



Trampas Topics

February, 2010

SIR Branch 116

Next Meeting: 11:30 am,
Monday, Feb. 15, 2010
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 2010 Big Sir Jed Daniel



The following actions were taken during the Branch Executive Committee meeting in January:

1) The Executive Committee approved all the Committee Chairmen and their activities for the 2010 year.

2) The Executive Committee approved the dates and locations for both the Spring Ladies Day luncheon and the Christmas Dinner Dance. The Spring Ladies Day luncheon will be held on May 18th at the San Ramon Golf Club. The Christmas Dinner Dance will be held on December 15th at the Boundary Oak Golf Club. Make sure to save these dates so that you and your special lady can enjoy a wonderful time at these popular events. Jerry Hicks is in charge of both these functions.

3) The Executive Committee approved the dates of September 8-10 for the annual Carson City golf/social excursion. Tim Hubbard is in charge of this event.

4) Last, but most importantly, the Executive Committee approved the 2010 budget. This budget is a balanced, break-even budget. In 2010 the amount that we pay the Elks Club for the room rental and the bartenders has been increased by 17%. This amounts to an approximately \$1,100 yearly increase. Also, the amount that we pay the caterer for lunch has been increased by 27%. This amounts to an approximately \$6,000 yearly increase. The committee has decided to keep the luncheon price at the same \$15 per person but has raised the annual voluntary contribution to \$30 in order to defray a portion of these aforementioned cost increases. We understand that in these difficult economic times any price increase to the membership is not particularly good news, but we also think that it is important to have a break-even budget for the year 2010. We will collect the voluntary contribution at the April meeting.

Our next meeting is on Monday, February 15th which is Presidents Day and also the day after Valentines Day. Make sure to take the time to do something with your special lady so that she recognizes how important you know she is to everything that you do.

Jed Daniel-Big SIR



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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
Jed Daniel
551-7734



Little SIR
Ron Armijo
945-0637



Secretary
Conrad Robertson
376-6355



Assist. Secretary
Joel White
964-0994



Treasurer
Bob Nilssen
837-4446



Assist. Treasurer
Bob Shader
939-8421

DIRECTORS



Phil Goff
831-3692



Bob Wolf
935-5439



Frank Crua
932-0975



Ben Smith
820-5403



Bill McCord
376-5280



Bob Donohue
837-6913

2010 SIR 116 Committee Chairmen

<p>Activities Coordinator Attendance Audit Book Club Bridge Candy Sales Chaplain Christmas Party Computer & Tech.. Computer Support Dine-O-Sirs Duplicate Bridge Fishing Golf Greeters E-mail Contact Hiking and Walking Historian Host Interviewer Membership Membership Roster</p>	<p>Dick Socolich Jim Nachtweih Dick Thomson Chuck Gilliam Rich Black Milt Greenstein Dirk Meyer Rotating Jerry Hicks Phil Goff Dick Thomson Ben Smith Bob Daily Harry Sherinain Ron Domer Carlos Xavier Pat Bermingham Conrad Robertson Joel White Matt Arena Frank Crua Max Foust Lytton DeSilva Dick Thompson</p>	<p>376-3090 838-7417 785-7600 682-3782 283-8376 376-5589 820-6878 #1 See Below 945-7465 831-3692 785-7600 820-5403 837-7080 846-7067 838-8320 947-6756 930-9477 376-6355 964-0994 946-0404 932-0975 827-9323 254-5289 785-7600</p>	<p>Music Man Newsletter Editor Asst. Editor (Interim) Nominating Photographers Piano Poker Group #1 Poker Group #2 Spring Party Storytellers Sums In Retirement Sunshine Travel Volunteers Webmaster Welcoming Wine Appreciation</p>	<p>Robbie Robinson Neil Schmidt Phil Goff Frank Crua Ken Miller John Peterson Bob Lake Miles Maynard Bill Harrington Bob Nilssen Jerry Hicks Rotating Ben Smith Matt Arena Tom Eller Bob Kinser Floyd Skelton Dick Socolich Al Reynolds</p>	<p>798-7276 939-5342 831-3692 932-0975 256-9343 946-0335 837-4054 933-8549 935-1625 837-4446 945-7465 #2 See Below 946-0404 947-6756 939-5897 837-8886 838-2515 376-3090 254-1576</p>
			<p>#1. Matt Arena, Doug Aalders, Ron Domer, Marty Ratterree, Lou Sandor</p>		
			<p>#2. Ron Domer, Art Donaldson, Milt Greenstein, Marty Ratterree</p>		

