

Next Meeting:
Monday, July 19, 2004
 1475 Creekside Drive
 Walnut Creek

**Call 806-8874 by the
 Thursday prior to the
 meeting to cancel your
 standing reservation or to
 bring a guest!**



Trampas Topics

July, 2004



Sayings of 2004 Big Sir Tom Robinson

Does time really fly? Here it is July already, where has it all gone?

Many people asked me why I volunteered to be a Big SIR. Some years ago, when I was Membership Chairman, **Courtney Borrecco**, then Big SIR, asked me who would make a good Sunshine Chairman. I suggested **Carlos Xavier**. He took the job. Months later, when they were looking for a Little SIR, I was again approached by Courtney and I responded the same -- ask Carlos. Some weeks later, Carlos and I were playing golf and he said to me, "I just wonder who keeps recommending me for all these jobs!" Feeling a little guilty, I told him the truth. Feeling a little guiltier, I mentioned that if he took the position, I would be his Little SIR if they wanted me. All the rest is history. So you'd better be nice to me in case I get asked these type of questions again.

At our last meeting some of you wondered why the long rectangular tables were used? I just wanted more grief! The seating had finally quieted down and I could not stand the quiet any longer. Actually, I had two stories: 1 – The person who sets up got us mixed up with Branch 8 who set it up that way, 2 – That the linen supply company delivered the wrong order (no table cloths for round tables). You pick it.

The result of the survey on the Christmas Party, after I did some ballot stuffing, was to have wine with dinner at a cost of \$ 30 per person. I am sending the ballots to Florida for verification.

Some wives have complained to me that they miss reading the Trampas Topics. So for those of you who receive the Trampas Topics via email, please run off copies for your wives to read. Phil and Floyd have done a terrific job with the web version of Trampas Topics and the Branch 116 web site.

PS – When everything's coming your way, you're in the wrong lane.

July Birthdays

When you see these members, wish them a Happy Birthday!

- Altomare, James
- Bently, Robert
- Clark, William
- Dodgson, Jack
- Greenstein, Milton
- Gusey, Richard
- Harrison, John
- Harriss, Donald
- Hartung, Bill
- Hess, George
- Hutchko, Alvan
- Kavert, Earl
- Martirani, Pasquale
- McGovern, Terry
- Miller, Don
- Nichols, Robert
- Palliser, Charles
- Purcell, Ernest
- Sandelmann, Werner
- Steele, Allen
- Takacs, John
- Thede, Walter
- Tinnes, Tim
- Vetro, Robert
- Videle, James.
- Vollmer, John
- Walsh, Fran
- Westrup, Warren
- Willis, George

Menu for the July Luncheon

- Beef Lasagna
- Tossed Salad
- Fruit Salad
- Rolls and Butter

Reminder:

Our Branch Webmaster, Floyd Skelton, has created an online calendar for all the planned Branch 116 activities. It is an excellent product and can be accessed at two hundred eight

http://home.att.net/~trampas1/2004_Calendar/



Greeters for July
 are **Ed Regalia** and **Frank Bryant**.

Horoscope for Cancer / Leo

You will begin a bitter and drawn-out battle with a gopher. You don't stand a chance.

