



Trampas Topics

March, 2010

SIR Branch 116

Next Meeting: 11:30 am,
Monday, Mar. 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



At our Executive Committee meeting in February we inducted four new members to our Branch. They are Carl Cline, Lee DuLac, Jim Johnson, and George Kapus. They were introduced to the membership by their sponsors at the Luncheon meeting. Please welcome these new members to our Branch and make sure that they have an opportunity to become involved in whatever activities are of interest to them.

The lifeblood of the SIR organization is having a variety of activities that are well supported by the membership. While we have a good number of activities that have good participation in our Branch, I notice that other Branches have a number of activities that we do not currently have on our list. Some of these are Astronomy, Barbershop Harmony, Billiards, Bocce Ball, Bowling, Cribbage, Dominoes, Gardening/Landscaping, Ham Radio, Horseshoes, Model Railroading, Pinochle, and Tennis to name just a few. I am sure that we have a number of members that are interested in at least some of these activities. If you are one of those and you would like to start up an activity, Dick Socolich (our Activities Chairman) would be glad to help you get it started. Remember, the more you participate in an organization, the more enjoyment and personal satisfaction you get out of the organization.

As you know, I will not be at the March meeting. Please give your utmost cooperation to Ron Armijo who will be doing double duty as Little SIR and also acting Big SIR (in addition to continuing to carry the Treasurer's duties through these first few months of the year). We all owe Ron a big thank you for a job(s) well done!

Our March meeting falls just two days before Saint Patrick's Day. Our Storyteller this month is Marty Ratterree (as fine an Irishman as there is) and I'm sure that he will increase our appreciation of St. Patty's Day and all the rich heritage that goes along with it.

Happy Saint Patrick's Day and don't drink to much green beer.

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

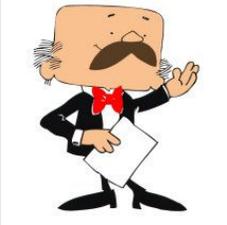
Activities Coordinator	Dick Socolich	376-3090	Music Man	Robbie Robinson	798-7276
Attendance	Jim Nachtweih	838-7417	Newsletter Editor	Neil Schmidt	939-5342
Audit	Dick Thomson	785-7600	Asst. Editor (Interim)	Phil Goff	831-3692
	Chuck Gilliam	682-3782	Nominating	Frank Crua	932-0975
Book Club	Rich Black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

2010 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
	Co-Phil Goff (Br.116)	831-3692	Rubber Bridge	Fred Bolton (Br.146)	932-1580
Fishing	Karl Derose (Br.8)	376-0468	Speakers Bureau	John Roebuck (Br.19)	685-8764
Golf	Jim Willey (Br.19)	689-3199	Sums Retirement	Dave Munson (Br.171)	377-5851

SIR Branch 116 Activity Calendar

March 2010

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 18-Hole Golf (9:30@ Boundary Oak)	2 Duplicate Bridge (9:30@ P.Hill Bridge Ctr)	3 9-Hole Golf (10:00@ Buchanan Fields)	4	5	6
7	8 18-Hole Golf (9:30@ Boundary Oak)	9 Luncheon Bridge (11:30@ Round Hill CC)	10 9-Hole Golf (10:00@ Pine Meadow)	11	12 Hiking & Walking (8:15@ San Carlos Pk Trailhd)	13
14	15 SIR Br 116 Mtg. (11:30@ Elks Club)	16 18-Hole Golf (9:30@ Delta View)	17 St. Patrick's Day 9-Hole Golf (10:00@ Buchanan Fields)	18 Computer & Tech (9:00@ Elks Club)	19	20
21	22 18-Hole Golf (9:00@ Lone Tree) Pre-Book Grp. Walk (8:15@ Laf. Reservoir) Book Group Mtg. (10:15@ Orinda Books)	23 Luncheon Bridge (11:30@ Diablo CC)	24 \$ums in Retirement (8:00@ Diablo Creek GC) 9-Hole Golf (10:15@ Diablo Hills)	25	26 Hiking & Walking (8:15@ Stone Valley Rd Trailhd)	27
28	29	30	31 9-Hole Golf (10:00@ Pine Meadow)	Notes:  		

