

SIR Contra Costa Branch 146



Big Sir's Notes

Jonathan Korfhage

We are in each other's life for a reason. Thank you for showing up. A common trait of all Sirs is that we value the benefits of Sir Membership! The primary attraction for all of us is we recognize that as we age we need

to keep being actively involved in life. The benefits are endless! PERHAPS THE MAIN SIR BENEFIT IS TO KEEP OUR BRAINS HEALTHY.

Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. INVOLVEMENT IN SIR CAN BE A GREAT BENEFIT TO YOU!

PHYSICAL EXERCISE

People who exercise regularly have a lower risk of developing Alzheimer's disease. Exercise improves blood flow and memory; it stimulates chemical changes in the brain that enhance learning, mood and thinking. MANY OF OUR SIR ACTIVITIES PROVIDE PHYSICAL EXERCISE!

FOOD & NUTRITION

You are what you eat. As you grow older, your brain is exposed to more harmful stress due to lifestyle and environmental factors, resulting in a process called oxidation. Food rich in antioxidants can help fend off the harmful effects of oxidation in your brain. OUR LUNCHESES PROVIDE GOOD NUTRITION.

MEDICAL HEALTH

Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of dementia. You can control and reduce these risks. Get your annual check-up, follow your doctor's recommendations and take medications as prescribed. GET ENGAGED IN A BRAIN HEALTHY LIFESTYLE FOR YOUR BODY AND YOUR MIND. SIRS PROVIDE A HEALTHY LIFESTYLE!

WE ARE SIR – MAKE FRIENDS FOR LIFE

Luncheon— Thursday, September 12th
Boundary Oak Clubhouse

Guest Speaker:

Coach Terry Eidson

"De La Salle Football

All You Need To Know"

Gathering time: 11:00 am

Seating time: 11:45 am

Bringing a guest or can't attend?

Email: nolunchbranch146@gmail.com

Telephone Message: (925) 979-5146

By Noon Friday, September 6th

SLEEP & RELAXATION

Sleep energizes you, improves your mood and your immune system, and may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer's disease. Practicing meditation and managing stress may help fend off age-related decline in brain health. Stay positive. Be happy. Look for humor! BE ACTIVE IN SIRS – IT INDUCES SLEEP!

MENTAL FITNESS

Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy. Mental exercises may improve your brain's functioning and promote new brain cell growth, decreasing your likelihood of developing dementia. Like your muscles, you have to use your brain or you lose it. MANY OF OUR SIR ACTIVITIES PROVIDE STIMULATION!

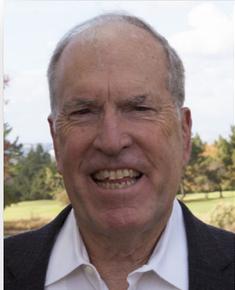
SOCIAL INTERACTION

Leading an active social life can protect you against memory loss. Spending time with others, engaging in stimulating conversation, and STAYING IN TOUCH AND CONNECTED WITH FAMILY AND FRIENDS IS GOOD FOR YOUR BRAIN HEALTH.

BE SURE TO ATTEND OCTOBER'S LUNCHEON CELEBRATING OUR BRANCH'S 30TH ANNIVERSARY!! IT WILL BE MEMORABLE!!

SIR Mission Statement

The Mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life



Little Sir's Corner

Brad Hatcher

Our August speaker was Virginia Smith, CPA. Her lighthearted speech gave us some insight into tax issues, including information on tax filings at the national level.

The Branch Executive Committee met before the luncheon. Among the topics covered were changes to the Branch regulations and discussion of the "Exempt" membership criteria. Our Treasurer gave his usual report and our branch is blessed with firm finances.

As Little Sir, one of my responsibilities is to remind those who have not given prompt notice of missing our luncheon. Because we commit to the Boundary Oak kitchen for a specific number of meals on the Friday before the coming Thursday meeting, the branch is "on the hook" for the cost of the lunches.

Recently, there has been an increase in the number of members who have neglected to advise us of their absence. The result is too many lunches prepared and an unnecessary cost for the branch. Please be sure to notify us if you are not coming to the lunch. You can accomplish this by either sending an email to nolunchbranch146@gmail.com or calling (925) 979-5146.

Please bring a guest to the meeting as we always have a need to expand our membership and keep the branch vibrant. If you do bring a guest, be sure to let our luncheon chairman know who is coming, and your guest's lunch is free.

Photo by Henry Thatcher



Our August speaker Virginia Smith, CPA. gave us insight into current tax issues coming from the "Tax Cuts and Jobs Act" (TCJA) of 2017



Membership

Ron Lew

In August, the BEC inducted one new member: **Lee Thomas**, sponsored by **Jonathan Korfhage**. Lee attended the new member orientation after the luncheon. You are also welcome to join us any time for a refresher or to meet our newest members. We had 2 guests in August.

You are encouraged to wear your Rooster Pins to the luncheons and any other SIR activities or functions. If you never received one or have lost yours, please email me to issue you a new one. Also, please check our branch online directory to make sure your personal information is correct. Let me know of any corrections.

Please continue inviting guests to our luncheons as new members are the life blood of Branch 146.

September New Member Photo Addition



Lee Thomas



On August 24th, Big Sir **Jonathan Korfhage** presented **Al Zamolo** the Presidential SIR Senior Certificate for attaining 90 years of age

Statewide SIR Best Branch Awards Presented
at Annual State Meeting,
August 20th at Thunder Valley Casino

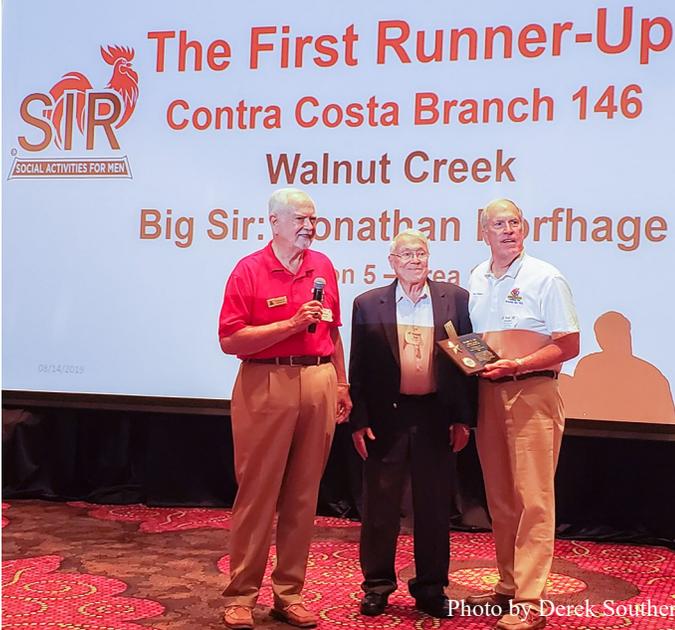


Photo by Derek Southern

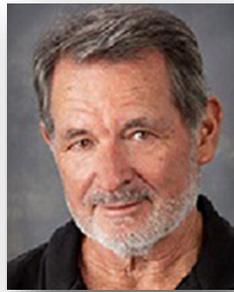
Little Sir Brad Hatcher accepts "The State Sir First Runner-Up Award" plaque in the State's Best Branch Award Competition. Branch 146 was also awarded the Region 5 Best Branch Award



Photo by Henry Thatcher

Treasurer Ben Gleason receives the Branch Certificate of Appreciation from Jim Burk and Jonathan Korfhage

I was reading a book about helium. I couldn't put it down.



Sunshine Max Hinkle

Let us keep the following Sirs in our thoughts and prayers. We look forward to their continued healing and return to good health.

Consider contacting a sick Sir to offer support and encouragement during his illness. A friendly call is usually welcome. Cards and letters are always appreciated.

- Hugh Ferguson
- Jim Gracey
- Joe Hunt
- Bill Klein
- Martin Lyle
- Art Mancini
- Howard Nemir
- Myles Ringle
- Jim Saavedra
- Bill Stevenson
- Joe Suta
- Al Zamolo

If you are aware of an ill Sir, please let Max Hinkle know by e-mail: hinkle3@sbcglobal.net or phone: (925) 408-6004 so that our SIR members can be advised.

Also, if you need a ride to and from our luncheons or know someone who does please notify me.

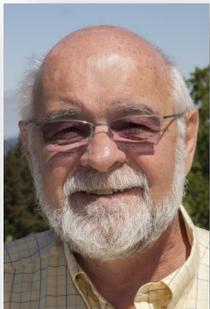
2019 Branch 146 Officers and Directors

Big Sir	Jonathan Korfhage
Little Sir	Brad Hatcher
Secretary	Richard Hockenbrock
Assistant Secretary	Jerry Kaplan
Treasurer	Ben Gleason
Assistant Treasurer	George Mon
Director(1 st Term)	Max Hinkle
Director(1 st Term)	Frank Pandolfi
Director(1 st Term)	Ron Lew
Director(1 st Term)	Milt Smith
Director(2 nd Term)	Pierre Mebane
Director(2 nd Term)	Tony Greco

RAMP – Chair Members

Recruitment	Paul Beretz
Activities	Jerry Kaplan
Member Relations	Pierre Mebane
Publicity	Frank Pandolfi

Refer to branch directory, accessible under **Members Only** tab heading on our website, for phone numbers & email addresses.