Branch 116 Leadership for 2004

Executive Committee



Big SIR
Tom Robinson
798-4276



Little SIR
Ron Domer
838-8320



Secretary
Jack Bevis
254-7256



Asst. Secretary
Matt Arena
946-0404



Treasurer
Don Roberts
672-7698



Asst. Treasurer
Bob Shader
939-8421

Board of Directors



Pat Bermingham
930-9477



Doug Brown
825-7475



Ken Harold
932-6259



Tim Hubbard
944-0472



Bill McCallum
939-5045



Dick Thomson
944-1760



Carlos Xavier
947-6756

Committee Chairmen

Attendance	Jim Nachtweih	838-7417	Investment	Ben Smith	820-5403
Audit	Dick Thomson	944-1760	Ladies Day	Jim Shurr	937-9142
	Dan Pope	939-5483	Membership	Roland Scrivner	938-9078
Bridge	Milt Greenstein	376-5589	Membership Roster	Dick Thomson	944-1760
Candy Sales	Terry McGovern	672-7687	Newsletter Editor	Phil Goff	831-3692
Chaplain	Harry Shaner	933-2493	— Proofreader	John Maclay	937-2399
Christmas Luncheon	Jim Shurr	937-9142	— Distribution	Lynden Laird	937-1368
Computers	Dick Thomson	944-1760	Photographer	Ken Miller	256-9419
Fishing	Terry Miller	686-9298	Piano	Bob Lake	837-4054
Golf	Phil Jenkins	837-7881	Poker	Bill Harrington	935-1625
Golf Handicap	David Harris	672-5543	Sunshine	Art Donaldson	934-8391
Greeters	Ed Regalia	934-6313	Travel	Kirk McVean	937-5403
Historian	Matt Arena	946-0404	Volunteers	Bob Kinser	837-8886
Host	Frank Crua	932-0975	Webmaster	Floyd Skelton	838-2515
Interviewer	Bill Mowris	672-2885			

**Art Donaldson****July Sunshine Report**

. **TIM HUBBARD** had right knee replacement surgery on June 9. After a 5 day hospital stay he had a two week therapy program at home. Since Tim is a veteran of previous left knee and left shoulder replacement surgeries, he knows the importance of recovery goals so he plans to be ready to play in the Carson City golf tournament in August!

ART HIRSCH is continuing chemotherapy for lung cancer.

PETE LUCIDO had two artery stints inserted in early May. His recovery has been rapid and he was back on the golf course in late June.

Please let Art Donaldson (dnldsn@earthlink.net or 934-8391) know of any Sunshine concerns.

**Jim Nachtweih****June Attendance**

Attendance for our June meeting totaled 201 persons, including 191 members, 7 guests, 2 speakers and 1 inactive member. There were 50 excused members and 9 unexcused members. The unexcused members will be asked to pay for their missed lunch.

**Roland Scrivner****Membership Summary for June 2004**

Total Current Members — 255	Total in Process — 7
This Month's Inductees — 3	On Inactive Status — 27
Those in Interview Stage — 2	Left the Branch — 5

George Waite #90 Resigned

Jim Cooper, #191 Resigned

William Hoefs, #143 Resigned

Erich Weber, #220 to Inactive, #321

Tim Christoffersen, #171 to Inactive #323

John Story transfer from Branch #80

William Knight transfer from Branch #114

New Members Inducted on June 21, 2004

Robert Daily, Jean
915 Forrest Ln.
Alamo, 94507
837-7080 Civil Engineer
bdaily@attglobal.net



Dan Ghelfi, Fran
3506 Wildflower Way
Concord, 94518
671-9542 Galaxy Press
danfran6@aol.com



Ted Lauritzen, Lynn
109 Castle Ct.
Lafayette, 94549
284-9642 Lawrence Berkeley
tedlauritzen@comcast.net



**Our Guest Speaker for the July Luncheon is:
Mr. Joel Golub
His topic is "An Insider's View of the Courts"**

Judicial Experience

Superior & Municipal Court Commissioner of Contra Costa County 1993-1998. I have presided over thousands of criminal and civil court trials. This includes business, real property, personal injury, family law, domestic violence, consumer protection, personal property, debt collection and landlord/tenant cases.

Court Admissions

Supreme Court of the United States of America; Supreme Court of the State of California; Supreme Court of New York; United States Court of Appeals for the Ninth Circuit.

Teaching

California Judicial Education and Research, Judicial Studies Program; John F. Kennedy School of Law, San Francisco State University Paralegal Program; University of San Francisco; Peninsula Law School; New College School of Law; Golden Gate University, School of Law.

Professional Memberships

California Judges Association; California Court Commissioner's Association; San Ramon Valley YMCA Board of Directors 1999-present.

Education

Brooklyn Law School, Juris Doctor Degree;
Northeastern University, Bachelor of Arts Degree

Honors and Awards

2003 Contra Costa County Board of Supervisors Honorable Mention, Martin Luther King, Jr. Humanitarian of the Year award. In 1999, 2001 and again in 2003 the Contra Costa County Bar Association nominated as Pro Bono Judge of the Year; Wiley W. Manuel Pro Bono Award-State Bar of California 1991;



Ben Smith

\$ums In Retirement Financial Group

The July meeting of Area 2-Financial Group (\$ums In Retirement) will be held Wednesday, July 28, 2004. The meeting will be at our regular location, Diablo Creek Golf Course (Grill Room) located at Hwy 4 and Port Chicago Hwy in Concord. The meeting will start at 8:00am with breakfast available at any time after 7:00am. We normally meet on the 4th Wednesday of each month. No reservations are necessary, just come on down and have breakfast and enjoy the get together.....You may gain some new investment ideas and have a good time.

