30 Man Waiting List (prioritized): **Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell, Roger Maire.**

Remaining Waiting List Men (prioritized): **Jim Reed, William Schmeh, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos, Vincent Rettew, Bill Baltezure, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson, Glenn Casebolt, James Meehan, Jim Hanck.**



Party Bridge **Fred Bolton**

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

We had five tables of bridge hosted by **Fred Bolton** on February 6. Winners were **Jim Stedman** with 8,110 points, second was **Chuck Hammond** with 7,140 points, third to **Fred Kovar** and fourth to **Al Hudgens**. Our next game will be on March 7 at **Jim Stedman's**.



Song Sirs

Bill Rees

Practice is normally held at the W.C. Presbyterian Church at 3:00 pm on Wednesday.

There will be practices on February 16 & 23 and March 2 & 9 in preparation for our role in the March luncheon. We will take a short break from practice and resume again on March 30...Good news for Song Sirs! At the last Branch 146 Board meeting, the Board approved the purchase of a new keyboard that will provide Dave with many more options as well as a much improved sound quality for us all. Life is good!



Sunshine



Otto Wilson

Harry Rieck

reports his scan of

January showed cancer is in remission. He plans to attend the March SIR luncheon.

Ray Carberry will be finished with chemo treatment next month. He hopes to return to SIRS soon. **Harry Alderson's** wife **Rosemary**, was hospitalized again recently due to a complication resulting from a stroke. She will be transferred to a convalescent hospital in San Leandro very soon.

Stan Strange (waiting list) is about to have cataract surgery. We wish all goes well with **Stan**.

William Knapp is undergoing a colon operation for cancer. Please keep him in our prayers.

Charlie Kiser is in the hospital. He is at Summit Medical Center for irregular heart beat and is undergoing therapy. His number is 510-655-4000 x 4454 which is also his room number. Talked to him Thursday (2/27), his voice sounded strong, but they won't let him play golf.

Former SIR member **Dick Joyce** has now settled in Carmichael near Sacramento and has joined a SIR branch there. His phone number is 916-486-3683. Give him a call.

Travel Opportunities

Bob Spellman



April 3 Warriors Basketball vs. Seattle Supersonics. Game starts at 3pm at the Arena in Oakland. No minimum order, so take lots of friends. Cost \$30 p/p. Pick up brochure at next meeting for ordering information.

Contact **Bob Spellman** 934-8428

April 28 Nummi & NASA. We will travel by bus to the Nummi Plant in Fremont, a joint venture of Toyota and General Motors for a tour of the auto plant on a tram. Next it's to Gerald Canter Center for Visual Arts at Stanford University, which houses a diverse collection spanning 4000 years of the worlds cultures. Lunch will be hosted at McArthur Park in Palo Alto. After lunch, we're off to explore NASA Ames Research Center located at Moffett Field. Cost \$64 p/p. Only a few seats left.

Contact **Bob Spellman** 934-8428

May 19 A Day at the Races. Includes r/t coach transportation to Golden Gate Fields, Turf Club Admission, lavish luncheon buffet and program. Cost \$35.

Contact **Charlie Kiser** 274-1575

May 23-June 2 Branson & Barging. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer. In Branson deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**, Mississippi barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o.

Contact **Charlie Kiser** 274-1575.

May 27 Sacramento Jazz Jubilee. All day pass to all locations, Including special Sir program at Cal Expo. Cost \$20 p/p which is half the regular price. Deadline May 1.

Contact **Bob Spellman** 934-9428

June 29-July1 Boulder Creek Golf. Package includes 2 nights lodging, 3 rounds of golf, one dinner, cocktail party and \$28 food and drink credit. Cost \$202 for golfer and \$151 for non golfer. Contact **Charlie Kiser** 274-1575

July 20 All SIRS Day at SBC Park. Watch the Giants battle Eastern Division Champs Atlanta Braves. Seats are assigned on a first come, first serve basis. Cost \$17 to \$33 depending on location. Contact **Charlie Kiser** 274-1575

Sept 29-Oct 10 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post cruise night in Bucharest. Cost from \$3295 p/p d/o. Hurry, space is limited.

