



# Trampas Topics

## AUGUST, 2008

### SIR Branch 116

Next Meeting: 11:30 am,  
Monday, August 18, 2008  
Elks Lodge—1475 Creekside  
Dr, Walnut Creek, CA 94596

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

### Sayings of 2008 Big Sir Art Donaldson

It's election season! The nation is approaching the final stages of the Presidential campaign. State SIR will be electing 2009 officers at the annual meeting of Big Sirs on August 4. And our Branch 116 will be electing **2009 officers and**



**directors** at the next regular luncheon on August 18, 2008. I believe our Nominating Committee of **Floyd Skelton** (Chairman), **David Geary** and **Jim Nachtweih** have presented us with an outstanding slate of talented leaders for the year ahead. Be sure to attend the luncheon and add your voice in the selection process.

One further election note—for the first time in recent memory there are two candidates to succeed Area 2 Governor Jim Stedman in 2009. They are **Dean Steichen** of Branch 8 and **Dick DeVoe** of Branch 146. Big and Little Sirs in the six Area 2 branches will vote on this office next month.

In July the Branch 116 **Executive Committee** approved development of a Branch Regulations Manual. Director **Ron Armijo** will head up the project and incoming Secretary Nominee **Conrad Robertson** will work with him.

At the July luncheon meeting, 170 of our active members (almost 70%) paid the **2008 voluntary assessment of \$15** to finance the monthly *Trampas Topics* newsletter, annual membership roster, quarterly State SIR assessment, and miscellaneous expenses. Some **inactive members** even contributed. Treasurer **Dick Chaffee** advises that the voluntary assessment will also be collected at the August luncheon meeting.

I want to acknowledge special kudos to:

Caterer **Stan Gideon** for the excellent Chicken Picata served over pasta at the July luncheon! Absent *Trampas Topics* readers missed a memorable meal;

**Frank Crua** for arranging the insightful talk on "Future Energy" by **John Roebuck**;

**Dick Thomson** and **Jim Nachtweih** for an **improved name tag** for new members (first three months). When you spot one of these, please make an effort to introduce yourself and make these folks feel welcome;

**Big Sir Art Donaldson's Sayings Continued on Page 5**



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**PLEASE CALL 806-8874**  
**by the Thursday prior to**  
**the meeting to**  
**cancel your standing**  
**reservation or**  
**to bring a guest.**

## 2008 SIR 116 Officers & Directors



**Big SIR**  
Art Donaldson  
934-8391



**Little SIR**  
Frank Crua  
932-0975



**Secretary**  
John Maclay  
937-2399



**Assistant Secretary**  
Matt Arena  
946-0404



**Treasurer**  
Dick Chaffee  
932-5087



**Assistant Treasurer**  
Bob Shader  
939-8421

### DIRECTORS



Pete Belden  
686-3650



Ron Armijo  
945-0637



Bill  
Hemmelsbach  
458-2511



Ben Smith  
820-5403



Bill McCord  
376-5280



Dick Thomson  
944-1760



Floyd Skelton  
838-2515

## 2008 SIR 116 Committee Chairmen

Activities Coordinator	Jerry Kaplan	938-1037	Membership Roster	Dick Thomson	785-7600
Attendance	Jim Nachtweih	838-7417	Newsletter Editor	Floyd Skelton	838-2515
Audit	Dick Thomson	785-7600	Nominating	Floyd Skelton	838-2515
Book Club	Rich Black	283-8376	Photographers	Ken Miller	256-9343
Bridge	Milt Greenstein	376-5589	Piano	John Peterson	946-0335
Candy Sales	Dirk Meyer	820-6878	Poker Group #1	Bob Lake	837-4054
Chaplain	Rotating	#1 See Below	Poker Group #2	Bill Harrington	935-1625
Christmas Party	Bill McCord	376-5280	Spring Party	Floyd Skelton	838-2515
Computer & Technology Group	Phil Goff	831-3692	Storytellers	Bill McCord	376-5280
Computer Support	Dick Thomson	785-7600	Sums In Retirement	Rotating	#2 See Below
Duplicate Bridge	Bob Daily	837-7080	Sunshine	Ben Smith	820-5403
Fishing	Terry Mlller	686-9298	Travel	Matt Arena	946-0404
Golf	Ron Domer	838-8320	Volunteers	Carlos Xavier	947-6756
Greeters	Tim Hubbard	944-0742	Webmaster	Robbie Robinson	798-4276
E-mail Contact	John Maclay	937-2399	Welcoming	Bob Kinser	837-8886
Hiking and Walking	Joel White	964-0994		Floyd Skelton	838-2515
Historian	Matt Arena	946-0404		Jerry Kaplan	938-1037
Honoree Selection	Jack Bevis	254-7256			
Host	Frank Crua	932-0975			
Interviewer	Bill Mowris	672-2885			
Membership	Roland Scrivner	938-9078			

#1. Doug Aalders, Pete Belden, Ron Domer, Lou Sandor and Ben Smith  
#2. Ron Domer, Milt Greenstein, Marty Ratterree Ben Smith

## 2008 SIR Area 2 (Interbranch) Committee Chairmen

Bowling	Lloyd West (Branch 19)	228-9037	Publicity	Walt Schick (Branch 8)	934-0656
Computer and Technology	Co-Dean Steichen (Br. 8)	831-3692	Table Pool	Bill Weinberg (Branch 146)	682-0962
Fishing	Co-Phil Goff (Branch 116)	820-3573	Rubber Bridge	Fred Bolton (Branch 146)	932-1580
Golf	Craig Walton (Branch 8)	937-4876	Speakers Bureau	John Roebuck (Branch 19)	685-8764
	Jim Willey (Branch 19)	689-3199	\$ums Retirement	Dave Munson (Branch 171)	377-5851

# August Luncheon Speaker

By Little Sir Frank Crua



We will have two luncheon speakers in August. They will be talking about Buchanan Field and Byron Airports -- from the past to the present. The first, Mrs. Beth Lee is the Assistant Director of Airports, and has been a resident of Contra Costa County since 1988. She is married with two children ages 14 and 17. She graduated with honors from the University of California, Los Angeles (UCLA) with a Masters in Planning, with emphasis on economic development and social policy. Her undergraduate degree is also from UCLA where she graduated with honors with a Bachelor of Arts in Sociology.

