

Next Meeting:
Monday, Mar 21, 2005
 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



March, 2005

A Nonprofit Public Benefit Organization for Retired Men Devoted to the Promotion of Independence and Dignity of Retirement.



Sayings of 2005 Big Sir, Ron Damer

Our speaker last month, Gus Kramer, was both entertaining and informative. Sitting at the head table it is easy to see whether a speaker has the attention of the audience. Even with the best speakers there are always a few nodding heads. Guess it goes with guys our age. Something else noticed from the head table is the number of members who get up and leave just as the speaker is introduced. If you have to leave early please try to find a less obvious time to exit.

Carlos Xavier agreed to take on the Special Events job and has started carrying out his new duties. I would like to again mention that there are a number of activities our branch could initiate. These include: **bowling, dinner groups, cooking, billiards, hiking, bocce ball, theater, dominoes, etc.** These activities are now available in other branches in our area. Anyone interested in participating in these activities should let me know and we will try to get something started in this branch.

Once again, I want to mention that in my discussions with last year's committee chairs several of them expressed that 2005 would be their last in their present position. This year we will need to find several replacements for key positions. As time goes on we will be identifying specific openings. If you would like to step up and take on an activity for next year, let me know. We need to broaden our base of members who take on these responsibilities.

Mark your calendars with the following dates: **SPRING PARTY: MAY 18, CHRISTMAS PARTY: DECEMBER 7.** Both parties will be dinner-dances and held at Blake's at Boundary Oaks. Mailings are being made and tickets will be on sale at next month's luncheon. These parties are two of the highlights of our SIR year. Also, I want to plug the **Women's Invitational Golf Outing on April 19 at Oakmoore.**

See you on March 21.

P.S. Pull for the Lady Vols in March

Ron Damer

March Birthdays

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

Fend, Werner
 Fioretti, Renzo
 Lake, Robert
 Loder, Robert
 Plank, Lloyd
 Lennon, Joe
 Peterson, John
 Thomas, Ross
 Hubrig, Walter
 Welsh, Donald
 Leschot, Ronald
 Mc Cord, William
 O'Connor, Charles
 Remorini, Victor
 Lockwood, Frank
 Mix, Robert
 Harrington, William
 Belden, Peter
 Johnston, Robert

March Lunch Menu

Corned Beef
 Potatoes & Carrots
 Cole Slaw
 Bread & Butter
 Dessert



Horoscope for Pisces / Aries

You will discover a little book called "1001 Names For Your Pet." As suggested in the book you will name your next pet either "Bill Clinton" or "No Clothes On." That way you can say things like "Bill Clinton peed on the rug, again" or "I'm going for a walk with No Clothes On."

Branch 116 Leadership for 2005

Executive Committee



Big SIR
Ron Domer
838-8320



Little SIR
Jerry Hunter
376-4353



Secretary
John Maclay
937-2399



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



Terry Miller
686-9298



Tom Eller
939-5897



Dick Thomson
944-1760



Tom Robinson
798-4276

Committee Chairmen

Attendance	Jim Nachtweih	838-7417	Investment	Ben Smith	820-5403
Audit	Dick Thomson	944-1760	Membership	Roland Scrivner	938-9078
	Dan Pope	939-5483	Membership Roster	Dick Thomson	944-1760
Bridge	Milt Greenstein	376-5589	Newsletter Editor	Phil Goff	831-3692
Candy Sales	Ron Radakovich	939-4337	— Proofreader	John Maclay	937-2399
Chaplain	Harry Shaner	933-2493	Photographer	Ken Miller	256-9419
Christmas Party	Bill McCord	376-5280	Piano	Bob Lake	837-4054
Computers	Dick Thomson	944-1760	Poker	Bill Harrington	935-1625
Fishing	Dick Thomson	944-1760	Spring Party	Bill McCord	376-5280
Golf	Tom Robinson	798-4276	Sunshine	Bill Harrington	935-1625
Golf Handicap	David Harris	672-5543	Travel	Kirk McVean	937-5403
Greeters	Bob Farmer	933-3365		Jim Cobb	689-1504
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			



March, 2005 Sunshine Report

Bill Harrington

Sorry to report that **Art Hirsch** passed away at his home in Concord, February 12, 2005 at the age of 74. He had fought the good fight against cancer for several months and dealt with it in a positive manner, "one day at a time" as he would say. All who knew Art loved his positive attitude and his great sense of humor. None will ever forget his big smile. Art worked for Chevron Oil for over 35 years in its Marketing Department. He made many friends and was known for his precise and excellent contributions. He and his wife Betty were active members of De La Salle High School parent/sport associations and developed many friendships through these activities. He had a great love for his family. He enjoyed attending the SIR meetings and was an active member of the SIR golfing group. He was a straight shooter who kept the ball down the middle in every game in life. He will be missed, as he was a good man.

