



Jim Stedman

Big Sir's Notes

In honor of his 90th birthday and for having served as the first Big Sir of Branch 146, the Executive Committee proclaimed August 9, 2007 as **Charlie Unfried** day. **Bob Yolland**, Honorees Chairman, also presented Charlie the SIR President's award as a Senior Sir of Pleasant Hill Branch 146. Charlie was unable to attend the meeting because of ill health. His award was delivered to him at his home.

Wild shirt day was a great success and lots of fun. Thanks to **Dale Haukland** for his humorous selection of the winners. Thanks also to the Song Sirs for their splendid rendition of *Lydia the Tattooed Lady*. Now we know that we have some great soloists and actors.

On Monday, August 6, 2007 I attended the SIR State Board of Directors meeting where the 2008 officers were elected. **Arthur Pufford** of the Sonoma branch was elected President for 2008. In other business, the name of the Growth and Management committee was changed to Growth and Membership committee. This reflects the continued emphasis on efforts to stop the on-going loss of SIR membership state-wide. Membership continues to be a major concern of State SIR leadership.

Branch 146 is one of six branches in SIR Area 2, Central Contra Costa County, in which there are 1,300 SIR members. The Area 2 Big Sirs who were at the State Board of Directors meeting elected me Area Governor for 2008. I am grateful that the Big Sirs in Area 2 recognize Branch 146 as an excellent branch, with a history of good leadership that has much to offer other branches in Area 2. I am honored to serve.

For disaster preparedness, we will conduct an evacuation drill at the September luncheon. **Dennis Hallett** will provide details and lead us through it. (See pages 5 and 6).

Gerry Blake spoke to us at the August luncheon about his contract with the City of Walnut Creek. He said that the City wants him to leave soon. By written correspondence I asked Mayor Sue Rainey to clarify the City of Walnut Creek's intentions. She responded as follows:

Dear Mr. Stedman:

Thank you for your email. I want to allay your concerns about any possible changes in SIR's ongoing luncheon tradition at Boundary Oak. When the current restaurant operator leaves, it is the City's expectation that your luncheon services will continue largely unchanged

under the new, as-yet-undetermined operator. I want to assure you the City very much wishes to continue providing SIR with luncheon services at Boundary Oak, and we intend to honor all prior commitments for dining services made at Boundary Oak. As soon as we have selected a new operator we will inform you of the process for continuing luncheon banquet services.

Please know that the City values its long relationship with SIR at Boundary Oak and we will do everything we can to sustain it well into the future.

Sincerely,
Sue Rainey
Mayor

Remember that your friends and acquaintances are potential members who would benefit from SIR membership as you and I have. Bring a guest to lunch. Sponsor a new member.



Jeff Bailly

Little Sir's Corner

September's speaker will be **Frank Schipani**, AKA **Frank Salerno**, AKA **Al Francesco**, the Godfather of Blackjack and a member of the Blackjack Hall of Fame.

The title of his talk will be "My Life Playing Blackjack". You can check out his website at

<http://www.alfrancesco.com>.



Bowling

Larry Mitchell

We have two tournaments coming up in September. The first is at the Earl Anthony Dublin Bowl. This will be a Singles/Doubles event and will be held on Monday, September 17th and Thursday, September 20th.

The second is also a Singles/Doubles event to be held at Mowry Lanes in Fremont on September 30th and October 1st. For More information or sign up forms, please contact me. **Larry Mitchell**

Bocce Ball

Bob Frankland

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



Turnouts have been very good but we always have room for more so come join us. Our next games are on August 27th and September 10th.



Duplicate Bridge **George Zunich**

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

In August, the SIRS #146 Duplicate Bridge match was not held.

The next match will be held on September 17th.

Contact **George Zunich** at 376-4439 for information.

We welcome interested members.



Party Bridge **Fred Bolton**

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

We played 2 tables of bridge at the home of **Bob Burley** on August 2nd. First place went to **Jim Jackson** with 7290 points and second went to **Bill Rees** with 5400 points. Our next game will be on September 3rd at the home of **Fred Bolton**.



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 the home of **Bill and Margaret Rees** on August 15th.

Jim Brown and **Barbara Lundblade** took first place with 38 points, **Jim and Allison Todhunter** (37 points) came in second. **Carl and Anne Johnson** tied for third with **Bill and Margaret Rees** with 33 points. The next meeting will be hosted by **Stu and Margot Somerville** on Wednesday, September 19th.