Membership

Lytton DeSilva



SIR 116 Membership Status

Total Current Members — 255
 Last Month's Inductees — 0
 Those in Interview Stage — 8
 Total in Process — 10
 On Inactive Status — 39
 Left the Branch — 3
 Waiting to be Installed — 0



Lunch Attendance

Jim Nachtweih

Attendance at the February 15, 2010, meeting:

Total: 213
 Members: 200
 Visitors: 1
 Speakers: 2
 Guests: 9
 Excused: 40
 Un-Excused: 15

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

A brief reminder, as you know we have a new caterer, and I must submit a lunch head-count at 4:P.M. on Thursday before the meeting..It would help a great deal if you know you are going to miss the meeting, you call the "HOT LINE" 925-806-8874 before 4- P.M. on Thursday.

March Luncheon Menu

Corned Beef & Cabbage
 Red Potatoes
 Carrots
 Mustards
 Green Salad Bar
 Rye Bread & Butter
 Coffee/Ice Tea
 Dessert



Br. 116 Treasurer's Report

Ron Armijo, Treasurer

	Feb. 2010	2010 YTD
Contributions	\$ 3,160.00	\$ 9,186.42
Disbursements	\$ (3,798.69)	\$(12,144.07)
Net (gain/(loss))	\$ (638.69)	\$ (2,957.65)
November Cash Balance		\$ 4,695.23

February Birthdays

Do to an Editor's error, the February birthday boys were not in the Feb. Newsletter. My apologies.

Armijo, Ronald	King, Thomas C.
Egan, Clifford A.	Lind, Wilton H.
Farmer, Robert	Marks, Phillip
Foust, James M.	McCullough, Gene
Gagliardi, Ronald J.	Mills, Roger
Green, Daniel	Regalia, Edmund
Harris, Paul R.	Roberts, Donald
Hill, Stanley R.	Schommer, Edward J.
Hull, Cordell C.	Schwarz, Ralph H.
Kallas, Pete	Suwa, Toshiro
Kim, Paul H	

March Birthdays

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

Ilen, Douglas G.	Mix, Robert W.
Babcock Jr., William J.	O'Connor, Charles S.
Belden, Peter	Peterson, John
Feay, Darrell C.	Plank, Lloyd G.
Fend, Werner	Radakovich, Ronald
Harrington, William	Ramacciotti, Paul A.
Johnston, Robert R.	Ross, Dennis E.
Kauffman, Richard	Schoenfeld, Norman
Lake, Robert D.	Sherman, David T.
Lennon, Joe A.	Story, John L.
Leschot, Ronald	Tinguely, J. Patrick
Lockwood, Frank N.	Welsh, Don
Loder, Robert	Zurich, Bob A.
McCord, William	



Sunshine Report

Matt Arena

With sadness we pass on the news that **Bob Lake** passed away on February 24. Condolences have been sent to the family from our Branch. Services will be held on Friday March 5th at 2 p.m. at United Methodist Church of San Ramon-902 Danville Blvd. Alamo, Ca.

Larry Johnson following by-pass surgery had a scary episode where he could not breathe and was kept in the hospital until he was out of danger. Larry is now out walking every day and looking forward to riding his bike up Mt. Diablo once again. He plans to be at the March luncheon. Another success story from an intrepid SIR.

Past Big Sir **Art Miller** was hospitalized to have the leg wound de-bridged. It is now completely healed and he is waiting for an electric wheel chair which was recently approved for him. Art keeps going like the energizer bunny.

Gary Schoen was hospitalized again. This time he had a high temperature of unknown origin. Since his discharge he is recovering with antibiotics at home. Gary is now waiting to do one more Chemo treatment which will be followed up with the bone marrow replacement at UCSF. Gary would love to have a bit more energy but perhaps he is saving it up for a future round of golf which he misses so very much.

Mike Carpenter is recovering from his heart condition and the new defibrillator is working just fine. Mike sounds good on the phone and was in good spirits.

