

SIR CALL

November 2013

Sons in Retirement Branch 146 of Contra Costa

Published For Our Members And Friends



Big Sir's Notes

Terry Marchione

Honor Our Veterans

As is our custom, we will honor those who have served our country in one of the branches of the armed services. Our veteran's chair, **Charlie Koeber**, has

arranged a special program. Check the Little Sir's column [page 2] for more details.

Dues

As we announced previously, your dues (\$15) are due and payable. I would like to thank those who have already taken care of this obligation and urge those who have not to bring their check to the November lunch or mail it to our treasurer, **Chuck Campbell**. Chuck's address can be found in the branch directory which is available on the website.

Clubhouse Renovation

The branch received some good news regarding the renovation of the Boundary Oak clubhouse. The Walnut Creek city council has approved a revised plan which will enable us to stay at Boundary Oak through 2014. Little Sir **Doug Eisner** has more details in his column. **Doug** and his team will be negotiating the 2014 contract with CourseCo very soon.

Member Survey

The member survey is underway and we are looking forward to the results. **Ben Gleason** and his team will report at the November BEC meeting. Those results will be shared with you soon thereafter. If those of you who have been selected to participate have not yet responded, you will be receiving a follow-up phone call.

December Luncheon

Just a reminder that December is our Ladies Day luncheon. **Steve Dawkins** has arranged for a great meal [Page 12] and **Doug Eisner** has lined up appropriate entertainment.

The November luncheon will feature our annual remembrance ceremony led by

Lt. Col Chris Taddeo

Gathering time 10:45 - 11:00am

Seating time - 11:45am



Photo by Richard Hockenbrock

Jonathan Korfhage, as always, there to welcome branch 146 Sirs to the October luncheon. **Jonathan** is reported to have said, in what may have been the ultimate in political correctness, "its hotter than heck out here".

2000 mockingbirds = two kilomockingbirds

1 kilogram of falling figs = 1 fig Newton

Half a large intestine = 1 semicolon

Little Sir's Corner

Doug Eisner

We have very good news concerning the impact on us of the renovation of the Clubhouse at Boundary Oak! Read on...



Barry Slavin, the City of Walnut Creek liaison with CourseCo for the Clubhouse renovation, met with the BEC on Oct 10. Barry summarized the renovation plans for us and cautioned that these plans are tentative until approved by the Walnut Creek City Council. He said that approval is expected at the Council's meeting on Tuesday, Oct 15. Here's a summary of the renovation plans:

- 1) The renovation will be conducted over a 3 yr. period to minimize the disruption to existing business and to reduce costs. Barry noted that the City was mindful of our monthly luncheons and planned to work around them as much as possible.

- 2) There will be no impact on us until about Jan - May, 2016 when work on the upper floor is expected to begin.

- 3) The plan calls for work to start in Jan 2015 not Nov 2014 as we originally believed in order to not interfere with the Christmas business. Work at that time will concentrate on HVAC and the exterior.

- 4) Barry expects contractors to submit proposed timelines to the City in early 2014. He will share those timelines with us at that time.

The good news here is that our luncheon meetings will remain at the Clubhouse at Boundary Oak throughout 2014 and we will not be moving in Oct 2014 to the Concord Hilton Hotel!

Stay tuned to this space for updates as they occur... BN 140 contact Baja Zarah to claim your free lunch.

Our November speaker will be Lt Col Chris Taddeo. Lt C Taddeo hails from western PA and is a life-long Pittsburg Steeler fan. He graduated from Indiana Univ of PA and was commissioned a Second Lieutenant in the Army Signal Corp in 1983. He has served in numerous posts throughout the US and in Turkey and S Korea. In 2000 he became

Professor of Military Science at Cal State University at Fullerton, retired from active duty in 2006 and became active in Junior ROTC at that time. He is currently Senior Army Instructor at Mt Diablo High School in Concord.

Do you have a child or grandchild who might be fed up with school or learning? One of my grandchildren was having huge problems in algebra.

It was not looking good.
She watched Khan Academy's 20 minute video on basic algebra and I was stunned at her reaction...
"I understand that now grandpa!"
She's now making good grades in algebra

Google Khan Academy. It's free

This month's groaners such as the one below are by Verner Laursen...
A thief who stole a calendar got twelve months.



Photo by Jeff Baily

Barry Slavin, the golf course liaison from the City with CourseCo addressing the Branch Executive Committee (BEC) at the October meeting.



Photo by Richard Hockenbrock

Couples Party Bridge

Dave Pierce

George and Pam

Rammell hosted all the regulars on October 2nd. It was so good to see everyone again, and catch up on past and future travels, while sampling a variety of delicious snacks and vintages from Castello di Rammell. For once lots of games were bid and made, but **Dick and Christy** (3120) bid and made a slam on the last round to edge out **John and Linda Boyan** (3100) for third place. Big Sir **Terry and Sharon Marchione** (3550) took second and **Dave and Joan Pierce** (3740) were first. Tasty desserts featuring oatmeal cookies ended a wonderful evening.



Couples Duplicate Bridge 2

Jim Adams



Dick and Christy DeVoe

hosted October 9's 3-table event. The group was kind to the hosts, allowing them to win big. They attribute the victory to over-bidding at times by losing less points than their opponents would have won. Hmm. Sounds good if it works...