SongSirs

Harry Tutton

The SongSirs sang a 45 minute show for the Walnut Creek Seniors Club Luncheon at the Walnut Creek Civic Park Community Center on August 10th. We had a good time singing some good old songs for fellow Seniors. We are now practicing for coming shows in October and November. We are always happy to welcome new singers, so just contact **Harry Tutton** if you would like to join the SongSirs.

Sirmoncats **Jim Helmick**

The Sirmoncats are alive and well but still too fragmented to put on a big show. Look for us this fall!!! **Jim Helmick**, 376 6042.



Area 2 Computers and Technology Group

PHIL GOFF, Chairman, 831-3692, philgoff@yahoo.com

DICK CURRY, Asst. Chairman, 376-5541,
racorinda@pacbell.net

Thursday, September 20 – A Panel of Members will Identify Free Software that Everyone Should Have on Their Computer. Most of us use one or more free programs or utilities that are very useful in our day to day computing activities. Some of the more popular ones are antivirus programs, system utilities, programs that clone MS Word and Excel and more. A panel will share with the group which ones are their personal favorites.

Come join us and hear about the best in freeware for your PC. Also, if you have some favorite free software, share it with the group.

Following the panel presentation, **Dick Curry** will lead an informative computer Q&A session. Come join us and spend some time learning and talking about your computer usage. Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome.

*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.)*



Service with a smile! They're always happy to check you in, give you a ticket and take your \$\$\$. Watching the action is our Treasurer, **Bill Snyder** along with **Bill Knapp**, **Wes Hauschildt** and **Otto "Sunshine" Wilson**.

The Wisdom of Will Rogers

- Lettin' the cat outta the bag is a whole lot easier 'n putting' it back in.
- After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

Garden Club

Chuck Bobinecz



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

Sir **Lew Thompson** has arranged for an excellent speaker for our next meeting on September 6th. **Nicole Hackett** has agreed to speak to us about ornamental grasses.

Nicole and her family have a nursery in Clayton. Nicole has a passion for plants and has spoken to many garden groups in the area.

She writes columns for the Clayton newspaper and on her day off she does yard and garden consultations.

Garden tip of the month: Have you been enjoying your tomatoes this summer? Tomatoes contain lycopene and when tomatoes were taken daily for eight weeks by a test group, they experienced a 10 point drop in systolic blood pressure and a 4 point drop in diastolic pressure. Lycopene may also protect against prostate cancer.



Wine Tasting ... Dale Haukland

The wine group had a sipping and noshing good time at the Museum of the San Ramon Valley on August 27th, sampling Bordeaux or Rhone style red and white wines and viewing the historic "scrappy" Quilt exhibit. Watch the newsletter for our next fall event.

Fishing

Sal Costanza



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

Members reported on trips from Alaska to Baja and many local fisheries including Tahoe, the bay, the delta, the ocean, and mountain streams and lakes. We are very fortunate to have all of these fishing opportunities available to us. We are also fortunate to have a forum like the Area 2 Fishing Group to share experiences and techniques and which organizes a host of planned or spur-of-the-moment outings.

We also have some great social functions like the recent summer picnic hosted by Ed Dijkman (Br.8) and his wife for 32 of us.

On the calendar for September are: trout fishing in the Eastern Sierra, stripers in the delta, and salmon in the ocean.

Hospital regulations require a wheel chair for patients being discharged. However, once I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know, he said. "She's still upstairs in the bathroom changing our of her hospital gown".



Health Matters Physical and Mental

The following articles were copied with permission from the *University of California Wellness Letter*. 1-800-829-9170. .

These articles are not intended to provide specific medical advice. That should be obtained from your physician

A Cold Remedy That Works?

Cold remedies come and go. Airborne, Cold-Eeze, Zicam, homeopathic products, mega doses of vitamin C, and other nostrums have had their day, but flunked in clinical trials, or turned out to help a little but not much---or to have potentially serious side effects. In the end, most of us go back to aspirin, chicken soup and patience, which are usually just as good as anything. But recently Health Canada (the equivalent of the FDA in the U.S.) put its stamp of approval on Cold-fX, a ginseng-derived product that is now allowed to claim, at least in Canada, that it "helps reduce the frequency, severity, and duration of cold and flu symptoms by boosting the immune system." Ginseng is a genus of plants grown worldwide and touted for almost every medicinal purpose imaginable. One problem with ginseng on the U.S. market is that you do not really know what kind you are getting, which part of the plant, or how much, since supplements are virtually unregulated here. But Cold-fX is a patented, standardized extract of American ginseng root (*Panax quinquefolius*) and has been tested in several studies, with promising results.