2010 SIR Area 2 (Inter-branch) Committee Chairmen

<p>Bowling Computer & Technology Fishing Golf</p>	<p>Lloyd West (Br.19) Co-Derek Southern (Br.8) Co-Phil Goff (Br.116) Karl Derose (Br.8) Jim Willey (Br.19)</p>	<p>228-9037 253-1646 831-3692 376-0468 689-3199</p>	<p>Publicity Table Pool Rubber Bridge Speakers Bureau Sums Retirement</p>	<p>Walt Schick (Br.8) Bill Weinberg (Br.146) Fred Bolton (Br.146) John Roebuck (Br.19) Dave Munson (Br.171)</p>	<p>934-0656 682-0962 932-1580 685-8764 377-5851</p>
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SIR Branch 116 Activity Calendar

February 2010

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 18-Hole Golf (9:30@ Boundary Oak)	2 Duplicate Bridge (9:15@ P.Hill Bridge Ctr)	3 9-Hole Golf (10:00@ Buchanan Fields)	4	5	6
7	8 18-Hole Golf (9:00@ Silverado South)	9 Luncheon Bridge (11:30@ Round Hill CC)	10 9-Hole Golf (10:00@ Pine Meadow)	11	12 Hiking & Walking (8:15@ Rudgear Park-n-Ride)	13
14	15 SIR Br 116 Mtg. (11:30@ Elks Club)	16 18-Hole Golf (9:30@ Dublin Ranch) Poker Group 2 (1:00@ Diablo CC)	17 9-Hole Golf (10:00@ Buchanan Fields)	18 Wine Appreciation (4:00@ Al Reynolds') Computer & Tech (9:00@ Elks Club)	19	20
21	22 Pre-Book Grp. Walk (8:15@ Laf. Reservoir) Book Group Mtg. (10:15@ Orinda Books) 18-Hole Golf (9:00@ Brentwood)	23 Luncheon Bridge (11:30@ Diablo CC) 18-Hole Golf (9:00@ Lone Tree)	24 Sums in Retirement (8:00@ Diablo Creek GC) 9-Hole Golf (10:15@ Diablo Hills)	25 Fishing Group (8:30@ Legends-Diablo Crk)	26 Hiking & Walking (8:15@ Olympic Blvd, WC)	27
28	Notes:					

Membership

Lytton DeSilva



SIR 116 Membership Status

Total Current Members — 259
 Last Month's Inductees — 0
 Those in Interview Stage — 2
 Total in Process — 4
 On Inactive Status — 38
 Left the Branch — 0
 Waiting to be Installed — 0

Save These Dates!

Put these events on your calendar so you don't forget and schedule something else during these important Branch 116 events in 2010:

- Golf Governors' Cup— April 15, 2010
- Ladies Day Lunch & Bridge— April 20, 2010
- Ladies Day Luncheon— May 18, 2010
- Carson City Golf— Sept. 8-10, 2010
- Ladies Day Lunch & Bridge— Oct. 19, 2010
- Christmas Party— Dec. 15, 2010



Lunch Attendance

Jim Nachtweih

Attendance at the January 18, 2009, meeting:

Total: 213
 Members: 200
 Visitors: 1
 Guests: 11
 Excused: 28
 Un-Excused: 18

The un-excused members will be asked to pay for their missed lunch.



Br. 116 Treasurer's Report

Ron Armijo, Treasurer

	Dec. 2009	2009 YTD
Contributions	\$ 361.90	\$ 55,137.11
Disbursements	\$ (6,079.88)	\$(55,176.00)
Net (gain/(loss))	\$ (5,717.98)	\$ (38.89)
November Cash Balance		\$ 7,705.86



January Luncheon Speaker Dave Reeves Talking About The "General World of Oil"

February Luncheon Menu

Salisbury Steak
 Mashed Potatoes & Gravy
 Corn Cobettes
 Green Salad Bar
 Roll & Butter
 Coffee/Ice Tea
 Dessert

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!