Sorry to report that **Bud DeBarr** passed away on February 15th. Bud was past Big Sir (1997) and an Honorary Life Member. Golf was his love. Even when his legs had a hard time moving him along he played the game. His favorite expression after making a good putt was "This game is eeeeasy!" Sadly his Alzheimers disease kept him away from attending meetings but he did leave his assisted living facility once last year to attend his final luncheon with his SIRS.

Al Keefauver was diagnosed with colon cancer. He is undergoing chemotherapy treatments to reduce the size of the cancer so the Doctors can perform surgery.

Tim Hubbard had shoulder surgery on February 24th. As of this reading, he should be home doing physical therapy.

John Peterson had successful bypass surgery. He is home now and plans to attend the March luncheon.



Membership Summary for February, 2005

Roland Scrivner

Membership (cont.)

- Total Current Members — 258
- This Month's Inductees — 2
- Those in Interview Stage — 2
- Total in Process — 3
- On Inactive Status — 27
- Left the Branch — 2

Arthur Hirsh, #174, passed away on Feb 12, 2005
Bud DeBarr, #220, passed away on Feb 15, 2005
Lynden Laird, #013, transferred to Branch 170 in Auburn, CA.

New Members — February, 2005



George B. Kohut, Edith
3004 Burlington Way
Walnut Creek, 94598
935-8946 Chevron
gbkoh@aol.com



Daryl A. Blood, JoAnn
946 Springview
San Ramon, 94583
830-9231 Pac Bell
dabstuff@aol.com

Guest Speaker for March



Ben Mosley

National Park Ranger John Muir National Historic Site

Ben has lived in this area since 1960 and has been a Park Ranger since 1993. He served in the U S Navy in the early 1950's.

He then spent his major career of 35 years working for IBM mostly in San Francisco in the service and repair end of the business.

Even before his retirement in 1991, he spent time volunteering at the Muir site. Then two years later he was hired as a Ranger.

Ben's subject is the many ways that John Muir has had an important influence on our lives.

This is a very timely subject since John Muir's likeness was recently chosen to be placed on the new California Quarter. Member 212



Area 2 Fishing Report

Dick Thomson

Eight members of the Area 2 Fishing Group attended the International Sports and Boat Show at Sacramento Cal Expo on January 20. There were many temptations in the form of new boats, fishing gear, exotic trips, rifles and outdoor gear. What's a fisherman without a new hat, gloves, waders, etc? Anyway, all came away with many new ideas, plans, etc. for the upcoming season. And, that's how it should be.

We've had trouble getting the planned McAvoy/Ryer Island Delta striper fishing trips out, because of rain, wind, debris and muddy water. Unfortunately, the weather isn't giving much encouragement as of this writing, with a long and wet President's Day weekend ahead. Notwithstanding, just this week six of our members journeyed some 7 hours north to the Oregon/California border for some prime steelhead fishing. They started out in the pouring rain (from here) and just about Eureka the weather cleared. From then on the skies were clear. What luck!!! The group fished the Chetco River (in Oregon) and the Smith River

Fishing (cont.)

(in California) in drift boats with guides for 3 days, coming back with more than 8 good fish. Tom Hensley reported he boated 2 steelies in the 6-7 pound range. Bob Kahl caught the most with 3. In all, a great trip and one that will be repeated this year.

Our new "fishing for newbies" (SIRS, who haven't fished for some time or even ever and who want to try it) program is off to a great start. Lois Kilburn of Creative Sports Fly Shop in Pleasant Hill is scheduled to talk at our regular meeting on February 24th on the wonders of fly fishing. We've already talked about this in this Hotline. She's a great teacher and can be expected to give some valuable pointers to those attending (whether newbies or not). Hope many of you are there. In addition, Tom Hensley and several of our other boat owners took the newbies out on San Pablo Reservoir near Orinda for a day of trout fishing on February 23rd. All the newbies needed to bring was a fishing license. Tom and the others supplied the gear, bait, etc. for these special outings. If you're not fishing, you're not trying.