He is not quite ready to join us for lunch as yet.

Harry Honstein has been through Hell and back. He had shoulder surgery in November and then

he fell which required another surgery. Harry has 2 plates, 11 pins and numerous screws to patch him together. After 3 months with a catheter he is free of this annoyance but post-operatively he has lost the use of his left hand. Slowly but surely he is gaining some feeling in the hand and the DRS. advised that he should expect to recover 80%-90% of his function. Harry is remarkable in his ability to tough it out and you can't help admiring this SIR.

I have no new report on **Ed Regalia, Troy Powell,** and **Dan Pope.**

No news hopefully is good news.

I will be following up on our Sunshine members with a report at our luncheon.

If you know any other members who are not well please give me a call 946-0404 or email at marena@astound.net. I want all of you to know how much I appreciate your help in keeping me informed on the health of our members.

In Memoriam

Robert D. Lake

March 20, 1917— February 4, 2010

Nominating Committee

By Frank Crua



The 2011 Nominating Committee will begin its work this month. I will be putting my committee together so please email me at frcruiser@yahoo.com if you're interested in participating on the committee. Suggestion forms for candidates for the various positions will be made available at the April luncheon meeting. Please take a moment to let us know your recommendations for these positions. And if anyone is interested in filling one of the positions, please email me or call 925-932-0975. I would like to thank you in advance for helping us pick the best available candidates for the branch.



Computer & Technology
Derek Southern & Phil Goff



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

Neil and Phil will make presentations on Social Networking. Neil will talk about Facebook and Twitter. Phil will cover MySpace, LinkedIn, Flickr and other popular networking programs.

We would like to have someone bring a Kindle to the March program for the "gadget" phase.

A general Q&A session will follow.

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.



Bridge
Milt Greenstein

Duplicate Bridge

The duplicate bridge group met on February 2nd with 18 men attending. The top score of 64.58 % (46.5 points out of a possible 72) was made by the team of Dick Chaffee / Jim Nachtweih. In second place was Bob Daily / Marv DeHeus with 55.56 %. Third place was taken by Jack Butler / Bob Wolf, and fourth place was won by Oscar Krikorian / Conrad Robertson.

Luncheon Bridge

The Luncheon Bridge group met on February 9th at Round Hill C. C. 26 men enjoyed an excellent sirloin tip lunch and 3 hours of competitive bridge. High scorer today was Dimitris Argyriou with 7,150 points. Ali Aghaiepour was second with

5,300 points ,followed by Roy Hedtke (4,980), Monte Hall (4,460), Bill Sullivan (4240) and Norm Schoenfeld (4,220).We had two small slams made today by Bob Daily/Walt Kawecki and Roy Hedtke/Dimitris Argyriou.

The Luncheon Bridge group met again on February 23rd at the Diablo C. C. with 28 men attending. Our top scorer today was Dennis Perry with 6,020 points, followed by Bob Wolf with 5,20 points. In third place was Ben Yeraka (4,880), Milt Greenstein (4,520), Ali Aghaiepour (4,10) and Gene Gould (3,970), over all a low scoring day. Only one small slam was made today by Milt Greenstein / Ali Aghaiepour.

Ladies Day

Our next LADIES DAY event is coming up on April 20th, with lunch and bridge at Diablo C. C. starting at 11:15 am. Lunch is \$41 per couple, plus a separate \$5 for prize money. This event makes a very pleasant day, and the all the ladies seem to have a great time. So treat your significant other to a delightful day at the club.



Luncheon Speaker Mr. Rick Sweeney talking about "Reverse Mortgages"

**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!



SIR Fishing Group

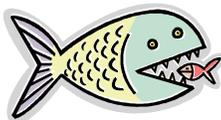
Harry Sherinain

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, March 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. Our speaker will be J Lopes, premier charter boat captain for sturgeon and halibut.