Contact **Bob Spellman** 934 8428

Oct 12-Nov 2 Australia & New Zealand. 22 day excursion through Australia and New Zealand. Includes roundtrip airfare, accommodations in 3 to 4 star hotels for 19 nights, deluxe motor coach transportation All tax and gratuities at hosted meals and hotels. Cost \$4980 p/p d/o.

Contact **Bob Hagler** Br 8, 934-7620

Theatre

Bill Hansen



It's amazing, amusing, astonishing, and fun. It is about a defective, effective, man of the **Sam Spade** era. A good looking, well, below average man who falls into, or solves crimes or misdemeanors. Bring your dearest to this show which shows how really bright you are. It is "Bullshot Crummond" at the Town Hall Theatre May 7. Showtime is 8 pm. Tickets are \$18 each. Checks to SIR 146 and mail to:

B. Hansen at 3098 Manzano, W.C. 94598



The SIR 146 Walking Group headed up by **John Lewis**

You're in incredible shape," the doctor said. "How old are you again?" "I am 78." The man said. "78?" asked the doctor. "How do you stay so healthy? You look like a 60 year old."

"Well, my wife and I made a pact when we got married that whenever she got mad she would go into the kitchen and cool off and I would go outside to settle down." the man explained.

"What does that have to do with it?" asked the doctor.

"I've pretty much lived an outdoor life."

Thanks Don.. ed



Larry Sheerin, Al Bond and Sal Costanza

Table Pool **Bill Weinberg**

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

The Pool Club met today and had 16 players on 4 tables. It was a great turn out with some new faces from Group 8.





Greeters **Mike Cavallo** and **Max Burchett** welcoming a member



Walkers John Lewis

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



Rain cancels any walk.

March 4 - Daffodil Walk. Meet at Moraga Safeway parking lot.

March 11 - New Iron Horse Trail opposite P.H. Bart. Meet at Walden Park on Oak Road near canal. Note: north of Ygnacio, Civic Drive becomes Oak Road.

March 18 - Mitchell Canyon Trail. Meet at Clayton Library.

March 25 - Benicia Marina. Meet at Sun Valley Bank of America for carpooling.

Thanks to **Rich Ahlf, John Lewis, Bob Madge, and Art Trost** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.



February 2005 Executive Board Meeting



Our Theatre Group enjoying fine dining in NY., NY.



John Miller and Jim Wray

Rich Hanford making breakfast omelets



Ladies Day Luncheon at Boundary Oak, Thursday, May 12, 2005.

No. of tickets _____ @ \$21 each. Enclosed \$ _____

Names:

There will be no tickets sold at the door

Petite filet of beef _____ Herb crusted filet of salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to **Franklin Rockwell**, 2261 Deer Valley Lane, Walnut Creek CA 94598-5004.

Frank's e-mail address is Frankrock@Aol.com

Seating for this event is now limited to 300. We will accept only SIR member reservations until March 31. After March 31, both SIR member and SIR waiting list reservations will be accepted as received. All reservations and payment in full must be received by May 1. There will be no tickets sold at the door. Note: If ordering for a full table or a group, send the full payment and list your companions and their entree choice on an attached sheet. Don't delay!

SIR CALL *Newsletter*

Sons In Retirement, Inc.
590 Pine Creek Rd.
Walnut Creek, CA 94598

SirCall@astound.net
<http://www.sir146.com>

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Please deliver as
soon as possible.



SPRING CANDY SALES

Order Form

The time is now to place your order for See's Candy. The price has gone up but it is still a bargain at \$10.10 for a one pound box. The deadline is March 14th.

The certificates will be available shortly thereafter.

Make your check payable to "SIR Branch 146" and send a self-addressed stamped #10 envelope to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521-3711.

NAME _____

ADDRESS _____

CITY & ZIP _____

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