Luncheon Speaker

By Little Sir Ron Armijo



By now, most SIR's have at least heard of a, "Reverse Mortgage". This is because these specialized loans have become increasingly popular in recent years. With all of the media exposure there could be misconceptions surrounding this type of loan. Our speaker, Mr. Rick Sweeney will be talking to us about the basics of the Federal program, myths, pitfalls, scams, and the latest Legislative updates for 2010.

Mr. Sweeney is currently a Reverse Mortgage Professional with Generation Mortgage Company, a nationwide firm that provides and services only Reverse Mortgages. Before that, Rick was 3 years with Financial Freedom Reverse Mortgage. Prior to joining Financial Freedom at the beginning of 2005, he was a construction safety officer at a private firm working for OSHA, focusing on the unique environments of post 9/11 public sector work. Rick served nineteen years with the Berkeley Police Department in patrol, mountain bike unit, drug task force, Swat Team, and detective work in sex crimes and economic crimes. He speaks regularly to Senior groups on Safety and Fraud prevention and money management.

Rick has completed the requirements to become a Certified Senior Advisor (CSA) by completing 60 hours of education and passing a comprehensive exam in the areas of health, finance, and social factors that affect the lives of seniors. In addition to making a living helping Seniors, Rick does extensive volunteer work in the Senior community. He is President Elect of the Rossmoor Rotary Club, and a member of Pleasant Hill Senior Center, SNAP (Senior Network Alliance of Professionals), National Reverse Mortgage Lenders Association, and a California Notary Public.

Rick received a Bachelor of Science degree from California State Polytechnic University San Luis Obispo, and UC San Diego. He received his Masters in Business Administration from Saint Mary's College. He is currently training for his Shodan

Black Belt in Cuong Nhu (Kwong-New) Karate. He is on of the Board of Directors of "A Brighter Today" a private non-profit school for medically fragile and special needs children. He is also on the Board of The Worldwide Farmers Exchange, which provide opportunities for men and women from around the world to improve agricultural skills while experiencing a different culture by living and working in another country.

Rick was born and raised in Berkeley. He has two daughters, Meghan and Gillian, and a 185 pound Great Dane named Elvis. He is married to Lu, a neonatal intensive care nurse who is currently working on her Doctorate. His parents are 92 & 94 and live independently in Lake Tahoe. They just celebrated their 68th anniversary.

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

State SIR Web Site

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

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



Bridge Milt Greenstein

Duplicate Bridge

On January 5, 2010, 14 men gathered at the Pleasant Hill Bridge Center for a session of duplicate bridge. Our top scoring team was Art Donaldson / Bob Kahl with 64.58 % (31.0 out of a possible 48 points). In second place was Jack Butler / Tony Rohrs (57.29 %), followed by Dick Chaffee / Conrad Robertson (52.08 %) and Jim Nachtweih / Lou Sandor (50.0 %). These 4 teams all earned black master points.

Luncheon Bridge

On January 12th, 27 men had lunch and a great afternoon of bridge at Round Hill C.C. Our top scorer was Jack Butler with 6,440 points. Second place went to Bob Kahl (6,190), followed by Gene Gould (5,030), Ali Aghaiepour (4,980), Oscar Krikorian (4,870) and Lou Sandor (4,770). Small slams were made by Joel white / Darrell Feay and Bill Sullivan / Ron Wohlberg.

Then on February 26, 28 men gathered for lunch and bridge at the Diablo C.C. Top man today was Bud Grisanti with 4,880 points. Second place went to Bob Kahl with 4,840 points. In third place was Fred Massaro (4,820) followed by Warren Westrup (4,700), Oscar Krikorian (4,600) and Dimitris Argyriou (4,490). We had 4 small slams made today by Dennis Ross / Bob Daily, Joel White / Roy Hedtke, Jai Yee / Monte Hall and Dimitris Argyriou / Milt Greenstein. Even with 4 small slams today, the spread from 1st to 6th place was less than 400 points ! Nobody got good hands consistently today; even the spread from the top score to the lowest score was only 2,720 points, whereas the average spread last year was more like 4,700 points.



Wine Appreciation Group Al Reynolds

The first Wine event for 2010 will be held at Al Reynolds' Orinda home on February 18 from 4 to 6:30 pm. For more information call Al at 254-1576.