Our winter storms have limited our outings. But the trout fishing at Shadow Cliffs reservoir has been very good to some of us. Dick Thomson caught a big, beautiful, eight and three quarter pound rainbow trout, dwarfing Carl Moyer's four and three quarter fish. Harry Sherinian caught a nice 3 pounder with several 2 pounders. But Terry Miller, Gordon Linebaugh, and Carl Moyer only caught 1 small trout in a days fishing. Carl had better luck with the sturgeon, catching 7 sturgeon to 44 inches in front of PG&E at Pittsburg. Meanwhile, Joe Miscione caught and released some pretty rock fish from the shore of the big island in Hawaii. Paul Dubow planned some fishing in Florida, and got rained out every day. .

We will be very busy this spring with: delta fishing for striped bass and sturgeon, trout fishing in our local lakes, and party boat trips for sturgeon, halibut, and stripers. These outings will 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 join us.

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



Harry Sherinian Nice Stringer



Dick Thomson's Big Trout

Poker Group #2

Al Reynolds



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 is the primary purpose.



If you would like to join, call Al Reynolds at 254-1576 or send an email to reynolds4596@sbcglobal.net.

"Dine-O-Sirs" Dinner Group

Ben Smith



Our dining events continue to be very popular and always attract a full house. The next Dine-O-Sir event at Massimo's on March 23rd appears to be a sellout. If you wish to be put on the waiting list please call Ben Smith at 820-5403.

We are trying to seek out restaurants that will accommodate a large number of participants so that more people can join us. Please plan to join us at our next event in June.

Hiking & Walking

Joel White



The Friday **March 12** walk will start at 8:15am and be led by **Dan Green** (376-7087; as-dgreen@comcast.net). The walk will be on a nice flat stretch of the Contra Costa Canal Trail in Walnut Creek. **Meet @ San Carlos Park Trailhead.** Exit HWY 680 at Ygnacio Valley Road, turn right, and right again on San Carlos Drive, just past John Muir Hospital. Please RSVP to Dan as I will be out of town and away from a computer.



The Friday **March 26** walk will start at 8:15am and be led by **Joel White**, 964-0994 (zpz2mrz@yahoo.com). This walk will also be on the Iron Horse Trail. **Stone Valley Road Trail Head** in the Alamo Safeway Parking lot just west of HWY 680.

The Monday, pre-bookclub walk at Lafayette Reservoir will be at 8:15 am on the 22nd and led by myself.

Please RSVP to the walk leaders if you plan to attend.

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

MAS SIMO
RISTORANTE
<http://massimoristorante.com>

Branch 116 Dine-O-Sir March Event
Massimo in Walnut Creek
Tuesday, March 23, 2010
Cocktails at 5:30, Dinner at 6:30
Only \$30 per person, tax and tip included.
Alcoholic Beverages are extra.
Well Drinks and House Wine at the glass are \$5
Bottles of selected wine are \$10

Reservations Confirmed on First to Pay Basis

Menu:
Honey Glazed Salmon
Pan Roasted Breast of Chicken
With Wild Mushroom Ragout and Marsala Sauce
Or:
Grilled Local King Salmon
With Red Bell Pepper Buerre Blanc and Potato Puree
Or:
Vegetable Medallions Sautéed in Lemon, Wine & Capers
With Mashed Potatoes and Blue Lake beans
Dessert:
Apple Tart or Tiramisu

The "Dine-O-Sirs" events have been extremely popular and often sold-out. If you are interested in attending one of these gastronomical events in the future, you need to get on their mailing list.

Wine Appreciation Group

Al Reynolds



On February 18 the wine event was held at Al Reynolds' home. Six different wines were presented in a blind tasting to determine the least and most expensive. Results were surprising regarding quality and flavor of wines relative to cost. Details of the next event, which will be held in April, will be announced next month.

Golf Again?

"You're going out to play golf again?" his wife complained.

"I'm only doing under doctors orders." replied her husband.

"Do I look stupid to you?" she screamed.

"But its true," he said, walking out the door. "He specifically told me I should get some iron every-day."