Luncheon Chairman

Rob Melrose

While you are thinking of it, grab your checkbook and make out a check to SIR BRANCH 146 in the amount of \$26 and slide it into your wallet. Checks make our lives so much easier.



THE CLUBHOUSE

AT BOUNDARY OAK

SIR 146 Luncheon
September 12, 2019

Salad

Spinach Strawberry Salad

Baby Spinach, Strawberries, Feta
Cheese

Poppy Seed Balsamic Vinaigrette

Entrees

Oven Beef Eye Round

Herb Dijon Marinated Roast Beef,
Brown Gravy

Yukon Gold Mashed Potatoes &
Seasonal Vegetables

Or

Baked Salmon

Lemon Pepper Marinated Salmon, Rice
Pilaf, Seasonal Vegetables
White Wine Butter Sauce

Vegetarian

Stuffed Cannelloni

Stuffed Pasta with Spinach & Ricotta
Cheese, Tomato Basil Sauce

Dessert

Pineapple Coconut Cake

Vanilla Cake, Caramel Sauce,
Chantilly Cream

- Luncheon Date: September 12th
- Cost \$26. The volunteers really prefer checks and if you don't know why, volunteer to work at the check-in table sometime. Plus, it makes it easier for volunteers to balance the books.
- As usual, the Opt Out deadline is the Friday before the luncheon before noon. That would make this month's deadline **SEPTEMBER 6TH BEFORE NOON**. Two ways to opt out are email or voicemail.

Email: NoLunchBranch146@gmail.com

Phone: (925) 979-5146

- Special Requests: If you have dietary restrictions, want a vegetarian meal or can't consume a meal, please send email to NoLunchBranch146@gmail.com before the Opt Out Deadline.
- Bringing a guest? If you are bringing a guest: please notify Lunch Chair with guest's name at the same email address: NoLunchBranch146@gmail.com
- Annual Payers: Since we have lowered the price, it is imperative that you let us know if you are not coming before the deadline so we can keep the low price.
- Everyone needs to remember the cut-off date is Noon on the Friday before the luncheon. It is your obligation to let us know if you cannot attend. We will send out a courtesy reminder before the deadline. However, if it goes to your spam folder, that is not a valid reason for failure to notify us before the deadline. **Unattended lunches are not free; SIR Branch 146 is charged \$26 for every lunch that is prepared.** Please notify us as mentioned above so we do not continue to incur these needless expenses.

SIR Call Newsletter Group

Editor	Richard Hockenbrock
Co - Editors	Walt Busenius, Rob Melrose & Bob West
Photographer	Henry Thatcher
Proofreaders	Jim Barry, Jonathan Korfhage
	Ron Polivka, and Calvin Tucker
Internet Posting	Ron Plachy



Photography Group

Richard Hockenbrock

SPECIAL EVENT

You may recall that **Milt Smith** and his travel group went to Machu Picchu, the Amazon, and Galapagos at the beginning of June. We are inviting all those travelers who took pictures to come to our September meeting and show us their photos from a thumb drive.

We are inviting everyone including wives and partners to come see them. The meeting room can hold 113 people, so let's see how close we can come to filling the room.

Email: rhock@pacbell.net

Cell: (925) 324-1713

Next Meeting

Where : Thurman G. Casey Ygnacio Valley Library
2661 Oak Grove Road
Walnut Creek, CA 94598

Subject: SIR Travel pictures from Machu Picchu, the Amazon, and Galapagos

When: September 27th at 9 am

SIR BR 146 at its August Luncheon elected the 2020 (BEC) Board Executive Committee as follows:

Big Sir	Brad Hatcher
Little Sir	Richard Hockenbrock
Secretary	Jerry Kaplan
Assistant Secretary	Tony Greco
Treasurer	George Mon
Assistant Treasurer	Ross Abbott
Director 2nd Term	Milton Smith
Director 2nd Term	Open
Director 2nd Term	Ron Lew
Director 1st Term	Peter Plante
Director 1st Term	Chuck Schreiber
Director 1st Term	Paul Beretz

All of these 2020 calendar year officers were introduced at the July luncheon and elected unanimously at our August 2019 luncheon.



**SIR Happenings
Newsletter**

*SIR Happenings is the
statewide SIR newsletter.*

*Click on the link in the
SIR 146 webpage to read the current issue. You may
enjoy reading about the activities of other branches.*





Photo by Henry Thatcher

Roy Hodgkinson was the lucky Birthday Boy drawing winner for the month of August



September's Branch 146 luncheon theme is "Wear Your Team Colors"—any sport, any team!



Activities

**Jerry Kaplan
and
Bob Lucido**

The number and extent of activities (in addition to golf) that are available to Branch 146 members are truly remarkable, but new ones can always be added to the list of **50 +** activities that now are available. Several activities that didn't exist only a few years ago are attracting more and more branch members to give it a try! In particular, the social game of **Mexican Train Dominoes** (typically played monthly with spouses or friends involved), started only about four years ago, now has over **100 SIRs and their significant others getting together**. They try to pick the right dominoes, drink a beverage or two of their choice and visit with other SIRs usually on a rotating basis at one of the player's home.

This year alone, three new activities have been added: 1.) A seventh **Mexican Train Dominoes** group was started recently by **SIR Bob Lucido**. There may be space available for some new players to join one of the seven groups, possibly as a substitute, providing a great opportunity to learn how to play and meet other members and their spouses. Single SIRs are welcome to play in any of the seven groups. 2.) Another new activity, **the RV Wanderers**, has had its first meeting and is planning some trips later in the year. 3.) **Poker Group #7** is also a new activity started in 2019. More information about any of these new activities - or any of the existing ones - can be found elsewhere in this month's SIR Call, or look at the Branch 146 website, www.SIR146.com, where contact information (phone numbers and/or email addresses) are available.

Activity Tables at Luncheons Open Again: The October luncheon meeting is expected to have at least two or three different activity tables set up so both old and new members can chat with the chair and find out more about the activity.

Calling All New or Recently Joined Members: If you haven't found an activity that you like, or you are on a substitute list and want to play more **Poker** or **Bridge** or **Mexican Train Dominoes**, let **Jerry** or **Bob Lucido** know and we can help get another group in those activities started. And – don't forget – if you have some hobby or interest that you want to share with others, and you don't see that it is available, contact **Jerry** or **Bob** and we'll see what we can do to make the Branch 146 membership aware of the idea. It only takes a few fellows to get an activity going. Many of our most currently popular



RV Wanderers

Bob Lucido

Our RV trip to Paso Robles is scheduled for September 16th, and we will be staying for one week.

We contacted the activity chairmen from SIR Br. 8, 19, 59, 116, & 128 to see if any of their members were interested in participating with us on a trip.

Jeff Johnson and his wife from SIR 116 are interested in joining us.

Bob Lucido

(925) 899-0974

bobwendy3@comcast.net



Photo by Henry Thatcher

The Activity featured at our August meeting was Cribbage. L to R are a few cribbage players: **John Kendrick, Peter Plante, John Pearl (Chair) and Frank Lucas**

Guest says to the waiter, "Can you bring me what the lady is having at the table next to me?"

Waiter replies, "Sorry Sir but I'm pretty sure she wants to eat that herself."

activities were started by a new member who came up with the idea; the rest is history!

Reported by Jerry Kaplan

Jerry Kaplan

(925) 330-8832

mtdana@aol.com

Bob Lucido

(925) 899-0974

bobwendy3@comcast.net



Couples Dining Out

Bruce Borgman

We can now report on our July Couples Dining Out event which occurred after the Sir Call deadline on July 29th at **LUCILLE'S SMOKEHOUSE BAR -B-CUE**. We had a total of 53 diners, which essentially took over one section of the restaurant. As is characteristic of this type of restaurant, the seating consisted of a mix of booths and longer tables. This is a bit less convenient for socializing, but we managed. Unfortunately, we experienced some delays in getting our drinks. No matter how much we plan, when our large group comes in, it is hard for the servers or the bar to accommodate our diners in a timely manner.

On the positive side, the food was very good – most of our group had the signature baby back ribs, and a large number had the tri-tip, and a few had the salmon, chicken, or jambalaya – I received compliments on all these dishes. In addition to an appetizer and a Caesar salad, we enjoyed a choice of decadent chocolate cake, or banana pudding – both of which were excellent.

Monday, September 16th, will be our next dining out. Monday's date avoids conflicts with other SIR activities. You will recall I solicited your opinion on going to an excellent seafood restaurant – Smith's Landing in Antioch. Some have told me that going to this place, which is further away, would be fine; however, I've received enough feedback from other folks for whom this is just a bit too far. Therefore, we have decided to forego this place for now. I encourage you to try this on your own – you will not be disappointed.