Bob and Janet Yolland slipped past **Ken and Elaine Richter** for 2nd and 3rd respectively.

Terry and Sharon Marchione are hosting next month, when everyone can try out their latest sure-to-win conventions.



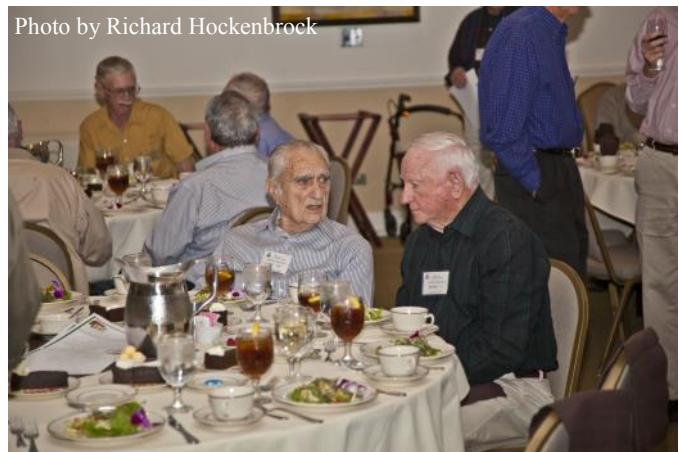
Party Bridge

Fred Bolton

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

We played three tables of bridge at the home of **Doug Eisner** on Oct. 7. First place went to **Carl Johnson** with 7310 points, second to **Jim Jackson** with 5740 points, and third to **Bill Snyder** with 5200 points. Our next game will be at the home of **Jim Brown** on Nov. 4.

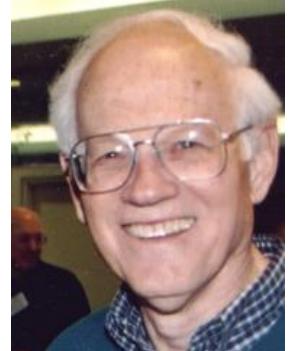
Photo by Richard Hockenbrock



Dee DiMatteo and **Denny O'Loughlin** having a thoughtful conversation at the October Luncheon.

Couples Duplicate Bridge

Lo McCarley



Eight couples had a great time playing duplicate bridge on October 16th at **Lynn and Dasha Freeman's** home.

Everyone enjoyed playing bridge and also enjoyed **Dasha's** snacks and **Lynn's** wines. The group thanked **Bob Donahue** and **Daphne Merritt** for subbing. **Jim and Allison Todhunter** were missed. As for the bridge results, **Lynn and Dasha Freeman** came in first with 36 points. **Margot Somerville** and **Daphne Merritt** with 35 points came in second. In third place with 34 points were **Lo and Sue McCarley**. **Bob and Janet Yolland** came in fourth with 33 points. **Carl and Anne Johnson** will host the next couples duplicate bridge on November 20th.



GOLF

Ray Weisz

Golf is one of our most popular activities with over 100 registered golfers. We are fortunate to have a large assortment of venues and formats: We play Tuesdays at Boundary Oak.

Players are randomly paired and starting tee times are emailed to each player.

In addition to regular stroke play, we have many Tuesday tournaments specifically set up for our players.

There is a 9-hole group that plays at Diablo Hills. They play every Thursday except the second Thursday of the month, which is the luncheon date. For those with golf playing partners, there is Couples Golf offered on the 4th Wednesday of the month, April through October.

Like playing other courses? On the first Thursday of each month (From May through October) we offer Away Golf. Do you enjoy competing against other SIR players from different branches? We have several different formats throughout the year.

Since we have so much going on, we have found it necessary to publish a weekly golf email (GEM) outlining upcoming events and results from past events.

All of our golfers should be receiving GEMs. If you would like to be added to the distribution list (non-golfers are welcome too), please let us know by emailing your request to sir146golf@gmail.com.

SAVE THE DATES

Sunday, March 30 thru Tuesday, April 1
for the 2014 edition of the

MONTEREY MASHER GOLF TOURNAMENT
in Monterey, California. Included are 3 nights lodging, breakfasts, a couple in-house cocktail parties and a round of golf at
PACIFIC GROVE MUNI & LAGUNA SECA GC
The awards banquet will be on Tuesday evening.

Questions?

Ask any committee member below.

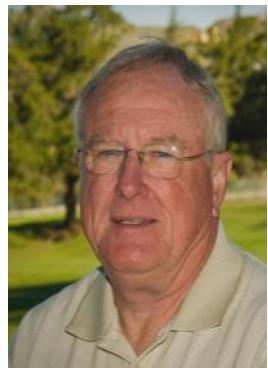
**Lew Thompson, Dick DeVoe
Dick Richmond, Dennis Hallett**

Couples Golf

John Harrington

The SIR's Couples Golf group had great fun and great weather for their September outing at Lone Tree Golf Course!