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

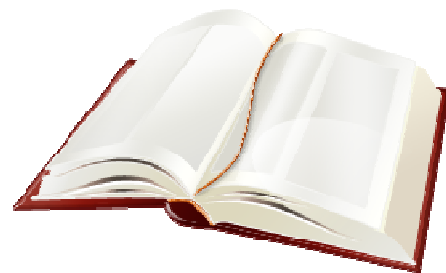


Br. 116 Book Club Rich Black

January Book Group

Why didn't the Civil War end with extensive roving bands of guerilla bands? Jefferson Davis said it should. Abraham Lincoln was afraid it would. But Confederate Generals Robert E. Lee and Joe Johnston said it should not, and peace was restored to the whole land. That was the message of April 1865, the Month that Saved America by Jay Winik. The Book Group discussed Winik's book on Monday January 25 at Orinda Books. Art Donaldson, Monte Hall, Jack Butler, Jim Scott, Al Reynolds, Joel White, Rich Black, Bob Daily and Lytton DeSilva attended.

The group will next meet on Monday, February 22 to read **Blue Latitudes** by **Tony Horwitz**. All meetings are at 10:15 AM at Orinda Books. So far our hostess hasn't failed with the chocolate chip cookies.





SIR Fishing Group

Harry Sherinian

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, February 25th, 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. Guy Brown of the Sacramento Sir's Jolly Hookers will talk to us about trolling for trout.

Well, the weather, coupled with the various injuries us old timers accumulate, got the best of us so far this winter. Out of action were Joe Karg, Paul Dubow, Joe Peterson, and Karl Droese. As a result, only a few trips to Shadow Cliffs reservoir were undertaken. They were very successful. Joe Misicione, Don Mittelstaedt, Harry Sherinian, and Carl Moyer all caught nice fish

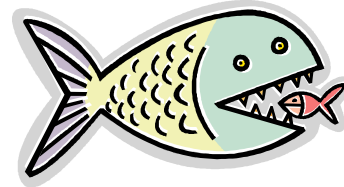
A large group of Area 2 Fish Club members took a trip to the International Sportsman's Expo, which was held at Cal Expo in Sacramento. We car pooled up and had a great day looking at the latest fishing and hunting gear. There were, of course, a lot of factory reps in attendance so we had a wonderful time picking their brains about the latest and greatest new fishing gear that was coming out on the market. After a long day of talking, touching and listening to seminars we headed home tired and happy. Most of us stopped in Vacaville at Tahoe Joes for a wonderful dinner before we came home.

We will be very busy this winter with: delta fishing for striped bass and sturgeon, trout fishing in our local lakes, and party boat trips for sturgeon, and stripers. These outings will include those who rarely fish but would like to try. The Area 2 Fishing Club has all type of members, from the fly fishing purist to the bait dunking shoreline fisherman and everything in between. We do it all, from boats to streams and encourage all to come and spend a day with us. If you haven't been fishing in a while, but might like to try, please come and join us.

Our next meeting will be Thursday, February 25th, 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 Harry Sherinian (Branch 116 Coordinator, 925-846-7067;) or Karl Droese, Big Fish, (925-376-0468;) or Dick Thomson, Treasurer/Secretary, (925-944-1760.)



Dick, Harry, Terry at Cal Expo



Terry Miller's Sturgeon

"Dine-O-Sirs" Dinner Group

Ben Smith



Dine-O-Sirs will have no activity in Feb. but we are now planning an outing for March at "Massimo's" restaurant in Walnut Creek. Details to follow.

If you have any questions about Dine-O-Sirs, contact Ben Smith--925-820-5403, e-mail bjsssmith@aol.com



Computer & Technology Derek Southern & Phil Goff



Area 2 Computer and Technology Group announces the following main topic for their next meeting on Thursday, February 18:

"Moving to Windows 7"

Dean Steichen from Branch #8 will lead us through the "Upgrade or Buy a new Machine" decision as well as other aspects of the process. Some of the major factors influencing your decision include your current machine's Hardware (CPU, Memory (RAM), etc.); Operating System (Vista, WinXP, Win2000, Win98, etc.); Software (Programs and Program Licenses); Data Transfer, and availability of Windows 7 Peripheral Equipment Drivers (Printers, Scanners, etc.).

A general Q&A session will follow, and we hope to have a monthly "gadget" on show and for discussion.