I am pleased to tell you that we have decided to go to **Casa Orinda**, in Orinda. Some of you may recall that we went here about five years ago. This venerable restaurant dates back to 1932 and continues to be an institution in the East Bay – a place that has retained a western theme and is renown for their fried chicken, classic Italian dishes and veal. The menu we have includes a green salad and a choice of the signature fried chicken, sautéed prawns, veal scaloppini marsala, or baked lasagna and finish with a delicious lemon pie for dessert. Coffee, tea, and soda is included. As a bonus, there is no corkage for this dinner and there are \$5 margaritas during our cocktail hour. The all inclusive cost is \$50 per person. We will have the comfortable banquet room, which has a capacity of about 55. Please send me an email and confirm with a check (made out to SIR 146) quickly since we will no doubt reach our limit soon.

If you wish to be added to our email list, let me



Travel

Milt Smith

SIR Branch 146 Grand Baltic Sea Voyage—Small Ship Adventure by Overseas Adventure Travel

DEPARTURE DATE: June 6, 2020

- **Denmark:** Copenhagen, Bornholm
- **Poland:** Gdansk
- **Sweden:** Visby, Stockholm
- **Latvia:** Riga
- **Estonia:** Tallinn
- **Russia:** St. Petersburg
- **Finland:** Helsinki.

Trip extensions available to Copenhagen and / or Stockholm from \$1,295 each.

As noted, this upcoming great trip to the Baltic departs June 6, 2020 and we have 9 Sirs signed up already, but there is still room for more if you act soon.

14 days from \$8,255 Includes international airfare from Sacramento. 14 days from \$6,695 without international airfare. Single Supplement: \$1,395.

Please mention code **GO-23630** when booking.

Reservations & Information call **1-800-955-1925**

www.oattravel.com/crb2020

Please Note: I am looking into other trips for 2020, including the Mediterranean, the Amalfi Coast, and WWII battlefields of France. I would appreciate knowing your interests before I conduct further research.

Milt Smith

(925) 285-2897

miltsmith549@gmail.com



Photo by Henry Thatcher

Don Oddson, Martin Lyle, and Ron Ragno enjoying a drink and some conversation before the start of the August luncheon.

know at bgborgman@aol.com

See you in September.

July Couples Dining Out

Photo by Richard Hockenbrock



Photo by Richard Hockenbrock

L to R: Ron & Diane DeGolia and Maria Gounaris & Gary Schaub



Photo by Richard Hockenbrock

L to R: Jane & Bob West and Bobbie & Walt Schmidt



Photo by Richard Hockenbrock

L to R: Brian & Mary McCarthy and Bill & Lynette Holly



Photo by Pete Bishop

L to R: Bruce Borgman, Richard Hockenbrock, George Carpenter, Dick Woodman, Pete Gates and Ann Gates, Janice Woodman, Shari Carpenter, Sherry Hockenbrock (hidden), and Sue Sheldon.



Photo by Richard Hockenbrock

F to B: Joyce & Carl Feil, Laurie & Bill Hoban, and Christine & Joe Flannigan



Photo by Richard Hockenbrock

L to R: Jim & Renie Pope and Linda & Steve Siljestrom



Photo by Richard Hockenbrock

L to R: Rob Melrose, Wendy & Bob Lucido, Al & Diane Munayer, and Carmen Schiavone



Photo by Richard Hockenbrock

L to R: Paul & Jane Beretz and Ann & Larry Kaye



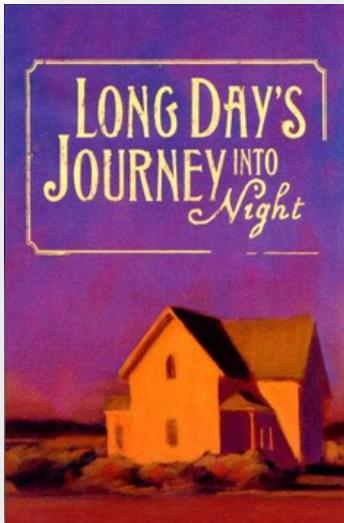
Photo by Richard Hockenbrock

L to R: Don Rhoads, Barbara Elenteny, Michael Rose, Pete Bishop, Diana Rose, Gabriela Bishop (partially hidden), and Barbara & Jonathan Korfhage



Photo by Henry Thatcher

Lew Thompson and Dan O'Sullivan at the August luncheon



Joint Theater Party

With SIR Branches 8, 116, 128 & 146

Thursday, September 19th, 7:30 pm

**The Old Barn Theater, Tao House
at the Eugene O'Neill National
Historic Site in Danville**

Reservations are sold out for the SIR Joint Theater Party on Thursday, September 19 at 7:30 pm. SIR146 is joining with SIR Branches 8, 116 and 136 for this special presentation of Eugene O'Neill's *Long Days Journey into Night*, The play is to be produced at Tao House in the Danville hills – where the play was written and where O'Neill and his wife lived from 1937-1944. O'Neill is the only American playwright to be honored with the Nobel Prize for Literature.

Long Day's Journey is a memorable play about the playwright's family when he was growing up in New London, Connecticut. His father, James O'Neill, was a prominent actor; his mother – a former convent girl addicted to morphine after childbirth; and his carousing brother Jamie. All have dreams, ambitions and secrets that impact younger brother Eugene (named 'Edmund' in the play). *Long Day's Journey into Night* is considered one of America's greatest dramas.

Reservations at \$35.00 per person are no longer available with a check payable to SIR146 and mailed to Sir Gary Schaub, 1400 Canyonwood Ct., #8, Walnut Creek 94595. Deadline is August 16th. (Please include your SIR Branch Number & e-mail address so we can confirm your reservation.)

Access to the O'Neill National Historic Site is by National Park Service shuttle departing from the Museum of the San Ramon Valley, 205 Railroad Ave, Danville. (No private car access.) Details for shuttles, beginning at 6:00 pm, will be provided to attendees in advance of performance date.



AREA 16 Fishing Report

Paul Dubow

At the beginning of the month, the salmon run continued to produce and a group that included **Lee Clark, Paul Dubow, and Rich Fiscina** caught a limit of twelve (two per person). Shortly thereafter, another group including **Larry Kaye** also limited out. Then the ocean salmon bite began to slow, a bit sooner than we expected, and a group led by **Brad Hatcher** could only bring home two fish. But they were big ones. **Brad** netted an 18 pounder and **Dick Thomson** caught a 17 pounder.

The slow salmon bite induced a group including **Lee Clark** to try their luck at halibut in the bay rather than salmon in the ocean. It was a good move because they limited out. This has been the best halibut season in years and it is still going strong.

In other outings, **Pete Gates** of Branch 146, along with **Harry Sherinian** (Br8) and **Chuck Vanonciini** (Br116), did well fishing for salmon on the lower Sacramento. **Ron Lew** led four others in his favorite pastime of fishing for shark, but they also landed some halibut and rockfish. **Mike Corker** and **Tom Kostik** continued their successful forays for stripers and black bass in the Delta and were joined this time by **Harry Sherinian**. **Paul Dubow** and his son and grandson traveled to Stampede Reservoir near Truckee and caught over forty kokanee, releasing most of them. For those who are unfamiliar with kokanee, they are landlocked sockeye salmon and they can be found in many lakes in the Sierra.

Our next meeting will be on Thursday, September 26th, at the Legends Sports Bar and Grill at the Diablo Creek Golf Course, 4050 Port Chicago Highway. The meeting begins at 8:30 am, but please join us for breakfast, beginning at 7:30. We especially welcome SIR members who didn't have time to fish when they were working and who want to either begin or renew an interest in fishing. For further information, please call branch fishing chair **Paul Dubow** at (415) 495-6504.

Halibut Fishing in the Bay: Limiting out were L to R. **Bob Feibel, Ken Konzak, Lee Clark, Brion Beetz, and Carl Moyer** display their halibut catch. Photographer unknown...



Photo by JR. J. Waldron

L to R: Very Happy **Karl Droese, Lee Clark, Paul Dubow, Pedro Contreras, Ken Konzak, and Rich Fiscina** showing off their 12 salmon





Henry Thatcher

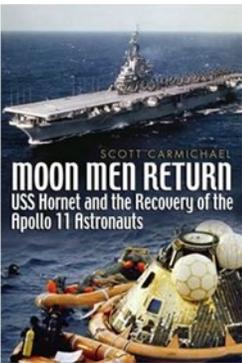
SIR 146 Explore & Eat



Jim Pope

USS Hornet Aircraft Carrier Tour

November 6th at 10:00 AM in Alameda



The Explore & Eat event will be on the USS Hornet Aircraft Carrier on Wednesday, November 6th in Alameda at 10:00 am.

We will tour the flight deck, navigation bridge, engine room, and several lower decks. The USS Hornet is celebrating the 50th anniversary of the moon landing. The carrier recovered the Apollo 11 space capsule with the 3 astronauts from the Pacific Ocean. A highlight of the tour will be the space capsule as well as many other artifacts from this historic event. The tour takes about 2 hours.