An interesting meeting is being put together and we will be looking at investment suggestions that will help you in your Retirement Financial plan.

If you have any questions or need added information, contact SIR **Ben Smith**. Tele: 820-5403 e-mail bjsssmith@aol.com

Random Humor

A circus owner walked into a bar to see everyone crowded about a table watching a little show. On the table was an upside down pot and a duck tap dancing on it. The circus owner was so impressed that he offered to buy the duck from its owner. After some wheeling and dealing, they settled for \$10,000 for the duck and the pot.

Three days later the circus owner runs back to the bar in anger, "Your duck is a ripoff! I put him on the pot before a whole audience, and he didn't dance a single step!"

"So?" asked the ducks former owner, "did you remember to light the candle under the pot?"



Terry Miller

Area 2 Fishing Report for June, 2004

The big trip for this month is to Norden and **Tom Hensley's** cabin. But, this won't start until June 21 (after the deadline for this article), so we'll have to report on this next time. But, groups made several side trips during June to take advantage of specific fishing opportunities. **Tom Hensley** and others went to trout fish on the Lower Sacramento River with guide **Mike Bias**. This was catch and release, so no fish to display, but Tom swears they had bunches during a great 2 days on the river. In early June, Tom also went with others to fish for shad on the American, also with a guide. Here again, the report was some 40 fish in the boat for Tom alone. And, Tom, again, went with others to Eagle Lake to fish for the giant trout up there. He says he caught and released a couple of 1+ pounders. But, no fish or pictures!!! Where's the beef???

We had another group of fly fishermen go to the Pitt River in late May to fish for trout. They reported good results but, here again, no fish and no pictures.

In the evening on June 17th, The Fishing Group had its regular "Spring Outing" at the Crown Restaurant in Danville. This is a traditional English Pub, and they advertise they have imported beer and the "best fish and chips in the Bay Area". They may be right, as many compliments from the 26 satisfied members and wives, who came and enjoyed the festivities. Branch 8 members attending included **Gene Bingham, Tom Click, Ed Dijkman, Raymano Gnusti, Tom Hensley** and **Bill Hooy**. **Tom Click, Gene Bingham** and **Raymano Gnusti** were each singled out for special awards. Lots of laughs and good humor. Helps for the gals also to put names and faces to those who get mentioned after the fishing trips.

Upcoming trips include to **Bill Hooy's** cabin in Grass Valley for trout (July 25 to 29); day trips to the Delta and local reservoirs for salmon and stripers as conditions permit during July and August; to New Melones Reservoir near Angels Camp for kokanee salmon (August 15 to 20); to Eagle Lake for trout (October 10 to 15); to East Cape Baja, Mexico, in November; and to the Klamath River for steelhead in December (or as water conditions allow). There's much more to come, so, for those interested, attend one or more of our meetings (usually on the 4th Thursday of the Month) at the Legends Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meetings start at 8:30 a.m. For further information, please contact **Bill Hooy** (Big Fish)(925-686-2627); **Terry Miller**, (Coordinator)(925-686-9298) or **Tom Hensley** (Treasurer/Secretary)(925-937-0605). All SIR members and guests are welcome and, indeed encouraged, participating in the fishing trips as well as attending the monthly meetings.

Floyd Skelton
& Dick Curry

Area 2 Computer User Group



For our next two meetings (July and August) we will have presentations that deal with digital photography. We will also address your computer questions and problems and identify some cool sites to visit on the Internet. For more information please visit our web site at: <http://home.alt.net/~area2computer/>."

Meetings of the Area 2 Computer Users Group are held 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).

Meetings are normally held the 3rd Thursday of each month from 9:30 to 11:30 a.m. All SIR members are invited to attend these informative sessions. The next meeting will be July 15, 2004.