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. Whether you are a beginner or a seasoned user, we try to offer something for everyone. We ask for a donation of \$5 to cover the cost of the hall rental, coffee and cookies, and all SIR members and their guests are welcome.

Hiking & Walking

Joel White



Amiable Amblers February Announcements

January was a brutal month for weather. The Friday Amiable Amblers walk for January 8 led by Art Donaldson hit a bright spot with the sextet of Art and Mary Alice, Rich Black and Donna Argenbright, and Susan and Joel White enjoying the relatively brief period of precipitation free weather. The walk along the Contra Costa Canal from Bancroft to Oak Grove was followed by pleasant conversation at Noah's bagels in Countrywood.

The Friday the 22nd walk was cancelled as was the fourth Monday walk at Lafayette reservoir on Jan 25th due to the unsettled weather (although Dave and Colleen Geary did show up on Friday and paced in the rain waiting for others before adjourning for hot coffee).

The Friday February 12 walk will be led by Dan Green (376-7087; asdgreen@comcast.net). The walk will be on a nice flat stretch of the Iron Horse-Trail in Alamo. Meet @ Rudgear park & ride just off HWY 680. Please RSVP to Dan as I will be out of town and away from a computer.

The Friday February 26 walk will be led by Rich Black (283-8376; blackrw41@comcast.net). This walk will be on the Lafayette Moraga Trail. Meet @ Olympic Blvd trail head at 8:15am.

Anyone wishing to be added to the e-mail reminder list should contact Joel White 964-0994 or zpz2mrz@yahoo.com.





Sunshine Report

Matt Arena

Larry Johnson will undergo a triple by-pass at John Muir- Concord Campus following a diagnosis by his cardiologist. Larry is confident he has an excellent surgeon in Doctor Andreus Kamlot. He will be in the hospital for 5 days. He will be happy to compare his zipper incision with any of our large number of By-pass veterans.

Gary Schoen is doing well following his surgery for the removal of 2 tumors. When visiting him at John Muir, he was complaining about the food which he had not been served for 5 days following his surgery. In fact Gary was not allowed even water. He was on an I.V. DRIP for nourishment. It is tough enough to be confined to the hospital but with no food he was a very patient...patient.

Troy Powell is about to have a procedure at UCFS which will remove stem cells and then have them transplanted. He might find himself in the hospital up to three months since his immune system must be protected. Troy is encouraged and really looks forward to getting back to the golf course.

Ed Regalia has suffered a fall which has set him back in his recovery from the stroke. We spoke and he was in good spirits and continuing to work on his recovery.

Art Miller is recovering from his amputations but continues with three times a week dialysis. Art needs to learn how to transfer from his wheel chair to an auto so he can get out of house and visit his doctors. Here's hoping this will be a better year for our Past Big Sir.

Harry Honstein's lovely daughter keeps me informed on how her dad is doing. Following his second shoulder surgery he is improving but he continues to lack his usual energy. Harry is also

the caregiver for his wife Virginia.

Mike Carpenter is back home following a cardiac arrest and a period in a coma. He now has a defibrillator which will give Mike a safety net against possible future episodes. Though his speech was affected it continues to improve as he works on this therapy.

Dan Pope remains at Stone Brook Center .H is aim is to return home during 2010. Dan appreciates visits and calls. His number is 689-7358.

Jackie Robertson, wife of our **Secretary Conrad Robertson**, passed away on December 31 ,2009 following two hospitalizations in November and December. Condolences from the Branch have been expressed to the Robertson family. A Celebration of Life service is scheduled at Moraga Valley Presbyterian Church at 2:00p.m. Saturday February 13th.

Spring will be here before we know it. Use this period of hibernation to wipe away the cobwebs and get ready for the sunshine and healthy exer-

\$ums in Retirement

David Munson



Our February meeting will be on Wednesday the 24th at the Diablo Creek Golf Club in Concord starting at 8:00 AM. For those who want breakfast the restaurant is open at 7:00 AM. We are very pleased to have **James Peterson Ph.D. Vice President, Chief Investment Officer at the Schwab Center for Financial Research** as our speaker. His topic will be "Investing in the Bond Market". Following will be a Q and A wrap up. This should be a very interesting and current topic of concern for creating balance in our investment portfolio. See you on the 24th

The Area 2 \$ums Retirement Investment Group meets on the 4th Wednesday of every month except in November which will be the 3rd Wednesday. No meeting in December.