The game played was "Best Net Nine/Secret Partner" where you don't know who your partner is until after you have played. It was very competitive but the lucky winning couple was **Ray Weisz and Don Rhoads!** Prizes were also given to **Ray & Don** for closest to the pin. Other prizes were given to **Ron Plachy** for fewest putts, **Rich Hanford** for most lost balls, and **Carla Thompson** for having the closest birthday! Everyone received discount coupons from Golfsmith and all who did not receive a prize were awarded two practically new Titleist golf balls! The group celebrated with libations and an included lunch. Thanks to **Jonathan Korfhage** for coordinating the event.



SIR 146 Niners Golf

Vern Laursen

SIR 146 Niner's Golf is played every Thursday except on SIR meeting days at Diablo Hills Golf Course. Sign-in is required by 9:15 and those desiring to play must inform the coordinator if they want to ride (\$25) or walk (\$15). First tee time is 9:30 and the last group finishes about noon. Some players stay for lunch at the reserved table. Contact me to join or for more info.



Book Corner

Ken Richter

The Book Corner will open again at the November SIR Luncheon. This will be the last time this year and will complete three years of the Book Corner's existence. A large number of books have made their way to SIR homes over the years. As you finish reading the books, let's get them back to the Book Corner for other Sirs' enjoyment.

Fishing Report

Paul Dubow

Joe Miscione did very well this month, catching limits of striped bass during several trips to Montezuma Slough near Fairfield. The salmon season has wound down but not in time for a trip to the Sacramento River near Chico by **Pete Gates**, **Tom Boltz**, and **Paul Dubow** of Branch 146, along with **Jack Waddell**, **Barry Rauchle**, and **Karl Droeze**. The group caught seven salmon, all over 20 pounds. **Tom** did most of the heavy lifting and his 28 pounder was the largest fish of the catch. **Steve Paulick** also made a trip to the Sacramento and landed one salmon.

Mike Corker and **Carl Moyer** fished for sturgeon in Suisun Bay at Pittsburg. **Mike** caught and released a seven foot sturgeon. **Mike** reports that it was not only the biggest sturgeon that he ever caught but that it was the biggest fish that he had ever seen. Later, **Carl Moyer**, **Terry Miller**, and **Tom Boltz** fished in the same spot but only caught undersized sturgeon (less than 46 inches long) and one striped.

On other fronts, **Harry Sherinian**, **George Vogt**, and **Carl Moyer** had a successful outing in the ocean fishing for rockfish. **Bill Landers** fought the wind in the Delta but did manage to land a few black bass. **Carl Moyer** and his granddaughter fished in a trout tournament at San Pablo Reservoir, but won nothing. However, the recent cold weather bodes well for an earlier trout season and we are looking forward to it.

Our next meeting will be Thursday, November 21, at the Legends Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. The meeting starts at 8:30 am, but come earlier and join us for breakfast. For further information, contact Big Fish **Pete Gates** (925-937-2035), secretary treasurer **Tom Boltz** (925-825-5695), or branch fishing chair **Paul Dubow** (415-495-6504).

*What did the lawyer name his daughter?...
Sue*



ROMEO

(Retired Old Men Eating Out)
Malcolm Hendry



ROMEO meets on the third Thursday at 6:30pm. We select eclectic restaurants in the East Bay recommended by you, as well as those favorably reviewed in the media. Come join us and experience dining in a relaxed and friendly atmosphere with your fellow Sirs and other male guests.

DO SIT Thai Cuisine

Opened in May 2009, this restaurant features a large and diverse selection of Thai dishes notable for the presentation and freshness. Chef's favorites include authentic recipes of duck, chicken, seafood, beef and pork, at modest prices. The space is intimate without being claustrophobic and the service is excellent.

Separate checks for your convenience.

Location: 1520 Palos Verdes Mall, Walnut Creek (across from Chase Bank, plenty of mall parking)

Web Site: www.dositthai.com for menu and directions or www.yelp.com for reviews and detail. Phone: **925-933-3889**.

Please let me know by Tuesday, November 19 that you'll join us. Your recommendations for restaurants are welcomed.

Mal



Bocceball

Martin Lyle

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

Well, November has arrived and its time to start our hibernation from Bocceball until next spring. We had a good year and look forward to new players joining us. We will notify you of the new schedule in this space in time for you to mark your calendar.

SIR 146 Luncheon
November 14, 2013

Salad

Autumn Harvest Roasted Vegetable Salad
Blue Cheese and Citrus Vinaigrette

Entrees

Turkey Dinner

Mashed Potatoes, Seasonal Vegetables and
Gravy

Or

Baked Tilapia

Rice Pilaf & Seasonal Vegetables
Lemon Caper Butter Sauce

Dessert

Pumpkin Cheesecake

Crème Anglaise and Raspberry Sauce



Photo by Richard Hockenbrock

Victor Gauthier, Public Information Officer for the San Francisco-Oakland Bay Bridge speaking at the October luncheon. Victor's topic was the safety retrofit of the recently reopened eastern span of the Bay Bridge.



Photo by Richard Hockenbrock

SIR President **Rich Dettmer** visited our October Luncheon and presented **SIR Dick DeVoe** with the Honorary Life Membership award to recognize the years of exceptional and dedicated service by Dick to Sons in Retirement and Branch 146.



Photo by Richard Hockenbrock

Members checking in for the October Luncheon. Just a reminder that if you can't make a luncheon let the branch know by noon Friday the week prior to the luncheon at nolunchbranch146@gmail.com

If you don't have a computer call **Baha Zarah** at (925) 207-4344.