As far as the calendar for the next 3 months, the Fishing Group still has planned one or more trips to McAvoy's (Pittsburg) in the Delta for stripers (as soon as water conditions allow); guided trip to Oregon for steelhead on March 16-19 (Ed Dijkman is Fishmaster); trip to Angels Camp for the "Glory Hole Fishing Seminar" on April 1-2 (covers how to fish in the foothill area); multiple day trip to Collins Lake near Marysville for trout April 10-15 (Rich Bal is Fishmaster); trip to McSwain/McClure Reservoirs for trout May 2 - 6 (a camping only trip)(Al Brunner/Dan McLaughlin are Fishmasters); trip to Shasta Camp at the Pitt River, again for trout but mainly fly fishing, May 15-20 (Don Mittelsteadt is Fishmaster); Day at the Races at Golden Gate Fields in Albany on May 12 (Bob Olson is Fishmaster) and a five day trip to Lake Almanor for trout May 22-27 (Rich Bal is Fishmaster). Much more is planned, but this summarizes the next 3 months.

If you want to hear more, please 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) (686-2627), Dick Thomson (Branch 116 Coordinator) (944-1760) e-mail: rjthomson@thomson.org or Terry Miller (Treasurer/Secretary)(686-9298). All SIR members and guests are welcome and, indeed, encouraged, to participate in the fishing trips as well as attend the monthly meetings.



\$ums In Retirement

Ben Smith

The March meeting of "\$ums In Retirement" Financial Group will take place on Wednesday, March 23, 2005. It will be held as usual at Diablo Creek Golf course (Grill Room) starting at 8am. The location of the meeting at the northern intersection of Hwy 4 and Port Chicago Hwy., Concord. We normally meet on the 4th Wednesday of each month.

Breakfast will be served anytime after 7am. No reservations are required, just come and join in the fun. Feel free to bring your fellow SIR's and friends.

Our guest speaker will be **Mr. GEORGE FULMORE**, who is the author of the Times Newspaper column.... "The art of Retirement". Many of us are familiar with his Column and have enjoyed his observations over the past months. He also teaches courses relating to Retirement at Mt. Diablo Adult Education Center. He will be speaking about Financial matters and how they effect your retirement life. **Mr. FULMORE** is a very knowledgeable person and will be presenting some excellent insights on how to handle many financial challenges that we must deal with in Retirement. You will not want to miss this interesting and informative session. This is a great chance to bring your questions and obtain some sound advise from a Retirement expert.

If you need additional information or have questions, contact: SIR Ben Smith, tele: 925-820-5403, e-mail bjsssmith@aol.com



Attendance

Jim Nachtweih

Attendance at the February 21st meeting totaled 207 persons. This includes 193 members, 0 visitors, 1 speaker, and 13 guests. There were 43 excused members, and 18 unexcused members. The unexcused members will be asked to pay for their missed lunch.

Health Matters Physical and Mental

Spare Tire

Carrying a little extra weight around your middle? Not good! A recent Boston University study found that men having a waist measurement of 40 inches or more have double the risk of colon cancer. Central obesity (around your mid-section) is associated with increased insulin resistance problems that are thought to promote tumor growth.

Source: *Men's Health*, July/August 2004

How to Burn the Most Calories

If you're looking for an exercise to maximum calorie burn, choose a weight-bearing activity. The largest muscles in the body are those in the legs, and when you exercise them you have the greatest demand for energy (measured in calories).

Walking, jogging, stair climbing, hiking are all good. Any activity that uses these legs in a nonstop rhythmic fashion for extended periods of time burns a lot of calories.

Source: *Fitness Magazine*, July 2004

An Orange a Day

Don't forsake the apple, but an orange a day can cut the risk of mouth and stomach cancers by as much as 50 percent and stroke by up to 19 percent. Citrus fruits, particularly oranges, are rich in antioxidants that inhibit cancer growth and slow blood clotting. Source: *Bottom Line Health*, July 2004

Darker Sunglasses

Darker sunglasses don't protect your eyes. The darkness of the color has nothing to do with the ability of the lenses to filter out UVA and UVB radiation. Rather, it is a chemical that is introduced to the lenses during manufacture that offers the protection. Look for sunglasses labeled as meeting the American National Institute (ANSI) requirements for general purpose use-which block 95% of UVB and 60% of UVA radiation. If you want even more protection, some glasses block 99% to 100% of UVA and UVB rays.

Source: *Consumer Reports on Health*, July 2004

Epsom Salts

Epsom salts (hydrated magnesium sulfate), originally discovered in Epsom, England, are not effective in relieving muscle soreness. The folklore remedy is a powerful laxative, however, that should be used, if at all, with caution.

