



Garth Cummings

Big Sir's Notes

Membership Chair **Jim Jackson** began accepting applications for membership at our October 12th luncheon and will continue accepting them until our December 14th Gala Ladies Day luncheon. As mentioned in last month's Big Sir's Notes, applicants must be introduced at either the October, November or January luncheons to be eligible for placement on the waiting list. We had nine applicants introduced at the October luncheon and look forward to seeing others in November and January. Remember to call our Attendance/Luncheon Chair, **Bill Root**, by the Friday before the luncheon if you intend to bring along an applicant or any other guest or visitor. We need a proper count in order to tell Blake's the number of lunches we need and to ensure proper seating.

Our Badge Chair **Ken Richter** has prepared labels to be filled out and worn by all guests and visitors. Guests are applicants or other non-SIR attendees, whom a member brings to lunch. Visitors are members from another branch. The labels will be placed on the table with the badges. Please see that the labels are filled out so that we know the names of our guests and visitors.

A special thanks to **Ken Kratz** who has served as the Branch Photographer for the last seven years. During that seven years **Ken** has taken many memorable photos on our behalf, many of which have been published in SIR CALL. The branch owes a debt of gratitude to **Ken** for his hard work. And thanks to **Rich Ahlf** for taking over the photography duties from **Ken**.

We also owe a debt of gratitude to **Don Nunn** who has arranged for the two dances the branch sponsors each year. Because the branch has increased in size, **Don** moved the October dance to a new location and all had a good time at this roomier facility. **Don** has worked hard to make our dances both enjoyable and inexpensive and for this we owe him our heart felt thanks.

The trouble with doing something right the first time is that nobody appreciates how difficult it was to do.



Jim Stedman

Little Sir's Corner

Lynn Freeman, our Veterans Chairman, arranged for **Chuck Robbins** of the Speakers Bureau for the Jeremiah O'Brien Liberty Ship, to speak to us about the history of the ship. **Lynn** will also speak about the role of the Merchant Marine during World War II

Bocce Ball

Bob Frankland

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



We had a good turnout on October 9th, but are always looking for new players. Come join us for some fun. Beginners are welcome. Hope to see you there. Rain cancels.



Bowling

Larry Mitchell

The next SIR-sponsored tournament will be held at Clayton Valley Bowl on Tuesday, Nov. 14th and again on Thursday, Nov. 16th. This will be a Singles/Doubles event with the singles being bowled at 10 AM and doubles at 1 PM, each day.

I encourage everyone to participate in this Branch 19 event to show them our gratitude for their good showing at our event in the spring.

Entry forms are available at Diablo Lanes on Wednesdays or you can call **Bob Everett** at (925) 672-1553.



Cooking

Dave Johnson

1st Monday at various members' homes.

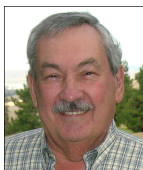
Our meeting, in October, was in honor of Oktoberfest and was held at the home of **Bob Spellman**, our chef of the month. In spite of first degree burns to his left pinkie finger and the constant pain and suffering, **Bob** was able to grill two kinds of bratwurst for us (smoked and unsmoked). To accompany them, we had German potato salad and sauerkraut and the meal concluded with a delightful apfelstrudel. There were no significant injuries from flying corks and no reported cases of serious heartburn.



Tres' Gourmet Lew Thompson

The Tres Gourmet chef of the month was **Joe Lamanna**. Four kinds of Italian sausage (hot to mild) along with cheeses and crackers were the starters. Shrimp scampi with hot french bread and salad was the main course, followed by ice cream sherbet, biscotti and coffee. It just doesn't get much better than this.

I started out with nothing and I still have most of it.



Duplicate Bridge George Zunich

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

On October 16th, **Sir Bill Rees** hosted four tables of Duplicate Bridge at his home.

The results were as follows: **Lynn Freeman** was in 1st place with 44.0 points. **Jim Jackson** took 2nd place with 42.5 points. **Carl Johnson** was in 3rd place with 41.0 points and **Jim Stedman** took 4th place with 39.5 points.

