

Garth Cummings

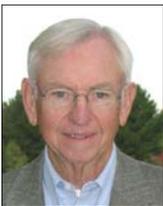
Big Sir's Notes

Congratulations to our newly elected Officers and Directors for the year 2007. They are: **Jim Stedman**, Big Sir, **Jeff Baily**, Little Sir, **Stu Somerville**, Secretary, **Dennis Hallett**, Assistant Secretary, **Bill Snyder**, Treasurer, **Tom Thomson**, Assistant Treasurer, and **Pete Gates**, Al

Zamolo, **Jack Matthews**, **Larry Mitchell**, **Dan O'Sullivan** and **Harry Tutton** as Directors. The branch is indeed fortunate these members have agreed to serve on next year's Branch Executive Committee and I am sure you will give them the same support that you have given this year to me and the rest of the Executive Committee.

I hope you have all had an opportunity to review the Branch 146 Emergency Evacuation Plan that was passed out at the August luncheon. Although the likelihood of having to implement it is low, it is best to be prepared. It looked like you all found the correct exit to use as you left the luncheon and indeed, the room seemed to empty out quickly.

I attended the annual corporate meeting for SIR in Vallejo on August 7th. New state officers were elected and reports given on the state of the organization. Although the financial condition of State SIR is satisfactory we are still losing members at the rate of 3-4% per year. The state continues to address this problem with various programs but it is up to the branches to recruit new members. Fortunately Branch 146 has done its part by increasing membership by 30 this past year. The impact of this increase appears to be modest according to the report presented by the Membership Committee at our last Executive Committee meeting. Thank you all for making our new members feel welcome and we look forward to their participation in our ongoing activities.



Jim Stedman

Little Sir's Corner

The speaker for September will be **Linda Best**. She is the President of the Contra Costa Council and Executive Director of the Contra Costa Economic Partnership. Her topic will be "Contra Costa Competing in a Global Economy".

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 had 12 or 13 at our August 14th outing but there's room for more. Join us for some fun. Beginners welcome. Rain cancels.



Bowling

Larry Mitchell

As mentioned in the last monthly SIR Meeting, Diablo Lanes is inviting SIR members who are interested in attending an introduction to bowling on August 30th at 10am. **Gail**, who is the manager of

Diablo Lanes will be hosting this get-together. It will include free coffee, donuts, and free bowling. Bowling instruction will be given by **Gail**, who is a professional. If you are interested in bowling but cannot make this meeting, please join us at the winter league pre-bowling meeting at Diablo Lanes on Sept. 6th at 9:30am. You will be welcome at either event. We need more bowlers, no previous experience required.



Cooking

Dave Johnson

1st Monday at various members' homes.

In August, the Monday Mafia met at the home of our Capo, **Gino Diana**, in San Leandro. Again, it proves that we will travel any distance for a free meal. Following a lavish cocktail hour featuring **Gino's** own prize-winning wines, we were served Insalate Verde del Capo (his special mixed green salad), and chicken breast stuffed with prosciutto and provolone and served with fresh, sautéed Roma beans. For dessert, he offered a vanilla pudding derived from an old and secret family recipe, which he refused to share. Because of the high quality and excellence of his cooking, he was unanimously re-elected, as Capo, for another one month term.

The September meeting will be at the home of **Barney Meade**. All of the sordid details will follow.

Table Pool Bill Weinberg



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

Our turnout has been very good but there is still plenty of room. Just show-up on any 1st or 3rd Monday and join the fun.



Tres' Gourmet Lew Thompson

Tres' Gourmet met at the home of **Bill Hansen** on Thursday August 17th. The meal included a chilled butter nut soup, halibut on a bed of orzo rice, spinach and cherry tomatoes. Dessert consisted of scalded peaches in a sugar and wine bath.



Duplicate Bridge George Zunich

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

On August 14, Sir **George Zunich** hosted three tables of Duplicate Bridge at his home. The results were as follows: **Fred Bolton** took first place with 30.5 points. **Jim Todhunter** came in second with 27.5 points. **Bob Donahue** was in third with 26.0 points. The next match will be held on Monday, September 18th. Interested members should contact **George Zunich** at 376-4439 for information. We welcome new players.