Donuts

Question: Which variety of donuts is highest in saturated fat, trans fat and calories?

Answer: "Cake" varieties.

Source: *Consumer Reports on Health*, July 2004

(Reprinted from Branch 146 SIR CALL Newsletter)



Area 2 Computer User Group

**Floyd Skelton
& Dick Curry**

The March meeting of the SIR Area 2 Computer User Group will be held on Thursday, March 17th, St. Patty's Day. At this meeting we will continue our presentation on Utility programs, covering the Registry cleaner program, RegSupremePro. Time permitting we will also talk about what you can do to help your computer perform better/faster. We'll also have time to talk and hopefully resolve your computer problems and talk about some interesting web sites.

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 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

For more information please visit our web site at: <http://home.alt.net/~area2computer/>.

Email from a fellow Computer User

DEER TICK WARNING.....

I hate it when people forward bogus warnings...but this one is real, and it is important. So please send this warning to everyone on your e-mail list:

WARNING:

If someone comes to your front door saying they are conducting a survey on deer ticks and asks you to take your clothes off and dance around with your arms up, DO NOT DO IT!!

IT IS A SCAM; they only want to see you naked. I wish I'd gotten this email yesterday. I feel so stupid now.

Executive Committee Meeting

The next Executive Committee Meeting will be held at 10:15 a.m. on March 21, just prior to the luncheon. Executive Committee Members and Committee Chairmen should plan to attend.



Bridge

Milt Greenstein

The Branch 116 Duplicate Bridge group met on Feb. 1 with 20 players joining in the session. Two teams tied for first with 131 points (60.65 %), **Jim Nachtweih/David Geary** and **Dan Greenberg/Milt Greenstein**. **Jack Butler/Conrad Robertson** were 3rd with 123 points and **Art Donaldson/Ali Aghaiepour** were 4th.

This group meets on the first Tuesday of the month at the Bridge Center in Pleasant Hill. If any one is interested in joining this activity, please give me a call.

February 8th had 31 men gathering for lunch and bridge at Round Hill CC. In a high scoring day, **Terry Thomas** was high man with 6780 points, closely followed by **Floyd Skelton** (6630), **Art Donaldson** (6050), **Ali Aghaiepour** (5870) and **Jack Dodgson** (5440). We had 7 players over 5000 points today ! Small slams were bid and made by **Dick Chaffee/Bob Wolf**, **Jeff Hart/Warren Westrup**, **Bob Singleton/Terry Thomas** and **Dick Schlueter/Art Donaldson**. This was the 2nd highest scoring day in the last 3 years, with an average player's score of 4064 points.

On February 22, 31 players had lunch and bridge at Diablo CC. **Ali Aghaiepour** took high honors for the day with an excellent score of 6640, second place went to **Bill Sullivan** with 5610 points, followed by **Jack Butler** (5090), **Lee Travis** (4880) and **Bob Anderson** (4870). **Bob Anderson/Jack Butler** and **Ali Aghaiepour/Art Donaldson** collected for bidding and making small slams. One interesting hand was played by **Ali Aghaiepour**, bidding 5 clubs, doubled and redoubled, making 7 !!! a great score.

Spousal Humor

A man was using the fly swatter to eliminate some flies in the house.

His wife observed him and asked if he had had any luck.

"Why yes, I've killed 3 male flies and two females."

She asked, "how could you possible know their gender?"

"Well" , he said, "Three were sitting on a beer can and the other two were sitting on the phone."



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.

2005 SIR Sports Schedule



Golden State Warriors v Seattle Supersonics. Oakland Arena, Sunday, April 3rd at 3:00 p.m.



SF Giants v Atlanta Braves. SBC Park, Wednesday, July 20th at 12:35 p.m.

For both games shown above contact Jim Wyatt, 843 Overlook Court, San Mateo, CA 94403. 650-345-3494 or j.c.wyatt@worldnet.att.net.



Oakland A's v Anaheim Angels. Oakland Coliseum, Wednesday, August 11th at 12:35 p.m. Contact Bob Lippincott, 21305 Kahlert Ave., Castro Valley, CA 94596. 510-538-9291.

Local Travel:

May 19, 2005 A Day at the Races.

Includes r/t coach transportation to Golden Gate Fields, Turf Club Admission, Lavish Luncheon Buffet and program. Cost is 35.00. Contact Charlie Kiser Br 146 @274-1575

Not So Local Travel:

March 31 - April 11, 2005 — SOLD OUT!!