Luncheon Speaker

By Little Sir Ron Armijo



COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

This month we are fortunate to have three speakers address a topic that should be of extreme interest to all of us. The topic of the speech will be, "The Power of Many --- How Everyday People Can Make a Difference During Disaster" with an emphasis on Walnut Creek's Community Emergency Response Team Program.

Gayle Vassar

Gayle Vassar is the Communications and Community Relations Manager for the City of Walnut Creek. She reports directly to the City Manager, and manages programs in the areas of internal and external communications, civic engagement, and emergency preparedness. In 2004, Gayle founded the City's Citizen Corps Council, which supports Walnut Creek's community emergency preparedness efforts.

Lt. Mark Covington

Lt. Covington is a founding member of the Citizen Corps Council which supports Walnut Creek CERT. He is the City's lead CERT Instructor on Terrorism response. He is also a member of the City's Disaster Task Force, a cross departmental team that organizes the City's Emergency Operations Center and associated training

Richard D. DuBey, Jr.

Richard D. DuBey, Jr. is the area coordinator for the Buena Vista CERT Area, and in January 2009, became the training coordinator for the Walnut Creek CERT program. Under his leadership, the CERT program has expanded its curriculum to include additional hands-on training and drills, a must for effective adult learning.

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/>



**New member Jim Johnson with
Sponsor Bob Donohue**

\$ums in Retirement

David Munson



The Area 2 \$ums Investment Group will meet on March 24th at the Diablo Creek Golf course on Port Chicago Highway in Concord at 8:00AM. For those who like to arrive early for breakfast, the restaurant is open at 7:00AM. Our speakers for the meeting are Edward Rusnak MBA and Jonathan Elfin MBA financial planners from Sagemark Consulting, a division of Lincoln Financial Advisors. Their topic "How to manage Investment Risk in Today's Market to Better Achieve your Retirement Goals".

This should be a very informative and current subject that meets the needs of today investment market.

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 – 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

July 28-29 – Silver Sizzles Review

See the show at the Grand Sierra Resort in Reno. Cost \$99 per person, double occupancy. This overnight trip includes deluxe motorcoach transportation.

Oct. 19-Nov. 8 – Pure New Zealand

Immerse yourself in a land where wild rivers and glaciers flow through rain forests to the sea, pristine lakes and pastoral forest hug volcanic slopes, and snowcapped peaks pierce the sky. Visit Auckland, Rotorua, Arrowtown, Franz Josef Glacier, Greymouth, and Christchurch. Sponsored by Branch 146 & space is limited – Reserve before Feb. 21, 2010. Call 1-800-353-6262, Option #2. Be sure to mention Service Code: G022221.

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. 23-30– Springtime in Savannah & Charleston

In addition to Savannah and Charleston, we will visit Jekyll Island, St. Simon Island, Jacksonville, and St. Augustine and tour the beautiful Magnolia Gardens.

Apr. 25-May 7 – Discover Croatia

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

May 7-22 – Panama Canal Cruise

Cruise from Florida through the Panama Canal to San Francisco.

May 11-21 – 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 – 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 – 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.

Jun. 2-9 – New York City

We will be staying at the Belvedere Hotel in the theater district. Stops will include Ellis Island, the Statue of Liberty, Radio City Music Hall, the Empire State Building, several museums, and at least one Broadway Show. There will also be some free time for shopping or individual sightseeing





SIRS Discover Life in the Housing Industry at Dublin Ranch." (l. to r.: Bernie Wroblewski, Frank Crua, Ron Domer)

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.



Br. 116 Book Club

Rich Black

James Cook signed on in the Royal Navy as an ordinary seaman when he could have been a Captain of a merchant ship. He rose quickly in rank to become England's foremost Pacific explorer of the last half of the 18th century. Six members of the Book Group, Lytton De Silva, Bob Daily, Jack Butler, Al Reynolds, Jim Scott and Art Donaldson met on Monday morning, February 22 to discuss *Blue Latitudes*, by Tony Horwitz. Book Group members liked the book for the historical information about Cook and the conditions under which he and his men sailed matched with descriptions of the author's current visits to the same destinations. The discussion was led by Al Reynolds and Jack Butler.