Songsirs

Bill Rees



SONGSIR practice sessions will be on September 6th, 20th, 27th and October 4th in preparation for our gig at the Shadelands Museum on October 8th. We may reconsider and schedule September 13th depending on how **Rod**, our Music Director, feels we performed on the 6th. The October 8th event is a fundraiser for the Shadelands Museum and should be a lot of fun.



Sirmonicats Jim Helmick

The Sirmonicats are busy getting organized and getting a song portfolio put together. Due to vacations and other conflicts, we have not yet had a full scale rehearsal which would include **Obera, Helmick, Meade, Baily, Johansson** and **Wilson**. What we have been able to do sounds promising. Call **Jim Helmick** at 376 6042 if you are interested.

Fishing

Sal Costanza

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



Fishing reports continue to be very good. Join us for breakfast. Just go to the counter before the meeting, order what you want, and it will be delivered to the meeting room. Find out what organized trips are coming up or just get current fishing reports and techniques for your own activities.

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, philgoff@yahoo.com

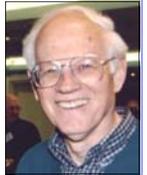
Thursday, September 21 - **Floyd Skelton** (Branch 116) will be our featured speaker. His presentation "*12 Great PC Utilities for Under \$10 Each*" will include a calendar maker (Days Ease), a password locker (Any Password), an effective file eraser (Shred2), an extremely versatile screen print utility (ScreenPrint 32), as well as many other useful and helpful utilities. **Dean Steichen** (Branch 8) will conduct an informative Computer Q&A session following Floyd's presentation.

Meetings of the Area 2 Computer Users Group/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).

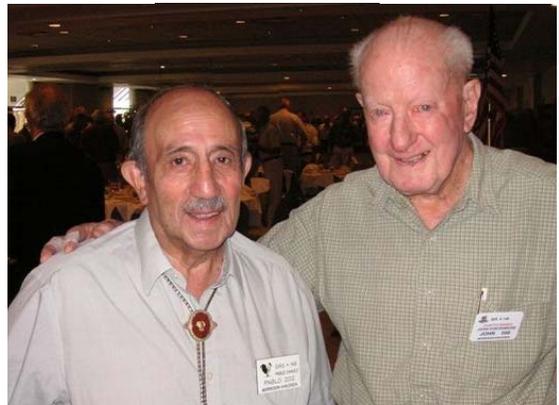
The Digital Photography Group only meets the first month of each quarter (January, April, July, and September) and the Computer Group on the 2nd and 3rd months of each quarter. All SIR members are invited to attend these informative sessions. For more information please visit our web site at: <http://www.sir-web.org/computer>

Couples Duplicate Bridge Lo McCarley

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



Lynn and Dasha Freeman hosted three tables for Couples Duplicate Bridge on August 16th and, ignoring the fact that they were hosts, won first place with 26 points. **Jim and Allison Todhunter** came in second with 22 points and **Bill and Margaret Rees** (20 points) took third place. **Carl and Anne Johnson** will host the next session on September 20th.



Pablo Chavez with John Fontenrose at the August Luncheon

Garden Club

Chuck Bobinecz

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



The Garden Club will meet at 9:30 am at the Walnut Creek Presbyterian Church on September 7th. Sir **Doug Cook** has arranged for a speaker from the CCC Master Gardeners.

Summer garden tip of the month on lawns: Cut your lawn at your lawn mowers highest setting. Most weeds require plenty of light to germinate. When you mow remove no more than one-third of the grass. Water your lawn in long heavy intervals rather than shallow frequent ones. It is best to water 20 minutes and wait 20 minutes to promote deeper root growth.