After the tour we are planning lunch in Alameda at location to be determined.

The cost is **\$15.00 per person (\$30/couple)** for the docent-led tour. We have room for 40 participants and need a minimum of 25. Please make your check payable to **"SIR 146"** and note on the check for **"USS Hornet Tour"**. There will be no refunds after October 29th. Please send your check and the name of your guest to: Jim Pope at 385 Bryan Drive, Alamo, CA 94507. Email: jpope24@comcast.net. See you all there!



Photo by Henry Thatcher

2020 Branch Executive Committee



Cooking II

Bob Yolland

Bruce Borgman hosted an excellent August 12th Cooking II lunch. He began with a variety of appetizers: Smoked Salmon and Cream Cheese on Crackers, Norwegian Caviar and Cream Cheese on Crackers, Marinated Herring tidbits, Olives, Swiss Cheese and Cornichons, and a Cheese log with Crackers. We were able to enjoy this with some good wine in the shade of their lovely back yard. For lunch, **Bruce** served a super cold gazpacho soup which was great for a warm day, and tasty Monte Cristo Sandwiches. For dessert he made delicious Lime Cheesecake. With lots of conversation and wine we finished the meal with Bailey's, Cognac, Grand Marnier, and coffee. Thank you, **Bruce** for a wonderful lunch.

Our next lunch will be Monday, September 9th, hosted by **Bill Cammerer**.



Pinochle

Charlie Kahsen /
Jeff Morrow



We meet on
the 2nd & 4th
Wednesday of the

month at *Rocco's Ristorante Pizzeria, 2909 Ygnacio Valley Rd, Walnut Creek, CA. Optional lunch is from Noon – 1:00 and card playing from 1:00 – 3:00 pm.*

All Sirs in Area 16 and their guests (including spouses) are welcome to attend. Introduction and training will be provided to those who have never played before, as well as those who last played many years ago.

If you are interested in joining our group, call one of us or send an email to both our email addresses and one of us will get back to you.

If you plan to come, please let us know ahead of time so we can let Rocco's know you plan to have lunch with the group.

Charlie Kahsen

(925) 943-1750

cwkahsen@gmail.com

Jeff Morrow

(925) 944-7009

jeffrey.morrow@gmail.com



Pickleball

Jim Burk

Branch 146 Sirs (some with their spouses) are now regularly playing this exciting and active game at the Activity and Recreation Center (ARC) of the San Ramon Valley United Methodist Church. The ARC is located at 902 Danville Boulevard in Alamo and has three beautiful courts for playing Pickle Ball. Everyone is welcome to play there during any of the drop-in times on Monday thru Friday between 9:00 am and 1:00 pm. A player will pay \$5 per session. Each player will be allowed to get in as many games as the number of players that day allows using the traditional player wait list approach.

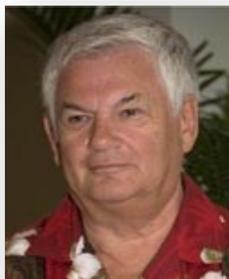
There is also instruction available from 1:00 - 2:30 pm on Tuesday and Thursday. The cost of instruction is \$10 per player, plus the \$5 drop-in fee referenced above. A player would be allowed to play until 4:00 pm, space permitting, before or following the 1 1/2 hours of instruction. A player wishing to take advantage of the instruction should call the ARC at (925) 837-2011 and reserve a time (8 players is the maximum for each instruction session).

Call or email jimanneburk@sbcglobal.net to learn more about the game and/or information about the facility where the Pickle Ball courts are available.

Jim Burk

(925) 946-1192

jimanneburk@sbcglobal.net



SongSirs

Bruce Borgman

The SongSirs continue to practice a series of popular songs. Many of our members are traveling so we had a smaller contingent at our practices. Last Wednesday we had 10 singers again along with the director and pianist – a good number where we can think about a performance at one of the Senior Living Facilities – probably in September. The songs we are singing now include the rousing “San Francisco”, as well as Tony Bennett’s version of “I Left my Heart in San Francisco”. Other songs are “It Had to be You”, “Smiles”, “Get me to the Church on Time”, “When I Fall in Love”, and other romantic songs that are fun to sing. We have also discovered that melancholy song sung by George Burns – “I Wish I Was Eighteen Again” — as a contrast to most of the other happy songs about getting older, such as “You Make me Feel so Young”.

We encourage all who like these kinds of songs to join us at our rehearsals at the Walnut Creek Presbyterian Church on the first and third Wednesday of the month, at 2:30, and 1:30, respectively.

(925) 932-3961

bgborgman@aol.com



Bocce

Stan U'Ren /
Jim Whitsett

Attention all Bocce players! Our 2019 season is well

underway! We're still in need of more players. If you are new to the game, come out and see how quickly you can pick it up! It's a fun game.

Our September games will be held on **Monday, September 9th and Monday, September 23rd at 8:30 am.** Please mark your calendars!

We play the 2nd and 4th Mondays, April/May through September at 8:30 am at the Concord Bocce Courts in Newhall Park, Concord, near the corner of Turtle Creek and Ayers Roads.

Rain Cancels Play
Ladies are welcome
Come and join us

Jim Whitsett (925) 689-5493
AFRES056789@gmail.com



Hearts

Bob West

We meet on the third Thursday of each month at Rocco's Italian Restaurant, located at 2909 Ygnacio Valley Rd. in Walnut Creek. We play from 12:45-3:15 pm with an optional lunch at noon. This is a Men's SIR 146 function with new members welcome. Our next meeting is 9/19..

At our August 15th meeting, Sir **Bob West** won game 1 with 5 points and Sir **Bob Finlayson** came in second with 29 points. Sir **Bob West's** point total of 5 was the lowest of the year, 2nd was Sir **Ray Spear** with a total of 9 in our June meeting.

In game 2, Sir **Jim Nelson** came in 1st with a score of 39, and Sir **Steve Ybarra** placed second with 48 points. Sir **Frank Lucas** "Shot the Moon" on the last hand and was only 5 points short of placing 2nd.

Sir **Frank Lucas** now is tied for 1st with Sir **Ray Bland**, both having "Shot the Moon" 3 times this year. In other news Sir **Bob Finlayson** finally proved everyone sometimes exhibits just mere mortal powers. He had won every game he played previously this year.

Please contact me at 925-518-8472 or robtawest@aol.com if have any questions or would like to be added to our group's email list.



Photo by Henry Thatcher

Luncheon attendees enjoying some time together
Jerry Benoit, Dale Dalgaard, & Russ Anderson

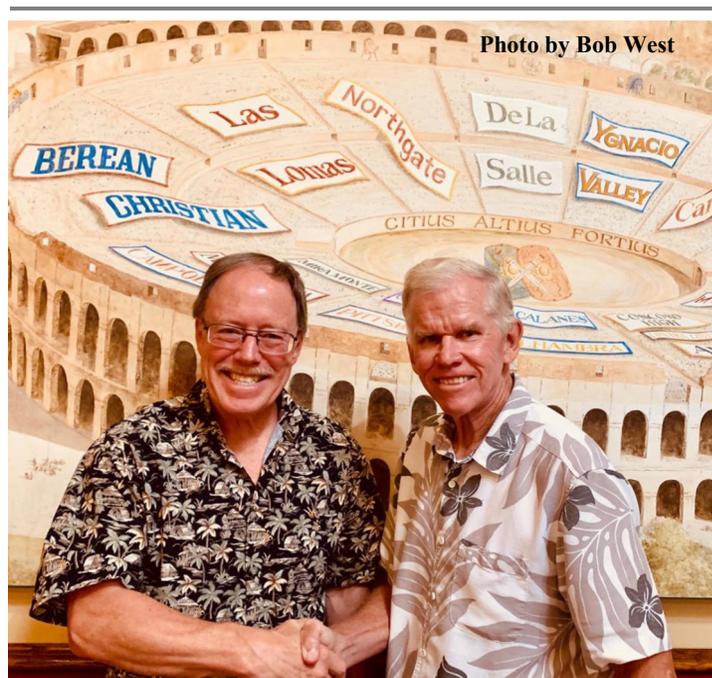


Photo by Bob West

Sir **Bob West** and Sir **Jim Nelson** happy winners of Hearts at Rocco's with The Roman Colosseum in the background



Photo by Henry Thatcher

Ron DeGolia & Joe Lamanna at the August luncheon

Mexican Train Dominoes Groups



Mexican Train Dominoes Group 1 (UNO)

Jerry Kaplan

The Group One players met on August 9th at the inviting Walnut Creek home of **SIR Richard Hockenbrock** and his wife, **Sherry**.

Delicious snacks were available throughout the Game Night topped off by delicious individual Flans and Limoncello in small glass containers offered at the break. The hosts, as usual, did an outstanding job of keeping everyone happy and well fed with treats.

With only one or two people missing, **SIR Bob Lucido** and his wife, **Wendy**, joined the Game Night.