Milt Greenstein Bridge

The June 8th meeting of our SIRS bridge group met at Round Hill CC with 31 players attending lunch and bridge. Two small slams were bid and made : **Jim Pope** and **Ali**, and by **Warren Westrop** and **Monte Hall**. High score was an excellent 6660 produced by **Floyd Skelton**, followed by **Bob Lake** (5600), **Jim Pope** (4920), **Gene Gould** (4540) and **Bill Sullivan** (4490).

Our 2nd session of the month on June 22 at Diablo CC had only 23 players (too many vacations, etc.), but we enjoyed an excellent NY steak lunch with a double chocolate cake desert. We had some excellent bridge played with 2 small slams bid and made: **Bob Anderson** and **Fred Massaro**, and by **Oscar Krikorian** and **Bernie Stock**. High score was **Fred Massaro** with 6790 (the highest daily score to date this year), followed by **Terry Thomas** (6290), **Bob Wolf** (5920), **Bob Anderson** (5450, and **Oscar Krikorian** (5139). Those scores indicate some very good bridge (and some very good cards).

Our next session will be on July 13 at Round Hill CC at 11:45 am. Anyone interested in joining us, please call me, **Milt Greenstein**, 376-5589. We can easily accommodate up to 40 players.

Duplicate Bridge — Floyd Skelton

On Tuesday, June 1, the duplicate bridge group held its monthly tournament, with 3 tables. Results: 1st : **Rich Bamberger** and **Bill Sullivan**, 59%, 2nd: **Gene Gould** and **Conrad Robertson**, 53% , 3rd: **Jack Butler** and **Bob Wolf**, 51% Thanks to **Conrad Robertson** for directing and scoring the event.

The duplicate group plays the first Tuesday of the month at The Bridge Center, 2219 Morello, Pleasant Hill. We have a lesson at 9:30 a.m. and play starts promptly at 10:00 a.m. We finish between 1:30 and 2:00 and the donation is \$5. Unlimited coffee is 50 cents, and there is a soft drink machine available on site.

All SIR members are welcome. We encourage players to sign up at our regular monthly bridge sessions on the 2nd and 4th Tuesdays at Roundhill and Diablo Country Clubs, or phone **Floyd Skelton** at 838-2515.



Dick Chaffee & Troy Powell June 2004 Results

On June 30 at Buchanan Fields we had 20 golfers to tie our all-time high of June 16.



Players were: **Doug Aalders**, **Eric Berthold** (first time), **Will Cabral**, **Mike Cavallo**, **Ed Cole**, **Chuck Cuny**, **Grove Fox**, **David Geary**, **Mel Gee**, **Cord Hull**, **Pete Lucido**, **Ken Miller**, **Don Mitolo** (Cavallo guest), **Bob Mix**, **Dick Schleuter**, **Bob Shader**, **Floyd Skelton**, **Bill Stoll**, **Herman Walden** (first time this year), and **Jai Yee**.

Ed Cole was closest on #5, and made the short putt for a birdie! **David Geary** was next closest, and **Pete Lucido** third.

On #6 **Jai Yee** was closest, and **Pete Lucido** was second. There was no third.

Pete Lucido shot 37 gross, which was second best, just a short time after having two artery stints inserted. He is considering asking for more stints to help further lower his index. He has our unstinting admiration!

(Note: David Geary substituted for Dick Chaffee & Troy Powell for this report.)



TRAVEL– Kirk McVean and Jim Cobb

Pick up brochures, forms, etc., at the travel desk at the luncheons. Payment should be made to the travel agency arranging the event unless otherwise stated in the announcement.

Local Travel

July 22, 2004

Watch the SF Giants battle their division rivals, the San Diego Padres! All participating branches will be recognized on the scoreboard and in a special home plate ceremony for Northern California SIRS. Cost: \$16 Leftfield Bleacher Seats, \$19 View Reserved Seats, \$34 Lower Box Seats. Mail/handling per order \$5. Bob Hagler 925-934-7620.

Not So Local Travel

August 25-27

SIR Branch 116 Carson City Golf Tournament. The perfect golf getaway! Includes three night's lodging and two rounds of golf (including cart). There are three hosted cocktail parties, three private banquets, breakfast coupons plus gaming and bar coupons. All for \$249 for golfers and \$155 for non-golfers. Singles add \$35. Contact **Art Miller** Branch 116 @ 934-6881.

