

Big Sir's Notes



Garth Cummings

At our March luncheon we will have reached our branch membership limit of 240 plus 5 Honorary Life Members. Fourteen will remain on the waiting list and will become members as openings occur. The moratorium on accepting new applications for the waiting list will remain in effect for the rest of 2006 as your Branch Executive Committee continues to revise the rules affecting the waiting list. To those new members who have joined the branch in recent months I again extend a hearty welcome and encourage you to take part in as many of the varied branch activities as you wish.

The 2006 audit of the branch accounts has been completed and I wish to thank Audit Committee Chair **Bob Schroder** and members **Jim Brown** and **Tom Thomson** for their efforts in this regard. I, and several of the other branch officers, will be meeting with our auditors to discuss suggestions made by the Audit Committee for improvements in our procedures.

As some of you know **Harry Hubinger**, our Area 2 Governor, has put together a team composed of members from the six Area 2 branches to develop ways to publicize SIR in the hopes of encouraging the formation of a new branch in our area. Most of you are aware that even though membership in SIR has been declining for a number of years statewide, most of the branches located in central Contra Costa County have waiting lists such as we do. It is **Harry's** hope that, between those on the waiting list and applicants attracted by the publicity campaign, a new branch can be formed. **Don Nunn** is our representative on that Committee and I wish to thank him for agreeing to help **Harry**.

Remember that Easter is just around the corner and get your checks into **Mitch Mitchell** for the Candy sale.

In April we will again have a "Getting to Know You Day" using randomly selected seating for the luncheon with a few tables set aside for those with guests. This will, again, give us a chance to meet new people which is particularly important because of our many new members.

Little Sir's Corner



Jim Stedman

The Speaker for March will be **Ron Domer**. **Ron** is a Civil War historian from Tennessee who will bring us an interesting point of view on the Civil War



February speakers; **Gary Hunt** and **Jim Pope** receiving thanks from **Jim Stedman**

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.



Cooking and Social Don Nunn

1st Monday at various members' homes.

The Cooking group met at the home of Sir **Dan Hungerford** for the kick off to 2006.

Sir **Dan** presented a pork loin roast with applesauce, fritata, Caesar salad and homemade cake. A taste of the grape completed the sumptuous meal. Group camaraderie was the order of the day.

We will meet at the home of Sir **Al Milano** on the first Monday in March. Please call **Al** and notify him of your attendance.

The next dinner dance will be held in October. We will try to move to larger quarters to accommodate all of the old time attendees as well as the new members (More to follow).



Duplicate Bridge George Zunich

Sir **Lo McCarley** hosted four tables of Duplicate Bridge in February. **Dick Johnson** was in first place with 42.5 points, **Jim Jackson** was second with 42.0 points. **Carl Johnson** was third with 40.0 points. **John Demos** and **Fred Bolton** were tied for fourth with 38.5 points.

The next meeting is scheduled for Monday, March 13th. Contact **George Zunich** at 376-4439 for information.

A Personal Note...

The family of **Harry Rieck** wishes to thank the Sirs for all their compassion and caring during his illness. The lovely chest and badge given to **Carol** will be a treasured keepsake. **Harry** loved SIR and our family will be forever grateful to the fine men of the organization.

Carol Rieck and daughters

Ladies Invitational Golf

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

Regular and Waiting List members are eligible to bring the ladies of their choice. Registration forms must be received NLT May 15th. First received have preference. Limit of 64 players. \$47 per golfer includes: 18 holes of golf, cart, buffet and prizes.

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



Fishing

Sal Costanza

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

Up-coming activities: March 25th, fishing seminar at Fishermen's' Friend in Lodi (how to fish the Delta and surrounding lakes). April 8th & 9th, seminar at the Glory Hole at Angels Camp. April 9th & 10th, fishing trip to Collins Lake. Possible trips to Clear Lake and Lake Berryessa--bass fishing. These trips will be discussed at our next meeting. See you there!!! Sal



Tres' Gourmet Frank Rockwell

The group met on February 17th at the home of **Bill Hansen**. **Bill** prepared a great lunch. After appetizers, we were treated to a great spinach salad with a choice of excellent dressings, a country veal dish that consisted of veal (of course), mushrooms, a red sauce with a number of herbs and spices. The veal was served over pasta and accompanied by peas and pearl onions. Dessert was a combination of pears, ice cream and chocolate sauce. We enjoyed some great wines and **Bill's** hospitality.