The group will next meet at Orinda Books on March 22 at 10:15 am to discuss *Freakonomics* by Levitt and Dubner. The April book will be *Endurance--Shackleton's Incredible Voyage*, by Alfred Lansing.cookies.

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

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

See's Candies 2010 Easter Discount Sale

This sale provides group discount prices to SIR Branch 116 members.
IT IS NOT A FUND RAISER.

- Mail candy orders by **Wednesday March 17** to:

Dirk Meyer, 112 Castleford Circle, (phone 820-6878)
Danville, CA 94526

- or **Order** at the **Monday, March 15** SIR 116 Luncheon.

- Make check payable to "Sir Branch 116 - Candy".

- Orders and checks must be from SIR members, *but you may include family and friends in your order.*

- Pick up candies in Elks Club parking lot on

Friday March 26, 9:00 to 10:30 am.

Your Name _____ **Telephone** _____

Size	Item	Retail	How Many	Discount	Total \$
6.2 oz	Large Novelty Egg	\$ 9.95		\$ 8.95	
11 oz	Easter Assortment	\$ 11.95		\$ 10.85	
13.5 oz	Choc Butter Egg w Pecans	\$ 15.25		\$ 13.75	
9.5 oz	Rocky Road Egg	\$ 10.70		\$ 9.70	
6 oz	Dark Choc Butter Egg no nuts	\$ 6.80		\$ 6.20	
4.8 oz	Marshmallow Eggs 6 pack	\$ 5.15		\$ 4.65	
4.5 oz	Choc Butter Eggs 6 pack	\$ 5.40		\$ 4.90	
8 oz	Egg Quartet	\$ 9.50		\$ 8.50	
12.5 oz	Easter Treat Basket	\$ 15.00		\$ 13.75	
8 oz	Milk Choc Foil Eggs	\$ 5.75		\$ 5.25	
8 oz	Dark Choc Foil Eggs	\$ 5.75		\$ 5.25	
10 oz	Choc Foil Rabbit	\$ 9.10		\$ 8.20	
12 oz	Jelly Beans	\$ 3.65		\$ 3.30	
7.5 oz	Bunny & Carrot Box	\$ 6.00		\$ 5.40	
8 oz	Truffles	\$ 9.20		\$ 7.90	
1 lb	Truffles	\$ 18.40		\$ 15.80	
1 lb	Gold Fancy	\$ 21.10		\$ 18.20	
2 lb	Gold Fancy	\$ 38.90		\$ 34.70	
4 lb	Gift of Elegance	\$ 77.80		\$ 68.80	

Size	Item	Retail	How Many	Discount	Total \$
1 lb	Assorted Chocolates	\$ 16.10		\$ 12.30	
2 lb		\$ 32.20		\$ 24.60	
3 lb		\$ 48.30		\$ 36.90	
5 lb		\$ 80.50		\$ 61.50	
1 lb	Milk Chocolates	\$ 16.10		\$ 12.30	
2 lb		\$ 32.20		\$ 24.60	
3 lb		\$ 48.30		\$ 36.90	
1 lb	Dark Chocolates	\$ 16.10		\$ 12.30	
2 lb		\$ 32.20		\$ 24.60	
1 lb	Soft Centers	\$ 16.10		\$ 12.30	
2 lb		\$ 32.20		\$ 24.60	
1 lb	Nuts & Chews	\$ 16.10		\$ 12.30	
2 lb		\$ 32.20		\$ 24.60	
3 lb		\$ 48.30		\$ 36.90	
1 lb		\$ 16.10		\$ 12.30	
1 lb	Bridge Mix	\$ 16.10		\$ 12.30	
1 lb	Victoria Toffee	\$ 16.10		\$ 12.30	
1 lb	Toffee-ettes (can)	\$ 16.10		\$ 12.30	
1 lb	Almond Royal (can)	\$ 16.10		\$ 12.30	
12 oz	Salted Nuts (can)	\$ 8.50		\$ 7.65	
1 lb 8 oz	Peanut Brittle	\$ 15.30		\$ 13.30	
8 oz	Awesome Peanut Brittle Bar (8 pack)	\$ 8.80		\$ 6.50	
12 oz	Awesome Nut & Chew Bar (8 pack)	\$ 8.80		\$ 6.50	
12 oz	Awesome Walnut Square Bar (8 pack)	\$ 8.80		\$ 6.50	
8 oz	Molasses Chips	\$ 8.05		\$ 6.15	
8 oz	Assorted Peppermints	\$ 8.05		\$ 6.15	
8 oz	Little Pops, Assorted	\$ 7.80		\$ 5.25	
8 oz	Little Pops, Café Latte	\$ 7.80		\$ 5.25	
1 lb 5 oz	Lollypops, Assorted	\$ 15.20		\$ 12.10	
1 lb 5 oz	Lollypops, Chocolate	\$ 15.20		\$ 12.10	
1 lb 5 oz	Lollypops, Butterscotch	\$ 15.20		\$ 12.10	
1 lb 5 oz	Lollypops, Café Latte	\$ 15.20		\$ 12.10	
1 lb 5 oz	Lollypops, Vanilla	\$ 15.20		\$ 12.10	
1 lb	Gift Certificate ^{48states}	\$ 16.10		\$ 13.10	
Mailing Cartons (except items in italics) List items here:					\$ 1.00 for each carton
TOTAL ORDER - Both Columns					-