Our next match will be held on Monday, November 16th. Contact **George Zunich** at 925-376-4439 for information.

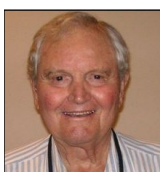
It's hard to come back when you haven't been anywhere.

Couples Duplicate Bridge Lo McCarley

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

The Couples Duplicate Bridge Group celebrated **Bob Yolland's** and **Stu Somerville's** birthdays on October 18th.

Carl and **Anne Johnson** took first place in the bridge game with 46 points. **Bob** and **Janet Yolland** (36 points) placed second, **Lynn** and **Dasha Freeman** (33.5 points) came in third, and **Jim** and **Allison Todhunter** (33.0 points) got the fourth prize. The next meeting will be hosted by **Bill** and **Margaret Rees** on Wednesday, November 15th.



Sirmoncats Jim Helmick

It has been a struggle getting all six **Sirmoncats** together to practice our repertoire of harmonica-friendly songs. As things stand now we are shooting for a performance in front of the Branch at either the January or February luncheon. We might also perform during the Christmas season at a retirement home or two. We are definitely in this to have fun. Interested? Call chief harmonicaist **Jim Helmick** at 925-376-6042.

Area 2 Computer and Digital Photography Groups

Floyd Skelton 838-2515, f.skelton@sbcglobal.net

Dick Curry 376-5541, racorinda@pacbell.net

Phil Goff Digital Photography, philgoff@yahoo.com

Meetings of the Area 2 Computer Users Group/Digital Photography Group are held the 3rd Thursday of each month (except December) from 9:30 to 11:30 a.m., at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

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

Thursday, November 16—Dick Curry (Branch 171) will review the many changes and cool new features of Microsoft's Office 2007 (Beta) software, with emphasis on Microsoft Word and Excel. **Dick** will conduct an informative computer Q&A session following.

Songsirs

Bill Rees



On October 8th, the **SONGSIRS** performed before an appreciative audience at the annual get-together of volunteers for the Shadelands Museum in Walnut Creek. We had 12 dedicated singers, plus **Dave Obera** at the keyboard and **Rod Sharretts** directing. All in all, a pleasant experience.

Our tentative November practice schedule will be: November 1, 8, 15, 29 at the W. C. Presbyterian Church.

Table Pool Bill Weinberg

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

The table pool club met on the 1st Monday of October and had 3 tables of pool. It was good to have **Tom Dunne** and **Ron De Golia** come and join in the fun. Our next meeting at Masse's is on Monday, the 16th. Hope to see you there.



Fishing

Sal Costanza

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

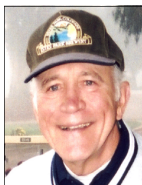
There were a couple of major fishing trips recently: fly fishing in the Eastern Sierra led by our own **John Wall** and trout fishing at famous Eagle Lake led by **Richard Bal** of Branch 8. Coming up for November and December are day trips in the Delta for stripers and salmon and a steelhead trip on the Klamath River. Come to our next meeting on Oct. 19th and get all the info firsthand.



Garden Club

Chuck Bobinecz

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



For our November meeting **Sir Bill Hansen** is organizing a bus trip to King's Mums, just north of Lodi, and a stop on the way back to test the new product from the grape crop. King's Mums is Northern California's biggest and best chrysanthemum nursery. Almost all the mums will be in full bloom at that time. Be in for a treat. Details to follow as **Sir Hansen** gets them together. Wives and guests welcome.

For our December meeting, **Sir Rich Hanford** is putting together a trip to the conservatory in Golden Gate Park, a luncheon in San Francisco and a visit to the museum. We want this to be a bus trip, leaving at 9:30 am and returning at approximately 3pm. Approximate cost for the bus is \$15. Wives and guests are welcome.

Note: The Garden Club will now meet in the Multi-purpose room at the same location instead of room 305.

Garden Tip of the Month: If you have a gardening problem, (e.g., what's eating at my plants or why is my plant, etc.), call the Master Gardeners Hot Line at 925-646-6586, 9-12am (M-F). This is a University of California Cooperative Extension. They will give you an answer to your question or will research it and get back to you with an answer and/or will send you literature regarding your question.