Many drugstores in the U.S. sell Cold-fX, but without the claims about reducing cold symptoms. (The labels of supplements in the U.S. are permitted only to make "structure and function" claims, not to say they cure or treat a disease.) But before you try the product, remember that even in Canada the claim is not to prevent all colds, or to treat a cold once you have one, but to reduce their severity, frequency, and duration.

Might work, can't hurt. The studies on which the claims are based were sponsored by the manufacturer (just like studies of most prescription drugs). In one study of healthy middle-aged subjects, published in the *Canadian Medical Association Journal*, those who took Cold-fX over four months had fewer colds, and when they did get colds, symptoms were milder, compared to those taking a placebo.

Another study tested Cold-fX in elderly people, who also experienced a reduction in respiratory infections. All this sounds promising but the studies were small and brief. Still, it is unusual for studies of a so-called "natural product" to be even as well designed as these.

If you want to try Cold-fX, it appears to be safe. You take two tablets a day over the "long term," presumably throughout the cold season, and a month's supply costs about \$30. The manufacturer says "short term" dosing is okay, too, but no one has tested whether the product has any benefits if you start taking it at the first sneeze--Health Canada plans to review further research. Since Ginseng has an anticoagulant effect, if you are taking blood thinners (such as warfarin), talk with your doctor before taking Cold-fX.



Cooking

Dave Johnson

1st Monday at various members' homes.

The August meeting was held at the home of our Greek master chef, **Dan Hungerford**. Dan provided us with a variety of Greek delicacies, the names of which he had some difficulty pronouncing. He also wore his cute little Greek shoes with the pompoms on them. He started us off with tiropetas, those flaky little pastries filled with feta and cottage cheese. The entree was lamb mous-saka, accompanied by a Greek zucchini frittata. For dessert, we enjoyed his famous Greek cheesecake. A really outstanding meal! Because of recent newspaper articles condemning caffeine, he refused to serve coffee. Most of the group was well-hydrated, by this time, so nobody really cared.

The next meeting is at **Charlie's** on September 8th.



Cooking Too

Rich Hanford

2nd Monday at various members' homes.

John Demos hosted our group on Monday, August 13th. We began with wine and hors d'oeuvres followed by great Greek meatballs in sauce over a wonderful rice dish. Included was spinach flavored with olive oil and lemon – Greek style, of course! He finished off the meal with delicious Greek cookies for dessert.



Tres' Gourmet

Lew Thompson

The July meeting of Tres' Gourmet was hosted by **Bill Hansen** who delighted us with family grown barbequed ribs. This month we dined at **Jim Brown's** table. He prepared a tasty dish called ruby chicken (chicken breasts cooked in a cinnamon cranberry sauce) and served it over rice. Both **Bill's** and **Jim's** lunches were accompanied by fine wines, hors d'oeuvres, salad, and dessert. City ordinances and golf dominated the conversation. Hillary's name was only mentioned once.

Investment\$

Dave Munson

4th Wednesday, 8:00am (breakfast starts at 7am) at he Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord

In September we will have Mr. **Bud Leedom**, Publisher, California Stock Report. It is a monthly newsletter covering publicly traded companies exclusively in California though focusing on four main geographical areas: San Francisco/ Bay Area, Los Angeles, Silicon Valley and San Diego covering more than 500 companies.

Dave Munson, Chairman, Area 2, \$ums In Retirement Investment Group



Cribbage

Al Tufo

HOLY MOLLIE! This is the second time in two months that have I had to say **HOLY MOLLIE** because we haven't been able to play our Cribbage Tournaments. It seems that our wealthy retirees are traveling all over the country, or buying new houses. Unfortunately, we have had a few under the weather also. We will try next month to get together. I'm not sure if it will be hosted by **Howie King** or **John Pearl**. God Bless.

CIAO, Italian Stallion



Check out these wild-shirted guys: **Lew Thompson, Chuck Bobinecz, Bill Root** and **Frank Rockwell**.

Table Pool

Bill Weinberg

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

The Table Pool Club has decided to NOT MEET on the 1st Monday of Sept, which is the Labor Day period. We will meet on the 17th of Sept. which is the 3rd Monday. Hope to see you there.