Table Pool Bill Weinberg

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

The Table Pool Club had it's 1st Monday Meeting of February on the 6th. The turnout was very good with 3 tables of Crazy 8 being played. Hope to see you at the next meeting on the 20th of February. Remember, the 1st and 3rd Monday of every month.



Area 2 Computer and Digital Photography Groups

Floyd Skelton 838-2515, f.skelton@sbcglobal.net
Dick Curry 376-5541, racorinda@pacbell.net
Phil Goff Digital Photography Chairman,
philgoff@yahoo.com

Thursday, March 16 - "**Quicken 2006 - The #1 Personal Finance Application**" -- **Dick Curry** (Branch 171) will present an overview of Quicken's 2006 version of their outstanding finance application. Learn the ins and outs of this powerful application at our March meeting. **Dick** will also review Microsoft's beta version of the new Internet Explorer 7.0 and conduct a "Computer Questions and Answers" session following his Quicken 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 on the 2nd and 3rd months of each quarter. All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://www.sir-web.org/computer>

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 **Jim** and **Allison Todhunter's** home on February 15th. **Chris** and **Ed Myrtle** (Branch 8) took first place with 35 points, **Jim Brown** and **Barbara Lundblade** tied for second with **Lynn** and **Dasha Freeman** with 34 points, and **Jim** and **Allison Todhunter** (32 points) came in fourth. The next meeting will be hosted by **Stu** and **Margot Somerville's** on Wednesday, March 15th.

Songsirs

Bill Rees



In the last issue of the SIR CALL, I reported that the SONGSIRS' would entertain a Walnut Creek Presbyterian Church seniors group on February 1st. We did, and the cards and phone calls I've received suggest, it was very successful. It's great fun when things go really well.

We have no gigs currently scheduled other than the March Branch luncheon. Result—our practice schedule for March will be the 1st, 8th, and the 22nd. Beyond those dates, we will revert to our maintenance schedule of the 1st and 3rd Wednesdays of each month. All practices will be at 3pm at the W.C. Presbyterian Church unless otherwise notified.

Theatre

Bill Hansen

They are two of the wackiest, funniest shows to grace the American stage. *Noises Off* will be presented by the Willows Theatre May 4, 2006 at 7:30pm and *Laughter on the Twenty Third Floor* will be presented by the Walnut Creek Rep. on June 17, 2006 at 8pm. Both will charge twenty five dollars per ticket. Both shows will be on a Thursday night.

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



Garden Club

Chuck Bobinecz

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

Our March 2nd meeting will be held at the Presbyterian Church. Sir **Chris Satterthwaite** will give a Power Point presentation on basic gardening. This is "stuff" we used to know but probably forgotten during our happy hour.

Garden tips for March: When selecting seeds, age has an effect on germination, so avoid old-looking or outdated packages. Feed lawns with high-nitrogen fertilizer as grasses begin their spring spurts now.



Tuesday Golf

Walt Barabash

Latest Weekly Tournament Results

A hole-in-one was made by our own Bill Cammerer. Good Going Bill! I hope you made a little money after buying the drinks..or is that a laugh?

January 17 First Flight: **John Demos, Jeff Baily and Joe Barry**. Second Flight: **Ralph Fowler, Ken Kratz and Don Nunn**. Closest to the Pin: **Ralph Fowler**. Low Gross: **Lew Thompson - 86**

January 24 First Flight: **Joe Barry, Rich Colombo and Bob Mehus**. Second Flight: **Jeff Baily, Joe Lamanna and Walt Barabash**. Closest to the Pin: **Don Del Bene**. Low Gross: **Joe Barry - 87**

January 31 First Flight: **Frank Rockwell, Gene Diana and Jeff Baily**. Second Flight: **Ralph Fowler, Ken Kratz and Bill Boyd**. Closest to the Pin: **Frank Rockwell**. Low Gross: **Gene Diana - 87**

February 7 First Flight: **Joe Lamanna, Jack Calloway and Joe Suta**. Second Flight: **Ray Kan, Don Del Bene and Ray Weisz**. Closest to the Pin: **Joe Suta**. Low Gross: **Jack Calloway - 86**

February 14 First Flight: **John Demos, Rich Hanford and Frank Rockwell**. Second Flight: **Joe Lamanna, Bill Weinberg and Ray Weisz**. Closest to the Pin Hole No 2: **Bill Cammerer (HOLE IN ONE)**. Hole No. 12: **Doug Cook**.