Mrs. Lee has been a Contra Costa County employee since January 1989. From 1989 to 2003, Mrs. Lee was a Redevelopment Project Manager in the Community Development Department responsible for the economic development, housing and infra-

structure programs and activities in various redevelopment communities within Contra Costa County. In 2003, Mrs. Lee transferred to the Airport Division to perform the planning, property and economic development functions for the Buchanan Field and Byron Airports. Mrs. Lee was recently promoted to Assistant Director of Airports.

The second, Mike Schreiber is an Airport Management Specialist and has been a resident of Sacramento County since 2002. He is married with one child age 7. He graduated from Embry-Riddle Aeronautical University with a Masters in Aeronautical Science, with emphasis on Airport Management. His undergraduate degree is from California State University Sacramento, where he graduated with a Bachelor of Arts in History.

Mr. Schreiber has been a Contra Costa County employee since November 2007. From 1997 to 2002, Mr. Schreiber was an Airport Duty Manager at Seattle-Tacoma International Airport supervising both Terminal and Airfield Operations along with serving on the Snow Team. For 11 years he was an officer in the United States Army, serving as an Infantry and Military Intelligence Officer. Currently Mr. Schreiber is overseeing the Noise Abatement Program, Community Relations, and Environmental Program at Buchanan Field and Byron Airport.



## Hiking & Walking

Joel White

We will start a new hike Friday August 22 at 8:15 am sharp from the Rudgear/680 Park and ride lot. A beautiful flat walk on the Iron Horse trail toward Danville/Alamo will be 2-5 miles round trip depending on the inclination of the walkers. Spouses/significant others/guests are welcome. A mid-walk coffee/breakfast break is also a consideration to be decided by the participants. I will look forward to seeing y'all there.

The regular 4th Monday 8am walk at Lafayette Reservoir will also occur On August 25. This walk finishes in time for coffee/breakfast prior to the book club. Regular participants in this walk, whether or not they attend book club, enjoy stimulating conversation and pleasant exercise in a beautiful setting.

## Trampas Topics Submissions



We need your contributions and suggestions for Trampas Topics. Please send photos, news items, SIR activities, and Letters to the Editor to:

Floyd Skelton, Trampas Topics Editor  
[trampastopics@gmail.com](mailto:trampastopics@gmail.com)

## Computer Group

Dean Steichen and Phil Goff

Thursday, August 21, Derek Southern will explain Bluetooth Technology and the various devices that use it. Phil Goff will demonstrate the



Charles Kezarian displays Toshiba laptop computer to be raffled off at the August 21 Meeting.

Photo by Phil Goff

they can talk while driving. This is an opportune time to learn about Bluetooth and the devices available.

Firefox is a free browser that competes with Microsoft's Internet Explorer. It tends to be more user friendly and offers features that you won't find in Internet Explorer.

Also, the Group will be raffling off our 3 year old Toshiba laptop (see above photo). Tickets are \$5 each or 5 for \$20. Buy a ticket – you might win! Following the two presentations, Dick Curry will lead an informative Computer Q&A session.

Whether you are a beginner or a seasoned user, we try to offer something for everyone. We serve coffee and pastries and all SIR members and their guests are welcome.

Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 9:00 to 11:00 a.m., at the **Walnut Creek Elks Lodge**, 1475 Creekside Drive (just off South Main.)

## August Luncheon Menu

SPAGHETTI, HOMEMADE MEATBALLS,  
SALAD & VEGGIES



## Sunshine Report

Matt Arena

**Bob Anderson** passed away on July 24th after a short illness. His children were at his side at his passing. Bridge was one of his passions and he enjoyed playing with SIR. Condolences have been expressed to his family and he will be missed by his many friends in SIR. A Celebration of Life for Bob will be held some time in August but a date is not firm at this time.

### In Memoriam

**Bob Anderson**

Passed Away July 24, 2008

**Joe Lennon** continues to improve and has been discharged from the rehab center. He is very happy to be home and with the help of his wife Pat and a visiting nurse he hopefully will have the wound heal in no time.

**Gene Power** is being treated at Danville Village Health Care Center 336 Diablo Rd., Danville, CA. 94526. The family advises that cards would be appreciated.

**Frank Schofield** had a bad fall and is now suffering from a stroke which has affected his right side. He speaks with some difficulty but in spite of these deficits he has a wonderful spirit.

**John Maclay**, our intrepid Branch Secretary, is on the mend following elective back surgery. Each day he increases his walking to get to where he was before this back was in need of major repair. He assures us we will see him soon at our luncheons.

No new news on our Past Area Governor **Art Miller**. He is going to the hospital 3 times a week for his dialysis treatments. He sends his regards to all.

Stay healthy and enjoy the rest of your summer.