Luncheon Attendance

Baha Zarah

Members attending were 199 in addition to 4 new members plus one guest and a speaker for a total of 205.

The Branch was honored to host SIR president

Rich Dettmer who presented **Sir Dick DeVoe** with an Honorary Life Membership for Dick's outstanding work for the Branch.

The speaker was Mr. Victor Gauthier from the PA office of Caltrans. He discussed some of the design features of the new eastern span of the SF Bay Bridge. Most interesting was the design of the seismic protection devices that would maintain the bridge's integrity during a severe quake.

The Nov speaker will be Lt Col Taddeo, the ROTC coordinator for the Mt Diablo School District. He will be accompanied by an honor guard of 5 Junior ROTC students.

Their presence should be exciting to all.



*This employee should go far,
and the sooner he starts, the better.*

Cooking II

Bob Yolland

On Monday October

14th Cooking II enjoyed a great lunch at **John** and **Char Demos**' home. **John** started us off in the Greek fashion with a little Ouzo, some cheese and crackers plus several types of

nuts. This was followed with a great hot spinach and cheese combination wrapped in filo dough. Our main dish was a wonderful Greek Salad with Kalamata Olives accompanied by Greek meat balls which are small, very tasty ground beef patties with spices. Of course we had plenty of good conversation and wine. The meal was finished off with a baklava sweet dessert. Thanks **John** for a very fine lunch. Next month we will be at **Dennis** and **Ann Hallet**'s home on Monday November 11th.

I went to buy some camouflage trousers the other day, but I couldn't find any.



Mac User Group (MUG)



Max Burchett



Verner Laursen

We will continue to meet the first Monday of the month at the Thurman Casey Library on Oak Grove.

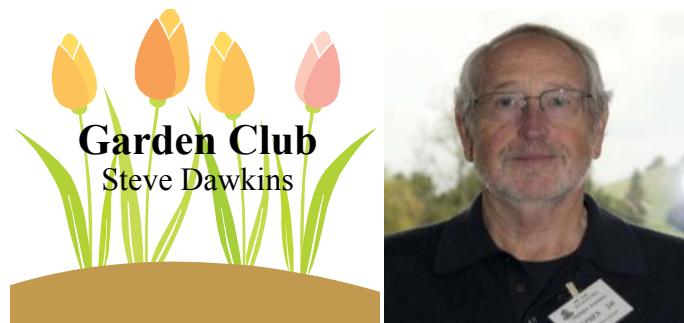
We are there to help you with your Mac software. (Apple does not have hardware problems.) In the next several meetings we will be looking at the new IOS 7 for the iPads and the iPhone. Before the end of the year we will have installed the new operating system (Maverick) and we will be covering it's new features.

If there are any PC users who have an iPhone and need help, you are welcome to come.



Photo by Bill Schultz

L to R, **Jim Stedman, Fred Bolton, Terry Marchione, Brad Hatcher and Jim Brown** relaxing after a game.



One of the nice things to look forward to this time of year is enjoying all the trees changing color. Even though Northern California is not noted for leaf peeping we still get our share of color. So why do leaves change color? The basic answer is as the days get shorter a signal is sent to the trees to start getting ready for winter. This means the trees need to store all their energy from their leaves before they drop off. Chlorophyll is what gives leaves the green color. Water along with abundant sunlight and CO₂ produces oxygen and glucose and plants use the glucose for food and energy which enables them to grow. As the days get shorter, less food is produced and the chlorophyll begins to disappear and we begin to see other colors. The beautiful colors of yellow, red, orange and brown are caused by carotenoid and anthocyanin which are pigments that dominate the leaf color as the chlorophyll decreases. Like my chrysanthemums, that know to bloom when the days get shorter, trees know to get ready for winter as less light is available to produce chlorophyll.

Member Relations

Ben Gleason

Many thanks to all who responded to our 2013 Branch 146 Survey. The Survey Committee and the BEC will review the results and make recommendations to address any issues that we may identify. Our goal is continuous improvement of the SIR experience for current and future members.



Photo by Bob Spellman

Walt & Sue Busenius with Pete & Ann Gates aboard the Potomac in October.

SIR Call Newsletter Group

Editor

Jeff Baily

Proofreaders

Dick DeVoe and Cal Tucker

Assistant Editor

Rich Ahlf

Labeling & Mailing

Bill Cammerer

Internet Posting

Webmaster Jack Hockel



Poker Club 2

Al Zamolo

Our September 2 group session was held at **Ron Binder's** beautiful home with a great panoramic view of the Diablo Valley. **Ron and Doug Cook** were the very big winners at this session, while the rest of us made small contributions to these fellow players. Our next meeting will be held at **Jim Brown's**, October 28th.

Area 2 \$ums Investment Group

Allen Espenmiller

The Area 2 \$ums Investment Group will meet on Wednesday November 20, 2013 8:00 AM at the Diablo Creek Golf course, 4050 Port Chicago Highway in Concord.

Note: We usually have our meeting on the 4th Wednesday of each month but this year that date would fall on the day before Thanksgiving, so to avoid the holiday we are meeting on the 3rd Wednesday, the 20th. No meeting in December.