Traditional and Modern Japan. A 12 day tour featuring 10 nights in Japan. Cities visited are Osaka, Hiroshima, Okayama, Kyoto, Toyohashi, Hakone, Nikko and Tokyo. Trip includes:

- Round trip airfare from SF to Osaka
- Transfers to SF Airport

- First and Deluxe class accommodations for 10 nights
- Tickets for the "Bullet Train" Osaka to Hiroshima
- All meals hosted (3 meals daily)
- All applicable air and land taxes
- Tips for driver & tour manager

Tour price is \$3165 per person double occupancy. \$750 single supplement.

May 23 - June 2, 2005

Branson and Barging. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer. In Branson deluxe accommodations, 9 meals, 8 shows, including Japanese fiddler Shoji Tabuchi, Mississippi Barge Cruising from Memphis to St. Louis, all meals and shore activities. Cost is \$2605 pp dbl occ. Call Charlie Kiser Br. #146 at 274-1575.

September 29 - October 10, 2005

Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe River Cruise Ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 25 meals, shore excursions and transfers. Two pre-cruise nights in Budapest and one post cruise night in Bucharest. Cost is \$3295 pp dbl occ. Call Bob Spellman, Branch #146 at 934-8428.

October 12 - Noember 2, 2005

Australia and New Zealand. A 22-day excursion through Australia and New Zealand featuring Auckland, Cambridge, Rotorua, Christchurch, Queenstown, Milford Sound, Dunedin, Twizel, Melbourne, Cairns, Great Barrier Reef & Sydney. Tour includes RT airfare, accommodations in 3 to 4 star hotels for 19 nights, deluxe motorcoach transportation, daily breakfast, 2 lunches and 17 dinners. Cost is \$4980 pp dbl occ. Call Bob Hagler at 925-934-7620.

December 30, 2005—January 9, 2006

Mexico and the California Coast. Cruise round trip from San Francisco for 11 days on the Dawn Princess. Stops include Catalina Island, Cabo San Lucas, Mazatlan, Puerto Vallarta and San Diego. A gala New Year's eve celebration will be provided on board the Dawn Princess. All inclusive price ranges from \$1605 pp for an Interior Stateroom to \$2035 pp for an Oceanview room with Balcony. Contact Fred Stammen at 925-283-1956.

**SIR BRANCH 116
CARSON CITY GOLF TOURNAMENT**

AUGUST 24, 25, 26, 2005

The Perfect Golf Getaway

- Three Night's Lodging
- Two Rounds of Golf (including cart)
- Three Hosted Cocktail Parties
- Three Private Banquets
- Breakfast Coupons
- Gaming and Bar Coupons
- Free membership to the Prospector's Club

Golfing

Thursday the 25th at Genoa Lakes

Friday the 26th at Empire Ranch Golf Course

Cost for all this is \$298 for Golfers

\$160 for Non Golfers

Singles add \$35

Prize money collected upon arrival at \$10 per player

ENTRY DEADLINE IS AUGUST 19, 2005

Complete the entry form below and mail to:

Sir Art Miller
1812 Del Rey Street
Lafayette, CA 94549-1911

2005 CARSON CITY ENTRY FORM

Number of persons in your party_____

Please enter Last name first:

Name: _____	Golfer _____	Non-Golfer _____	NCGA Index _____
Name: _____	Golfer _____	Non-Golfer _____	NCGA Index _____
Name: _____	Golfer _____	Non-Golfer _____	NCGA Index _____
Name: _____	Golfer _____	Non-Golfer _____	NCGA Index _____

Room Preference (please circle) Single Double Twin Smoking Non-smoking

Enclosed is my check for \$_____ to cover my reservation

Comments:



9 Hole Golf Group

Dick Chaffee

Jim Nachtweih and

Bill Hoban have volunteered to help out with our 9 hole golf this year. Jim is the contact for phone reservations and the golf hot line. **Bill** will help coordinating with Buchanan Fields. Both **Jim** and **Bill** will help coordinate events when I'm out of town.

David Geary continues as our chief handicapper, statistician and the source of our golf ball prizes inventory.

15 golfers participated on February 9 in our 9 hole tournament at Buchanan Fields. This was a handicapped team event. The team of **Bob Olson, Bill Stoll, Bill Harrington and Bob Mix** won the team title with a net score of 26.

Bob Shader won individual scoring honors with a 36 followed by **Bob Mix** with a 39.