## Big Sir Sayings Art Donaldson

### Continued from Front Page

**Roland Scrivner** who calculated new quarterly branch membership statistics for our Area Governor; and

**Matt Arena** who filled in as secretary for the third month in a row in addition to his unusually heavy Sunshine duties.

### Some activity notes:

- Sign up with **Tim Hubbard** for the annual **Carson City Golf Outing** coming up on September 10, 11 and 12;
- **Golf** Chairman **Ron Domer** is booking courses and setting up contracts for 2009 based upon input from the planning meeting on July 21;
- **Poker** group #2 has expanded to 16 regular players—enough for two games at Diablo Country Club the third Tuesday of every month;
- The **Hiking and Walking** club is inviting spouses/significant others to join the biweekly walks;
- The **Christmas Dinner Dance** will be held on Thursday, December 11 at the Elks Club; and

Plans are afoot to start a branch **Bocce Ball** activity.

The **SIR State Board of Directors**, meeting on June 10, voted to eliminate Rules 75, 76 and 77. These rules applied to establishment of maximum branch memberships and the creation of waiting lists. The State Board took this action to remove perceived impediments to recruiting new members which may have contributed to a statewide membership decline from about 32,000 members to about 21,000 members over the last 16 years. At the present time these changes have no impact on Branch 116 since our active membership is about 10 below the established maximum of 260 and we do not have a waiting list.

Let's all make it our **personal goal** to invite at least one guest to a Branch activity or luncheon sometime during the year. See you on August 18!



## Membership Roland Scrivner

### SIR 116 Member Updates

Richard A Bamberger #234 to Inactive #308  
 William R Knight #191 to Inactive #320  
 Victor Remorini #199 to Inactive #336  
 Arthur Turrin #193 Resigned – No interest

### SIR 116 Membership Status

Total Current Members — 249  
 This Month's Inductees — 0  
 Those in Interview Stage — 0  
 Total in Process — 2  
 On Inactive Status — 37  
 Left the Branch — 4  
 Waiting to be Installed — 0

## August Birthdays

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

Beria, Mario	Hood, Leonard E.
Berthold, Erich	Johnson, Raymond L.
Breitwieser, Richard	McQueen, Arthur D.
Brunner, Alfred	McVean, Kirk
Cochran, Donald G	Pope, Daniel C.
Contestable, Pasquale	Rinkert, Otto
Cremolini, Kent A	Smith, Roger A
Crua, Frank R.	Turnquist, William H.
Donohue, Robert E	Walden, Herman
Dorr, Timothy	White, Joel E

### Why I Like Being a Retiree

**Question:** When is a retiree's bedtime?

**Answer:** Three hours after he falls asleep on the couch.

# SIR BRANCH 116

## 2008 CARSON CITY GOLF GETAWAY

### SEPTEMBER 10-11-12, 2008



Sept. 11 at Silver Oak                      8:30 Shotgun  
 Sept. 12 at Eagle Valley West              8:00 Shotgun

36 holes of golf, including cart



#### Staying at Hardman House

Includes continental breakfast  
 Golfer...\$329.00 Double Occupancy  
 Non-Golfer..\$224.00 Dbl Occupancy  
 Single add \$99.00

#### Staying at the City Center Motel

Golfer...\$284.00 Double Occupancy  
 Non-Golfer...\$179.00 Dbl Occupancy  
 Single add \$33.00

#### ALSO INCLUDES:

Open bar and buffet dinner all 3 nights  
 Golf balls, tee prizes and raffle prizes  
 Food, gaming, and bar coupons  
 Prospector's Club Membership

Prize money of \$15.00 per player collected upon arrival

### Entry deadline is August 28



Mail to: **Tim Hubbard**  
 1744 Carriage Drive  
 Walnut Creek, CA 94598-1120



**Non-Golfers!!**  
**A Bridge Event is being planned—**  
**Please indicate your interest below\*\***



Please complete the form and circle your selections

**Hardman House or City Center Motel**

1. Name: \_\_\_\_\_ Golfer    Non-Golfer \*\*

2. Name: \_\_\_\_\_ Golfer    Non-Golfer \*\*

Golfer's NCGA GHIN # 1. \_\_\_\_\_ 2. \_\_\_\_\_

Room preference: Single    Double

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

Please make checks payable to **SIR Golf, Branch116**

Your email address: \_\_\_\_\_

\*\* I'm Interested in Playing Bridge – One Day or Both Days (circle choice)

For Questions: Email Tim at [tthubbs@astound.net](mailto:tthubbs@astound.net) or call (925) 944-0742



## SIR Fishing Group

Terry Miller

All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, August 28th at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am.

July's speaker was Barry Canavero, local guide for stripers and sturgeon. In August, Carl Moyer will be doing a presentation on how to make your own Hair raiser jigs.