Cribbage

Al Tufo

The Cribbage Club was hosted by the **Italian Stallion**, on Wednesday, the 11th. We were able to get in two tournaments. The Dublin Kid **Larry Reilly** was still in great form, and ran away from the field. **Dan Meckfessel** came in second. In the second tournament **Barney Meade** was not to be denied. He ate some oats and like the Energizer Bunny just kept on going and led all the way to the finish line. **Dan Meckfessel** ran his tail off trying to catch **Barney**, but to no avail. As for the **Italian Stallion**? He just didn't have it. Ran out of gas, and limped back to the stables. Cribbage will be hosted in November by **Barney Meade**. Mark your calendar.

CIAO, Tufo

Read slowly—it may take awhile for the light to shine.

1. Avoidable - what a bullfight tries to do.
2. Control - a short, ugly inmate.
3. Counterfeiters - kitchen construction workers.
4. Eclipse - what your barber does for a living.
5. Eyedropper - a clumsy ophthalmologist.
6. Misty - how golfers make divots.
7. Rubberneck - what you do to relax your wife.
8. Sudafed - litigation against a government official.



Health Matters

Physical and Mental

The

following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co. 1-800-241-6103

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

TAKE 20

Wanna sneak some activity into your day...and watch TV too? Couch potatoes, try this: Stand up during every commercial and walk in place. You'll get about 20 minutes of activity every hour.

Source: *Take Heart*, May 2005

A COOL AEROBIC WORKOUT

Reasons to try swimming:

1. It can improve your heart/lung capacity.
2. It works all major muscle groups.
3. It conditions your body with less stress on tendons, ligaments, and joints than many other endurance activities.
4. It supports your body (due to the water's buoyancy).
5. It's good for lower back and knee problems, and if you're overweight.
6. It conditions respiratory muscles.
7. Water aerobics classes can also be a social outing.

Source: *Looking Forward*, Summer 2005

WHEN BEEF GOES GRAY

That graying in beef is caused by oxidation, typically a harmless result of sitting on the shelf for a long time. It can also signal bacterial growth, which can lead to spoilage but generally won't make you sick. And since bacteria contaminate only the outer areas of solid meat cuts, they're destroyed by the high surface temperatures generated by cooking. To ensure safety, check that the center of the cut is heated to at least 145 degrees F (160 degrees F for ground beef). Clean anything that touches the raw meat, and refrigerate leftovers promptly.

Source: *Consumer Report OnHealth*, November 2005

SOME STARTLING FACTS ABOUT ASTHMA

You can learn about the severity and frequency of asthma in your area by visiting The Asthma and Allergy Foundation's Website at www.aafa.org.

More than 20 million Americans have asthma, and more than half of those cases are caused by allergies (dust, mold, and pollen are common triggers). Here are some of the ways asthma impacts our lives every year:

- 14.6 million missed days of school, the leading cause of absenteeism.
- 1.9 million emergency room visits.
- 14.5 million days of restricted activity.
- \$14 billion in medical expenses and other costs.
- Nearly 5,000 deaths.

Source: *Take Heart*, September 2005

Branch 146 welcomes a New Member



Pete Gates introduces New Member **Steve Loftin**



Bill Powell, Bill Hansen and Rich Colombo



Doug Harris, Tom Dunne and Rich De Golia



Tuesday Golf Walt Barabash

Latest Tournament Results

September 19 First Flight: **Jim Stedman, Bob Royster and Bob Mehus.** Second Flight: **Joe Lamanna, Jim Kohl and Walt Barabash.**

Closest to the Pin on Hole No. 2: **Olof Johansson.** Closest to the Pin on Hole No. 12: **Jim Stedman.** Low Gross: **Jim Burk: 79**

September 26 First Flight: **Olof Johansson, Ken Kratz and Joe Suta.** Second Flight: **Ray Kan, Fred Kovar and Bill Knapp.** Closest to the Pin on Hole No. 2: **Bob Yolland.**

Closest to the Pin on Hole No. 12: **Olof Johansson.** Low Gross: **Jim Burk: 78**