SIR Branch 116 Golf

By Ron Domer, Golf Chairman



DUTIES OF OUR GOLF CAPTAINS:

Most of us are familiar with those Captain's duties that have to do with contacting the members of our team, keeping score, gathering scorecards and handing them off to the next captain. **An often overlooked duty of our Captains is to keep the pace of play so that his group keeps up with the group in front.** It isn't sufficient to just keep ahead of the group behind us. It is easy to tell when your group is falling behind. Some things that can be done to promote good pace of play are (1) limit time spent looking for balls, (2) having everyone watch to locate errant shots, (3) have players choose a club or clubs before they approach their ball, (4) have drivers of carts split the difference between balls instead of going from one to the other (5) playing "ready golf" we don't play "honors" on the tee and (6) just saying, "we're falling behind. Let's pick up the pace."

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.

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.



March 18-Hole Schedule

Date	Time	Location	Organizer
Mon 01	9:30	Boundary Oak	A. Zavattero
Mon 08	9:30	Boundary Oak	A. Zavattero
Tue 16	9:30	Delta View	A. Zavattero
Mon 22	9:00	Lone Tree	A. Zavattero
Mon 29	9:00	Dublin Ranch	A. Zavattero

March 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
Wed 31	10:00	Pine Meadow	D. McClaughy



18 Hole Results

By David Harris

Brentwood -- February 22, 2010

Flight 1			Flight 2			Flight 3			Flight 4		
Lonny Randal	74	3	Carlos Xavier	74	3	Bernie Wroblewsk	74	3	Bill Hemmelsbac	71	3
David Harris	76	2	Al Hutchko	76	2	Max Foust	76	2	Pete Kallas	75	2
Jim Clizbe	77	1	Frank Crua	77	1	Bob Donohue	77	1	John Peterson	78	1
Bill McCord	77	1									
Bob Nichols	77	1									
Low Gross			Low Gross			Low Gross			Low Gross		
Lonny Randal	91		Carlos Xavier	93		Bob Donohue	102		Bill Hemmelsbac	107	
						Max Foust	102		John Peterson	107	
						Bernie Wroblewsk	102				

Hemmelsbach

Dublin Ranch -- February 16, 2010

Flight 1			Flight 2			Flight 3			Flight 4		
Dirk Meyer	64	3	Dick Socolich	62	3	Conrad Robertson	63	3	Art Vogl	61	3
Al Zavattero	64	3	Paul Kim	63	2	Max Foust	64	2	John Peterson	66	2
Mel Williams	65	1	Tom Eller	66	1	Robbie Robinson	65	1	Chuck Gilliam	67	1
			Carlos Xavier	66	1						
Low Gross			Low Gross			Low Gross			Low Gross		
Dirk Meyer	79		Paul Kim	79		Max Foust	86		John Peterson	91	
Mel Williams	79		Dick Socolich	79							
Al Zavattero	79										