Social

Don Nunn

Hi Party Goers,
We are virtually sold out for the October Dance. However, we still have room for two tables of eight and we almost always have people that withdraw or cancel due to various reasons. So keep the requests coming in. Look forward to hearing from you.

SIRS BRANCH 146

EMERGENCY EVACUATION PLAN

In the event of an emergency, such as a fire or earthquake, occurring during our monthly luncheon meeting, the “Big SIR”, or in his absence the Little SIR, will verbally declare our evacuation from the Boundary Oaks Building is necessary and activate the following Evacuation Plan:

The evacuation process will be controlled by Zone. Please familiarize yourself with each Zone and the Zone’s designated exit points identified on the “Emergency Evacuation Exit Routes” diagram in the Members Directory, and on the Branch Web site.

“Members” are responsible for identifying the Zone in which they are located and assisting any Member who has mobility difficulties, to the Zone’s designated exit point/s. Zones A and B are located in the Dining Room. Zone C is the Men’s Toilet at the end of the Hallway and will include the Ladies toilet area if an emergency occurs during a Ladies Day luncheon. Zones A and B exits points are mainly on level flooring. The Zone C exit point requires the use of stairs.

The monthly “Greeters” will check all designated exit points are clear and functional prior to the commencement of each luncheon meeting.

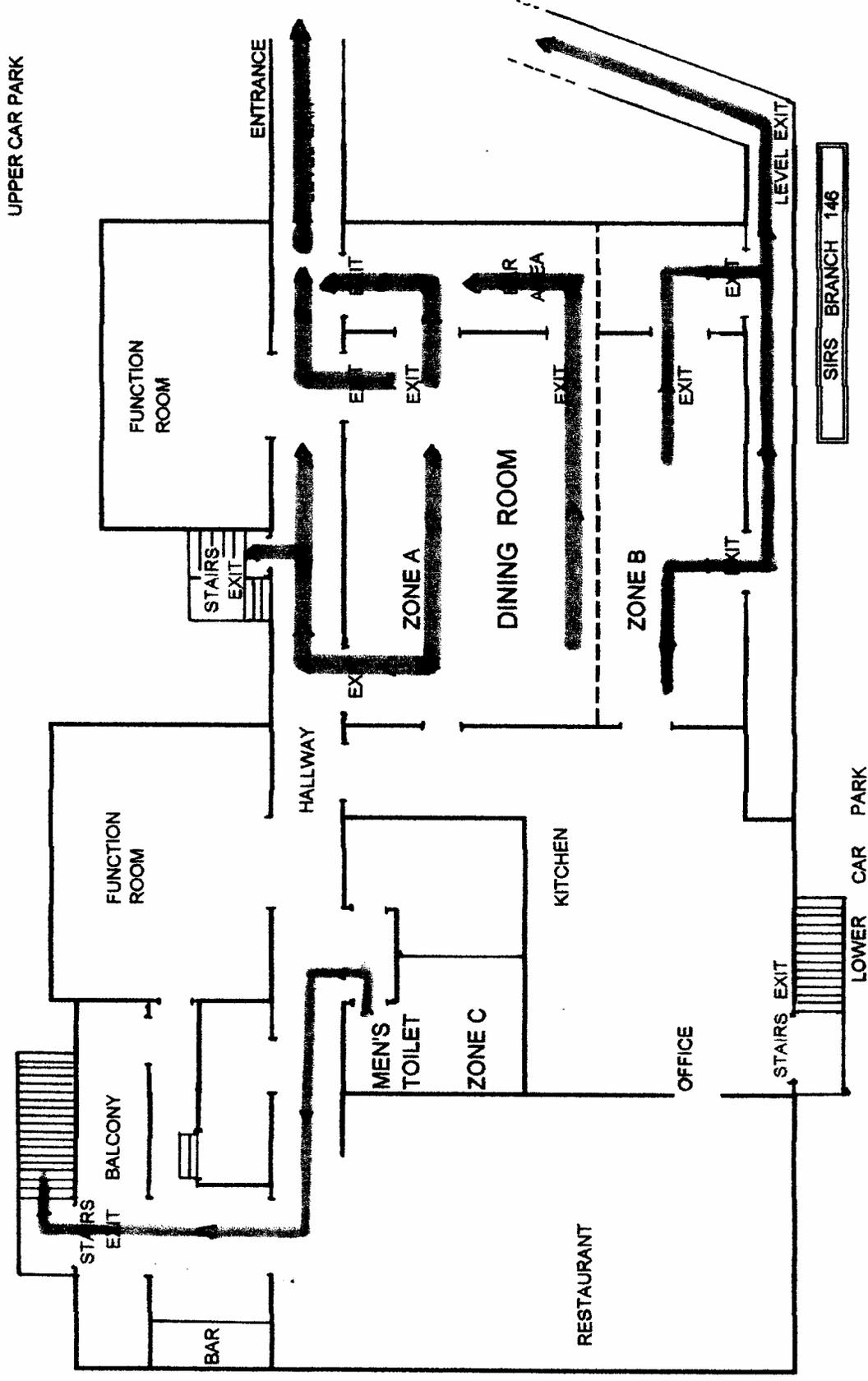
“Executive Committee Members” will assist Members to make an orderly and timely exit (not stopping at badge return trays) and verify that each Zone is clear.

