



# Trampas Topics

September, 2009

SIR Branch 116

Next Meeting: 11:30 am,  
Monday, Sept. 21, 2009  
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 2009 Big Sir Frank Crua

I would like to congratulate and thank the Branch 116 Corp of Officers and Directors that were elected at our August meeting. We are very fortunate that



these folks have agreed to undertake leadership positions to support our branch. And a special thanks to Art Donaldson, Al Hutchko, and Tom Eller for handling the election process from selection to election. The branch will be in good hands next year.

I hope everyone will be at the September 21st meeting when we will be honoring our past Big SIR's. I have contacted most of them and at least 9 will attend. If there is any Big SIR that hasn't been contacted, please let me know. We owe a debt of gratitude to these fine men who each spent a year leading our organization. Plan to be there on September 21st to thank them in person.

I attended the Annual Corporation meeting of the Big SIR's on August 3rd where we elected the 2010 State Corps of Officers. All the State, Regional, and Area officers were also present. The emphasis at the meeting was on membership. They are continuing to develop programs to attract and retain members. Our Area continues to do well in recruiting members. Continue the good work.

Dean Steichen of Branch 8 will continue to be our Area 2 Governor and Jim Stedman will continue as the Region 6 State Director for another year. Congratulations to both.

I would be remiss if I didn't welcome all the new members we have gotten this year. I hope all of you have enjoyed the SIRs and have joined in on some of our activities. If you don't see the activity you like, contact our activities chairman and he will help you get it started,

*I hope all you golfers and non-golfers plan to attend the SIR Branch 116 2009 Carson City Getaway on September 9th thru 11th. It's lots of fun whether or not you play golf.*

*Frank P. Crua*



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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.**

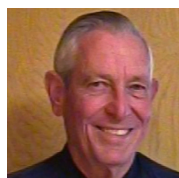
## 2009 SIR 116 Officers & Directors



**Big SIR**  
Frank Crua  
932-0975



**Little SIR**  
Jed Daniel  
551-7734



**Secretary**  
Conrad Robertson  
376-6355



**Assist. Secretary**  
Matt Arena  
946-0404



**Treasurer**  
Ron Armijo  
945-0637



**Assist. Treasurer**  
Bob Shader  
939-8421

### DIRECTORS



Phil Goff  
831-3692



Bob Wolf  
935-5439



Bill Hemmelsbach  
458-2511



Ben Smith  
820-5403



Bill McCord  
376-5280



Art Donaldson  
934-8391

## 2009 SIR 116 Committee Chairmen

Activities Coordinator	Dick Socolich	376-3090	Membership Roster	Dick Thomson	785-7600
Attendance	Jim Nachtweih	838-7417	Newsletter Editor	Neil Schmidt	939-5342
Audit	Dick Thomson	785-7600	Asst. Editor (Interim)	Phil Goff	831-3692
Book Club	Rich Black	283-8376	Nominating	Art Donaldson	934-8391
Bridge	Milt Greenstein	376-5589	Photographers	Ken Miller	256-9343
Candy Sales	Dirk Meyer	820-6878		John Peterson	946-0335
Chaplain	Rotating	#1 See Below	Piano	Bob Lake	837-4054
Christmas Party	Robbie Robinson	798-4276		Miles Maynard	933-8549
Computer & Technology Group	Phil Goff	831-3692	Poker Group #1	Bill Harrington	935-1625
Computer Support	Dick Thomson	785-7600	Poker Group #2	Bob Nilssen	837-4446
Duplicate Bridge	Bob Daily	837-7080	Spring Party	Robbie Robinson	798-7276
Fishing	Terry Miller	686-9298	Storytellers	Rotating	#2 See Below
Golf	Ron Domer	838-8320	Sums In Retirement	Ben Smith	946-0404
	Carlos Xavier	947-6756	Sunshine	Matt Arena	947-6756
Greeters	Tim Hubbard	944-0742	Travel	Tom Eller	939-5897
E-mail Contact	Conrad Robertson	376-6355	Volunteers	Bob Kinser	837-8886
Hiking and Walking	Joel White	964-0994	Webmaster	Floyd Skelton	838-2515
Historian	Matt Arena	946-0404	Welcoming	Dick Socolich	376-3090
Host	Frank Crua	932-0975			
Interviewer	Max Foust	827-9323	#1. Doug Aalders, Ron Domer, Marty Ratterree, Lou Sandor, Ben Smith		
Membership	Lytton DeSilva	254-5289	#2. Ron Domer, Milt Greenstein, Marty Ratterree, Ben Smith		