Closest to: Hole #7 - Dirk Meyer, Bernie Wroblewski --- Hole #13 - Al Zavattero, Max Foust

Silverado South -- February 8, 2010

Flight 1			Flight 2			Flight 3			Flight 4		
David Harris	71	3	David Carlso	74	3	Robbie Robinson	78	3	Chuck Gilliam	75	3
Dirk Meyer	76	2	Frank Crua	77	2	Bernie Wroblewsk	79	2	Art Vogl	76	2
Wayne Smith	78	1	Frank Portill	81	1	Conrad Robertson	85	1	Bill Hemmelsbac	77	1
									Al Serafino	77	1
Low Gross			Low Gross			Low Gross			Low Gross		
David Harris	89		David Carlso	93		Robbie Robinson	107		Al Serafino	110	
						Bernie Wroblewsk	107				

Closest to: Hole #3 -Frank Portilla --- Hole #15 - Mel Williams, Matt Arena

Boundary Oak -- February 1, 2010

Flight 1			Flight 2			Flight 3			Flight 4		
Phillip Marks	69	3	Jerry Hunter	73	3	Bob Donohue	73	3	Al Serafino	77	3
Bill McCord	72	2	David Carlso	74	2	Jed Daniel	76	2	Carl Langhorst	78	2
Mel Williams	72	2	Phil Goff	74	2	Robbie Robinson	77	1	Chuck Gilliam	79	1
			Paul King	74	2				Bill Hemmelsbac	79	1
									John Peterson	79	1
Low Gross			Low Gross			Low Gross			Low Gross		
Phillip Marks	85		David Carlso	92		Bob Donohue	98		Carl Langhorst	108	
									John Peterson	108	
									Al Serafino	108	

Closest to: Hole #2 - Pat Tinguely, John Peterson --- Hole #12 - Phil Goff, Robbie Robinson

2010 18 Hole Leaders

By David Harris

FLIGHT 1 Index 0.0 - 16.9		FLIGHT 2 Index 17.0 - 20.9		FLIGHT 3 Index 21.0 - 25.9		FLIGHT 4 Index 26.0 - 36.4	
NAME	POINTS	NAME	POINTS	NAME	POINTS	NAME	POINTS
Zavattero, Al	9	Crua, Frank	6	Robinson, Robbie	8	Gilliam, Chuck	8
Harris, David	5	Hunter, Jerry	6	Foust, Max	6	Serafino, Al	8
Marks, Phillip	5	Carlson, David	5	Daniel, Jed	5	Hemmelsbach, Bill	7
McCord, Bill	5	Kim, Paul	5	Donohue, Bob	5	Vogl, Art	7
Meyer, Dirk	5	Xavier, Carlos	4	Robertson, Conrad	5	Peterson, John	4
Cherepy, Steve	3	Campbell, Rob	3	Wroblewski, Bernie	5	Kallas, Pete	2
Williams, Mel	3	Socolich, Dick	3	Jenkins, Phil	3	Langhorst, Carl	2
Clizbe, Jim	1	Goff, Phil	2				
Nichols, Bob	1	Hutchko, Al	2				
Smith, Wayne	1	King, Paul	2				
		Eller, Tom	1				
		Portillo, Frank	1				

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 websites 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.

18-Hole Pay In Advance Deadlines

Event Date	Location	Deadline	Amount
Tuesday, March 16	Delta View	6-Mar	\$29
Monday, March 22	Lone Tree	12-Mar	\$35
Monday, March 29	Dublin Ranch	16-Mar	\$38
Monday, April 5	Silverado North	5-Mar	\$49/44
<i>Special Event — \$49 for members, \$44 for guests (who can not win prizes)</i>			
Tuesday, April 20	Blue Rock Springs—East	12-Apr	\$35
Monday, April 26	Callippe Preserve	12-Apr	\$46

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.