Cribbage

Al Tufo

Cribbage was hosted by **Langley** spelled with a y. He served the best store bought ice cream pie I have ever eaten. We were able to get in three great tournament races, as there were only five players. The **Italian Stallion** won the first race with **Langley** coming in second. The next race was a real thriller. Running down the stretch the **Italian Stallion** and the Dublin Kid **Larry Reilly** were racing head to head. They hit the finish line nose to nose and it took a photo finish to see who won. **Larry Reilly** just edged the **Italian Stallion** by a nostril who was placed second. The third and final race was won by the **Dublin Kid Reilly** who is being checked for steroids as we speak. **Barney Meade** ran a close second. The Cribbage Club for September is scheduled to be hosted by **Howie King** on Wednesday the 13th. Please continue to pray for our member **Bryant Fischback** for a speedy recovery.

CIAO Tufo



Bill Boyd and John Demos
enjoying the August Luncheon



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.

POISON CONTROL

If someone in your family swallows something toxic, you can now call a national toll-free hotline: 800-222-1232. It will connect you to the closest Poison Control Center. More than 75% of calls to poison centers can be managed over the phone. Call the center (or your doctor) before you attempt to cause vomiting. Inducing vomiting (with syrup of ipecac, for instance) can be dangerous under some circumstances.

Source: U C Berkeley Wellness Letter, May 2002

WEIGHT'S EFFECT ON BLOOD PRESSURE

Researchers say controlling weight is one of the keys to controlling blood pressure. Scientists have found that overweight people lowered their blood pressure by one point for every 2.2 pounds they lost. Losing 20 pounds could lower blood pressure by 9 points.

Source: Hypertension, Vol. 42

THE PRESSURE'S OFF

It's already a weight loss wonder and a cancer-prevention phenom. Now, new research points to yet another benefit of green tea. In a 10 year study, scientists at Taiwan's National Cheng Kung University found that drinking four ounces of green or oolong tea daily cut the risk of high blood pressure by 46 %, and gulping 20 ounces slashes risk by a whopping 65%. Researchers believe the amino acid in green tea may help keep pressure low by preventing blood-vessel constriction. Start drinking your tea.

Source: Men's Health, November, 2004

HOW TO TAKE A PILL

Many people believe that if you tilt your head back to swallow a pill, you'll have a better shot at getting the pill down your throat. But the fact is, this is the least effective way to take a pill. That's because it also allows the pill unguarded access to your windpipe, where it can cut off your air supply. Tilting your head back is what paramedics do to open a blocked airway.

Try this: Take only one pill at a time. An extra-big swallow of liquid will also help things go down a little easier.

Source: Looking Forward, Winter 2005

Camaraderie at the August Luncheon



Tom Morgan and Harry Alderson



Greeters Bill Schme and Glen Renk welcome Fred Kovar.

Investments

Ben Smith

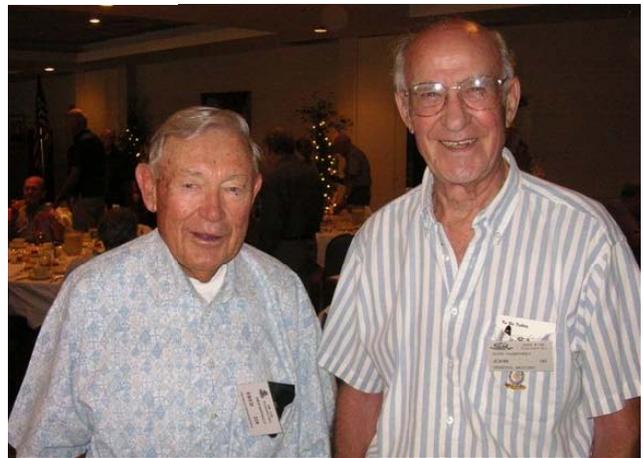
4th Wednesday, 8:00 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.

The September meeting of "Sums In Retirement" will be held Wednesday, September 27th.

Breakfast will be available after 7am and the meeting will start at 8am. Attendee's order breakfast off the menu and no reservations are required. Just come out and gain some investment knowledge and meet some nice people. All Sir's and their guests are welcome to attend.