“Members” exiting the building are requested to make their way to an “Assemble Area” located by the entrance to the Police Firing range, at the far end of the Upper Car Park. Here a roll call by name and membership number, will be conducted by the “Assistant Secretary”. The “Check-In Roster” will be provided by the “Treasurer” and used for the roll call. Any unaccounted for Member/s and/or Member/s in need of medical attention, will be immediately reported to the “Rescue Authorities”.

Members who have medical or first aid experience, and wish to offer their services, should make themselves known to the Assistant Secretary.

Members are requested to remain in the assemble area until the Rescue Authorities declare the area safe for individuals to leave the area. Please do not attempt to drive your car before this declaration.

EMERGENCY EVACUATION EXIT ROUTES



Branch 146 Welcomes Seven New Members



Sponsor **Rich Hanford** introduced Sir **Hugh Ferguson**.



Sir **Ken Costello** was sponsored by his brother, **Dan Costello**.



Sir **Louis Schrepel** was introduced by sponsor, **John Denham**.

July
Luncheon



Sir **Peter Bishop** was introduced by his sponsor, **Lynn Freeman**.



Sir **James Koeppen** was introduced by his sponsor, **Ray Kan**.



Sponsor **Chuck Koeber** introduced Sir **William Hartman**.



Sponsor **Jim Burk** introduced Sir **Charles Clark**.

August
Luncheon

Charles Unfried Receives The Presidents Award



Charlie Unfried who turned 90 on August 14th received the Presidents Award as a Senior Member of Pleasant Hill Branch 146 at the August meeting. Unfortunately he unable to attend due to health reasons so following the meeting the Big Sir and Honoree's Chairman officially presented the certificate to him at his home.

Charlie joined Branch 146 in April 1988 and received badge #4. He was our **first** Big Sir guiding our branch through its earliest beginnings and participated in many activities, especially the Ham Radio group. **Charlie** also received our branch's first Honorary Life Membership award in October of 1995. The Executive Committee proclaimed August 9th, 2007 as **Charlie Unfried Day**. We wish **Charlie** and his wife **Hazel** the very best for the future and thank **Charlie** for his fine work over many years.



Greeters **Dan Costello** and **Ron Pascoe** were really in the spirit of "Wild Shirt Day".