October 3-10, 2004

National Parks of the Southwest. Air, motor coach, meals, dinner cruise on Lake Powell, admission to parks and monuments. Details too numerous to mention, **See Brochure.** Contact **Charlie Kiser** Br. 146 @ 274-157

October 26-27, 2004

Comedy in Reno. Feel like an evening of unending laughter? Yakov Smirnoff will provide one hundred sixty two laughter you wouldn't believe with his all new material. Trip includes motor coach transportation, overnight accommodations at the Reno Hilton, Casino stops, \$13 cash, \$2 food credit, breakfast and dinner coupons and tickets to Yakov Smirnoff's performance. Cost - \$ 102pp dbl, \$ 15 single supplement. Bob Hagler 925-934-7620.

Not So Local Travel (cont.)

November 14-15, 2004

Carousel – Held at Carson City Community Center with an overnight stay at the Sands Regency Hotel in Reno. Cost will be \$80pp and also include transportation, luggage handling, casino stops, cash back, gaming and food credits. You can begin to amass your fortune while playing bingo on the bus. Cost \$ 80pp. **Kahuna Raaka** at 925-254-0482.

November 30 - December 1, 2004

Holiday Extravaganza – Featuring Robert Goulet. One night deluxe accommodations at Eldorado Hotel Casino, admission into showroom and special holiday gift, hosted cocktail party, area casino stops and bonuses. Cost - \$ 108pp double, \$ 18 single supplement. Charlie Kiser – 925-274-1575

December 29 - January 2, 2005

Grande Ole New Years – A five day tour to Music City, USA – Nashville Tennessee. Featuring a New Years Gala hosted dinner/dance at the Opryland Hotel, Backstage tour at the Grand Ole Opry, Wildhorse Saloon, Country Music Hall of Fame, Antebellum Home Tour and much more. Ya'll come cause it's gonna be fun. Cost - \$1235 dbl occupancy, \$ 325 single supplement. Bob Hagler 925-934-7620.



Health Matters — Physical and Mental (Borrowed from Branch 146 Newsletter)

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.

PORTION POISONING

The wicked queen in “Snow White” poisoned the damsel with a *potion*. Today our problem is *portion*. Portion size to be exact. We are eating more than we ever did. A survey of 63,000 Americans found that we are super sizing our food portions and consequently, super sizing our waistlines. Here’s a comparison of portion sizes in 1998 vs. 1978.

Food 1978 portion 1998 portion

French Fries 3.1 oz. 3.6 oz. (up 68 calories)

Hamburgers 5.7 oz. 7 oz. (up 97 calories)

Soft Drinks 13.1 oz. 19.9 oz. (up 49 calories)

Salty Snacks 1 oz. 1.6 oz. (up 93 calories)

Mexican Food 6.3 oz. 8 oz. (up 133 calories)

Source: *Journal of the American Medical Association Vol. 289*

CALCIUM TO LOSE WEIGHT

Yogurt has been the standard fare of dieters for years, but can the creamy stuff actually help you shed pounds? New research says yes! Scientists at the University of Tennessee gathered 34 obese adults and assigned them to one of two reduced-calorie diet groups. Group one ate 1,100 milligrams of calcium a day, including yogurt. Group two ate only 500 milligrams a day, and no yogurt. Both groups followed an eating plan that consisted of 500 fewer calories than their usual diet. After 12 weeks, those who ate the high-calcium-yogurt diet lost:

22 percent more weight

60 percent more body fat

80 percent more abdominal fat

According to lead researcher, **Michael Zemel**, PhD, in a reduced-calorie diet, when calcium intake increases, weight and body fat go down. “The moral of the calcium story,” says **Zemel**, “is not to dump dairy when you are dieting. Not only is it critical to keep your calcium levels high so you will not lose bone density, it will also help you maintain your muscle mass and increase your fat loss. A diet rich in low-fat dairy products, such as yogurt, can help make your weight loss efforts easier.”

Source: *Runner’s World*, August 2003

Golf Story

Ever since Herman had taken up golf he began to say the same prayer each night before retiring. “Oh, Lord” he would begin, “please use your almighty powers to watch over my dear friend and golfing buddy, Murray. Please see that no harm ever befalls him and that he lives a long and healthy life.”