A presentation will be made by Mr. **Eric Hodges**, Financial Advisor and Mr. **Jim Smith-CFA**, both with SFG Financial Group, located in Walnut Creek. Mr. **Hodges** will discuss "The Changing Current Investment Market And Strategies To Deal With It." Mr. **Hodges** will present a transparent look at the key factors he believes will have a strong impact on investing in the coming months. He has the ability to distill market conditions and their individual effects while also providing a concise/insightful macroeconomic outlook for what may be ahead. You will not want to miss this very special presentation.

If you have questions or need additional information, contact SIR Ben Smith (Br#116) at Tele: 925-820-5403 e-mail bjsssmith@aol.com



Fred Donnelly and John Humphrey

Wine Tasting ... Dale Haukland

Wine Tasting Fall Gathering at the Museum of the San Ramon Valley Monday, September. 25th, from 2-5 pm



Come sip some wine, nosh, and see the one-room school exhibit at the Museum. Bring a bottle of Fume Blanc or Pinot Noir for under \$20.

We will do a blind tasting and rating and a little noshing.

Call **Dale Haukland** to reserve a spot at 820-0189.

Museum of the San Ramon Valley is located at the corner of Railroad Ave. and Prospect in Danville. Directions: From 680 South, exit on Diablo Blvd and turn right. At Hartz Ave. turn left, then right on Prospect. Turn left on Railroad Ave. then turn right into the parking lot. The Depot where the Museum of the San Ramon Valley is housed is on your right.

Day of event: **Dale's** cell phone 925-998-5233.

I came across this exercise suggested for seniors, to build muscles in the arms and shoulders. It's so easy I thought I would pass it on. The article suggested doing it three days a week. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute. After a couple of weeks, move up to 10-lb potato sacks, then 50-lb sacks and eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each sack.

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

- *House salad, freshly baked rolls and butter
- * *Entrees including vegetables*
 - Roast Loin of Pork, roasted garlic mashed potatoes, pan gravy
 - Ocean Perch Filet with herb butter, vegetable orzo
- *Daily dessert special, regular or decaffeinated coffee and tea

Membership

Jim Jackson



Branch 146 Statistics: Members 240, HLMs 5, Waiting List 7, Inactive 5.

August Attendance: Members 187, HLMs 2, Waiting List 4, Guests 1, Excused 44, Unexcused 10.
Total August: Attendance 194.

Status Changes:

- Inducted: None
- Added to Waiting List: None. (A moratorium is currently in effect on the WL)
- Inactive: None
- Resigned: None
- Withdrew: None

Current Waiting List (prioritized): **Charles Koeber, Steve Loftin, Terry Marchione, Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

Party Bridge **Fred Bolton**

1st Monday at 10 am at various members' homes. Contact Fred Bolton for details. Bring a lunch.



We had four tables of bridge at the home of **George Zunich** on August 7th. **Fred Kovar** was first with 6450 points, **Bill Rees** was second with 6210, followed by **Rich Ahlf** and **Bob Donahue**. **Jim Stedman** will host our next game on September 4th.

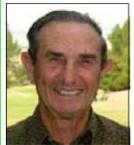
We are considering a second Party Bridge group so anyone who has not been playing but would like to should contact **Fred Bolton**.

Poker Club #1 **Frank McNamee**



We gathered at **Howard Harvey's** home on Aug 9th and found Sir **Howard** to be anything but hospitable as he raked in more than his fair share of the pots. He was joined by **Frank McNamee** and **Bill Cammerer** as also-rans in the winners circle. The next meeting

Poker Club #2 **Al Zamolo**



Al Zamolo hosted the July meeting of the Poker 2 group. We made a mistake by inviting a guest, **Chuck Bobinecz**, who proceeded to take our money. Monday, August 28th will be our next session hosted by **Jim Stedman**.

Sunshine **Otto Wilson**



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



Madelyn Nunn, wife of **Sir Don**, is now home from her heart operation and doing well. **Don** has a lot of help from their son and daughter. He sends thanks to all for the prayers received from the Sirs. **Don** says that **Madelyn** is not visiting either in person or on the phone, but knowing **Madelyn**, that won't last for long.