SIR State Officers

State President	Tom Ross	
Region Director	Glen Schimelpfenig	
Area Governor	Harry Hubinger	
Big SIR	Jim Stedman	932-1636
Little SIR	Jeff Baily	906-0521
Secretary	Stu Somerville	944-0738
Assistant Secretary	Dennis Hallett	943-1447
Treasurer	Bill Snyder	939-3903
Assistant Treasurer	Tom Thomson	945-6337
Director	Pete Gates	937-2035
Director	Jack Matthews	376-4234
Director	Larry Mitchell	798-5440
Director	Dan O'Sullivan	685-4772
Director	Harry Tutton	933-9658
Director	Al Zamolo	932-7924
Activities Coord.	Dick DeVoe	932-5546
Attendance/Lunch	Bill Root	943-6194
Audit	Tom Thomson	945-6337
Badges	Ken Richter	689-6217
Bocce Ball	Bob Frankland	284-7222
Bowling	Larry Mitchell	798-5440
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	George Zunich	376-4439
Bridge-party	Fred Bolton	932-1580
Candy Sales	Mitch Mitchell	686-0537
Chaplain	Chuck Eichten	673-7215
Cooking	Dave Johnson	945-8636
Cooking Too	Rich Hanford	933-9237
Tres' Gourmet	Lew Thompson	686-6880
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Dick Richmond	947-1167
Golf Scheduling	Tom Gorman	685-9721
Golf Treasurer	Walt Barabash	935-2964
Away Golf	Jim Baldrige	689-9232
NCGA-Handicaps	Dick Richmond	947-1167
Greeters	Ed Mendelsohn	935-0592
Historian	Jack Calloway	933-7998
Honorees	Bob Yolland	932-4758
Membership	Jim Jackson	687-7052
Newsletter Editor	Pete Gates	937-2035
Asst. Editor	Rich Ahlf	672-2514
Asst. Editor	Jim Jackson	687-7052
Mailing	Bill Cammerer	932-7887
Photographer	Rich Ahlf	672-2514
Nominating	Garth Cummings	820-0745
Pianist	Dave Obara	932-2584
Poker Club 1	Frank McNamee	672-3443
Poker Club 2	Al Zamolo	932-7924
Poker Club 3	Ron Plachy	932-6072
Poker Club 4	Chuck Bobinecz	939-8740
Social	Don Nunn	934-5214
SongSirs	Harry Tutton	933-9658
Director	Rod Sharretts	372-6566
Sirmonicats	Jim Helmick	376-6042
Sunshine	Otto Wilson	825-1943
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Bob Spellman	934-8428
Asst Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Webmaster	Jeff Baily	906-0521
Wine Tasting	Dale Haukland	820-0189

Past Big SIR's

- 1989 **Charles Unfried**
- 1990 **Gill Rhodes**
- 1991 **Gene Hackett**
- 1992 **Walt Entelman**
- 1993 **Kap Kaprielian**
- 1994 **Joe Jansen**
- 1995 **Bob Walton**
- 1996 **Dick DeVoe**
- 1997 **Warren Boero**
- 1998 **Don Nunn**
- 1999 **Dave Valladao**
- 2000 **Jack Calloway**
- 2001 **Bill Hansen**
- 2002 **Fred Kovar**
- 2003 **Bob Yolland**
- 2004 **Doug Cook**
- 2005 **Ray Kan**
- 2006 **Garth Cummings**

Luncheon Attendance **Bill Root**



SIR Luncheon is the 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 phone number. **Be sure you call!**

Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

SIR 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 with garlic mashed potatoes

Ocean Perch Filet with herb butter and orzo

*Daily dessert special, regular or decaffeinated coffee and tea.

Membership **Jim Jackson**



Branch 146 Statistics:

Members 243, HLMs 5, Waiting List 15, Inactive 9.

August Attendance:

Members 198, HLMs 2, Waiting List 6, Inactive 0, Guests 3, Excused 40, Unexcused 5.
Total August Attendance: 209.

Status Changes:

Inducted: **James Koeppen, William Hartman, Charles Clark**

Added to Waiting List: **James Locker, Keith Oleson, Paul Dubow, Peter Miller, David White**

Inactive: **Bruce Jones, Owen Sullivan**

Resigned: **Guy Rudberg**

Withdrew: None

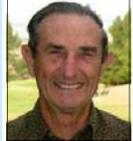
Current Waiting List (prioritized): **Dick Woodman, J. Michael Siebert, Robert Johnston, John Harrington, Orren Rupert, Corrie Oranje, Robert Schwab, Robert Bailey, Ray Welles, John Aaro James Locker, Keith Oleson, Paul Dubow, Peter Miller, David White**

Poker Club #1 **Frank McNamee**



For our August meeting, **Bob White** proved for his first time to be a most congenial host. He raised or called when he should have folded and he folded when he should have been calling. Consequently the end result was that **Frank McNamee** again found his Irish Luck and emerged as the big winner. **Bob Frankland** and **John Lewis** also finished on the plus side. The next gathering will be at **Bob Frankland's** abode on September 12th.