Craig Walton, Pete Gates, Tom Boltz, and John Wall went on a two day guided float trip on the lower Sacramento River flyfishing for trout. They found the fishing slow, but the 15 trout caught were all larger fish. Craig joined Tom Boltz on the American River fishing for Shad, only to find the water too high and cold. Undeterred, Craig joined Joe Peterson seeking black bass in the delta. Joe hooked a nice one that was strategically released at the boat. That same day Karl Droese and Carl Moyer fished Bethel Island for crappie, catching only small stripers, catfish, and one redear. Kent Cremolinii was more fortunate; his group caught 4 Seven Gilled sharks in the bay weighing between 60 and 130 lbs, all released. A halibut and a striper were less fortunate, and were immediately killed. Don Mittlesteadt fished Lake Amador for trout, and found the flyfishing very slow. John Hayes took his wife and two grandchildren out on a rockfish partyboat from half moon bay. They caught a respectable amount of delicious rockfish, despite encountering fierce cases of seasickness. Dick Thomson and Terry Miller trolled for halibut from Berkeley in high winds to no avail. That same day Carl Moyer fished solo in the same area with the same result. All three were amazed at how cold the wind was, very cold. Carl fished from Pacifica on 4 separate voyages, catching a limit of rockfish each time. He fared much worse on trips to Martinez for sturgeon, and Lake Del Valle with Harry Sherinian. They didn't even get a

bite, very sad. Bob Kahl however, caught 2 very hefty and acrobatic rainbows flyfishing the Little Truckee River with very tiny flies.

We will be very busy in the future with Kokanee trips to New Melones and Lake Berryessa; a backyard picnic, guided mackinaw trout fishing at Lake Tahoe; Trout fishing in the Eastern Sierras; halibut and salmon fishing in Alaska; tuna and bill fish in Mexico; striped bass and halibut in the bay; trolling and fly fishing for trout at Lake Davis; and delta fishing for striped bass and sturgeon. If you haven't been fishing in a while, but might like to test drive an adventure, come on down to our next meeting.

All SIR members and guests are welcome and, indeed, encouraged to participate in fishing trips as well as attend the monthly meetings. Next meeting will be Thursday, August 28th at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am. For further information, please contact Craig Walton (Big Fish) (925-937-4876); Terry Miller, Branch 116, Fish Coordinator, (925-686-9298); or Joe Peterson (Treasurer/Secretary)(916-777-5363.)

### SIR Website Addresses

#### SIR 116 Web Site

<http://www.sir-web.org/116-web/>

#### Branch 116 Golf

— <http://www.sir-web.org/116-golf/>

#### Trampas Topics

<http://www.sir-web.org/trampas/>

#### Computer and Technology

<http://www.sir-web.org/computer/>

#### SIR Happenings State Newsletter

[http://sirinc.org/  
protected/sirhappenings.htm](http://sirinc.org/protected/sirhappenings.htm)

#### State SIR Web Site

<http://www.sirinc.org/>

## SIR Travel

Carlos Xavier and Tom  
Eller, Travel Co-Chairman

Pick up brochures, forms, etc., at the travel desk at the luncheons. If we run out of these and you are still interested in the trip, please ask your travel chairmen and he will have one sent to you. Payment should be made to the travel agency arranging the event unless otherwise stated.

### Overnight and Longer Travel.

**October 6-19, 2008—Danube Dream.** Glide past fairy-tale castles and medieval villages aboard MS Switzerland II riverboat. Take in views of the Czech Republic, Germany, Austria, Slovakia and Hungary. Call **Bob Hagler** at 934-7620 if you are interested.

**October 28 – 30. CELEBRATE our SIR 50th ANNIVERSARY in RENO.** Enjoy two nights at the luxurious Grand Sierra Resort & Casino. Cost is \$291 p/p double, \$45 single supplement. Includes a \$6 p/p food credit at the hotel. Day one: - deluxe motor coach transportation to Reno and a SIR welcome reception. Day two: - optional daytime tours available; Evening, 50th Anniversary dinner hosted in the ballroom and a performance by Yakov Smirnoff in the Showroom. Day three: – Enjoy a leisurely morning then re-board the motor coach for the drive home. See Brochure in this issue.

**Nov. 3 to Nov. 15 – Visit Vietnam, Thailand and Hong Kong.** 13 day trip from November 3 to November 15 with SIRS from Area 2, escorted by Bob Spellman of Branch #146. The cost for this adventurous trip is only \$3,885 per person. Contact Bob at 925-934-8428.



## 116 Book Club

Rich Black

The SIR Branch 116 Book Club recently celebrated its 1st Anniversary and has become a regular monthly event. Meetings are held at local book stores and the book to be discussed is chosen by group members. If you are interested in participating please contact SIR 116 Book Club Chairman Rich Black at 283-8376..



## \$ums in Retirement

David Munson



July \$ums Speaker Peter Lingane

Photo by Phil Goff

The \$ums In Retirement investment group meets the 4<sup>th</sup> Wednesday of each month at the Diablo Creek Golf Course in Concord. Meetings begin at 8:00am and for those who want breakfast it is served commencing at 7:00am.

For our 27 August meeting we will be featuring a very interesting speaker, Mr. Rich Young, who has developed an easy to use and understand investment strategy that uses ETF's as the basis for his various portfolios. The interesting part is that Rich is an individual investor, not an investment professional, who has a passion for investing and this passion has led him to methodically work out a strategy for investing that does not depend on trying to determine which individual companies or industries are the next "winners" in the stock market. I have looked at his approach and find it to be very easy to understand and a cost effective way to invest in equities and fixed income. \$ums attendees will enjoy hearing Rich's presentation.

You can go to his website at [www.lingane.com](http://www.lingane.com), click on Investment and Estate Planning for more information.



## **SIR 116 Bridge** **Milt Greenstein, Chairman**

The bridge group started July with a duplicate session on the 1st at the Pleasant Hill Bridge Center. We only had three tables, twelve players, for this session. Our best team was Conrad Robertson / Floyd Skelton with 62 % ( 31 points out of a possible 50 ). In second place was Dick Chaffee / Milt Greenstein with 55%, and in third place was Dan Green /Jim Nachtweih.