## 2009 SIR Area 2 (Inter-branch) Committee Chairmen

Bowling	Lloyd West (Br.19)	228-9037	Publicity	Walt Schick (Br.8)	934-0656
Computer & Technology	Co-Derek Southern (Br.8)	253-1646	Table Pool	Bill Weinberg (Br.146)	682-0962
Fishing	Co-Phil Goff (Br.116)	831-3692	Rubber Bridge	Fred Bolton (Br.146)	932-1580
Golf	Craig Walton (Br.8)	937-4876	Speakers Bureau	John Roebuck (Br.19)	685-8764
	Jim Willey (Br.19)	689-3199	Sums Retirement	Dave Munson (Br.171)	377-5851

# SIR Branch 116 Activity Calendar

## September 2009

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1  <b>Duplicate Bridge</b> (9:30@ P.Hill Bridge Ctr)	2  <b>9-Hole Golf</b> (10:00@ Buchanan Fields)	3	4	5
6	7  <b>Labor Day Holiday</b>	8  <b>Luncheon Bridge</b> (11:30@ Round Hill CC)	9 <b>Carson City Golf Event</b>  <b>9-Hole Golf</b> (10:00@ Pine Meadow) <b>18-Hole Golf</b> (9:30@ Boundary Oak)	10  <b>Carson City Golf Event</b>	11  <b>Carson City Golf Event</b>  <b>Hiking &amp; Walking</b> (8:15@ Laf. Reservoir)	12
13	14  <b>18-Hole Golf</b> (10:00@ Tilden)	15  <b>Poker Group 2</b> (1:00@ Diablo CC)	16  <b>9-Hole Golf</b> (10:00@ Buchanan Fields)	17  <b>Computer &amp; Tech</b> (9:00@ Elks Club)	18	19
20	21  <b>SIR Br 116 Mtg.</b> (11:30@ Elks Club)	22  <b>Luncheon Bridge</b> (11:30@ Diablo CC)  <b>18-Hole Golf</b> (9:00@ Lone Tree)	23  <b>\$ums in Retirement</b> (8:00@ Diablo Creek GC) <b>9-Hole Golf</b> (10:00@ Diablo Hills)	24  <b>Fishing Group Mtg</b> (8:30@ Diablo Creek GC)	25  <b>Hiking &amp; Walking</b> (8:15@ To Be Determined)	26
27	28  <b>18-Hole Golf</b> (9:30@ Lake Chabot)	29	30  <b>9-Hole Golf</b> (8:00@ Boundary Oak)	Notes:  		



## Nominating

Art Donaldson

### 2010 Elected Officers

Branch 116 elected the following 2010 officers at the August meeting:

Big Sir	Jed Daniel
Little Sir	Ron Armijo
Treasurer	Bob Nilssen
Asst. Treasurer	Bob Shader
Secretary	Conrad Robertson
Asst. Secretary	Joel White
Directors:	Frank Crua
	Bob Donahue
	Phil Goff
	Bill McCord
	Ben Smith
	Bob Wolf



## 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

[www.sirinc.org/sirhappenings](http://www.sirinc.org/sirhappenings)

### State SIR Web Site

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



## Br. 116 Treasurer's Report

Ron Armijo, Treasurer

	August 2009	2009 YTD
Contributions	\$ 4,545.00	\$ 34,178.56
Disbursements	\$ (2,456.45)	\$(32,717.99)
Net (gain/(loss))	\$ 2,088.45	\$ 1,460.57
August Cash Balance		\$ 9,205.32



## Br. 116 Book Club

Rich Black

### Does envy erode the fabric of American society?

What are realistic principles for the man who loves his country? There were but two of the topics considered by the SIRS book group as they discussed Epstein's essay, Envy and The True Patriot by Liu and Hanauer. Monte Hall, Jack Butler, Jim Scott, Al Reynolds, Joel White, Rich Black, Bob Daily and Lytton DeSilva attended.

The group will have no meeting in September because its regular meeting time falls on Yom Kippur. It will meet on Monday, October 5 to read 1776 by David McCullough. It will also meet on Monday October 26 to read Fareed Zakaria's The Post American World. All meetings are at 10:15 AM at Orinda Books.