Sir Larry Zugnani is in his third week on chemotherapy. He is home, but does not prefer visitors at this time.

Sir Jess Crews has received a pacemaker and is home doing very well.

Jean Thorbrogger, wife of **Sir Bill** is home recovering from surgery.

My grandfather started walking five miles a day when he was 60. Now he's 97 years old and we don't know where the heck he is.

Travel Opportunities Bob Spellman



Sept. 6-8, 2006, **Boulder Creek Outing**. Package includes 2 nights lodging, 3 rounds of golf, one dinner and a \$28 Food and Drink Coupon. Cost is \$199 for golfers, \$148 for non-golfers. Contact **Charlie Kiser** at 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 is from \$3364 to \$5036 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Mar. 16-Apr. 1, 2007, **The Best of Spain & Portugal**. A 17-day tour featuring Madrid, Salamanca, Oporto, Lisbon, Seville, Costa Del Sol, Mijas, Granada, Valencia and Barcelona. Included are all transfers, airfare, hotels, daily breakfast, 7 hosted dinners, deluxe motorcoach, baggage handling, tips for driver, guides and tour manager. Cost is \$3675 p/p d/o. Contact **Bob Hagler**, Branch #8 at 925-934-7620.

Sept. 24-Oct. 10, 2008, **SIR 50th Anniversary Cruise to Hawai'i**. This exclusive round trip from San Francisco aboard Celebrity's luxurious *Summit* will take us to the Big Island, O'ahu, Kaua'i and Mau'i. This event is for all SIR members, their family members and SIR member guests. This 17 day round trip includes too many features to mention. Cost is from \$2759 to \$7283 p/p d/o. Contact **Bob Spellman** 934-8428 for more information. It's sure to be a very popular cruise, so get your reservations in early to insure the cabin location of your choice. A low \$100 deposit required is fully refundable until the Charter is confirmed.



Social Don Nunn

Attention all partygoers and dinner dancers! We are accepting checks for our dinner dance and are more than halfway full. All of you new members, come on out and enjoy an evening with your SIR fellows and wives. We have several couples who treat this as an evening out with dinner music. Many don't even dance! A special evening with cocktails, hors d'oeuvres, dinner with wine! HEY. What could be better? Remember, October 4th, 6 PM to 10 PM. See the cutout reservation form on page 7. My wife **Madelyn** wishes to thank all of you special folks for your cards, thoughts and prayers. It was wonderful to know that so many of you cared. It really made a difference.

Away Golf

Jim Baldrige



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

Congratulations to the following 6 golfers from Branch 146 that qualified to advance to the Division 4 Individual Qualifier for 2006. The six qualifiers are **Bill Becker, Jim Burk, Doug Cook, Olof Johansson, Lee Vincent** and **Al Zamolo**. At stake, for those who qualify to advance to the State Finals, is an opportunity to play for the State Championship at Poppy Hills with their green fees and cart fees to be paid for by the State Golf Committee. The next Away Tournament for Branch 146 will be held at Deer Ridge Golf Club on Thursday, October 5th. This is an opportunity to play one of the newest Bay Area courses and has gotten great reviews from those who have played it. Entry forms will be available on Tuesday mornings at Boundary Oak or contact either **Jim Baldrige** or **Dick Richmond**. If you have any questions on the above please contact **Jim** or **Dick Richmond**, 925-947-1167.

Tuesday Golf Walt Barabash



Latest Tournament Results

July 18 First Flight: **Jack Calloway, Ron Binder** and **Jim Baldrige**. Second Flight: **Doug Cook, Bill Weinberg** and **Ken Richter**. Closest to the Pin on Hole No. 2: **Ron Plachy**. Closest to the Pin on Hole No. 12; **Ron Binder**. Low Gross: **Ron Binder: 81**

July 25 First Flight: **Ron Plachy, Al Zamolo** and **Bob Royster**. Second Flight: **Joe Suta, Ken Richter** and **Don Del Bene**. Closest to the Pin on Hole No. 2: **Jim Burk**. Closest to the Pin on Hole No. 12: **Fred Bolton**. Low Gross: **Jim Burk: 76****