October 3 First Flight: **Jeff Baily, Lew Thompson and Jim Baldridge.** Second Flight: **Stu Somerville, Don Del Bene and Ernie Dickson.** Closest to the Pin on Hole No. 2: **Lew Thompson.** Closest to the Pin on Hole No. 12: **Jeff Baily.** Low Gross: **Jim Burk: 79**

October 10 First Flight: **Bob Mehus, Ron Binder and Jim Burk.** Second Flight: **Bob Spellman, Fred Kovar and Tom Gorman.** Closest to the Pin on Hole No. 2: **Ron Binder.** Closest to the Pin on Hole No. 12: **Jim Kohl.** Low Gross: **Jim Burk: 75**

Carryover from the last report: It has been resolved that the scorecard turned in for **Jim Burk** was in error. **Jim** made a 73 or 1 over par (+1). This will be hard to beat.

CONGRATULATIONS JIM. WHAT A GREAT GAME!!



Cooking Too

Rich Hanford

2nd Monday at various members' homes.

Bill Cammerer is carving the turkey he cooked in hot oil in 20 minutes. We enjoyed a turkey lunch with all the "fixens". Lunch conversation was animated, ranging from food, wine, sex (briefly), and, of course, politics. A great time was had by all. You should consider forming a new group — they are fun!



Looks like **Bill** is getting a "leg up"

Luncheon Attendance **Bill Root**

*SIR's Luncheon 2nd Thursday of every month
at Blake's Restaurant, Boundary Oak*

Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and telephone number. **Be sure you call!**

Waiting List:

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

SIR's bringing a guest:

Call by Friday prior to the Thursday Luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.

Luncheon Menu



*House salad, freshly baked rolls and butter

**Entrees including vegetables*

- Roast Breast of Turkey with dressing, mashed potatoes, giblet gravy and cranberry.

- Orange Roughy, brown butter, pistachio basmati.

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

Membership

Jim Jackson



Branch 146 Statistics: Members 240, HLMs 5, Waiting List 4, Inactive 6.

October Attendance: Members 179, HLMs 4, Waiting List 3, Guests 9, Excused 49, Unexcused 12.
Total October Attendance 195.

Status Changes:

Inducted: **Steve Loftin**

Added to Waiting List: None.

Members: The Waiting List is now open but will close again on December 14th. If you plan to sponsor a new applicant, please submit the completed application to me, one per member, A.S.A.P.

Inactive: None

Resigned: None

Withdrew: None

Current Waiting List (prioritized): **Louis Balbi, Ray Spears, Robert Darius, Joseph Fitzsimmons**

Party Bridge **Fred Bolton**

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



We had three tables of bridge at the home of **Jim Brown** on October 2nd. First place went to **Lynn Freeman** with 5970 points, second was **Carl Johnson** with 4990 points, third was **Fred Kovar** with 4960 points and fourth was **Rich Ahlf** with 4390 points. **Carl Johnson** will host our next game on November 6th

Poker Club #1 **Frank McNamee**



I'm sorry to say that the winning streak enjoyed by the Host was broken on Oct 11th at the home of **Frank McNamee**. The Host had been the big winner for months but **Bob White** took the honors and **Howard Harvey** came in a distant second. Next game will be at **Dan O'Sullivan's** on Nov. 8th.

Poker Club #2 **Al Zamolo**



Ron Binder hosted our September session and allowed quiet **Jim Brown** to be the big winner. **Jim Brown** will host our next session on Monday, October 30th at which time we expect to get some of our money back from **Jim**.

Poker Club #3 **Ron Plachy**



Poker Club # 3 held its October session on our new day, the 2nd Thursday of the month, immediately following the SIR luncheon, at our new permanent location, "PPP" (Plachy's Poker Parlor). Only five players were able to attend and four were kind enough to donate generously to **Sir Plachy**. We will meet again in November but plan to skip December and May in honor of Ladies Day at the Luncheon.

My wild oats have turned into prunes and All Bran.