## 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:

Neil Schmidt, Trampas Topics Editor  
[trampastopics@gmail.com](mailto:trampastopics@gmail.com)



## Sunshine Report

Matt Arena

**Rod Cheney's** many friends in Branch 116 offer their condolences to his wife Helen and the family.

Rod enjoyed his association with SIR and he will be missed.

Past Big Sir **Art Miller** has scheduled an appointment with his surgeon to deal with the circulation problem in his leg. After September 8th he will have more information as to when surgery is planned. In the meantime Art continues to be in good spirits.

**Don Booth** is improving following his surgery. He is using a walker while the leg is healing. The leg seems to take longer to heal following the surgery than the heart. Wouldn't you know?

**Gene Power** while moving from a gurney to his bed injured his rib.

He is healing and Ann reports that Gene is seeing the doctor twice a month for his regular treatments. Friends are coming over to cook hamburgers on his outside grill for a little outing. This is much appreciated since he is confined and enjoys the company.

**Harry Honstein** broke a shoulder and the doctors have him in a brace with the hope it will heal on its own. The doctors are trying to avoid surgery but he is prepared to do what is necessary to get this behind him. Harry tells me that when he became Sunshine Chairman he didn't know what a prostate was but he sure learned about all the SIR ailments in no time.

**Gary Schoen** following 4 days in the hospital was diagnosed with Non Hodgkin's Lymphoma. He is being treated with chemotherapy and is hopeful that the tumors will disappear with this aggressive treatment. He very much misses his golf but he most misses his energy. Gary is looking forward to joining us again at lunch once the doctors give the go ahead.

**Dan Pope** is feeling better and rarely uses his cane

to navigate around Stone brook Center. He went to the DMV to renew his drivers permit this past week. Dan's blood count is improving. He received a visit from Otto Rinkert and looks forward to your cards and phone calls. Dan will celebrate his 88th birthday this month.

**Troy Powell** has developed multiple myeloma and is being treated with chemotherapy.

It started when the doctors discovered he was anemic and his kidneys were failing. Troy who is usually robust needs to get back his energy. He has not played golf since June. Troy and Kay also take their summer vacation at this time but it had to be postponed to do deal with this unexpected turn of events. Troy's spirits are good and he looks forward to joining us again.

**Ed Regalia** continues to improve following his stroke. He continues with his therapy and knows he is missed at our luncheons.

We have had some members this month who are dealing with serious health issues. Please remember them in your thoughts and prayers .

### In Memoriam Rod Cheney

FEB 27, 1925 - JULY 28, 2009

#### A fall Sons In Retirement day at the races!!!

When: Friday October 23, 2009

Where: Golden Gate Fields Turf Club

Time: Please arrive @ 11:15 a.m.

Gates open at 11:00 a.m.

Buffet Hours: 11:30-2:30 p.m.

First race: 12:45 p.m.

Cost: \$25.00 per adult (Groups of 10+ required)

Includes: Valet parking (or parking for a bus), admission & reserved seating, daily racing program, Prime Rib buffet and a race named in honor of your SIR Branch.

DON'T MISS YOUR CHANCE FOR A BIG WIN!!!

For More Information Call Michael Roberts of Golden Gate Fields @ (510) 559-7380

Or email [mroberts@goldengatefields.com](mailto:mroberts@goldengatefields.com)

## "Dine-O-Sirs" Dinner Group

Ben Smith



The Dine-O-Sirs met on Wednesday August 26, at **TAHERI MEDITERRANEAN RESTAURANT** in Walnut Creek. Dine-O-Sirs meet every other month and the next meeting will be in October. If you have questions or would like to join this enthusiastic team, contact Ben at [bjsssmith@aol.com](mailto:bjsssmith@aol.com) or Tel: 925-8205403.

## State 'SIR Happenings'

Sir Happenings (our State Web Newsletter) is now in its fifth year of publishing. Enjoy reading SIR Happenings, our State Newsletter, and find out about all the fun things that are going on throughout our organization. You can easily find Happenings on the SIR State Website: [www.sirinc.org/sirhappenings](http://www.sirinc.org/sirhappenings)

### Joke of the Day

A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop.

The surgeon was there, waiting for the service manager to come and take a look at his bike. The mechanic shouted across the garage, "Hey, Doc, can I ask you a question?"

The surgeon a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take valves out, fix 'em, put 'em back in, and when I finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?"

The surgeon paused, smiled and leaned over, and whispered to the mechanic...  
"Try doing it with the engine running."