On July 8th, 26 men gathered for lunch and bridge at Roundhill C.C. Cal Cohen was our high scorer with 7,130 points. In second place was Milt Greenstein with 5,480 points, followed by Bob Wolf (4,900 ), Dennis Perry ( 4,890 ) and Art Donaldson ( 4,860 ). Small slams were made by Art Donaldson/Ron Wolberg, Joel White/Monte Hall and Bob Daily/Lou Sandor. Today was a relatively high scoring day, with the fourth highest average day's score for the year.

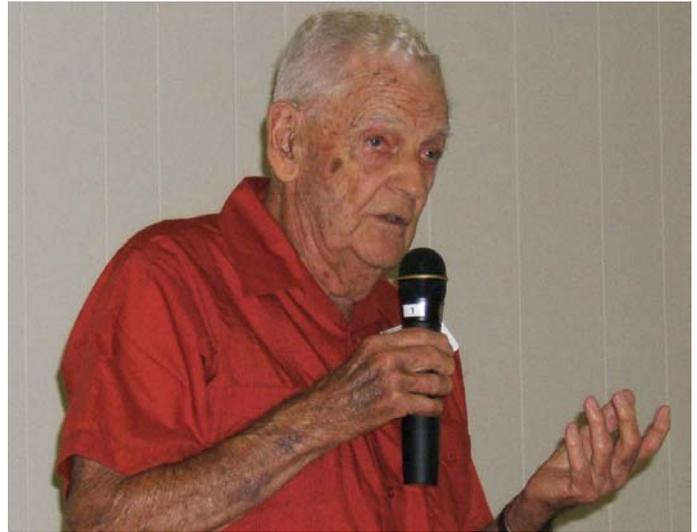
Then on July 22, 24 men got together at Diablo C.C. for lunch and bridge. Today was another high scoring day, topping or last session's average score by 105 points.

Our high scorer today was Lou Sandor with 8,290 points, the second highest score posted this year. Jai Yee was in second place with 7,040. In third place was Ali Aghaiepour with 5,530 points, and then Ben Yeraka with 4,850 points. We had 5 small slams made today: Warren Westrup/Ben Yeraka, Jai Yee/Monte Hall, Joel White/Monte Hall, Jai Yee/Lou Sandor and Lou Sandor/Milt Greenstein. Lou's second slam was at 6 no trump doubled, vulnerable, made 7, for 1880 points for the one hand !

A REMINDER - Our next Ladies' Day event will be on Thursday, October 23, at the Diablo C.C. Mark your calendar and alert your significant other. Call me at 376-5589.

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If the world were a logical place, men would be the ones who ride side saddle.



**JULY LUNCHEON SPEAKER** — John Roebuck, who spent his career in the petroleum business, including Chevron, spoke on “Future Energy”. He covered the oil crunch, alternative fuels, and other ways of obtaining the energy necessary to meet global demands. (John Peterson Photo)

## **Poker Group #2** **Floyd Skelton**



### **2nd Session Held — Full Speed Ahead**

The second session of our new Poker Group #2 presented some logistical challenges (9 players, 1 table) but were achieved nicely and the event was enjoyed by all.

We now have 16 regular play members signed up and 3 alternates, with one waiting to be added to the regular list. We have limited the regular list to 16 players (2 tables). If you have an interest and haven't already indicated same, please contact Floyd Skelton at (925) 838-2515 or e-mail him at: [f.skelton@sbcglobal.net](mailto:f.skelton@sbcglobal.net) and you will be added to the alternate or waiting list for regulars as you wish. At this point a Poker Group #3 can't be far behind.

Poker Group #2 plays on the 3<sup>rd</sup> Tuesday of the month at Diablo Country Club in Diablo, from 1-4 p.m. It's a small stakes game, and socializing with fellow SIR members the primary purpose.

# Branch 116 Honoree

By Jack Bevis



For a while in the 1950s, Mario Beria owned and operated five Bay Area Hearth & Home gift stores, then he started a wholesale paper supply business. "I wanted to make lots of money and retire early," he recalls. After trying retirement for six months, he said, "This is ridiculous." His wife, Irene, agreed and said, "Go do something."

It was the start of yet another career for this native of Torino, Italy, who today serves as Chairman of the Diablo Valley Foundation for the Aging Board of Trustees.



Mario Beria, July Honoree and Senior Sir

John Peterson Photo

In addition, he volunteers for half a dozen other organizations while also working two or three days a week as Vallejo City United School District's Apprenticeship Program coordinator.

His penchant for work started early. He and his parents arrived at New York's Ellis Island in 1922 when he was six. Without knowing any English, they traveled West by train to their host family's home in Pittsburg. A move to the North Beach area of San Francisco followed.

## A long, long work day

"I worked at one of the canneries in the summer," he says. "People find it hard to believe, but the hours were from 6 a.m. to 11 p.m. My mother would slice a foot-long loaf of French bread down the middle, throw in whatever food was on hand, then cut it into three sections; one each for breakfast, lunch and dinner." His pay: 25 cents an hour. He rode his bike to and from work.

After graduating from Balboa High, he majored in Accounting at UC Berkeley.

"This meant a five-cent streetcar ride to the Ferry Building, a 25-cent ferry ride over to the Key

System and another nickel for the trip near the campus. In four years of commuting I saw the construction of the Bay Bridge from its inception to its completion."

He earned his degree in 1937 and joined a CPA firm, then from 1942-45 served in the Navy at a Coast Guard base. He worked as an IRS field auditor until opening his first store in 1950.