Sunshine **Otto Wilson**

Phone: 825-1943

E-mail: ottowilson@astound.net



Peg Kovar, wife of **Sir Fred** continues to recover from heart surgery and is doing very well. She says recovery is slow and doing her exercises is not easy.

It was reported in last month's SIR CALL that **Sir Ray Younce** was to have prostate surgery when in fact he was to have a tooth pulled. The tooth is to be pulled on October 17th by a dentist, not a urologist. **Sir Ray** said he will ask the dentist for his certification.

Seriously, **Sir Ray** will be having prostate surgery in December.

Travel Opportunities Bob Spellman



Feb 13-15 2007—**Snow Train Special XII.** Round trip on Reno Snow Train from Martinez to Reno. Two nights accommodations at Harrah's, all meals in Reno free or discounted. Show at Harrah's, beverage on train to Reno, and snack on Tuesday return trip. Cost is \$250 p/p d/o. Contact **Carl Raaka** Branch #8 at 925-254-0482

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

Sep 6-17, 2007—**Russian Waterways.** A 12 day adventure cruising from St Petersburg to Moscow. Explore beyond tourism's reach in towns such as Uglich, Yaroslavl and Mandrag. Pre-Cruise option to Helsinki and Tallinn also offered. Tour includes airfare, luggage handling, transfers, all meals, sightseeing tours, entrance fees, and tips for guides and drivers. Cost is \$3555 to \$3855 p/p d/o. Contact **Bob Spellman** at 925-934-8428.

Sept. 24-Oct. 10, 2008,—**SIR 50th Anniversary Cruise to Hawai'i.** This exclusive round trip from San Francisco aboard Celebrity's luxurious *Summit* will take us to the Big Island, O'ahu, Kaua'i and Maui. This event is for all SIR members, their family members and SIR member guests. This 17 day round trip includes too many features to mention. Cost is from \$2759 to \$7283 p/p d/o. Contact **Bob Spellman** at 925-934-8428 for more information. It's sure to be a very popular cruise, so get your reservations in early to insure the cabin location of your choice. The low \$100 deposit required is fully refundable until the Charter is confirmed.

In Modesto, CA a man was arrested for trying to hold up a Bank of America branch without a weapon. The would-be robber used his thumb and forefinger to simulate a gun but unfortunately, he failed to keep his hand in his pocket.



Social Don Nunn

The Dinner Dance for October was a rousing success. We had 162 dancers and the facility at The Civic Arts Center seemed large enough for many more.

One of the improvements seemed to be the ability to hear some of the conversation. The acoustics were much improved and a great time was had by all.

We hope to continue on to the 18th dance in March. We will have the date for the next issue. Mark your calendars for the third Wednesday in March. Will confirm next month.

Away Golf

Jim Baldridge



Questions: **Jim Baldridge**

Phone: 925-689-9232

E-mail: jimjudy39@aol.com

What a great turnout!! 56 players competed in the October 5 Deer Ridge Tournament in Brentwood. That's the largest turnout for a regular Away Golf event that I can remember. The competition was fierce, but in the end **Gene Diana** prevailed as the 1st place winner. **Ernie Dickson** took 2nd place, **Jeff Baily** came in 3rd and **Joe Barry** took 4th place. **Dick DeVoe** showed off his laser iron accuracy and took closest to the pin. Congratulations to all who played and especially to the winners.

Planning ahead for 2007; mark your calendars and start thinking about who you want to invite to the Br #146 Annual Silverado Country Club Invitational Tournament in the Napa wine country. We are scheduled for a 144 player 12:00 noon shotgun tournament on the South Course. The date is Monday April 9, 2007. The cost is \$46 for Sir competing in the prize fund and \$44 for guests or those not competing for prizes. The price includes green fee and cart. Quite a deal when you consider the regular rate for golf at Silverado Country Club is \$150. I will get flyers out at Tuesday Golf and at our monthly luncheons starting in December.

I have not scheduled November or December outings because of the holidays and other state and travel golf tournaments.

The Poppy Hills SIR State Golf Championship is October 31 with Open Play on November 1.

The SIR air/land trip to Nuevo Vallarta, Mexico is November 6 through November 13.

The SIR Dawn Princess golf/cruise trip to Mexico is December 1 through December 12.