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.

AIRPLANE EAR

Follow these tips to avoid airplane ear:

- Reconsider travel plans. Don't fly with a cold or upper respiratory congestion or infection unless necessary.
- Use an over-the-counter decongestant nasal spray. When you're asked to buckle your seat belt before takeoff, spray about four vigorous puffs in each side of your nose while holding shut the opposite side. Be sure to have chewing gum or peppermint in your mouth so that you are swallowing at the same time. This will mask the medication's bitter taste and place the spray closer to the opening of your Eustachian tube.
- Avoid all decongestant pills. Males, age 50 and older, may experience serious side effects after taking decongestants containing pseudo ephedrine (Actifed, Sudafed), including a sudden enlargement of their prostates requiring an immediate visit to the local emergency room and placement of a urinary catheter.
- Time your medication. If you have allergies, take your medication before your flight.
- Suck candy or chew gum during flight. This encourages swallowing. Yawning also activates the muscles that open your Eustachian tube.
- Clear your ears regularly upon takeoff and landing. Do this by gently blowing while pinching your nostrils with your mouth closed. Repeat several times during descent to equalize the pressure between your ears and your environment.
- Avoid sleeping during descent. This allows you to make sure you're swallowing enough to keep your ears clear.
- Have infants and young children drink fluids during ascent and descent. This encourages swallowing. Give acetaminophen (Tylenol, others) 30 minutes before takeoff to help control any discomfort that may occur. Decongestants in young children generally aren't recommended.
- Talk to your doctor. If you've recently had ear surgery, consult your doctor before you fly.
- Try filtered earplugs. These slowly equalize the pressure against your eardrum during takeoff and landing. You can purchase these at drugstores, airport gift shops or your local hearing clinic.
- Drink plenty of water to avoid dehydration. Avoid alcohol and caffeine because they constrict your blood vessels and may increase the risk of ruptured capillaries.

Source: Mayo Clinic Newsletter

Branch 146 Welcomes New Members



Sponsor, **Reggie Fromm** and **Al Meier**



Sponsor, **Dick DeVoe** and **Bill Danzig**



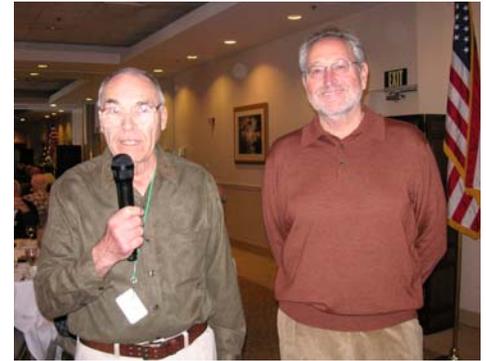
Sponsor, **Rich Ahlf** and **George Knies**



Tim Valanos with Sponsor, **Charlie Kiser**



Sponsor, **Pete Gates** with **Tom Boltz**



Sponsor, **Joe Suta** and **Steve Dawkins**

Investments

Ben Smith

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

The March meeting of "Sums In Retirement" will be held Wednesday, March 22nd at the usual location. The meetings normally take place on the fourth Wednesday of each month. Breakfast will be available after 7am and the meeting will start at 8am. No reservations are necessary and all SIR's and their guests are welcome to attend. Choose your breakfast off the menu.

Program: A presentation will be made by Mr. **Richard Welty**, President of Welty Capital Management, located in Lafayette. Mr. **Welty** is an Independent Advisor for pension and profit-sharing plans and individuals. He has a vast background in investing over the past 25 years and will present strategies and ideas for today's market. He is one of the featured members of the Times newspaper investing panel. This should prove to be a very informative session and a great opportunity to gain some new investment knowledge. We always take time to have a good Q&A session.