Ms. Carmen Schiavone, wife of **SIR Rob Melrose** had a very good evening taking first place and \$21 home; she averaged a low 10.2 points per game. Second place (and \$11) went to **Martha Plante**, wife of **SIR Peter**; she also had a good night and averaged 13.0 in her games played. **Ms. Wendy Lucido**, wife of **SIR Bob**, came in third place (17.4 average), good for \$4.00 and bragging rights over her husband, who was awarded a scratcher for having one of the two highest averages that night (in the 40's – exact scores are never made public to protect the owner from possible ridicule). The other scratcher went to **Nancy Kalteis**, wife of **SIR Sig Kalteis**.

Mexican Train Dominoes is an easy game to learn and a great number of Sirs, many with their partners, have been playing for several years. Single Sirs are always welcome.

By clicking on the link below, someone can see how to play and the set of rules that the seven groups in Branch 146 are following. If someone is interested in joining a group, call the chair (listed in the Branch website) to see if there may be space to become a regular or a substitute.

<http://www.mexicantrainrulesandstrategies.com>



Photo by Richard Hockenbrock

MTD 1 winners 1st **Carmen Schiavone**, 2nd **Martha Plante**, and 3rd **Wendy Lucido**



Photo by Richard Hockenbrock

MTD 1 consolation scratches **Bob Lucido** and **Nancy Kalteis**

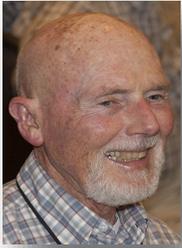


Photo by Martha Plante

What's the difference between a crocodile and an alligator?

One you'll see in a while and the other you'll see later!

Mexican Train Dominoes Groups



Mexican Train Dominoes Group 5 (CINCO) Chuck Campbell

The hottest night of the year and the ladies sizzled! They completed 10 rounds of play to the gents' 6 rounds and placed first and third for the winnings.

Guest **Janet Yolland**, who placed 3rd, managed to get rid of the Double Blank tile 5 times! **Janet's** husband **Bob Yolland** came in 2nd, and the winner for the evening was **Marty Campbell**. Hosts **Jim and Anne Burk** spoiled us with a calorie-filled but cooling Fudge Sundae Pie.

We meet next on September 19th at **Dave and Joan Pierce's** home.



Mexican Train Dominoes Group 4 (El Quattro)

Jim Pope

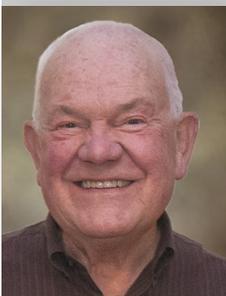
We had a "Bakers Dozen"(13) show up to play Dominos Friday night. We drank wine and ate wonderful sweets and savories with outstanding camaraderie. The group included:

Don and June Seaton, Ron Louis and Fran Matthews, Leslie Firth, Darlo Boone and Mariwyn McComb, Dick and Christy DeVoe, Jonathan and Barbara Korfhage, and Jim and Renie Pope. We had two tables of 6 and 7 with 2 winners. The low table score winners were **Jim Pope** and "**1st Time Winner**" **Barbara Korfhage** (See picture). They received California Lottery tickets with the possibility of a maximum prize of \$1,000 on each ticket. Fun was had by all and we will be back together on September 20th.



Photo by Chuck Campbell

The ladies of MTD CINCO—(L to R): **Ann Hallett, Marty Campbell (1st Place), Joan Pierce, Janet Yolland (3rd Place), and Patti Eisner**



Mexican Train Dominoes Group 2 (DOS) Dick Woodman

Here are the results from our game night played on July 26th at **John and Nancy Pearl's**. What a lovely evening! It gave us a chance to enjoy their beautiful backyard as well as enjoy the wonderful treats and refreshments. We came to play Mexican Train Dominoes and that was fun as usual and gave us all a chance to catch up with our friends.

Rich Ahlf took first place with an average game



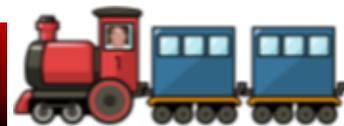
Photo by Jonathan Korfhage

MTD Group. 4 Winners: **Jim Pope and Barbara Korfhage** showing off their flashy lottery tickets. Were you lucky?

score of 11.2 which won him \$20. **Dick Woodman** had a score of 14.8 winning him second place and \$10. **Ismini MacLean** took third place with a score of 16.9 winning her \$4. Congratulations to all our winners!

Results of our game from August 23rd which was in Rossmoor and hosted by **Jim and Phyllis Meehan's** will be reported in the October SIR CALL.

Mexican Train Dominoes Groups



Mexican Train Dominoes Group 6 (SEIS)

John "Moose" Kelly

On a beautiful August 27th evening, **Steve and Carol Lane** hosted the Group 6 Mexican Train Domino games at their accommodating Danville Ranch Clubhouse. With jet setters chair person **Moose** and **Mary** away, regulars **Brain & Mary McCarthy, Don & Etta Dotson, Richard & Sherry Hockenbrock, Bob & Jane West, Bruce Borgman, Jim Barry,** and subs **Bob & Wendy Lucido** were all committed to make a strong showing and improve their odds of winning the big pot at the end of year.

At the end of play at the three tables, the results were very familiar to games played in other MTD groups— the women were all the winners!



Mexican Train Dominoes Group 7 (Siete)

Bob Lucido

On August 14th, **Dale** and **Mary Ellen Dalgaard** hosted our Dominoes game. This was the first time they hosted the group and did an excellent job. As a matter of fact, everyone had such a good time, **Dale & Mary Ellen** had to push everyone out of the house at the end of the game.

Bob Lucido (me) was the winner with an 8.75 average. **Dale Dalgaard**, with an average score of 38.83, won the scratcher lotto ticket for high score. Must have been strange forces at work, because the chairman won the low score, and the host for the night gained the highest score.

We now have a full complement of 14 members, but we are open for substitutes. We play on the second Wednesday of the month at 6:30 pm. Come join us!

Bob Lucido

(925) 899-0974

Bobwendy3@comcast.net



Photo by Richard Hockenbrock

Host **Carol Lane** had the lowest score of the evening, followed by **Sherry Hockenbrock** in second place and **Mary McCarthy** right behind her for third place



Photo by Richard Hockenbrock

Dale Dalgaard holds up his lone scratcher while **Bob Lucido** walked away with the night's winnings.



Photo by Richard Hockenbrock

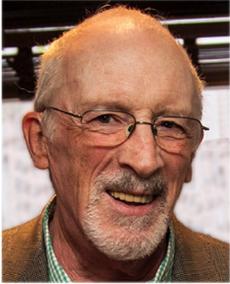
High scorers for the night, **Bob Lucido & Don Dotson**



MTD Group 6

Photo by Richard Hockenbrock

Mexican Train Dominoes Groups



Mexican Train Dominoes Group 3 (TRES)

Jeff Baily

Eighteen of us enjoyed a great evening of play at the home of **Sue** and **Walt Busenius** on August 23rd.

At table 1 Substitute player **Judy Baldrige** won the table position with a score of 19.82 (remember, like golf, low scores are best). **Jim Stedman** came in second with 21.27 and **Alicia Baily** was third with 23.73. Good scores but no overall winners.

At table 2, five players mumbled and grumbled about their luck as they watched **Corrie Oranje** win 6 of the 10 games and achieve a respectable 17.0 to win the table and earn third place in the overall standing. He was followed by substitute **Laurie Hoban** with 19.7 and **Lew Thompson** with 21.7.

At table 3 the top 2 winners' scores were very close. **Walt Busenius** placed third at the table with a score of 20.3. Substitute **Jim Baldrige**, as usual played a great game and was the one to beat towards the end. He finished with a nice score of 16.7 but substitute **Bill Hoban** went out twice and kept his other game scores low to score 16.5 and win by a whisker!

Congrats to the winners. Looking forward to playing at the **Bailys'** on Friday, September 27th.



Mexican Train Dominoes 3 August games winners (L to R): 1st place **Bill Hoban**, 3rd place **Corrie Oranje**, and 2nd place **Jim Baldrige**



Book Group

Chuck Campbell

On August 12th, 6 of us met at the Greenery Restaurant to discuss the book *Alexander Hamilton* by Ron Chernow. First, I would like to thank our Book Group for taking up the long Hamilton read because my wife and I will be seeing the musical next week and our research will help us understand what is going on in the fast moving play.

My previous understanding of Hamilton was that he is the father of our central bank policy and was killed by Aaron Burr in a duel. But it turns out that there is much more to the man. He was born on a small Caribbean island as an illegitimate son of a possible Scottish nobleman. He managed to sail to the eastern shore of America as a teenager, later gained a college education, joined the Revolution, and became an indispensable aide to General Washington. After the war he became a lawyer. This is where he first met Aaron Burr and became involved with Maria Reynolds. Some thought that this affair was a blackmail set-up.