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:



Sept 17-30, 2010 Mediterranean Enchantment

Cruise on Holland America's ms Noordam sailing round trip from Civitavecchia(Rome) plus a 2 night post stay in Rome. Stops in many ports including: Livorno, Italy; Monte Carlo, Moraco; Baecelona, Spain; Palma de Mallorca, Spain; Carthage, Tunis; Trapani, Italy; Naples, Italy. Sponsored by Jim Lunn SIR branch #8 (925) 551-3329

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

Mar. 10-17, 2010: Cruise the Caribbean

Experience a 7 night cruise aboard the luxurious MS Silver Cloud, of Silversea Cruises. Along the way, visit an exciting array of ports...Bridgetown, Barbados, Castries, St Lucia, St George's, Grenada, Kingstown, St. Vincent, & Grenadines, St John's, Antigua, Spanish Town, Virgin Gorda, and San Juan.

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.

Mar. 19-27, 2010: The Magnificent Copper Cyn.

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.

May 11-21, 2010: Shades of Ireland

Round trip to Dublin. Tour Kilkenny, Blarney Castle, Jaunting Car ride, Ring of Kerry, Kilarney, Limerick, Cliffs of Moher, Galway, and castle stays.

May 21-Jun.1, 2010: Italian Lakes & Greek Islands

Immerse yourself in the beauty of the Italian Lakes and visit the most popular of the Greek Islands. Stay 3 days in Stresa on the shores of Lake Maggiore, cruise on the Costa Fortuna for 7 days and visit the ports of Bari, Katakolon, Dubrovnik, Venice, plus the Greek Islands of Santorini, Mykonos and Rhodes.

May 31-June 13, 2010: Paris-Burgundy-Provence

Five nights in Paris...TGV to Dijon...8-day river cruise through Burgundy and Provence. All outside staterooms on the luxurious Grand River Royale. 6 shore excursions with English speaking guides.

Poker Group #2

Bob Nilssen



Poker Group #2 plays on the 3rd 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 to become a member of the group.



2009 Christmas Party Celebration



What's With The Rooster?



"Of all the creatures on earth, none express more independence and dignity with sureness and aplomb than the rooster. The majesty of his presence is felt in every barnyard, and when he crows he can be heard for miles, not in a fainthearted crow, but with a noise that calls attention to his being."

Our founders chose the rooster as the official logo to represent the freedom he displays around the barnyard. We have paid our dues to the business world and now is the time for us to strut and crow a little.

We share the dignity of retirement with one another as members of SIR.

2010 SIR State Golf Trips

Golfing in Coeur d'Alene

May 16,-21,2010

Enjoy 5-nights at the luxurious **COEUR d'Alene RESORT & SPA**

PLUS

Play 2 rounds of golf at

The **Coeur d'Alene Resort Golf Course** featuring the world's only floating, moveable golf green AND 1 round of golf at **Circling Raven Golf Club**.

Golfing at MESQUITE

November 7-12, 2010

Enjoy **FIVE** nights & six days (Sunday to Friday) in Nevada, featuring **three** rounds of golf in Mesquite—tee off against spectacular backdrops: rugged arroyos, natural wetlands, and inspiring vistas

See SIR State Golf web site at <http://www.sirstategolf.com/> for more information on these golf trips and other 2010 SIR State Golfing events.

Joke

Impossible to Please

A group of girlfriends is on vacation when they see a 5-story hotel with a sign that reads: "For Women Only." Since they are without their boyfriends and husbands, they decide to go in.

The bouncer, a very attractive guy, explains to them how it works. "We have 5 floors. Go up floor by floor, and once you find what you are looking for, you can stay there. It's easy to decide since each floor has a sign telling you what's inside."

So they start going up and on the first floor the sign reads: "All the men on this floor are short and plain." The friends laugh and without hesitation move on to the next floor.

The sign on the second floor reads: "All the men here are short and handsome." Still, this isn't good enough, so the friends continue on up.

They reach the third floor and the sign reads: "All the men here are tall and plain."

They still want to do better, and so, knowing there are still two floors left, they continued on up.

On the fourth floor, the sign is perfect: "All the men here are tall and handsome." The women get all excited and are going in when they realize that there is still one floor left. Wondering what they are missing, they head on up to the fifth floor.