If you need additional information or have questions, contact Sir **Ben Smith** at: 925-820-5403 e-mail bjsssmith@aol.com.



Cribbage

Al Tufo

What a great day we had at our last Cribbage tournaments. We were hosted by **Howie King** and his lovely wife **Janey**. They were good enough to show us around their new home in Rossmoor where the view is absolutely beautiful. Then we were treated to the best coffee and goodies. By the way, **Howie** and **Janey** will be celebrating their 50th anniversary in October. God Bless. We were able to get in two games before the sun went down. **Dan Meckfessel** won the first tournament and **Larry Reilly** came in second. After making little pigs of ourselves, eating all the goodies, we started the second tournament. You may be wondering where the h--l the **Italian Stallion** was all this time? Well, he only won one game out of eight (8) and sulked like a little colt and wouldn't talk to anyone. Anyway, **Langley**, that's spelled with a Y, **Erickson** won the second tournament and **Dan Meckfessel** came in second. Wish **Dan** wouldn't win so much so I wouldn't have to spell his name so often.

CIAO Tufo

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

- Corned Beef and Cabbage with boiled potatoes
- Halibut Steak with lemon butter and rice pilaf

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Terry Marchione, Winslow Ferrin, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons



Party Bridge **Fred Bolton**

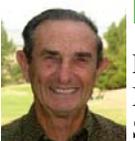
1st Monday at 10 am at various members' homes. Bring a lunch.

We had four tables of bridge, hosted by **Dick Johnson**, on February 6th. The winners were: **Jim Jackson** with 7460 points, **Dick Johnson** was second with 6290, **Carl Johnson** was third and **Jim Stedman** finished fourth. Our next game will be on March 6th at the home of **Bill Rees**.



Poker Club #1 **Frank McNamee**

We met on February 8th at the home of **Howard** (One chip for low) **Harvey**. All seven members were present and, after 4 hours of intense competition, **John Lewis** and **Bill Cammerer** emerged as the smiling winners. The next gathering will be on March 8th at the home of **John Lewis**.



Poker Club #2 **Al Zamolo**

Poker group #2 had its first meeting on the last Monday in January at the home of **Al Zamolo**. Seven members participated. Our next meeting is scheduled for the last Monday in February at the home of **Jim Brown**.

Membership

Jim Jackson



Branch 146 Statistics: Members 234 , HLMs 5, Waiting List 21, Inactive 3

February Attendance: Members 198, HLMs 4, Waiting List 5, Guests 1, Excused 28, Unexcused 8. Total February Attendance 208.

Status Changes:

Inducted: **Timothy Valanos, Thomas Boltz, William Danzig, George Knies, Stephen Dawkins, Allen Meier**

New Top 30 Men: None

Resigned: **William Moresi**

Withdrew: None

Inactive: **Clarence Tooley**

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

Current Top 30 Man Waiting List (prioritized): **Miles O'Conner, Vincent Rettew, Bill Baltezare, Ron Binder, James Burk, Glenn Casebolt, James Meehan, Jim Hanck, Philip Sapunor, Glen Renk, Robert Lipscomb, Robert Figone, Teddy Coggiola, Charles Koeber, Steve Loftin,**



Sunshine **Otto Wilson**

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



John Fontenrose is home doing well after heart valve replacement.

Dick Richmond is recovering at home after having a knee replacement. He is doing exercises and feeling well.

Hazel, wife of **Charles Unfried** has had both hips replaced. She is home recovering. Sir **Chuck** developed pneumonia during all this ordeal and they are getting better every day.

Bill Martin's wife **Mary** is undergoing chemotherapy for cancer. She is home doing just fine.

Ron Pascoe is home after undergoing a bypass in the leg due to a blood clot. This was after his knee replacement. He is doing well.

Doug Pederson is home after developing a problem with swallowing. This will be a slow process of healing.

Chris and **Dorothy Satterthwaite** celebrated 59 years of wedded bliss on February 15th. How many bells is that in Navy lingo, **Chris**?

Travel Opportunities

Bob Spellman



Mar. 19, 2006: **SIR Day with the Golden State Warriors.** This years' 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.