Hamilton proved himself to be an accomplished writer as an aide to General Washington and later as a political writer. When a draft of the constitution was being circulated for review and approval, Hamilton and four others prepared the *Federalist Papers* which further explained the Articles of the Constitution. Hamilton is credited with drafting over 50% of the *Federalist Papers*. If you are interested in our political history, we recommend this book. It is a long but easy read with occasional archaic language of the times.

For our next book we selected *Devil in the White City* by Erik Larson. This is a historical novel with the Chicago World's Fair of 1893 as its setting.

We will again meet at 8:30 am on September 16th at the Greenery Restaurant to discuss this book.

I asked a librarian if she had a book called Pavlov's Dog and Schrodinger's Cat.

She said it rang a bell but she wasn't sure if it was there or not.



Cribbage

John Pearl

Nine of our group gathered at **Barney Meade's** home on Wednesday afternoon, August 28th for some rousing games of cribbage. It was a very good turnout indeed. When the smoke cleared, we paid the top four places. First place money went to the Chair, **John Pearl**, second place to our newest member, **Ron Polivka**, and third place to our Co-Chair, **Ron Afdal**. We paid fourth place this month to **Dennis Hallett** who got his ante back.

We play again on Wednesday, September 25th.

John Pearl, Chair



SIR 146 Hiking

Rich Ahlf

We will be hiking the Bear Creek Trail along Briones Reservoir on Friday, September 13th, at 10:00 am. We will meet at the Briones Overlook Staging Area which is 1.4 Miles northeast of Camino Pablo on Bear Creek road.

This hike is a moderate 4 miles on a single track trail along the reservoir. We will shuttle cars to the Bear Creek Staging area just past Happy Valley Road. I have an EBMUD trail use permit for everyone.

From Highway 24 in Orinda, take the Orinda exit and go 2.2 miles northwest on Camino Pablo to the junction with Bear Creek Road. Then, turn right and go 1.5 miles to the Briones Overlook Staging area (on the left) where we will meet and shuttle to the Bear Creek Staging area.

Spouses always welcome

Rain Cancels

Dogs not Allowed

Rich Ahlf

Cell (925) 550-4967

rahlf@sbcglobal.net

Photo by Henry Thatcher



Steve Dinning always ready at the keyboard when the SIR luncheon breaks out in song!



Table Pool

Bill Weinberg / Jim Barry

We meet every Monday at 11:00 am at Masses, 2721 North Main in Walnut Creek. No advance notice is necessary. Just show up and play. Cost is \$5 for as long as you want to play. This is a special rate that Masses gives SIR members. You can also play at other times during the week for the same \$5. Just tell them you are a member of SIR. We play mostly two man teams of eight ball, or a unique three-player game, called "Crazy Eights", depending on the number of participants. We usually play about 2 hours but not everyone stays for the final curtain.

*Reported by **Jim Barry***



Golf committee meeting before the August luncheon.
(L to R): **Ed Brands, Bill Laws, Mark Curtis, Joe Fuchs, Ed Marlovits, and Dave Steinberg**



Men's Duplicate Bridge 1 Doug Eisner

Bill Schultz was our gracious host August 19th. The day got wild on Board 2; **Jim Stedman** and **Fred Bolton** got to 6S. Spades were 4-1 but **Jim** made six anyway. But **Mark Curtis**, in 6S doubled, took a calculated risk on a trump finesse through East to make 7, to score 1860. Well played; we don't see such telephone numbers very often in this group. Wildness continued; there were doubles and redoubles galore; blood was shed. In the end, **Brad Hatcher** had two above-average sessions for 3RD PLACE (57%); **Bob** Yolland led in the morning and didn't collapse after lunch, for 2ND PLACE (58%); and **Dick DeVoe** had two fine sessions (both 63%) for a well-deserved 1st. Congratulations to all three for consistent performances.

Our Sept. 16th will be a Swiss Teams format at **Mark Curtis's** house providing 16 players are available.

Reported by Dave Pierce



Men's Duplicate Bridge 2 Bill Schultz

Thank you **Rich Ahlf** for stepping up at the last minute to host three tables of duplicate bridge Friday, August 2nd. In the morning session, **John Boyan** and

Dave Steinberg tied with 14.5 points for the lead. **Rich Ahlf** and **Mike Whitaker** were right behind them with 14.0 points each.

In the afternoon session, **John Boyan** continued his fine play adding 16.0 points to his total. **Mark Curtis** was second and **Tony Greco** was third. **Mark Curtis's** 15.5 points in the second half earned the come-back-kid title by improving his second half score over the first half by 6 points.

For the day **John Boyan** was the big winner with 30.0 points. **Dave Steinberg** was second and our substitute host, **Rich Ahlf** was third. For the day **Dave Steinberg** had nine 2's and **John Boyan** had only three 0's. There were no perfect 6 point partnerships, but **Rich Ahlf** and **Dave Steinberg** did score 5.5 points on boards 7 thru 9.

Max Hinkle will host our next game on Friday, September 6th.



Photo by Bill Schultz

MDB 1 Players: Back Row—**Jim Stedman**, **Brad Hatcher**, **Bob Yolland**, **Max Hinkle**, Hostess **Alice Schultz**, **Dick DeVoe**. Front Row—**Dave Pierce** (scorekeeper), **Rich Ahlf**, and **Tony Greco**



Couples Duplicate Bridge 1 Bob Yolland

On Wednesday, August 21st, Couples Duplicate Bridge 1 had an excellent evening of cards hosted by **Dick** and **Christy DeVoe**. Thank you both for hosting and all the goodies and good wine. There were some unusual and exciting hands that made the evening very interesting. For results, **John** and **Kathy Kluesener** came in third with 20.5 points, a 51.3% game. **Bob** and **Janet Yolland** finished second at 21.5 points, a 53.8% game, and in first place, **Dave** and **Joan Pierce** with 23.5 points and a very fine 58.8% game. Congratulations to all the winners. Also a special thanks to **Dave Pierce** and **Dick DeVoe** for scoring.

Our next event will be held on Wednesday, September 18th and will be hosted by **Margot Somerville**.



Photo by Bill Schultz

MDB 1 Big Three Winners (L to R): **Brad Hatcher**, 3rd Place, **Bob Yolland**, 2nd Place, and **Dick DeVoe**, 1st Place



Men's Duplicate Bridge 3 Mike Whitaker

The group gathered at **Jerry Benoit's** home for it's August game on August 16th. There were 10 regular members plus **Ray Spears** and **John Kluesener** who filled in as substitutes. In the morning session, **Mike Whitaker** pulled out front with 16.5 points. **Bob Yolland** and **Jim Pope** were 2nd and 3rd with 14 and 13.5 points respectively.

After lunch, **Mike** and **Jim** faded and **Bill Schultz** and **Jerry Benoit** emerged from the pack. In the end, it was **Bill Schultz** finishing 1st with 27 points, **Jerry Benoit** in 2nd with 26.5 points and **Bob Yolland** hanging on to 3rd with 26 points.

Our next game will be on September 20th at **Brad Hatcher's** home. Prospective new members please contact **Mike Whitaker** at (925) 708-8213.



Couples Duplicate Bridge 2 Dave Pierce

Hot summer nights, when **Cindy** and **Tony Greco** hosted us August 13th (unlucky 13th?); but the cards were cold and cruel. Only one pair bid a slam and they went down one. More than a couple of hands went down in flames.

When the smoke cleared, **Joan** and **Dave Pierce** were third (but only average, 50%), loyal subs **Rich Ahlf** and **Ismini MacLean** were second (53%), and very much to their surprise, **Dick** and **Christy DeVoe** were very comfortably in first (61%). But at the end there was warmth around the table as we enjoyed **Cindy's** summer dessert.

Dave Pierce
(925) 932-3877
dwp@astound.net



Photo by Bill Schultz

MDB Gr 3: L to R: **Bill Schultz**, **Jerry Benoit**, our host, and **Bob Yolland** display their massive winnings

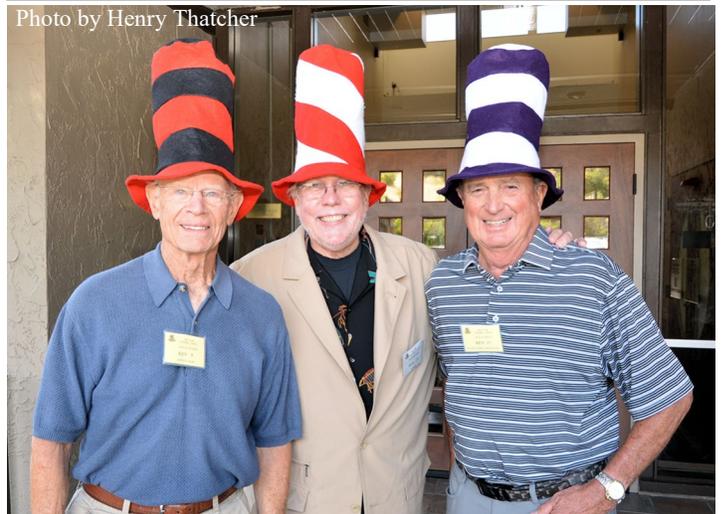


Photo by Henry Thatcher

August Greeters - **Ken Studer**, **Dick Firth** & **Ken Soult**



Photo by Bill Schultz

MDB Gr 3 (L to R): **Jim Pope**, **John Kluesener**, **Jerry Benoit**, **Mark Curtis**, **Bob Yolland**, **Brad Hatcher**, **Tony Greco**, **Dick DeVoe**, and **Ray Spears** anxiously await the day's results from **Mike Whitaker**



Photo by Henry Thatcher

Busy place at the August luncheon check in tables



Couples Party Bridge

Tony Greco

Brad & Lynne Hatcher hosted our August 6th event. All the regular players participated. Before starting play, we all sampled an assortment of wines and other beverages as we snacked on cheese & crackers, guacamole dip & chips, watermelon & pineapple cubes, mixed nuts and more. After catching up on each other's news, we began playing bridge. For most of us, the evening was saved from poor cards when chocolate layer cake was served for dessert to make us feel better.