Poker Club #2 **Al Zamolo**



Doug Cook hosted the July session of the Poker 2 group. Our next session, on August 27th, will be held at **Charlie Kiser's** home

Poker Club #4 **Chuck Bobinecz**



Sir **Rich Hanford** will host our August 27th meeting. As we know, lady luck does not have a home. This may be a good thing because there are two kinds of luck. Good and the other kind which most of us believe we have. Sir **Chuck Bobinecz** will host the September 24th poker

Sunshine **Otto Wilson**



Phone: 825-1943

E-mail: ottowilson@astound.net



It was good to see Sir **Reggie Fromme** at our August luncheon. He has been taking radiation therapy for cancer. August has been a good month for the Sunshine Committee. I have not received any new reports of Sirs under the weather. My sole source of information comes from the Sirs themselves. No information means all Sirs are well. Therefore my column this month says the weather is great, nothing but sunshine. Let's keep it that way. Thank

Chances of a Man Winning an Argument



Travel Opportunities Bob Spellman



Oct 29-30, 2007--The Kingston Trio. The Kingston Trio folk music created record sales and worldwide fame. They remain popular almost 50 years later. See and enjoy their show in the Grand Sierra Showroom. (Formerly Reno Hilton) Cost: \$125 per person d/o. \$25.00 single supplement.

Contact **Fred Stammen**, Branch 171, at 283-1956.

Nov 15, 2007--Day at the Races. Plan on enjoying a day of racing at Golden Gate Fields. Cost is \$42 which includes Turf Club admission, lavish buffet luncheon, program and bus transportation. Cost without bus transportation is \$27. Contact **Charlie Kiser** at 274-1575.

Apr 3-12, 2008--The Islands of Hawai'i. Our 50th SIR Anniversary trip is back again, better than ever. We will fly to and from the Islands and enjoy two nights at the Hawaiian Village on Waikiki Beach before boarding Norwegian Lines' new ship the *Pride of America*. Our 7 day cruise through the Islands include Hilo, Maui, Kona, Kaua'i and O'ahu. Cost ranges from \$2554 to Owners Suites at \$6065.

Contact **Bob Spellman**, 934-8428, for more information.

Oct 6-19, 2008 Danube Dream. Glide past fairy-tale castles and medieval villages aboard the *MS Switzerland II* riverboat traveling the second longest river in Europe. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Enjoy a 2 night stay in Budapest followed by a 7 night cruise on the Danube and 3 night stay in Prague. Cost \$3415 to \$3660. Sponsored by Branch 8. Call **Bob Hagler** for more information at 934-7620.

Ladies Invitational Golf



Ladies Invitational Golf, Vintner's Golf Club-Yountville, September 20, 2007. \$50 per person includes 18 holes of golf, cart, buffet and prizes.

Reservations and checks to Sir **Lynn Freeman** by September 1, 2007. Make checks payable to SIR 146 Golf. Couples and foursomes that include ladies will receive preference over all male groups. Limited to 64 players.

Please sign up before we are completely subscribed.

Sir **Lynn Freeman**, 5363 Crystal Ranch Dr, Concord, 94521.

Phone: (925) 691-1186

or e-mail: [lynnaf @astound.net](mailto:lynnaf@astound.net)

A grandmother was telling her little granddaughter what her childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. Then, "I sure wish I'd gotten to know you sooner!"

Away Golf

Jim Baldrige



We had a great time at Blue Rock Springs on July 26th. Not a huge turnout, due to travel and other events, but a good tournament in great weather.

Vince Rettew came in 1st, **Mitch Mitchell** was 2nd and **Dick Richmond** took 3rd place.

In the Area 2 Team Scramble at Franklin Canyon, our Br. 146 team of **Joe Fuchs**, **Bob Mehus**, **Stu Somerville** and **Pablo Chavez** came in third. They will go on to compete at the next level at Poppy Ridge on August 20th.

Dick Richmond organized a Team Scramble at our Tuesday Golf on August 7th. There were lots of compliments on the event. The team of **Jack Calloway**, **Ed Wojnar**, **Ray Kan** and **Tom Morgan** took 1st place. The team of **Bob White**, **Jim Baldrige**, **Ken Richter** and **Dean Merritt** were 2nd. The team of **Frank Rockwell**, **Lee Vincent**, **Dick Richmond** and **Garth Cummings** took 3rd. **Joe Fuchs**, **Ken Beattie**, **Ray Weisz** and **Jim Hanck** finished 4th and in 5th place were **Lew Thompson**, **Bill Cammerer**, **John Demos** and **Frank McNamee**. 6th place went to **Joe Himsl**, **Rich Hanford**, **Mitch Mitchell** and **Doug Cook**.

Dick Richmond and **Howard Harvey** started a nine hole golf group on Thursday, August 2nd. There was a good turnout and plans are to have a nine hole event at least once a month. **Dick** also organized a golf clinic for our group. The teaching pros at Boundary Oak graciously helped us reduce our slices, add to our distance and zero in our chips.