## "You're too old," they said

After his brief retirement fling, "I went back to school and got teaching, counseling and administration credentials. When I started applying for jobs, they told me, 'You're too old to teach,' but I eventually began teaching first at Castro Valley High, then in 1969 at Vallejo. I became Hogan High administrator from 1974 until my retirement in 1982.

"I lost Irene in 2000, after 48 years of a wonderful marriage," he says. "We had an agreement. She said, 'Don't tell me what to do in the house and I won't tell you what to do outside.' It worked."

## A formula for aging

When asked about his formula for successful aging, he replies, "Wine, women and song—only now I leave out the women."

He spends his spare time in a garden with 16 fruit trees and about 70 azalea plants that in mid-April held multi-colored appeal. He still rototills and weeds, rides a stationary bike, enjoys plays at the Leshner Center for the Arts, and eats out frequently. He became a DVFA board member in 1993 when it had one full-time and three part-time employees. He's also assisting the California Retired Teachers Association and its Scholarship Foundation, AARP's tax aid program, and the Martinez Senior Center.

"I told my doctor that I would be 93 in August and that she couldn't retire until I reach 100, and she said, 'It looks like you're going to make it.'"

*First Published in the Diablo Valley Foundation for the Aging Senior Solutions — Volume 8, No.2*



# Shingles – What You Should Know and What You Can Do About It

By Phil Goff

Our Newsletter editor and my good friend Floyd Skelton asked me to submit an article about my recent outbreak of Shingles. Those members of our Branch who are medical professionals can offer much more information about the ailment, but this is information gleaned from the internet and my personal experience.

If you had Chickenpox as a child, then you carry the Shingles virus. The virus is called the Herpes Zoster and hides in our system throughout our adult lives. As we get older our immune system weakens and the virus finds an opportunity to erupt. Over 50% of Shingles cases occur in people 60 years and over. One in two adults living to age 85 will have Shingles.

Shingles is not life threatening and cases can be mild to extreme. Although some people have only small outbreaks most cases are more severe and cause a lot of pain. If you want to see how gruesome the ailment can be, log onto <http://shinglesinfo.com>. It is a website run by Merck and will really get your attention.

One of the fascinating things about Shingles is that it only occurs on one side of your body. If you draw a vertical line down the front and back of your body, you will define the limits of Shingles. Outbreaks will occur on the left or right side, but not both. The outbreak can occur on your face, your torso, or leg. Those with outbreaks on the face need to see an Ophthalmologist right away because it can cause blindness.

There are some anti-viral medicines that will lessen the outbreak, but you must begin taking them within 24 hours of the outbreak. So see your Doctor immediately if you suspect you have Shingles. My case was fairly common and occurred on the left side of my torso and ran down my arm. I felt a burning pain under my left arm for about 2 days and then the rash broke out. When I touched the rash it felt like I was inserting needles into my arm. I consulted my Doctor and he said I had a very "good" case of Shingles. English is his second lan-

guage and I didn't agree with his definition of "good."

The rash was severely painful and caused me to stay home for 2-3 weeks. It can occur at any time without reason and will seriously disrupt your daily activities. It has now been more than 2 months since it started and the intense pain is gone. However I still feel like I have a bad sunburn under my arm and it is quite annoying. I understand that in a small percentage of cases the residual pain never goes away.

So what can you do to prevent this ailment? There is a new vaccine which is quite helpful. The vaccine is not 100% effective, but it lessens the chance you will get Shingles and reduces the severity for those that do get it. The vaccine costs around \$200 but some insurance plans cover the cost. **The CDC recommends that all adults over 60 get the vaccination.** If you don't get the vaccine and are one of the unlucky people who get Shingles, you will wish you had paid for it. At \$200 it will seem like a bargain. Consult your Primary Care Physician.

As soon as my Shingles case clears up I plan to get the vaccination. I recommend that you do the same.

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*Editor's Note: I got my Shingles vaccination last week and the Dr. advised he had 3 doses of the vaccine remaining and the backorder wait was 3-6 months. It's a Hot Item!*



## Lunch Attendance

Jim Nachtweih

Attendance at the July 21st meeting totaled 199 persons. This includes 191 members, 1 speaker, 6 guests, and 1 inactive member...There were 49 excused members and 9 un-excused..The un-excused members will be asked to pay for their missed lunch.

# SIR Branch 116 Golf

By Ron Domer, Golf Chairman



We have an active golf organization consisting of 18-hole and 9-hole groups. A small annual donation is required to play in either group. The 18-hole group plays once a week in a tournament format with play alternating between local courses and

## Using the Golf Hotline

For Non-Pay-In Advance SIR 116 Golf Events (9-Hole and Boundary Oak 18-Hole) You may sign-up via the Branch 116 Hotline — 906-5355

Deadline for 18-Hole, the Thursday before and 9-Hole, the Sunday before.

Please indicate if you want a cart.



"Beauty and the SIRS, at Blue Rock East." (Carlos Xavier, Phil Jenkins, Dan Ghelfi). (Photo by John Peterson)

playing in the 18-hole group must be members of the Northern California Golf Association (NCGA) and establish a handicap index. You may join the NCGA through our SIR club or through another club. Players are grouped into flights by handicap index to allow for equitable play between different levels of ability. Prizes are awarded annually for first and second place in each flight. The 9-hole group also plays once a week and alternates play-between local courses. Players also compete for an annual club championship in the 9-hole group. Foursomes are arranged so that players can meet and enjoy playing with most, if not all, the other players in the branch. All our events are listed in

our annual golf book, the Trampas Topics and on our web site at <http://www.sir-web.org/116-golf>. Join up with us and enjoy outings with a great bunch of guys at some great courses with reasonable prices.