Closest to the Pin:

Hole 3: 1. **Bob Shader** 2. **Chuck Cuny** 3. NA

Hole 5: 1. **Bill Harrington** 2. **Grove Fox** 3. **Dick Chaffee**

17 golfers participated in the February 23rd 9 hole team tournament. The team of **Troy Powell, Joe Ostler, Bob Shader and Bill Stoll** won team title with a net 28.

Troy Powell won scoring honors with 37 followed by **David Geary** and **Dick Chaffee** with 38s.

Closest to the Pin

Hole 3: 1. **Bill Stoll** 2. **Dick Chaffee** 3. NA

Hole 5: 1. **Bob Mix** 2. **Bill Hoban** 3. **Joe Ostler**

18 Hole Golf Leader Board as of February 28, 2005



FLIGHT 1		FLIGHT 2		FLIGHT 3	
NAME	POINTS	NAME	POINTS	NAME	POINTS
Hunter, J	9	Story, John	9	Jenkins, P	10
Harris, DC	6	Schoen, Gary	7	Cobb, J	9
Xavier, C	6	Daniel, J	6	Maclay, J	7
McCord, B	5	Hutchko, A	5	Hemmelsbach, B	5
Meyer, D	5	Powell, T	4	Arena, M	3
Robinson, T	4	Robertson, C	4	Hoban, Bill	3
Schmidt, N	4	Chaffee, D	3	Ostler, Joe	3
Altomare, J	3	Ratterree, M	3	Vetro, B	3
Cherepy, S	3	Tinquely, Pat	3	McKenna, G	2
Goff, P	3	Ginter, B	2	Walden, H	2
Loder, B	3	Testa, B	2	Booth, D	1
Socolich, D	3	Eller, T	1	Lockwood, F	1
Clizbe, J	1	Thede, W	1	Lutkus, A	1
Domer, R	1			Morison, P	1
Lefevre, J	1				



Chairman

Tom Robinson

18 Hole Golf

18-Hole Results By David C. Harris

Handicap & Scoring



David Harris

Franklin Canyon - January 31, 2005

Flight 1			Flight 2			Flight 3		
J Hunter	66	3	P Tinquely	70	3	B Vetro	68	3
B McCord	71	2	G Schoen	72	2	B Hemmelsbach	69	2
D Socolich	73	1	M Ratterree	73	1	M Arena	71	1
C Xavier	73	1			A Lutkus	71	1	
Low Gross			Low Gross		Low Gross			
S Cherepy	83		P Tinquely	94		B Vetro	101	
Closest to: Hole #6 - P Goff, A Lutkus --- Hole #17 - A Hutchko, G Schoen								

Boundary Oak - February 7, 2005

Flight 1			Flight 2			Flight 3		
B Loder	70	3	D Chaffee	72	3	B Hoban	71	3
C Xavier	71	2	J Story	72	3	J Maclay	72	2
DC Harris	72	1	J Daniel	73	1	B Hemmelsbach	73	1
			T Eller	73	1			
Low Gross			Low Gross			Low Gross		
B McCord	87		T Eller	94		P Jenkins	104	
Closest to: Hole #2 - T Eller, M Arena --- Hole #12 - T Robinson								

Silverado North - February 14, 2005

Flight 1			Flight 2			Flight 3		
N Schmidt	67	3	J Story	70	3	J Maclay	73	3
D Socolich	69	2	B Ginter	72	2	G McKenna	76	2
J Lefevre	70	1	J Daniel	73	1	D Booth	77	1
					H Walden	77	1	
Low Gross			Low Gross		Low Gross			
B McCord	87		J Story	96		H Walden	108	
Closest to: Hole #2 - T Robinson, H Walden --- Hole #11 - F Crua, G Schoen								

San Ramon - February 22, 2005

Flight 1			Flight 2			Flight 3		
C Xavier	70	3	A Hutchko	68	3	J Cobb	68	3
D Meyer	71	2	G Schoen	69	2	J Maclay	78	2
P Goff	71	2	T Powell	75	1	P Jenkins	83	1
Low Gross			Low Gross			Low Gross		
D Meyer	86		A Hutchko	91		J Cobb	98	
Closest to: Hole #17 - D Meyer, R Leschot								

Paradise Valley - February 28, 2005 - rained out

Remember: Sir Branch 116 Golf Hotline is 906-5355
 Golf Checks should be made out to: "SIR Golf, Branch 116"
 Mail Golf Checks to: P.O. Box 55, Moraga, CA 94556-0055

**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.