Our September event will be the Ladies Invitational on Thursday the 20th. **Lynn Freeman** hosts this event. Details are in a separate article.

Our September State event is the Solvang Tournament from the 9th to the 13th. See our sirinc.org for details and entry forms.

Our next Golf Clinic is scheduled for Thurs., August 30th.

Questions: **Jim Baldrige** 925-689-9232 or

Dick Richmond 925-947-1167

Men's Dine Out Group

On Thursday, August 30 at 6pm, single and other members wishing to enjoy a light dinner together will meet at The Greenery (Walnut Creek's Diablo Hills Golf Course restaurant). This is the first offering for a Men's Dine Out-Group and is planned as a regular monthly event at a local restaurant. Interested?

Contact **Dick DeVoe** at 932-5546.

Tuesday Golf Walt Barabash

Latest Tournament Results

July 17 First Flight: **Joe Fuchs, Bill Cammerer and Lew Thompson.** Second Flight: **Bob Spellman, Don Tubb and Ken Richter.** Closest to the Pin on Hole No. 2: **Olof Johansson.** Closest to the Pin on Hole No. 12: **Ron Plachy.** Low Gross with 76: **Jim Burk.**

July 24 First Flight: **Gene Diana, Joe Barry and Jack Calloway.** Second Flight: **Doug Cook, Dick Richmond and Bill Boyd.** Closest to the Pin on Hole No. 2: **Dan O'Sullivan.** Closest to the Pin on Hole No. 12: **Joe Barry.** Low Gross with 75: **Jim Burk.**

July 31 First Flight: **Ron Plachy, Ken Kratz and Joe Barry.** Second Flight: **Ray Kan, Dick Richmond and Bill Hansen.** Closest to the Pin on Hole No. 2: **Bill Hansen.** Closest to the Pin on Hole No. 12: **Joe Suta.** Low Gross with 82: **Jim Burk**

August 7: The day of the Scramble.

August 14: The golf course was scheduled for another tournament.



Walkers

John Lewis



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

- Sept. 7 El Torito Restaurant South** - Meet at Willows parking near El Torito Restaurant. Paved - Level - No Shade. Coffee at Panera (Willows Shopping Center)..
- Sept. 14 McCarley's Mile** - Meet at Arbolado Park. Walk is towards Ygnacio Valley Road, alongside Golf Course. Paved - Level - No Shade. Coffee at Belli Deli, Shadelands Office Park.
- Sept. 21 Alamo New Life Church South, Danville Blvd.** - Meet at back parking area. Walk South on Iron Horse Trail. Paved - Level - Some Shade. Coffee at Yellow Wood, Alamo Plaza..
- Sept. 28 Walk Carquinez Bridge, Martinez** - Meet at Sun Valley Bank of America for car pooling and directions to the Dead Fish Restaurant, Crockett. Paved - Level - No Shade. Lunch at the Nantucket Restaurant, Crockett.

Thanks to **Bill Cammerer, Bob Madge and Jack Matthews** for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Jeff Baily** for proofreading.



The shirts were as wild as the guys wearing them: **Joe Suta, Syd Whalen, Bob Yolland and Bob Donahue**

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking own the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great aren't you?" Morris replied, "Just doing what you said, Doc: "Get a hot mamma and be cheerful." The doctor said, "I didn't say that. I said, You've got a heart murmur: be careful."

19th Dinner Dance
"Come as you are night"

Come out and relax. The party is on Wednesday, October 3rd. The evening starts at 6 PM and ends at 10PM. The price is **\$48.00** per person including cocktails and dinner with wine. Dancing to Dalt Williams Quintet. Send check payable to **"SIR Branch 146"**

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

Sir Name: _____

Evening Date _____

Beef ___ Chicken ___ Vegetarian ___

Enclosed is my check for \$ 96.00

The location of the party is:
The Shadelands Arts Center, Ygnacio Valley Road at N. Wiget Lane Walnut Creek

If you wish to order tables of eight, send the total amount for all with your request.

Names of tablemates-(please include checks):

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.



Bocce players: Frank McNamee, Jesse Crews, Otto Wilson, Bob "Bocce Guy" Frankland, Howard Harvey, Harold Ruby, Harry Tutton, Dan "Go Bears" Hungerford, Tom Thompson, and Jim Helmick.