There they find a sign that reads: "There are no men here. This floor was built only to prove that there is no way to please a woman."

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.

February 18-Hole Schedule

Date	Time	Location	Organizer
Mon 01	9:30	Boundary Oak	Dirk Meyer
Mon 08	9:00	Silverado South	Dirk Meyer
Tue 16	9:30	Dublin Ranch	Dirk Meyer
Mon 22	9:00	Brentwood	Dir Meyer

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, 2nd place 2 and 3rd 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.



February 9-Hole Schedule

Date	Time	Location	Organizer
Wed 03	10:00	Buchanan Fields	Dick Chaffee
Wed 10	10:00	Pine Meadow	D. McClaughy
Wed 17	10:00	Buchanan Fields	Dick Chaffee
Wed 24	10:15	Diablo Hills	Doug Alders



18 Hole Results

By David Harris

Roddy Ranch -- January 25, 2010

Canceled due to bad weather

Bethel Island -- January 19, 2010

Canceled due to bad weather

Boundary Oak -- January 11, 2010

Flight 1			Flight 2			Flight 3			Flight 4	
Steve Cherepy	71	3	Rob Campbell	71	3	Jed Daniel	71	3	Bill Hemmelsbach	72
Al Zavattero	71	3	Paul Kim	75	2	Phil Jenkins	74	2	Chuck Gilliam	74
Bill McCord	74	1	Frank Crua	77	1	Bob Donohue	76	1	Al Serafino	77
Low Gross			Low Gross			Low Gross			Low Gross	
Steve Cherepy	82		Jerry Hunter	90		Jed Daniel	97		Bill Hemmelsbach	108
									Al Serafino	108

Closest to: Hole #2 - Frank Crua, Phil Jenkins --- Hole #12 - Bill McCord, Bob Donohue

Boundary Oak -- January 4, 2010

Flight 1			Flight 2			Flight 3			Flight 4	
Al Zavattero	68	3	Jerry Hunter	75	3	Robbie Robinson	75	3	Al Serafino	79
Phillip Marks	72	2	Frank Crua	78	2	Max Foust	77	2	Art Vogl	85
Bill McCord	73	1	Paul Kim	80	1	Phil Jenkins	78	1	Chuck Gilliam	86
Low Gross			Low Gross			Low Gross			Low Gross	
Al Zavattero	86		Frank Crua	96		Bob Donohue	102		Al Serafino	110

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.

2010 18 Hole Leaders

By David Harris

FLIGHT 1		FLIGHT 2		FLIGHT 3		FLIGHT 4	
Index 0.0 - 16.9		Index 17.0 - 20.9		Index 21.0 - 25.9		Index 26.0 - 36.4	
NAME	POINTS	NAME	POINTS	NAME	POINTS	NAME	POINTS
Zavattero, Al	6	Campbell, Rob	3	Daniel, Jed	3	Serafino, Al	4
Cherepy, Steve	3	Crua, Frank	3	Jenkins, Phil	3	Gilliam, Chuck	3
Marks, Phillip	2	Hunter, Jerry	3	Robinson, Robbie	3	Hemmelsbach, Bill	3
McCord, Bill	2	Kim, Paul	3	Foust, Max	2	Vogl, Art	2
				Donohue, Bot	1		
				Robertson, Conrad	1		



What kind of golf is this?
(Lonny R. & Dick S. sitting in the shade)

Golf Joke

Fore

A duffer hits a wicked slice of the tee that ricocheted through the trees and onto the next fairway, narrowly missing another golfer.

When he got to his ball, he was greeted by the unintentional target, who angrily told him of the near miss.

"I'm very sorry" the errant golfer said, "I didn't have time to holler fore".

That's funny the man replied, you had plenty time to holler "SHIT".

18-Hole Pay In Advance Deadlines

Event Date	Location	Deadline	Amount
Tuesday, February 16	Dublin Ranch	4-Feb	\$38
Monday, February 22	Brentwood	10-Feb	\$35
Tuesday, March 16	Delta View	6-Mar	\$29
Monday, March 22	Lone Tree	12-Mar	\$35
Monday, March 29	Dublin Ranch	16-Mar	\$38

Send checks made out to SIR Branch 116, Golf
to PO Box 3426, Walnut Creek, CA 94598-9991



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).

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.

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.