NCGA & PRIZE FUND REMINDER: The NCGA fee for 2007 handicap service and member rates at Poppy Hills and Poppy Ridge is \$35. If you want to compete in the 2007 Tuesday Golf Prize Fund as well, the total fee is \$75. Make checks out to SIR Golf Br 146 and get them to **Dick Richmond**. Drive in the fairway and sink those putts.

**Gala Ladies Day Luncheon
Thursday, December 14, 2006.**

No. of tickets _____ @ \$22 each. Enclosed \$ _____

Names:

Pick:

Filet of Beef _____ Herb Crusted Filet of Salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to **Bill Snyder**,
2009 Countrywood Court, Walnut Creek CA 94598-
1017.

Bill's e-mail address is wsnyder@astound.net

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

Investments

Ben Smith

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

The November meeting of "Sums In Retirement" will be held on Wednesday, Nov 15, 2006. This will be the last meeting of 2006. The first meeting in 2007 will take place on Jan 24th.

We will have breakfast at any time after 7am and the meeting will start at 8am. The meeting will conclude at 9:30am. No reservations are required; you can order breakfast off the menu. All SIR members and their guests are welcome to attend. And to all NEW SIR members, come and join in the group.

The meeting topic will be "How to select mutual funds that meet your needs". We will examine some ways to properly analyze mutual funds and look at various fund sectors. We will review some specific funds that have sound track records and discuss their prospects for the coming years. We will examine funds that focus on U.S. equities, foreign equities, U.S. and foreign bonds, REITS, money markets, etc.

This open discussion format should prove very informative and offer ideas on how to construct a portfolio that will meet specific needs and provide investment diversification. Bring your questions and suggestions and be prepared for a lively discussion.

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



Walkers

John Lewis



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

November 3 - Redwood Park Stream Trail—Oakland. Meet at Moraga Safeway; carpool via Canyon Rd.; left on Pinehurst; right on Redwood Rd.; right at Redwood Park sign. Dirt—level—shade. Bring a lunch.

November 10 - McCarley's Mile—Walnut Creek. Meet at Arbolado Park. Paved—level—some shade. Coffee @ Mama Mia in Encina Grande Shopping Center.

November 17 - Lafayette Reservoir—Lafayette. Meet at reservoir parking lot. Bring quarters for parking meters (\$2). Paved—somewhat hilly—some shade. Coffee @ The Rising Loafer, 3643 Mt. Diablo Blvd., Lafayette (just past Trader Joe's).

November 24 - No walk—recover from Thanksgiving.

Thanks to **Bill Cammerer** and his reliable team, for folding and labeling, to **Rich Ahlf** for photography, to **Bill Cammerer** for mailing, and to **Dick DeVoe** for proofreading.

Wine Tasting ... Dale Haukland

Wine Tasting & Blending Bus Trip

Wine Tasting by Rod Santos of Wine Thieves on Thursday, November 30, 2006 at **Peter** and **Ann Gates'** house.



Address: 2106 Hoover Court
Pleasant Hill, CA 94523

Date and Time: Thursday 11/30/06 from 2 to 4 p.m.

Cost: \$8.00 per person plus bring an hors d'oeuvre.

We will taste six wines: 3 white and 3 red.

Please mail your check made out to SIR Branch 146 along with this reservation sheet to **Dale Haukland** at 148 Santiago Drive, Danville, CA. 94526 by Nov. 25, 2006.

Sir Name: _____

Guest(s)_name(s) _____

\$8.00 x _____ (number of people) = _____ (amount of check enclosed).

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.



Honorary Life Member Sir Don Nunn and his wife **Madelyn** at the 17th semi-annual dinner dance of SIR Branch 146 in Walnut Creek.

Don founded the dinner dance for our branch eight years ago and has planned and executed it twice a year ever since. The event has become so popular that **Don** recently changed the site to the much larger Shadelands Art Center on Ygnacio Valley Rd.

For only \$82 per couple, over 160 participants enjoyed cocktails, dinner with wine and a wonderful evening of dancing to the music of the Dalt Williams Quintet.