Rich Ahlf & Ismini MacLean were the only couple with decent cards all evening which they took advantage of by scoring close to 5000 total points. The nearest competitor barely had a little more than half of those points. The bottom four finishers averaged only 1750 points. The bottom feeders ate most of the chocolate layer cake in their futile attempt to try to feel better.

The official results are as follows:

- 1ST PLACE : 4990 points - **Rich Ahlf & Ismini MacLean**
- 2ND PLACE: 2580 points - **Dick & Christy DeVoe**
- 3RD PLACE: 2050 points - **Larry & Linda Brown**

Next month's event will be held September 3rd and will be hosted by **Larry & Linda Brown**. Happy Labor Day to all!



Photo by Tony Greco

SIR Couples Party Bridge Winners (L to R): **Dick DeVoe, Linda & Larry Brown, Ismini MacLean & Rich Ahlf, and Christy DeVoe**



Party Bridge

Jim Pope & Jim Stedman



Twelve members of the Party Bridge Group met at **Bob Burley's** beautiful home in among the oak trees in the hills east of downtown Walnut Creek. With great camaraderie the players sat down and played 28 hands of bridge. We enjoyed lunch outdoors in the sun (Below: group picture after lunch).

At the end of the day the three winners were holding the money along with the one who finished 12th; **Jim Pope (\$2), Ray Spears (\$6), Brad Hatcher (\$4) and Joe Fuchs (\$0.01).**

Reported by **Jim Pope**



Photo by Jim Pope

Party Bridge (L to R): **Jim Pope, Bill Snyder, Bob Yolland, Bill Rees, Jim Stedman, Steve Dinning, Joe Fuchs, Ray Spears, Bob Burley (Host), Brad Hatcher, Vince Rettew, and Fred Bolton**



Photo by Jim Pope

Party Bridge Winners: **Jim Pope, Ray Spears, Brad Hatcher, and Joe Fuchs**



Cycling Group

Larry Kaye

July 29th Ride into history.

Today's ride toured Danville and the Tassajara Valley. The brave spandex men and women, were blessed with superb weather, great scenery, and a tour of the One Room Tassajara school. We learned the history of this school and the fact that some of our streets are named for men and women who passed through those doors. Assisted by a tailwind and some long downhills we returned to coffee at Peets in Alamo and some camaraderie.

August 7th The boys in spandex rode from Alamo thru Danville, San Ramon, Dublin, the Dougherty Valley and back to Alamo. On our bikes we visited the old Nuclear reactor site in Danville (yes there was one) and explored the NEW super San Ramon town center, as well as Bishop Ranch and the outskirts of the old Camp Parks Army site. We also cruised thru Windermere and Shepell's 11,000 homes in the Dougherty Valley.

After stopping at a Peet's in the Valley for refreshment, we pedaled thru the back area of Danville into the old Cross Road ranchette area. As the heat of the day rose, we arrived back at our steel vehicles. A Great 28 mile ride. Attending today was: "Moose" Kelly, Bill Ross, Ken Studer, Bob Wilkenfeld, Michael Wolfson, and Larry Kaye.

August 15th The Men in Spandex, accompanied by their ladies shared a group dinner at the Round Hill C. C. where we shared libations, great food and much discussion. Topics included Scuba diving in the South Pacific, how we met our special ladies, where we grew up, and, of course, cycling. Attending were the **Lucido's, Wolfson's, Kelly's, Studer's, Meyer's, Kaye's,** and guest **Dr. Bill Ross** sampling Sirs 146 friendships.

August 19th Today's country ride was a fun 27 miles. We rode from Alamo to the end of Bollinger Canyon in San Ramon. We passed a former Nike missile base, and a CIA station long abandoned. Luck was with us as the ride home had a nice tailwind. The hills melted beneath the pedals of the men in Spandex. Attending were **Roger Meyer, "Moose" Kelly, Ken Studer, Ken's lady friend Hedwig, Bob Lucido, Jim Nelson, Michael Wolfson,** and **Larry Kaye.** After Peet's it was adios. **Roger and Ken** retired to **Larry's** for flat repairs and brake adjustments. Another great day of Sir fun.

Larry Kaye

(925) 698-4030

larrykaye2@comcast.net



Photo by Christine Nelson

CYCLING GROUP JULY 29TH RIDE (L-R) **Roger Meyer, Michael Wolfson, John Kelly, Jim Nelson, Larry Kaye, and Bob Lucido**



Photo by Ann Kaye

CYCLING GROUP NIGHT OUT AT ROUND HILL C.C.
(L to R): **Mary Schmidt & John "Moose" Kelly, Hedwig (Ken Studer's guest), and Ken Studer**



Photo by Ann Kaye

CYCLING GROUP AT ROUND HILL CC: (L to R) enjoying the evening are **Gail Wolfson, Roger and Peggy Meyer.**



Poker Group 1

Dan O' Sullivan

Poker Group 1 met August 14th at the home of **Don DelBene**. As always, a good time was had by all.

Our next outing will be on September 11th.



Old Money Poker

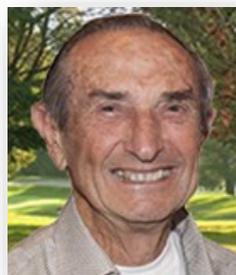
Group 6

Brad Hatcher

We reconvened after taking July 4th off to celebrate. Four participants met at **Brad Hatcher's** home for spirited play. The spirits included the usual red wine along with snacks. One member missed the play as he was unable to find the game. The overall winner, an avowed statistician, simply won more games. There were very few large hands; although there were several full house hands which lost. Drat! We look forward to meeting at the remodeled home of **Frank Lucas** on the first Thursday in September.

Tel: (925) 935-1571

bhatcher1942@gmail.com



Poker Group 2

Al Zamolo

*Poker Group 2 meets on the fourth Monday of the month at various members' homes. Contact **Al Zamolo** if you would like to be on the list as a substitute.*



Poker Club 3

Sig Kalteis

*Poker Club 3 meets on the fourth Monday of the month. We usually play at my house. Contact **Sig Kalteis** if you would like to be on the list as a substitute.*



Poker Group 7

Bob Lucido

Our poker group meets on the third Monday of the month at 6:30 pm and we play until 9:00 pm or when everyone falls asleep, which ever comes first.

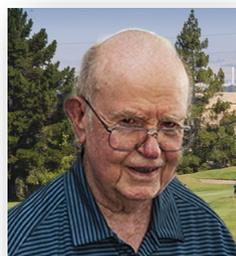
We play various types of poker games, some that confuse everyone except the dealer.

We would like to have more substitutes, so if you would like to participate, please contact me.

Bob Lucido

(925) 899-0974

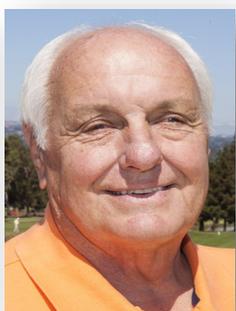
bobwendy3@comcast.net



Poker Group 4

Rich Hanford

Poker Group 4 meets on the fourth Monday of the month at homes of the various members.



Poker Group 5

Bill Roberts

*Poker Group 5 meets the Wednesday prior to the SIR luncheon. **Bill Roberts** is the permanent host for our event.*



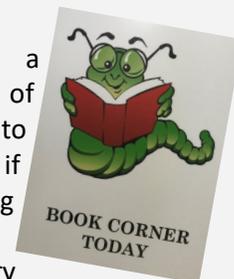
Book Corner

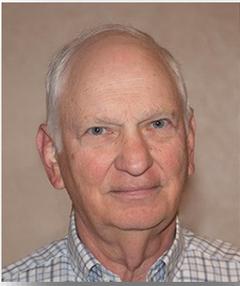
Peter Plante

THE BOOK CORNER IS OPEN THIS MONTH, so please come on by with what you have read and take home some new books.

We have a good selection of your favorite authors. Don't forget to ask your spouses or significant others if they would like some new reading material.