We will not feature a speaker for this meeting. Instead your chairmen will host a members only review and future planning seminar for all to discuss what types of subjects you would like to have for the 2014 year. So put your thinking caps on and bring forth your ideas for our future meetings. If any of you have a particular good investment story about how well your investments may have done in 2013, please let us know if you would like to share this news with your colleagues. The Legends restaurant opens at 7:00 AM so plan to have a leisurely breakfast along with your fellow members. I am going to try to bring my wife's famous Aunt Mary's coffee cake to have with your coffee afterwards. Let's have a large turnout so we get many suggestions that can further enhance the quality of subjects covered.

Co-Chairmen: **Allen Espenmiller** (Br-174) 925-376-3977 **George Schulze** (Br-8) 925-429-1756 **Leary Wong** (Br-8) 925-457-0807

"Excuse me, this coffee tastes like mud."
Waiter- "Yes sir, it's fresh ground."...



Note from the Editor

We're looking for a Branch 146 member who would like to try his hand at the job of newsletter editor-in-training. Requirements are a pc and the Microsoft Publisher program. I will work with the candidate for as long as it takes to get up to speed to share the job of editor.

Jeff Baily SIR Call Editor



Travel Opportunities

Bob Spellman

Nov 7, 2013: Follow the Seagull- San Francisco 49 Mile Scenic Drive.

Meet your tour guide Graig Smith at City Hall. Graig personally designed this tour and is considered the top guide of the City. The

49 mile drive is designed to see all the most important attractions of the City. Cost \$97 pp and includes tour, lunch and motor coach. Contact **Dick Schally** Br 8, 260-5535 for more information.

Dec 10, 2013: Sounds of the Season. This day will be a start to the Christmas Season by featuring three talented young artists that will capture your hearts. This event will be held at the Wedgewood Event Center, San Ramon Golf Course. The day includes a hosted luncheon and the performance of Sounds of the Season. Ticket price is \$65.00 pp. Contact **Ken Richter** 925-689-6217.

Jan 9, 2014: Cuba: Music, Culture & the Roots of Revolution. A people to people program that visits Santiago de Cuba, a cultural melting pot of Afro-Cuban tradition as well as Baracoa, an unspoiled gem on the coast. The Cuban capital of Havana will also be included. The cost of \$5295 includes RT Airfare, all accommodations, 28 meals, Private Motor coach, and English speaking guide.

Contact **Russ Aubry**, Br 171, 510-644-2692.

May 13, 2014: Hidden Gems of the Dalmatian Coast & Greece. A 16 day cruise aboard a privately owned Grand Circle small ship with a maximum of 50 passengers. Ports of Call include Zagreb, Split, Hvar, Korcula, Dubrovnik, Montenegro, Butrint, Albania, Corfu, Delphi and Athens. Prices range from approximately \$4595 to \$6170 depending on accommodations and airfare. Trip also includes 37 meals, 12 exclusive tours with personal headsets, home hosted dinners, and resident Grand Circle Program Director. Contact **Ken Richter**, 689-6217.

*The batteries were given away...
Free of charge*

Photo by Bob Spellman



Ken Richter, Al Meier, John Gray and Bob Spellman aboard the Potomac with the Golden Gate Bridge in the background.



Genealogy

Verner Laursen

We had our first meeting in August at the Concord Family History Center in Concord and there were 10 people attending. Our next meeting will be on October 23rd. All of our meetings are at the Concord Family History Center in Concord and the address is 3700 Concord Blvd. The History Center entrance is on the back-side of the building. We meet from 1:30pm to 3:30pm. Beginners are welcome and our experts will get you started. There will be no meetings in November and December because the 4th Wednesday falls too close to Thanksgiving and Christmas.

What do Eskimos get from sitting on the ice too long?...Polaroids.



Photo by Bob Spellman

Aboard the Potomac, **Paul Dubow, Jo Spellman and Joan Dubow.**

Couples Dining Out

Bruce Borgman

As was announced at our lunch on October 10, the Couples Dining Out activity will have their November dinner on Wednesday November 20 at Uncle Yu's in Lafayette. This restaurant has been described by Diablo magazine as the "best Chinese restaurant in the East Bay", and has been the recipient of other honors as well. We will have the private dining room and will enjoy a selection of some of their best dishes. They will include Lotus Chicken, Wor Wonton Soup, Tea Smoked Duck, Salt and Pepper Baby Lobster Tails, Tiger Prawns with Honeyed Walnuts, and Medallions of Beef Tenderloin in Black Pepper Sauce. Also we will have vegetables and fried rice. As usual, we will start with our social hour at 5:30 and have dinner at 6:30pm. The price per person is \$38 – all inclusive. We always have a great time so encourage you to try this activity if you've not participated before.

The restaurant is located at 999 Oak Hill Road in Lafayette with convenient parking available. As of this writing we have 33 diners signed up – and thus can accommodate about another eight couples. Please mail your check made out to Branch 146 and mail to Bruce at 3611 Winchester Place, WC, 94598. For questions, please contact **Bruce Borgman** at bgborgman@aol.com, or call 932-3961. Alternatively, you may call **Bill Holly** at 691-5337 since **Bruce** will be away for a few weeks.