## Bridge Milt Greenstein

### Duplicate Bridge Group

The duplicate bridge group met on August 4th, but due to snafus, we were not able to develop a true duplicate game and score. But the group did play and had an interesting day.

### Luncheon Bridge Group

On August 11, 23 men gathered at Round Hill C.C. for lunch and bridge. After an excellent chicken picatta lunch, we sat down to 3 hours of bridge. With only 2 small slams being made today, we still had a high scoring day, with 3 men scoring over 6,000 points. Our top scorer with 6,520 points was Milt Greenstein, followed by Bob Wolf ( 6,220 ), Gene Gould ( 6,070 ), Marv DeHeus ( 5,620 ), Dennis Perry ( 5,160 ) and Jim Nachtweih ( 4,690 ). The small slams were made by Marv DeHeus / Jack Butler and Gene Gould / Bob Kahl.

On August 25th, 23 men again got together at Diablo C.C. for lunch and bridge. Today was a low scoring day, with the average score of only 3,489 points. Our winner today was Ron Wolberg with 5,620 points, followed very closely by Gene Gould with 5,610 points, ( just one trick difference ! ). Jai Yee took third place with 5,240 points, followed by Bob Stithem with 5,200 points, ( only two tricks difference ! ). Fifth place went to Ken Harold ( 4,860 points ), and sixth place to Bob Wolf (4,680 ). We had two small slams made today by the teams of Bob Stithem / Bud Grisanti and Ken Harold / Ben Yeraka.

### Ladies Day Event

Response to our Ladies Day event has been very good. We have 46 people signed up so far. But we can use still more. We can accommodate up to 60 players. so we have plenty of room for more people. This event makes for a very enjoyable day. Lunch is served at 11:30, and we are finished playing about 3:30 to 4:00 o'clock.



## 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, September 24th, 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. .

Sal Costanza fished Lake Tahoe twice boating a Mackinaw trout and several rainbows. He also took his grandchildren to the Sawmill Pond in South Lake Tahoe, a kids only fishing area, where they caught limits of trout using night crawlers under bobbers. What fun!!

Joe Miscione took his grandchildren fishing from the shore on Sherman Island where they caught many small stripers, and released one keeper. More fun.

Harry Sherinian and Carl Moyer also had fun catching small stripers, bluegill, black bass and catfish at Bethel Island.

Pete Gates, Tom Boltz, and Clem Peters adventured far north to the Kenai in Alaska where they caught salmon and halibut.

Fishing for rockfish with Carl Moyer were Terry Miller, Dick Thomson, Gene Schulting, and Harry Sherinian in separate trips on his boat. The rock-fishing there is oddly slow this year, but some nice Ling Cod and Cabezone added weight to the catch.

Stan Matsumoto joined Carl chasing halibut in the Berkeley Flats, and Stan caught one. Then, after his 8th trip Carl finally caught a halibut trolling the Berkeley flats on a solo voyage.

Don Mittelstaedt traveled to Idaho where he enjoyed several very successful evenings flyfishing with poppers for bass and bluegill, catching lots of fishes.

Roger Borgerson, Stan Matsumoto, Dick Thomson, Carl Moyer and his daughter Leah, rode the New Salmon Queen from Emeryville to the Farallon

Islands for some very nice sized rockfish and lingcod. Leah caught the most. Joe Peterson continues to watch the wind howl at his home on Sherman Island in the delta. Many of the Area 2 fisherman enjoyed a great barbeque at the home of Dick Thomson and his lovely and gracious wife Annette. Over 40 of us had a

great time, complete with a rock/folk band. Thank you Dick and Annette.

We will be very busy in the future with trout fishing in the Eastern Sierras, delta fishing for striped bass and sturgeon, trout fishing in our local lakes, Davis Lake for big rainbow trout, shore fishing in the bay for stripers, sharks, and rays, and party boat trips for halibut and rockfish to also include those who rarely fish but would like to try. If you haven't been fishing in a while, but might like to test drive an adventure, come on down to our next meeting..

Next meeting will be Thursday, September 24th, 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.)