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

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

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

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

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

Jun. 21, 2006: **All SIR Day at AT&T Park.** Watch the San Francisco Giants battle the AL Western Division Champions,

L.A. Angles. Game starts at 12:35pm with choice of Lower Box, View reserved seats, or Left field Bleacher seats. Contact **Charlie Kiser**, 274-1575.

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



Thanks a bunch to all the golfers who signed up for the Los Positas tournament on Thursday Feb 23rd. We actually had an over subscription; 42 players signed up and the course gave us extra tee times. I will get the results out at Tuesday Golf and in the next SIR CALL.

Silverado sign ups are going great as well. As of the middle of February, I have over 120 players and guests signed up. So, if you want to play, get your checks in to me ASAP.

Questions **Jim Baldrige** 925-689-9232 e-mail jim-judy39@aol.com

P.S. Congratulations to **Bill Cammerer** for a great HOLE IN ONE on hole #2 at Boundary Oak GC on Tuesday, February 14th. What a Valentines Day present!

SIR Branch 146 March Computer Classes



The computer users basic tutorials will be held on the following Thursdays and Fridays in March: Friday the 10th, Thursday the 16th, Thursday the 23rd & Friday the 24th. Please mark them all on your calendar.

Time: 2 to 4pm.

Place: Walnut Creek Presbyterian Church.

1801 Lacassie Ave, room 224, Walnut Creek

Directions: From Ygnacio at the Walnut Creek BART station: Go south on N. California Boulevard.

Turn right on Lacassie Ave. and go west. Turn left into church campus.

From the church parking lot go through the wooden gateway and up the 2nd outside stairway to the 2nd floor. Enter the building and Room 224 is on the left.

If you're relatively new to computers (less than 2 years) or contemplating getting one, this class is for you.

Wine Tasting ... Dale Haukland

A wonderful time was had by the wine group at the home of **Don and Donna Strong** on February 15th. Some great Cabs and Chards were tasted but the highlight was tasting their private label wine!!



Wine Tasting & Blending Bus Trip

When: April 26, 2006, Wednesday

Where: Murrieta's Well Winery

What: The Art of Blending

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

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

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

Total package price: \$75 per person

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

Bus Leaves at 9 am.

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

Payment must be received by March 31, 2006.

Name (s) _____

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

Make Checks Payable to: SIR Branch 146

\$75.00 per person \$75.00 x _____ = _\$ _____
(Includes all above and driver's tip)

Spring Candy Sales

Time is running out for ordering your Sees' Candy. The price is \$10.50 for a one pound box certificate. There is no limit to the amount you can order. Make your check payable to "Sirs Branch 146" and send it to **Mitch Mitchell**, 5350 Lightwood Drive, Concord, CA 94521.

Please include a stamped self addressed #10 envelope (this is the long envelope). The deadline for me to receive this is April 6, 2006. Your certificates will be mailed soon after.

Name _____

Address _____

City and Zip _____

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

Walkers John Lewis



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



Mar. 3 - Daffodil Walk. Meet at Moraga Safeway parking lot.

Mar. 10 - Donner Trail, Clayton. Meet at Clayton Library.

Mar. 17 - Kaiser Building Roof Garden plus part of Lake Merritt, Oakland. Meet at 9:50am at Walnut Creek BART. See John for instructions.

Mar. 24 - Shell Ridge area, Walnut Creek. Meet at end of Marshall Dr.

Mar. 31 - Borges Ranch Trail, Walnut Creek. Take Castle Rock Road to right on Borges Ranch Road.

Thanks to **Bill Cammerer, Rich Hanford**, and **Ken Richter** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Rich Ahlf** for proof reading.



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

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

Pick: London Broil _____ or Spice Rubbed Filet of Salmon

Special requirements _____

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

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

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

SIR CALL

Newsletter

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

sircall@hotmail.com

<http://www.sir146.com>

Non Profit Org
US Postage Paid
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Time Value Mail
Please deliver as
soon as possible.



Song Stars at the Walnut Creek Presbyterian Church VIP luncheon on February 1st



Hazel and Hank James by the SNO train to Reno on February 14th. **Dottie and John Denham** enjoy the view from the Dome car.



Ray Yonce, Howie King and Bill Powell at the luncheon in February.