## 10 Reasons Golf is Better Than Sex

- #10... A below par performance is considered damn good.
- #9... You can stop in the middle and have a cheeseburger and a couple of beers.
- #8... It's much easier to find the sweet spot.
- #7... Foursomes are encouraged.
- #6... You can still make money doing it as a senior.
- #5... Three times a day is possible.
- #4... Your partner doesn't hire a lawyer if you play with someone else.
- #3... If you live in California, you can do it almost every day.
- #2... You don't have to cuddle with your partner when you're finished.
- #1... **When your equipment gets old you can replace it!**

## SIR Branch 116 Financial Report Dick Chaffee, Treasurer

	July. 2008	2008 YTD
Contributions . . . . .	\$5,648.00	\$27,099.80
Disbursements . . . . .	-3,925.55	-26,957.00
Net (gain/loss) . . . . .	\$ 2,352.45	\$ 142.80
<b>July Cash Balance . . . . .</b>		<b>\$8,868.55</b>

# 9 Hole Results

By Doug Aalders, Dick Chaffee, and Joe Ostler

## Pine Meadow, July 30

Name	Net	Pts.
Ed Kline	27	3
Troy Powell	27	3
Joe Ostler	27	3
Closest: 1st: Dusty Rhodes, 2nd: Ed Kline, 3rd: Ralph Schwarz		

## Buchanan Fields, July 23

Troy Powell	27	3
Doug Aalders	27	3
Dick Chaffee	28	1
Closest to: Hole - Nnne		

## Diablo Hills, July 16

Bob Daily	30	3
Herman Walden	30	3
Troy Powell	34	1
Ralph Schwartz	34	1
Closest to: Hole: Dusty Rhodes 1st, Herman Walden 2nd		

## 9-Hole Leaders As of Pine Meadow, July 30

Name	Pts.	Name	Pts.
Schwarz	35	Nachtweih	5
Powell	28	Cuny	5
Aalders	15	Kohut	4
Hull	13	Harrington	3
Cole	12	Vetro	3
McLaughry	12	Walden	3
Armijo	11	Kline	3
Ostler	10	Doyle	2
Gilliam	9	Turnquist	1
Geary	8	Leschot, A	1
Stralovich	8	Leschot, R	1
Chaffee	8	Yee	1
Daily	6		

## Pine Meadow, July 9

Name	Net	Pts.
John Kanane	23	3
Ralph Schwarz	25	2
Cord Hull	26	1
<b>Low Gross</b>		
Closest to: Hole: Cord Hull 1st, Ralph Schwarz 2nd		

## Buchanan Fields, July 2

Chuck Gilliam	24	3
Chuck Cuny	27	2
Ron Armijo	27	2
Closest: 1st: Ralph Schwarz, 2nd Chuck Gilliam, 3rd: Dick Chaffee		

## Nine Hole Info

Dick Chaffee, 9-Hole Chairman



SIR Branch 116 9 Hole Golf Club membership is open to all Branch members and guests regardless of your golfing ability. We play every Wednesday starting at 10:00am. We rotate playing Buchanan Fields, Concord, Pine Meadows, Martinez and Diablo Hills, Walnut Creek.

Changes for 2008! This year the 9 Hole Golf Club is organized into a single flight. The weekly Champion is the player with the lowest net score. The weekly Champion is awarded 3 points, 2<sup>nd</sup> place 2 and 3<sup>rd</sup> place 1. The 2008 Champion will be the golfer with the highest point total.

## August 9-Hole Schedule

Wed 6	10:00	Buchanan Fields	Dick Chaffee
Wed 13	10:00	Pine Meadow	Joe Ostler
Wed 20	10:10	Buchanan Fields	Doug Alders
Wed 27	10:05	Diablo Hills	Doug Alders



# 18 Hole Results

By David Harris

## Vintners — July 28, 2008

<u>Flight 1</u>		<u>Flight 2</u>		<u>Flight 3</u>		<u>Flight 4</u>	
Carlos Xavier	69 3	Paul Kim	67 3	Conrad Robertson	72 3	Ron Amijo	67 3
David Geary	70 2	Robbie Robinson	67 3	Kirk McVean	76 2	Max Foust	72 2
Pat Tinguely	73 1	Al Hutchko	68 1	John Story	79 1	Bill Hemmelsbach	74 1
<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>	
Carlos Xavier	84	Paul Kim	84	Conrad Robertson	99	Max Foust	101

Closest to: Hole #6 - Pat Tinguely, John Story --- Hole 17 - Al Hutchko

## Blue Rock (East) — July 22, 2008

<u>Flight 1</u>		<u>Flight 2</u>		<u>Flight 3</u>		<u>Flight 4</u>	
Ron Domer	70 3	Tom Eller	65 3	Conrad Robertson	64 3	John Peterson	65 3
Bill Clark	71 2	Al Hutchko	70 2	Phil Jenkins	70 2	Ron Gagliardi	69 2
Pat Tinguely	73 1	Paul Kim	75 1	John Story	72 1	Max Foust	70 1
<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>	
Ron Domer	86	Tom Eller	84	Conrad Robertson	92	John Peterson	97

Closest to: Hole #8 - Tom Eller, Chuck Gilliam --- Hole 16 -Pat Tinguely, Max Foust