**Fishing group with wives having a backyard picnic hosted by Annette and Dick Thomson**

## Membership

Lytton DeSilva



### SIR 116 Membership Status

Total Current Members — 253  
 Last Month's Inductees — 0  
 Those in Interview Stage — 8  
 Total in Process — 8  
 On Inactive Status — 36  
 Left the Branch — 0  
 Waiting to be Installed — 0

## September Birthdays

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

Black, Richard W.	Morison, Paul
Campbell, Robert A.	Nachtweih, James
Carpenter, Michael S.	Schnieder, Will
DeGraf, Donnell	Tittle, David S.
Groeper, Alvin H.	Verdoia, Joseph P.
Kay, Norm	Walker, Edwin
Leschot, Allen	Williams, Melvin D.
Miller, Terry L.	Xavier, Carlos E.

## September Luncheon Menu

Peppered Pork Loin, w/Cranberry Stuffing, Gravy,  
Seasonal Vegetables, Salad, Roll, Desert,  
Coffee or Tea

## Want a Free Lunch ? Sponsor a New Member !

That's right! Sponsor a new Branch 116 member in 2009 and get a free lunch. Sponsor another and, get another free lunch. No limit on this deal!

## New SIR Branch 116 Members



Bob Milano with sponsor Pat Peters



Martin McNally with sponsor Tom Eller



Stuart Berger with sponsor Frank Crua



William Landers with sponsor Dick Thomson



## Luncheon Speaker

By Little Sir Jed Daniel



### Big Sir Day

This month instead of having one formal speaker, we are honoring all the past Big SIRs of our Branch. As part of the recognition of their contributions to the SIR organization over many years, we will have three distinguished guests who will make a few brief remarks pertaining to the SIR organization. The three guests are David Reiser, State SIR President; James Stedman, Area 6 Regional Director; and Dean Steichen, Area 2 Governor. These three gentlemen will bring us up to date on State, Regional, and Area activities as well as recognizing the progress that our Branch has made while under the direction of all the past Big SIRs.



Contra Costa Water District Board President Joe Campbell Providing an Update on Water Supply Conditions



Notice the similarity of Joe Campbell's arm positions compared to the SIR speaker clipart.

## \$ums in Retirement

David Munson



The Area 2 \$ums In Retirement Investment Group meets on the 4th Wednesday of every month, except December, at the Diablo Creek golf course in Concord starting at 8am.

Our speaker for the 23 September meeting will be Mr. Pat Vitucci, President of Vitucci & Associates of Walnut Creek. Pat is a well known financial planner who has a regular local radio show and has over 20 years experience in the financial service sector. He will be speaking to \$ums about "Managing Money In This Market". His company web site is [www.vituccifinancial.com](http://www.vituccifinancial.com) for those interested in his products and services.

### Interested in Volunteering?

At the end of 2009 will be my 3rd year arranging the Area 2 \$ums In Retirement Investment Group meetings. As they say, change is the constant in life so I am seeking someone to take over the Chairmanship starting in January 2010.

I thought retirement meant a slow down in one's life but before too long "stuff" comes along and before you know it you are busier than anticipated. So now I am attempting to slow down so I do not run the risk of spreading myself too thin. Besides, 3 years is time enough.

For someone interested, or for that matter, any 2 or 3 individuals jointly who would like to take on the Chairman role please let me know at your earliest. I have lots of information to make the job easy, including potential speakers into early 2010. I will be available to assist into 2010 so whoever would like to take over will not be left hanging.

I look forward to hearing from everyone.



# SIR Travel

By Tom Eller, Travel 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 chairman 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

### *March 10-17, 2010: Cruise the Caribbean*

Cruise aboard the MS Silver Cloud visiting an exciting array of ports: Bridgetown, Barbados; Castries, St. Lucia; St. George's, Grenada; Kingstown, St. Vincent & the Grenadines: St. John's, Antigua; Spanish Town, Virgin Gorda; & San Juan, Puerto Rico. Sponsored by SIR Branch 146, escorted by Bob Spellman 925-934-8428.

### *February 10, 2010: The Four Aces at UC Davis*

Golden Gate Tours is pleased to announce that a private show will be held at the Mondavi Center for Performing Arts in Davis and will feature The Four Aces. The Four Aces have been Internationally acclaimed as a group who has not only produced some of the most beautiful vocal renderings ever, but for being superb showmen as well. They have delighted audiences' of all ages, around the world, with their timeless Hit songs, and current musical selections.

Prices start at \$76 per person. Depending on the price of the motor coach from your area, prices may be higher. For information or questions call (800) 874-4345.