Sue and Lo McCarley enjoying the moment at the October Couples Dining Out event



Photo by Bill Schultz

The Duplicate Bridge 2 Gang



After the game picture L to R , **Rich Ahlf, Bill Schultz, Doug Eisner, Sid Landman, John Demos** (sitting), **Bob Yolland, Brad Hatcher, Jim Stedman, Fred Bolton, Terry Marchione** and host, **Jim Brown**.

Photo by Richard Hockenbrock



John Biasotti, Steve Dawkins and George Carpenter discussing global warming ?

Poker Club 5

Bill Roberts

Charlie Koeber hosted the group on October 10

as a rather subdued gathering, except for the winners, watched the A's self destruct between hands. **Bob Spellman** took on the chore of bringing in the meal and we all enjoyed pizza, topped off with special cookies for **Skip Thomas**. **Koeber, Spellman and Marchione** tied for high while **Skip Thomas** broke even, and **Frank Rockwell, Ken Richter and Doug Eisner** suffered varying degrees of loss. November 13 is the next scheduled meeting at **Bill Robert's** house.



Rogers & Hammerstein's



-SIR 146 Theatre Party-

December 4th



An evening with all your Rogers and Hammerstein favorites is on tap as SIR 146's Theatre Party in December. As a special holiday treat Diablo Theatre Company is presenting the Broadway hit "A Grand Night for Singing" for a limited run at the Lesher Center for the Arts, and SIR 146 has a block of seats for this entertaining evening.

From 1943 until the mid-1960's, Rogers and Hammerstein ruled the Broadway musical stage with such hits as Oklahoma, South Pacific, The King and I, and The Sound of Music. This musical revue brings all the hits together in one evening's entertainment. Also, you'll see stage productions of songs from State Fair, Carousel and Flower Drum Song, among others.

The show debuted on Broadway in 1994, and earned a Tony nomination for Best Musical. It's a perfect lead up to the holidays.

A limited number of reserved seats have been set aside for SIR 146 members and guests for the December 4 performance at 7:30 p.m. at the Lesher Arts Center in downtown Walnut Creek. Tickets are \$40 each, and may be reserved by sending a check, payable to SIR 146, to Sir Gary Schaub, 1758 Candelero Court, Walnut Creek 94598. Questions? Call (925) 938-5454.

Tickets will be distributed in the Lesher Center lower lobby at 7:00 p.m. on performance night. Parking is available in the city garage adjacent to Lesher Center on Locust Street.

An employee approached his boss regarding a dispute on his pay-check...

Employee – "Sir, this is \$100 less than my salary". Boss – "I know. But last month, when you were overpaid \$100, by mistake, you did not complain!" Employee – "Well, I don't mind an occasional mistake, sir, but it seems to be becoming a habit, now!"

The following was copied with permission from the Berkeley Wellness Alerts....ed

Countless studies have shown that people who are physically fit, at any age, have a reduced risk of most chronic diseases and improved quality of life. A growing body of research is extending the time frame and finding that being fit in middle age can have a big payoff even two or three decades later. Some of the best evidence for this, including the two recent studies discussed below, comes from the Cooper Institute in Dallas, which has a large database on patients who have gone to its preventive medicine clinic since 1970.

Chronic illnesses. In a study published in the *Archives of Internal Medicine* in September, researchers analyzed data from more than 18,000 healthy people whose baseline cardiorespiratory fitness level was assessed via a treadmill test when they were in their forties or fifties. By examining Medicare claims, they found that subjects who were most fit initially were much less likely to develop cardiovascular disease, Alzheimer's, diabetes, kidney disease, colon or lung cancer and other chronic illnesses during the next 20 to 30 years, compared to their less-fit counterparts. Moreover, the fittest people tended to experience a "compression of morbidity" at the end of their lives, meaning that illness was delayed and then compressed into a shorter period before death. That is, even when they didn't live longer, they had more healthy years.

Dementia. More recently, in a study published in the *Annals of Internal Medicine*, the same researchers focused on dementia, including Alzheimer's disease. People who were fittest in mid-life were found to be one-third less likely to develop

Continued on page 15



THE CLUBHOUSE

AT BOUNDARY OAK

Gala Ladies Day Luncheon

Thursday December 12, 2013

Number of tickets at \$27.00 Each _____

Check enclosed \$ _____

Names: *

Sirs without partners also most welcome

Entree _____

Salad

Mixed Green Salad

Avocados, Seasonal Citrus Slices
Raspberry Vinaigrette

Entrees

Angus Beef Short Ribs

Seasonal Vegetables, Root Vegetable Puree
Or

Herb Crusted Alaskan Cod

Wild Rice Pilaf, Seasonal Vegetables and
Pomegranate Béarnaise Sauce

Dessert

Petite Christmas Log
Peppermint Chantilly

Make check payable to SIR 146 and send to

Steve Dawkins 117 Alegra Lane, Walnut
Creek CA 94598 **by December 2nd.**

No tickets sold at the door.

* If ordering for a group, send in full payment and
list your companions and their entrée choice on
an attached sheet.