## Boundary Oak — July 14, 2008

<u>Flight 1</u>		<u>Flight 2</u>		<u>Flight 3</u>		<u>Flight 4</u>	
Bill McCord	69 3	David Harris	67 3	Troy Powell	70 3	George Kohut	72 3
Lonny Randall	70 2	David Carlson	70 2	Al Serafino	71 2	John Peterson	72 3
Al Zavattero	73 1	Al Hutchko	70 2	John Story	72 1	Doug Brown	72 3
<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>	
Bill McCord	82	David Harris	85	John Story	94	George Kohut	101

Closest to: Hole #2 - Robbie Robinson, John Peterson --- Hole 12 - Steve Cherepy, George Kohut

## Boundary Oak — July 7, 2008

<u>Flight 1</u>		<u>Flight 2</u>		<u>Flight 3</u>		<u>Flight 4</u>	
Ron Domer	72 3	Al Hutchko	68 3	Dick Chaffee	69 3	Dan Ghelfi	71 3
Bill McCord	72 3	Robbie Robinson	75 2	Bob Testa	69 3	John Peterson	71 3
Al Zavattero	72 3	David Carlson	76 1	John Story	70 1	Art Vogl	73 1
<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>		<b>Low Gross</b>	
Steve Cherepy	84	Al Hutchko	93	John Story	92	Dan Ghelfi	100

Closest to: Hole #2 - Al Zavattero, Dick Chaffee --- Hole 12- David Harris, Bob Testa

# 2008 18 Hole Leaders

As of Vintners — July 28 2008

By David Harris

<u>FLIGHT 1</u>		<u>FLIGHT 2</u>		<u>FLIGHT 3</u>		<u>FLIGHT 4</u>	
<u>NAME</u>	<u>POINTS</u>	<u>NAME</u>	<u>POINTS</u>	<u>NAME</u>	<u>POINTS</u>	<u>NAME</u>	<u>POINTS</u>
McCord, Bill	39	Meyer, Dirk	28	Robertson, Conrad	29	Foust, Max	41
Randall, Lonny	20	Hunter, Jerry	24	Goff, Phil	27	Hemmelsbach, Bill	32
Zavattero, Al	18	Harris, David	23	Story, John	27	Ghelfi, Dan	29
Schmidt, Neil	17	Robinson, Robbie	22	Powell, Troy	20	Peterson, John	23
Domer, Ron	15	Carlson, David	20	Jenkins, Phil	17	Brown, Doug	16
Tinguely, Pat	14	Kim, Paul	19	Testa, Bob	16	Armijo, Ron	10
Xavier, Carlos	13	Eller, Tom	17	Chaffee, Dick	14	Ostler, Joe	10
Cannon, Larry	11	Hutchko, Al	13	Langhorst, Carl	11	Lockwood, Frank	7
Cherepy, Steve	11	Crua, Frank	10	Serafino, Al	10	Donohue, Bob	6
Geary, David	11	Nichols, Bob	8	Daniel, Jed	7	Kinser, Bob	4
Clark, Bill	10	Marks, Phillip	5	Walden, Herman	3	Kohut, George	4
Clizbe, Jim	9	Schnieder, Will	5	Yniguez, Tony	3	Vogl, Art	4
Hicks, Jerry	3	Socolich, Dick	3	Lutkus, Alex	2	Arena, Matt	3
		Schoen, Gary	2	McClaughry, D	2	Gilliam, Charles	3
				McVean, Kirk	2	Gagliardi, Ron	2
						Stralovich, Joe	2

## Latest SIR 116 Golf Info Available on Our Golf Web Site

2008 Golf Schedule: Dates, times, and courses as well as detailed information on costs, payment information, deadlines, and special event facts. 18-Hole Pairings: Weekly, usually on the Friday or Saturday prior to the event, showing captains, teams, starting times, and handicaps.

18-Hole Leaders and Results: Weekly, usually within a day or two of the event.

Paid-In-Advance Sign-Ups: Weekly, showing checks that have been received for the next 3 or 4 pre-paid outings.

Boundary Oak Sign-Ups: Weekly, this listing will show who has signed-up for the next two Boundary Oak sessions, and whether they have indicated using a cart.

116 Golf Web: <http://www.sir-web.org/116-golf>

Golf's a Hard Game to Figure One day you'll go out and slice it and shank it, hit into all the traps and miss every green. The next day you go out and for no reason at all you really stink.

## 18-Hole Pay In Advance Deadlines

By David Geary

<b>Event Date</b>	<b>Location</b>	<b>Payment Deadline</b>	<b>Amount</b>
Tuesday, August 19th	Deer Ridge	August 1	\$35
Monday, August 12th	Vintners — Special Event	August 12th	\$40



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

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

### **Rules of Attendance and Membership for SIR Branch 116**

RULE 100. A member may be notified in writing by his Branch of the pending termination of his membership (Rule 107) should he be responsible for any of the following:

Miss three (3) consecutive regular luncheon meetings without having been excused by contacting the designated Branch Attendance person prior to the meeting date.

Did not attend one-half (5) of the regular luncheon meetings within the previous twelve consecutive month period. NOTE: Excused meetings cannot be included to achieve the minimum attendance.

RULE 101. Certification of attendance by a member at another Branch meeting will be considered as a credit to his attendance record. (Maximum of 2 visits per calendar year).

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### **Non Responsibility Declaration**

RULE 345: All activities arranged for or 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, Incorporated, 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.

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### **Checks for Trips**

Trips of 2 days and 1 night or less may be made payable to the Branch conducting the trip. Trips in excess of 1 night must be made payable to the travel agency involved.