## Additional SIR Travel Opportunities on State Web

The quarterly State SIR Happenings Web Site at: <http://www.sirinc.org/sirhappenings/> offers additional SIR travel options. Travel opportunities

include (see their web site for more details and cost):

### *Sept. 1-11, 2009: Cruise Alaska & Canada*

This cruise is round trip from San Francisco on

### *Oct. 23–Nov. 3, 2009: Mexican Riviera Cruise*

Experience a 12 day cruise on board Norwegian Cruise Line's Norwegian Sun.

### *Oct. 23 – Nov. 7, 2009: Fall Foliage Cruise*

Fall foliage cruise aboard the Crown Princess from Quebec City to Ft. Lauderdale.

### *Oct. 22-Nov. 8, 2009: Boston - New Orleans Cruise*

A 16 day luxury cruise aboard Norwegian Cruise Line's Spirit.

### *Nov. 4-13, 2009: Costa Rica, Eruptions of Beauty*

Explore the natural beauty of volcanoes, lush rain forests, and gorgeous beaches.

### *Nov. 7-19, 2009: Mexico's Colonial Jewels*

During this 12 day trip we will visit 7 UNESCO World Heritage sights.

### *Mar. 19-27, 2010: The Magnificent Copper Canyon*

This 9 day trip features a private rail car train ride and sightseeing through the Copper Canyon in Mexico.

### *Apr. 25-May 7, 2010: Discover Croatia*

This is truly a wonderful trip featuring the Dalmatian Coast and Slovenia.

### *May 7-22, 2010: Panama Canal Cruise*

Cruise from Florida through the Panama Canal to San Francisco.

### *Mar. 12-27, 2010: Round Trip Cruise to Hawaii*

This is a 15 day cruise...5 days cruising to Hawaii, then 5 days visiting 4 of the islands and then 5 days cruising back to San Diego.

### *Dec. 26, 2009-Jan. 3, 2010: New Year's Cruise*

A wonderful New Year's cruise aboard the Norwegian Spirit, round trip from New Orleans. 8 nights, including a pre-cruise in New Orleans! Included are several ports of call in the Caribbean and in Cozumel, Mexico.



## Lunch Attendance

Jim Nachtweih

Attendance at the August 17th meeting totaled 197 persons This includes 187 members, 1 visitor, 2 Speakers, and 7 guests...

There were 51 excused members and 18 un-excused members. The un-excused members will be asked to pay for their missed lunch...



## Wine Appreciation Group

Al Reynolds

Wine Appreciation Group This newly formed activity group had it's initial wine tasting in late July. Headed up by Al Reynolds (925/254-1576 or reynolds4596@sbcglobal.net) this group will meet regularly to taste a variety of local and international wines within a social framework. Light finger foods will be provided. The initial sign up for this group has far exceeded expectations. To be included or for more information call or email Al Reynolds. Future meeting schedule will be in next month's newsletter.

## Hiking & Walking

Joel White



The Amiable Amblers walk for Friday Sept 11th will be led by Dan Green. Meet in the Lafayette Reservoir parking lot at 8:15AM.

A decision regarding the September 25 walk has been postponed and communication regarding this walk will be sent to all on the e-mail list. The Monday walk for September has been postponed due to the Jewish Holy Day of Yom Kippur.

A special Day long outing is being planned for Friday October 9th. We plan on going to Muir Woods followed by lunch. Details to follow. Please contact Joel at the number below if you are not on the regular e-mail list but wish to participate in this walk.

Anyone wishing to be added to the e-mail reminder list should contact Joel White 964-0994 or zp2mrz@yahoo.com.

## Poker Group #2

Bob Nilssen



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.



If you would like to join us call Bob Nilssen at 837-4446 or send an e-mail to Bob at: [nilssen@aol.com](mailto:nilssen@aol.com) to become a member of the group.



## Computer & Technology

Derek Southern & Phil Goff



Area 2 Computer and Technology Group announces the following topics for the meeting on Thursday, September 17:

Frank Comprelli will show us how to Create an Ancestor Book, subtitled 'A Multi-Generation Photographic History'. His powerpoint presentation will be available from the CAT website for those interested in having a copy of his talk. Vic Moore will give a short presentation explaining how he organizes all his family data. Finally we expect to learn from the ever popular Q&A session lead by Dick Curry, supported by other gurus. Suggestions for future presentations are always welcome.

Meetings of the Area 2 Computer and Technology Group are held the 3<sup>rd</sup> 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. Whether you are a beginner or a seasoned user, we try to offer something for everyone (including coffee & pastries). All SIR members and their guests are welcome.