August 1 First Flight: **Bob White, Larry Sheerin** and **Jim Stedman**. Second Flight: **Bob Madge, Dan O'Sullivan** and **Bill Knapp**. Closest to the Pin on Hole No. 2: **Jim Kohl**. Closest to the Pin on Hole No. 12: **Larry Sheerin**. Low Gross: **Steve Dawkins: 80**

August 8 First Flight: **Joe Suta, Russ Bliese** and **Jack Calloway**. Second Flight: **Jim Brown, Dan O'Sullivan** and **Fred Kovar**. Closest to the Pin on Hole No. 2: **Jim Burk**. Closest to the Pin on Hole No. 12: **Ron Binder**. Low Gross: **Jim Burk: 80**

** I think we should congratulate Sir Jim Burk for making a gross of 76 on the July 25th tournament. That is only 4 over for par golf. Good going Jim! Yet he still didn't win any money. What's a man to do?



The Walking Group honored **John Lewis** and his wife **Flo** for many years leadership of the Group. They were awarded several restaurant gift certificates which they are checking out as **Ralph Fowler**, **Phyllis Katsikas (Bob Madge's sister)** and others look on.



Walkers John Lewis

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

September 1 - Mitchell Canyon Park Trail, Clayton. Meet at Clayton Library for carpooling. Right on Clayton Road, Left on Mitchell Canyon Road to Park. Dirt, uneven, shade. Coffee at Renaissance, Concord.

September 8 - Moraga Canyon Trail, Moraga. Meet at Moraga Safeway parking. Walk is toward San Leandro Reservoir. Black top, level, shade. Coffee at Terzetto Cuisine, Moraga.

September 15 - Lafayette Trail West, Lafayette. Meet at Lafayette Community Center. Walk is toward Moraga. Black-top, level, shade. Coffee at Andronico, Walnut Creek.

September 22 - Inspiration Point Trail, Orinda. Meet at Inspiration Point parking, San Pablo Dam Road. Left at Wildcat Canyon Road. Black top, uneven, some shade. Coffee at Starbucks, Orinda.

September 29 - Shell Ridge Walk, Walnut Creek. Meet at end of Marshall Drive. Dirt, uneven, some shade. Coffee at Sweet Affair, Ignacio Plaza.

Thanks to **Bill Cammerer**, **Bob Madge** and **Jack Matthews** for folding and labeling, to **Ken Kratz** for photography, **Bill Cammerer** for mailing, and **Dick DeVoe** for proof reading.

Fall Candy Sales

It is time to order your **See's** candy for the Easter season. The price is still the same as for the Spring Candy Sales. 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 "Sir 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 November 9th. 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.

- I joined a health club last year, and spent about \$400. Haven't lost a pound. Apparently you have to go there.
- I have to exercise early in the morning before my brain figures out what I'm doing.



7th Dinner Dance "Casual in the Creek"

Wednesday, October 4th.

Starts at 6pm and ends at 10pm.



We will hold the price at \$ 82 per couple including cocktails, dinner with wine, dancing to Dalt Williams Quintet and a rousing group of SIR couples to party the night away. Send check payable to "SIR Branch 146"

To **Don Nunn, 2127 Seccombe Court, Walnut Creek, 94598**

Sir Name: _____

Posslq* _____

Tri Tip Steak _____ Chicken _____ Vegetarian _____

Enclosed is my check for \$ 82

PLEASE NOTE THAT THE LOCATION OF THE DANCE HAS MOVED. It will be at a larger venue:

**The Shadelands Arts Center
Ygnacio Valley Road at N. Wiget Lane
Walnut Creek**

We hope that we can now accommodate most of you and still have room to dance. If you wish to order tables of eight, send the total amount or all the checks with your request.

Names of tablemates-(please include checks)

*posslq – person of opposite sex sharing living quarters

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
Permit No 364
Concord CA

Time Value Mail
Please deliver as
soon as possible.

EMERGENCY EVACUATION EXIT ROUTES