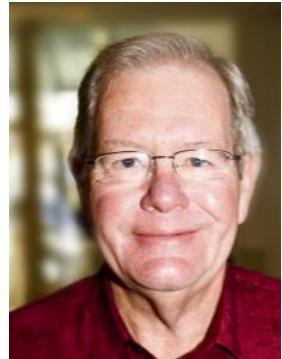
Sunshine

Walt Busenius

945-0715

Busenius@astound.net

We are deeply saddened
with the passing
of **Sir John Denham** on
October 10th. We offer our
condolences to **Dottie**
and family. Let us also
keep the following Sirs in our thoughts and
prayers during November. We look forward to
their continued healing and return to good
health.



Art Ainscough

Chuck Bates

Ed Malboeuf

Chuck Bobinecz

Elmer Kaprielian

Dominic DiMatteo

Guy Rudberg

Bob Van Luchene

Ron Pascoe

Frank McNamee

Joe Barry

Please try to contact a sick Sir to offer support
and encouragement during his illness. A
friendly call is always welcomed.

If you are aware of a sick Sir, please let me
know by phone or e-mail, as shown above, so
that our Sir membership can be advised.



Photo by Richard Hockenbrock

**Friends John Wilhelmy, Chuck Campbell,
Glen Renk and Jim Kohl**
enjoying some camaraderie
prior to seating at the October Luncheon.



Walkers

John Lewis



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

November Walks by
Bob Madge

Nov. 1 **El Torito Restaurant South, Concord**

Meet: El Torito Restaurant parking
Walk: South on Iron Horse Trail
Coffee: Panera Bread Willows Center

Nov. 8 **Walnut Creek Civic Art Center North**

Meet: Civic Center Parking
Walk: North on Iron Horse Trail
Coffee: Panera Bread Down Town, W/C

Nov. 15 **Heather Farms East Ygnacio Valley Rd.**

W/C
Meet: End of Heather Farms Parking
Walk: East along Contra Costa Canal
Coffee: Sweet Affair Ygnacio Plaza

Nov. 22 **Lafayette Moraga Trail North Moraga Rd. Moraga**

Meet: Moraga Safeway Parking
Walk: North on School St.
Cross Moraga Rd. at light to Moraga Regional
Trail to St. Mary's College
Coffee: Terizeto Cuisine Moraga

Nov. 29 **Cardinet Trail Clayton Clayton**

Meet: Clayton Library
Walk: North West from Parking
Coffee: Deli Delight Shadelands

Poker Club 4

Chuck Bobinecz

The October game will be at
the home of **Sir Chuck**

Bobinecz at the usual time.

The host will be **Sir Pete**

Gates. In the future, games

will be held at the home of

Sir Chuck Bobinecz but

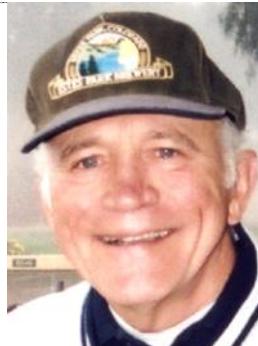
will be hosted by the mem-

bers in turn. For those that can't attend and
get a chance to get your money back, please

call your host a week before the game so that

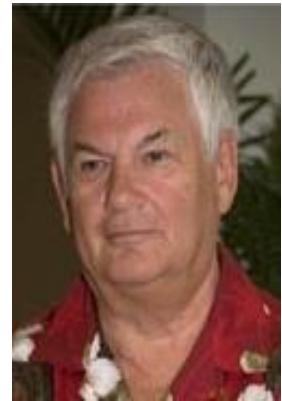
he can arrange a sub. Our Nov. game will be

hosted by **Sir Chuck Bobinecz**.



SongSirs

Bruce Borgman



The SongSirs were well received at their performance on October 3 for the "VIP" Senior group of the Walnut Creek Presbyterian Church. We sang our repertoire of fall "September" songs, supplemented by a few solos of our particularly gifted members such as **Corrie Oranje, Lynn Shafer** and **Jim Bogue** and piano interludes of our fine pianist **Dave Obera**. Judging by the standing ovation, we did a good job.

In October we started to rehearse our Christmas songs, which were selected by **Don Tubb**. They include some favorites, such as Silver Bells, White Christmas, Silent Night and I'll be Home for Christmas, as well as some lesser known carols such as "I Heard the Bells on Christmas Day". **Don Tubb** is deciding where we will perform as we polish these new songs.

We were pleased to welcome a new member, **Jack Patton**, and we encourage others of our SIR branch who might have an interest in singing to come to one of our rehearsals, or contact our able director **Pete Miller** or **Don Tubb**.



Photo by Bruce Borgman

SongSirs at Walnut Creek
Presbyterian Church on October 3rd.

A will is ...a dead giveaway.

*If you don't pay your exorcist you can get...
repossessed.*

Duplicate Bridge 2

Dick DeVoe

Many thanks to **Jim Brown** for hosting the Oct. 4 event!

Bob Yolland squeaked out a 1st place win over 2nd place

Terry Marchione, 29.5 to 29.

Sid Landman took 3rd by just beating out 4th place

Brad Hatcher, 27.5 to 27. Nobody from last time took any of the 1st 3 places this time, which is becoming a relatively consistent pattern. Interesting tidbit... One of the group had the absolute lowest halftime score and greatest point spread ever between 1st and 2nd half (4.5 vs. 15.0 pts =10.5 pts. difference!). He attributes the earlier poor performance to global warming, whatever that means.