The Book Corner is open every other month, so THE NEXT ONE AFTER THIS ONE IS NOVEMBER. See you in the back room by the bar.





GOLF

Ed Marlovits

Branch 146 has had a particularly good year in State Sir golf competitions.

Joe Fuchs and **Dan Holland** have both qualified for the SIR State Individual Championship on October 15 at Hiddenbrook. In the qualifier, **Dan** finished first in his flight and Joe was second in his. In the finals they get to play for free, which will help make up for lost balls on a challenging Arnold Palmer design golf course.

On August 12th, the team of **Joe Fuchs**, **Dan Holland**, **George Mon** and **Sal Costanza** played in the SIR team championship at Rancho Solano. They shot five under with no bogies and finished in the top half. Stiff competition for sure: the top team won by 3.5 strokes (net 51) over second place.

Did you notice any similarities in the first two paragraphs? **Joe** and **Dan** have been hot! Congratulations to all and good luck **Dan** and **Joe** in October.

We found old results from 2014 as we were cleaning up what passes for a hard drive and found things have changed. Five years ago we would have up to 70 Tuesday golfers. This year we have up to 40. Back then we had more than half of us playing combo tees; this year we are playing gold. Back then more than half of us had handicap indexes at or below 22; now more than 60% of us have indexes above 22. Apparently, modern equipment is not as good as it was five years ago — but the beer is better!



Nine Hole Golf Group

Verner Laursen

The SIR 146 golf group tees off at 9:30 am at the Diablo Hills Golf Course on most Thursdays. Exception is the second Thursday when we normally go to the SIR luncheon.

If you are interested, let me know and I will put you on my list. On Mondays, I will send out an email asking who is coming for golf, who is walking and who plans to stay for lunch. On Wednesdays I will send out an email setting forth the pairings for Thursday morning. Thursday morning there may be adjustments based on who did or did not show up. Most of the time the lunch is better than our golf game.

vlaursen@astound.net

Golf



Photo by Bill Schultz

Green Valley CC July Outing : L to R are **Ed Brands**, **Gary Brown**, **Bill Schultz**, and **Pete McNeill**



Photo by Bill Schultz

Green Valley CC July Outing : L to R are **Norm Baietti**, **Joe Fuchs**, **Ed Marlovits**, and **Max Hinkle**



Photo by Bill Schultz

Green Valley clubhouse after sunny round of golf: L to R **Ed Marlovits**, **Ben Smith**, **Joe Fuchs**, **Norm Baietti**, and **Dave Svoboda**

Area 16 Events

Mac User Group (MUG)

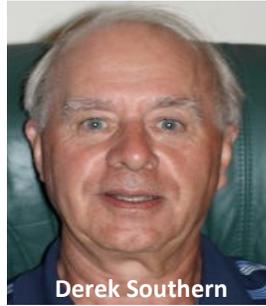


Max Burchett



Vern Laursen

SIR Area 16 Computers & Technology (PCs)



Derek Southern



Neil Schmidt

The Mac Users Group (MUG) meets the first Monday of each month from 12 noon until 2:00 pm at the Thurman G. Casey Ygnacio Valley Library, 2661 Oak Grove Road, Walnut Creek, CA 94598.

Max Burchett and **Verner Laursen** are the leaders and are available to help Mac, iPhone and iPad users with their questions. Please note that Mac users do not have problems. We do have suggestions on software and where to get the best deals on Mac related products. We will also demonstrate various software products.

If you have or may have an interest, please contact us and we will put you on our mailing list. If you are on the list, you will receive an email from time to time about items that are of interest to Mac Users.

There will be no meeting of the SIR Area 16 Computer & Technology Group in September. The next meeting will be on October 17th.

The Computer & Technology meetings typically cover a wide variety topics such as using personal computers, smartphones, photography, new technology, etc. Many attendees to these meetings are novices to new technology and we also always have several "experts" in attendance to answer specific questions and provide assistance. SIR from all branches and their guests, including spouses, are welcome and invited to attend.

Checkout the CAT website (a2cat.sirinc2.org) for list of past presentations. See everyone in October.

Area 16 \$ums Investment Group

\$UMS in Retirement meets next on Wednesday, September 25th at 8 am at the Legends Restaurant, Diablo Creek Golf Course, Port Chicago Highway, Concord, just north of Hwy 4.

The presenter will be *Greg Vogel of GKV Capital*. His topic is "Finding special situations during highly uncertain times".

The Legends opens at 7 am. Come early and have a leisurely breakfast with your colleagues prior to the meeting. Ladies are welcome.

Chair - **Tom Henry** - Br 174 tomhenry925@gmail.com

Co-chair **Dave Sutton** - Br 8 - davesutn@comcast.net



Photo by Bill Schultz

Sir Golfers on the tee box for Tuesday Golf (L to R): **Larry McAllister, Joe Fuchs, Jim Barry and Ray Spears**

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

SIR 146 Activities Calendar

To add new or one time special events for the calendar, contact Bill Holly

2018 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec 2020

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Alaskan Adventure		10:00 AM Bowling	9:30 AM NINE HOLE GOLF-1 6:00 PM - 7:00 PM Poker Group #5	6:30 AM - 2:00 PM Men's Duplicate Bridge 2
10:00 AM Party Bridge 11:00 AM - 2:00 PM Table Pool at Masses 12:30 PM - 2:30 PM Mac User Group (MUG)	8:00 AM Golf 9:00 AM - 1:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 10:30 AM Explore & Eat Backstage Tour, Leshar Center for the Arts 1:00 PM - 4:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 7:00 PM Couples Party Bridge	1:30 PM Song Sirs 1st		
9	10	11	12	13
8:30 AM Bocce Ball 11:00 AM - 2:00 PM Table Pool at Masses 12:00 PM Cooking II	8:00 AM Golf 9:00 AM - 1:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 1:00 PM - 4:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 7:00 PM Couples Duplicate Bridge 2	10:00 AM Bowling 12:30 PM - 2:30 PM Poker Group #5 1:00 PM - 2:00 PM Pinocchio Rocco's Italian Restaurant 1:00 PM Poker Group #1 6:15 PM Poker #5	8:00 AM - 10:45 AM BEC Meeting 11:20 AM - 1:30 PM SIR LUNCHEON	10:00 AM Hiking Moderate 12:30 PM - 2:30 PM Chess Pleasant Hill Senior Center 6:45 PM - 10:00 PM Mexican Train Dominoes Group 1 (UNO)
16	17	18	19	20
10:00 AM Men's Duplicate Bridge #1 11:00 AM - 2:00 PM Table Pool at Masses	8:00 AM Golf 9:00 AM - 1:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 1:00 PM - 4:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church	10:00 AM Bowling 11:00 AM Cooking Lunch and Wine (LAW) 1:30 PM Song Sirs 2nd 7:00 PM Bridge - Couples	8:30 AM - 11:30 AM Computers And Technology (CAT) 9:30 AM NINE HOLE GOLF-2 11:00 AM - 2:00 PM Tres Gourmet 1:00 PM - 2:00 PM Hoarts Rocco's Italian Restaurant 7:00 PM - 10:00 PM Mexican Train Dominoes Group 5 (Cinco) 7:30 PM Long Day's Journey into Night O'Neill National Historic Site departing from 205 Railroad Ave. Danville, CA starting @ 6 p.m.	10:00 AM - 2:00 PM Men's Duplicate Bridge 3 7:00 PM - 10:00 PM Mexican Train Dominoes - El Quattro
23	24	25	26	27
8:30 AM Bocce Ball 11:00 AM - 2:00 PM Table Pool at Masses 1:00 PM - 4:00 PM Poker #3 1:00 PM Poker Group #2 1:00 PM Poker Group #4	8:00 AM Golf 9:00 AM - 1:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 1:00 PM - 4:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 6:45 PM - 10:00 PM Mexican Train Group Sals	8:00 AM - 10:00 AM Suns in Retirement 10:00 AM Bowling 12:30 PM - 2:30 PM Cribbage 1:00 PM - 2:00 PM Pinocchio Rocco's Italian Restaurant	8:00 AM Area 16 Fishing Breakfast Meeting Diablo Creek CC	8:00 AM - 11:00 AM Photography Group Ygnacio Valley Library 2661 Oak Grove Rd, W.C. 12:30 PM - 2:30 PM Chess Pleasant Hill Senior Center 6:30 PM - 10:00 PM Mexican Train Dominoes Dos 6:45 PM - 10:15 PM Mexican Train Dominoes Group 3 (Tres)
30	Oct 1	2	3	4
11:00 AM - 2:00 PM Table Pool at Masses	8:00 AM Golf 9:00 AM - 1:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 1:00 PM - 4:00 PM Pickleball (MTWThF) San Ramon Valley United Methodist Church 7:00 PM Couples Party Bridge	10:00 AM Bowling 1:30 PM Song Sirs 1st	8:30 AM NINE HOLE GOLF-1 6:00 PM - 7:00 PM Poker Group #5	6:30 AM - 2:00 PM Men's Duplicate Bridge 2