After quietly enduring several months of this ritual, his wife couldn’t take it anymore. She had to ask, “I don’t get it. I appreciate your feelings for your friend Murray, but I don’t hear you offering any prayers for me.”

“That’s completely different,” responded Herman.

“And why is it completely different?” asked his wife.

“For one simple reason,” responded Herman, “if anything happened to you it wouldn’t make me the worst golfer in the club.”

Tilden Park June 22, 2004



We assume Conrad is looking for someone else's ball?



Guess who is going to miss this putt? Good thing the resulting words weren't recorded.



Leaning towards the hole sometimes helps.



Phil Jenkins tries to miss putts on the practice green. It lessens the disappointment on the real greens.



Grazing in the fairway is the safest place to avoid Branch 116 golfers.

Golf Wisdom:

If you're afraid a full shot might reach the green while the foursome ahead of you is still putting out, you have two options: you can immediately shank a lay-up or you can wait until the green is clear and top a ball halfway there.

Everyone replaces his divot after a perfect approach shot.

It is surprisingly easy to hole a fifty foot putt when you are lying 8.

Counting on your opponent to inform you when he breaks a rule is like expecting him to make fun of his own haircut.

Nonchalant putts count the same as chalant putts.

The shortest distance between any two points on a golf course is a straight line that passes directly through the center of a very large tree.

There are two kinds of bounces; unfair bounces and bounces just the way you meant to play it.

Since bad shots come in groups of three, a fourth bad shot is actually the beginning of the next group of three.

Every time a golfer makes a birdie, he must subsequently make two triple bogeys to restore the fundamental equilibrium of the universe.

There are two things you can learn by stopping your backswing at the top and checking the position of your hands: how many hands you have, and which one is wearing the glove.



**Chairman
Phil Jenkins**

18 Hole Golf

18-Hole Results

By David C. Harris

Handicap & Scoring



Jed Daniel



David Harris

Boundary Oak - June 2, 2004

Flight 1			Flight 2			Flight 3		
D Meyer	63	3	D Chaffee	69	3	D Brown	68	3
R Domer	70	2	W Fend	73	2	B Hemmelsbach	68	2
D Geary	72	1	O Rinkert	73	2	P Jenkins	68	1
J Hunter	72	1	A Sequin	73	2			
Low Gross			Low Gross			Low Gross		
D Meyer	83		P Contestable	96		P Jenkins	99	
			O Rinkert	96				

Closest to: Hole #2 - A Hutchko, N Ka --- Hole #12 - O Rinkert

Boundary Oak - June 7, 2004

Flight 1			Flight 2			Flight 3		
F Crua	70	3	P Eckels	64	3	B Hemmelsbach	67	3
J Hunter	72	2	A Sequin	68	2	F Lockwood	70	2
D Geary	73	1	D Chaffee	72	1	P Jenkins	71	1
B McCord	73	1						
Low Gross			Low Gross			Low Gross		
F Crua	85		P Eckels	90		P Jenkins	102	

Closest to: Hole #2 - B McCord, J Cobb --- Hole #12 - D Geary

Willow Park - June 14, 2004

Flight 1			Flight 2			Flight 3		
DC Harris	64	3	J Cobb	62	3	P Jenkins	61	3
D Meyer	64	3	P Contestable	65	2	A Turrin	66	2
B Watanabe	66	1	D Socolich	66	1	F Lockwood	67	1
Low Gross			Low Gross			Low Gross		
DC Harris	80		D Socolich	86		P Jenkins	91	
B Watanabe	80							

Closest to: Hole #3 - F Crua, P Goff --- Hole #13 - F Crua, J Vollmer

Tilden Park - June 22, 2004

Flight 1			Flight 2			Flight 3		
D Geary	68	3	T Powell	66	3	P Jenkins	64	3
C Xavier	68	3	B Testa	68	2	B Hemmelsbach	65	2
F Crua	70	1	J Cobb	70	1	K Miller	69	1
A Yasuda	70	1	L Egbert	70	1			
			P Goff	70	1			
			J Vollmer	70	1			
Low Gross			Low Gross			Low Gross		
D Geary	83		T Powell	93		P Jenkins	95	
			D Socolich	93				