Photo by Bill Schultz

At the Duplicate Bridge 2 gathering, **Doug Eisner** (L) double checks the score sheet while 3rd place **Sid Landman** congratulates **Bob Yolland** for taking the pot.



Table Pool

Bill Weinberg

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

We usually have three or four pool games going when we meet on the 1st & 3rd Mondays at

1:30am at Masse's 2721 North Main in Walnut Creek. The cost is \$5 for as long as you want to play. We also have SIR members from other branches joining us and we usually play about 2 hours, but not everyone stays for the final curtain. Haven't played in years? Come join us. All Sirs in our Area 2 are welcome.



Membership

Steve Sprague

Membership Numbers:

As of the BEC meeting on October 10th, we have 271 active members. This is an increase of two from the previous month. We currently have one applicant awaiting BEC approval.

At the October luncheon, **Dick DeVoe** was presented with the Honorary Life Member award by the State President, **Richard Dettmer**. We are very proud of **Dick's** accomplishments and congratulate him on receiving this highest Sir award!

Status Changes:

Inducted: **Herwig Coolins,**
Steve Dexter,
John Gray,
Jim Sanders,

Moved to Inactive: **Gary McGrath, Gary Parkhurst.** Our inactive roster therefore increases to 21 members.

October Luncheon Attendance:
Members: 203 (75% of membership)
Guests: 0 Visitors: 1, Speaker: 1
Total Attendance: 205

Poker Club 1

Frank McNamee



Poker Club #1 met on October 9th at the home of **Bob White** and he proved to be a most congenial host in more ways than one. He not only provided some good liquid refreshments and tasty snacks but he also provided most of the money to the happy winners. They were, in order, **Frank McNamee, Bill Cammerer** and **John Lewis**. Our next meeting will be November 13th at the Frank McNamee residence.



Old Money Poker Group 6

Al Twyford

Old Money Poker Group 6 had its second game at **Frank Lucas'** house in Pleasant Hill on Wed. afternoon 10-9. **Frank** had

plenty of snacks and wine for group members. We had 8 members attending and have decided that we can play poker with all eight. **Rich Ahlf** our alternate is now a full time player. We have a new alternate **John Gray** from Clayton. **John** was just inducted into SIR at our last lunch meeting. We now play with 8 people by using our discards when necessary. This seemed to work great. Well, **Al** was the big loser this time, after being the big winner the first game. **Al** is dead even now. He joins **Frank** as dead even after two games. **Norm Baietti** and **Bob Larson** are back from their Africa/Kenya trip and played for the first time with our new poker group. They related stories from their exciting trip, and fortunately they were not at the Mall in Nairobi during the terrorist takeover of the mall. Winners for our last game were pretty evenly divided among the other seven members(except **Al**). After the game **Frank Lucas** showed us his model railroad set up in his backyard; very impressive and the result of a lot of hard work on his part. We all look forward to our Nov. game scheduled at **Sid Landman's** house in Clayton.



Photo by Bob Spellman

Joanne and Dale Haukland dressed for the Bay winds aboard the Potomac

Continued from page 11

dementia in their seventies and eighties than those who were initially the least fit. Cardiorespiratory fitness may help prevent dementia by reducing the risk of diabetes and hypertension, both of which can contribute to dementia. Still, the benefit of being fit remained even after the researchers controlled for such factors. Physical activity and fitness also have direct effects on the brain that lower dementia risk—reducing brain shrinkage, for instance. As the accompanying editorial concluded, fear of Alzheimer's may motivate people to heed advice to exercise, which is "a reasonable prescription for dementia prevention."

Get into the habit: One benefit of exercising in middle age is that it increases the likelihood that you'll continue to exercise in later life. And it tends to go along with other good habits, like eating healthy foods and not smoking. Still, if you're past middle age and didn't exercise much back then, you didn't miss the train—you can still hop on at the next station. Research shows that it's never too late to start.

Duplicate Bridge

Doug Eisner

Jim Jackson graciously hosted 3 tables of duplicate bridge on Oct 21. **Fred Kovar** dominated the game from the very first hand and won going away as he blew off all comers to win first place with a score of 35.0 pt. **Sid Landman**, one of our newer players, took second place with a score of 28.0 pt while **Bob Yolland's** 26.0 pt carried him into third place. **Bob Donahue** will host our next game on Nov 18.



Women have more imagination than men. They need it to tell men how wonderful they are. When women are depressed they either eat or go shopping. When men are depressed, they invade another country.

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

SIR CALL *Newsletter*

Sons In Retirement, Inc.
br146sircall@gmail.com



Current Big Sir **Terry Marchione** (left) voicing recognition of Branch 146 Past Big Sirs left to right;
Pete Gates(2011), **Jack Calloway**(2000), **Don Nunn**(1998), **Jeff Baily**(2008), **Jim Stedman**(2007),
Dennis Hallett(2010), **Bob Yolland**(2003), **Fred Kovar**(2002), **Dick DeVoe**(1996), **Bob Walton**(1995),
Ray Kan(2005) and **Jim Burk**(2012).
Missing were **Kap Kaprielian**(1993), **Bill Hansen**(2001), **Doug Cook**(2004), **Garth Cummings**(2006).