# 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 courses that may be 10 to 50 miles away. Those 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.

The 9-hole group also plays once a week and alternates play between local courses. Foursomes in both groups 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.

## 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.

## September 18-Hole Schedule

Date	Time	Location	Organizer
Wed 09	9:30	Boundary Oak	Bill Clark
Mon 14	10:00	Tilden Park	Bill Clark
Tue 22	9:00	Lone Tree	Bill Clark
Mon 28	9:30	Lake Chabot	Bill Clark

## SLOW PLAY

I have had several complaints about slow play in our tournaments. Some causes of slow play that have been observed by myself and others (at least some of which I am also guilty) are:

- (1) Excessive time spent getting ready to hit your shot: a. select your club while waiting your turn to hit, b. no-one needs more than a couple of practice swings – one is better, c. After you hit your shot, clear the area quickly, d. if you are in a cart drive directly to your ball or split the difference with your cart partner.
- (2) Excessive time looking for lost balls: a. have your playing partners watch your shot to mark where it lands, b. if there is a chance you are O.B. or have a lost ball, hit a provisional ball, c. Often it is obvious your ball is not going to be found or is hopelessly O.B. don't waste time looking for it, d. I think the USGA says don't spend more than five minutes looking but it would be better if we spent less, captains should keep track of the time and call a halt to the search.
- (3) Common sense things: a. when you are close to or on the green take cart or your clubs to the forward part of the green and come back to play your ball – don't leave your clubs short of the green and then have to go back after them when you have putted out, b. If you are maxed out, pick up. That's why we have maxes, c. If we are playing cart path only take all the clubs you might need to your ball, d. If you are a full hole behind and unable to pick up the pace, let the group behind you play through. e. Don't just stand around, do something to help speed up the round.

Probably the biggest contribution we can make individually is to be aware of the things that we, ourselves, do in (1), (2) and (3) above that contribute to slow play and make a conscious effort to correct them.

## Nine Hole Info

Dick Chaffee, 9-Hole Chairman



SIR 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.

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 2009 Champion will be the golfer with the highest point total.

In December, we will again hold our 9 Hole Golf Championship Tournament. The Tournament will be 3 rounds of golf. One round at each of the courses we play. The Tournament Champion will be the golfer with lowest net total for 2 rounds. If a participant plays all 3 rounds, he can choose which 2 rounds will count.



## September 9-Hole Schedule

Date	Time	Location	Organizer
Wed 02	10:00	Buchanan Fields	Dick Chaffee
Wed 09	10:00	Pine Meadow	Joe Ostler
Wed 16	10:00	Buchanan Fields	Dick Chaffee
Wed 23	10:00	Diablo Hills	Doug Alders
Wed 30	8:00	Boundary Oak	Joe Stralovich



**SIRS Succumb to the Beautiful Napa Valley at Vintners."  
(Bernie Wroblewski, Lonnie Randall, Bob Testa)**

## The True Rules Of Golf

Part 1 of 4 (Look for them in future newsletters)

- The game of golf is 90% mental and 10% mental.
- If you want to get better at golf, go back and take it up at a much earlier age.
- Since bad shots come in groups of three, a fourth bad shot is actually the beginning of the next group of three.
- When you look up and cause an awful shot, you will always look down again at exactly the moment when you ought to start watching the ball if you ever want to see it again.
- Any change works for a maximum of three holes and a minimum of not at all.
- No matter how bad you are playing, it is always possible to play worse
- Never keep more than 300 separate thoughts in your mind during your swing.
- When your shot has to carry over a water hazard, you can either hit one more club or two more balls.



# 18 Hole Results

By David Harris

## Franklin Canyon -- August 24, 2009

Flight 1			Flight 2			Flight 3			Flight 4	
Bill Clark	62	3	Phil Goff	64	3	Dick Chaffee	65	3	Matt Arena	68
Mel Williams	70	2	Dennis Ross	67	2	Conrad Robertson	65	3	Bill Hemmelsbach	71
Frank Crua	71	1	Jerry Hunter	70	1	Don Roberts	72	1	Chuck Gilliam	73
Low Gross			Low Gross			Low Gross			Low Gross	
Bill Clark	79		Dennis Ross	82		Dick Chaffee	90		Matt Arena	103

Closest to: Hole #2 -- Dennis Ross, Matt Arena --- Hole #17 -- Lonny Randall, Bill Hemmelsbach