Closest to: Hole #4 - D Socolich, J Vollmer --- Hole #11 - J Hicks, B Kinser

Diablo Creek - June 28, 2004

Flight 1			Flight 2			Flight 3		
D Geary	69	3	J Cobb	70	3	D Brown	64	3
B McCord	70	2	J Daniel	71	2	P Grivas	68	2
A Yasuda	70	2	P Goff	71	2	P Jenkins	69	1
			A Sequin	71	2	B Kinser	69	1
			J Story	71	2	E Regalia	69	1
Low Gross			Low Gross			Low Gross		
B McCord	83		J Daniel	90		P Jenkins	99	
						D Brown	99	

Closest to: Hole #7 - P Goff, M Arena --- Hole #17 - D Geary, L Johnson

Remember: Sir Branch 116 Golf Hotline is 906-5355.

The Golf Website can be accessed at <http://att.home.net/~sirs116.golf/>

Branch 116 Golf Leader Board as of June 28, 2004 (Diablo Creek)



FLIGHT 1		FLIGHT 2		FLIGHT 3	
NAME	POINTS	NAME	POINTS	NAME	POINTS
Hunter, J	21	Powell, T	21	Jenkins, P	34
Geary, D	18	Robinson, T	20	Lockwood, F	21
Crua, F	14	Goff, P	16	Hemmelsbach, B	17
Harris, DC	14	Daniel, J	12	Brown, D	12
Meyer, D	10	Cobb, J	11	Vetro, B	10
Xavier, C	10	Contestable, P	10	Grivas, P	9
Marks, P	9	Sequin, A	10	Arena, M	7
Robertson, C	9	Thede, W	9	Kallas, P	7
Domer, R	8	Chaffee, D	8	Maclay, J	7
McCord, B	7	Eckels, P	7	Honstein, H	6
Yasuda, A	6	Testa, B	6	Kinser, B	6
McInnis, C	4	Fend, W	5	Miller, K	4
Watanabe, B	4	Hutchko, A	5	Morison, P	4
Altomare, J	3	Walden, H	5	Mix, B	3
Clizbe, J	3	Egbert, L	4	Booth, D	2
Eller, T	3	Lutkus, A	3	Cuny, C	2
Hicks, J	3	Socolich, D	3	Turrin, A	2
Leschot, A	3	Doyle, L	2	Aalders, D	1
Smith, B	3	Lucido, P	2	Harriss, Don	1
Brandreth, R	2	Rinkert, Otto	2	Regalia, E	1
Belden, P	1	Schnieder, W	2		
Morgan, J	1	Story, John	2		
		Welsh, D	2		
		Bryant, F	1		
		Kay, N	1		
		Vollmer, J	1		
		With, M	1		

David Harris Reports:

I receive the "Most Improved Golfer" information each month from the NCGA. It is calculated from the beginning of 2004. As of July 1, the top ten are:

- 1) **Jed Daniel**
- 2) **Phil Goff**
- 3) **Frank Lockwood**
- 4) **Gerald Hicks**
- 5) **Troy Powell**
- 6) **Dick Socolich**
- 7) **Mac Miguel**
- 8) **Norm Kay**
- 9) **Roy Brandreth**
- 10) **Walt Thede**

**Las Trampas
Branch #116**



**A non profit Organization for Retired Men
devoted to the Promotion of Independence
and Dignity of Retirement**

RETURN TO: Roland Scrivner
3300 Tice Creek Drive #4
Walnut Creek, CA 94595-4105

Non-Responsibility Declaration:

All activities arranged for or by, or sponsored by, Sons in Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement Inc. and its Branches do not assume any responsibility for the well being or safety of the participants, or their property, in any matters pertaining to said activities.

Please Remember our Rules of Attendance and Membership for Branch 116

Regular members missing 3 consecutive meetings without notifying their attendance chairman or attending less than 7 meetings within the last 12 months, shall be notified by form letter of their membership termination. Certification of attendance at another Branch meeting will be considered a credit to the attendance record. (Maximum of 2 visits per calendar year).

Non-Responsibility Clause: All travel events and other activities sponsored by Sons in Retirement, Incorporated, or its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Incorporated, and its Branches do not assume any responsibility for the well being or safety of the participants or passengers, of their property or any damages whatsoever, in any manner pertaining to said travel activities.

Checks for trips of 3 nights or less must be made payable to the Branch conducting the trip. Checks for trips in excess of 3 nights must be made payable to the travel agency involved.