## Vintner's -- August 18, 2009

Flight 1			Flight 2			Flight 3			Flight 4	
Bill Clark	63	3	Robbie Robinson	64	3	Conrad Robertson	61	3	Chuck Gilliam	63
Jim Clizbe	64	2	Phil Goff	66	2	John Peterson	65	2	Matt Arena	64
Bill McCord	65	1	John Canane	67	1	John Story	65	2	Bill Hemmelsbach	70
Low Gross			Low Gross			Low Gross			Low Gross	
Bill Clark	79		Phil Goff	85		John Story	85		Matt Arena	96
Jim Clizbe	79									
Bill McCord	79									

Closest to: Hole #2 -- David Harris, John Story --- Hole #17 -- Mel Williams, Bob Vetro

## Boundary Oak -- August 10, 2009

Flight 1			Flight 2			Flight 3			Flight 4	
Lonny Randall	59	3	Jerry Hunter	64	3	Alex Lutkus	74	3	Chuck Gilliam	69
Al Zavattero	67	2	Robbie Robinson	71	2	Jed Daniel	79	2	Paul Eckels	70
Steve Cherepy	68	1	Walt Kawecki	72	1	Phil Jenkins	80	1	Doug Brown	71
Low Gross			Low Gross			Low Gross			Low Gross	
Lonny Randall	78		Jerry Hunter	83		Alex Lutkus	101		Max Foust	101

Closest to: Hole #2 - Al Zavattero, Chuck Gilliam --- Hole #17 - Steve Cherepy

## Boundary Oak -- August 3, 2009

Flight 1			Flight 2			Flight 3			Flight 4	
Mel Williams	69	3	Al Hutchko	69	3	Al Serafino	70	3	Doug Brown	69
Al Zavattero	69	3	Darrell McClaughry	71	2	Phil Jenkins	73	2	Frank Lockwood	70
Steve Cherepy	72	1	Phil Goff	73	1	Carl Langhorst	73	2	Max Foust	71
Low Gross			Low Gross			Low Gross			Low Gross	
Steve Cherepy	84		Al Hutchko	90		Phil Jenkins	99		Max Foust	98

# 2009 18 Hole Leaders

By David Harris

FLIGHT 1		FLIGHT 2		FLIGHT 3	
NAME	POINTS	NAME	POINTS	NAME	POINTS
Crua, Frank	29	Goff, Phil	39	Robertson, Conrad	43
Harris, David	23	Carlson, David	28	Donohue, Bob	25
McCord, Bill	23	Hunter, Jerry	25	Story, John	23
Randall, Lonny	21	Robinson, Robbie	20	Jenkins, Phil	17
Meyer, Dirk	20	Tinguely, Pat	14	Conlon, Bob	16
Williams, Mel	17	Testa, Bob	13	Chaffee, Dick	15
Schmidt, Neil	15	Eller, Tom	9	Daniel, Jed	13
Clark, Bill	13	Kim, Paul	9	Peterson, John	13
Marks, Phillip	12	Hutchko, Al	8	Serafino, Al	12
Zavattero, Al	12	Ross, Dennis	8	Powell, Troy	9
Clizbe, Jim	10	Nichols, Bob	6	Lutkus, Alex	8
Cherepy, Steve	8	Socolich, Dick	4	Langhorst, Carl	5
Hicks, Jerry	6	Xavier, Carlos	4	Videle, Jim	2
Domer, Ron	2	Canane, John	3	King, Paul	1
Benz, Andy	1	McClaghry, Darrell	3	Roberts, Don	1

## 18-Hole Pay In Advance Deadlines

Event Date	Location	Deadline	Amount
Monday September 14	Tilden Park	1-Sep	\$37
Tuesday September 22	Lone Tree	8-Sep	\$35
Monday September 28	Lake Chabot	15-Sep	\$30
Tuesday October 20	Monarch Bay	9-Oct	\$38
Monday October 26	Willow Park	16-Oct	\$37

Send checks made out to SIR Branch 116, Golf  
to PO Box 3246, Walnut Creek, CA 94598-9991

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

The Golf Website address is:

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

Please bookmark it in your "Favorites" list of web-sites to access information on the following:

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, shortly following 18-hole events, and the monthly luncheon when most signups occur. This listing will show who has signed-up for the next two Boundary Oak sessions, and whether they have indicated using a cart.



RETURN TO: Lytton DeSilva  
60 Muth Drive  
Orinda, CA  
94563-2819

**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.