



Jerry SIR Branch 116
Trampas Topics
Newsletter
March, 2019

Next Meeting: 11:30 am
 Monday, March 18, 2019
 Boundary Oak, 3800 Valley
 Vista Rd., Walnut Creek

A Nonprofit Public Benefit Organization for Men Enjoying Active Retirement

Sayings of 2018 Big Sir Jerry Hicks

The SIR mission statement is "to improve the lives of members..."

It is well-documented that key ingredients for a better life as we mature are: keeping physically, mentally and socially active and feeling useful and needed.



First, physical exercise boosts the immune system, lowers blood pressure, improves sleep quality, improves heart health, and improves strength stamina and balance. It keeps blood flowing to the brain, sharpening the mind. It also relieves anxiety, tension, and even depression. Overall, it just makes you feel better

in spite of the few aches.

Second, brain games, Sudoku, crossword puzzles, board games, reading and writing are all great activities for mental stimulation. A sharp and active mind improves overall well-being. Continuing to learn and taking part in new ideas is essential to mental health.

Third, seniors who are isolated and lonely have shorter lives and are at greater risk for dementia. Staying connected with family and friends is preventive.

Last, feeling satisfied and fulfilled is just as important as getting regular check-ups from your doctor. Taking part and contributing to something bigger than self helps fulfill your life.

What do we have for you?

SIR Branch 1116 augments every one of the points. Are we the only solution or outlet? Absolutely not! But we are there help fill in where you may have needs or wants. Our golf, and hiking helps the physical; we have bridge and book club which help the mental fitness; social gatherings, which include spouses, are Dine-O-SIRs, parties, and of course our Luncheons with a speaker.

Working together with our Activities Coordinators we can develop additional fun activities to help fulfill our lives. How about Bocce, Pickleball, Biking, Hiking, Digital Photography, Night at the movies or plays or musical performances, Travel, RVing, and many others? Let me urge us all to try and to sign up for a new activity this year or to develop a new activity.

The fourth item above is fulfilled through participation in many of the tasks that make Branch 116 operate so well. Volunteer. Get involved. Making even a small contribution yields large results for you and for your friends.

Jerry



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PLEASE CALL 322-1318
 or email to
luncheon116@gmail.com
 before 1PM the Monday
 prior to the meeting to
 cancel your standing res-
 ervation or to bring a

2019 SIR Branch 116 Officers



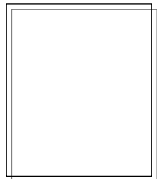
Big SIR
Jerry Hicks



Little SIR



Secretary
Fred Schafer



Asst. Sec.



Treasurer



Asst. Treas. 1
Bob Shader

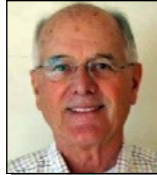


Asst. Treas. 2
Al Satake



Member. Sec.
Phil Goff

2019 SIR Branch 116 Directors



Norm Alberts



Gary Boswell



Peter Coggiola



Roger Craig



David Harris



Marty Katz

2019 Activity Chairmen

<u>Activity</u>	<u>Chairman</u>	<u>Assist. Chairman</u>
• Book Group	Rich Black	Steve Bort
• Book Exchange	John Fraser	Dick Kauffman
• Bridge	Jon Dickson	Bob Wolf
• Computer & Tech.	Neil Schmidt	Phil Goff
• Dine-O-SIR	Alex Lutkus	Socolich, Katz
• Duplicate Bridge	Conrad Robertson	Tom Henry
• Fishing	Harry Sherinian	Terry Miller
• Golf-18 Hole	Bernie Wroblewski	Jim Johnson
• Golf-9 Hole	Dick Chaffee	D. McLaughry
• Golf - Reno	Paul Ramacciotti	Harris, Katz
• Golf - Carmel	Jim Barstow	JJ, Harris, Eller
• Hiking & Walking	John Riordan	Joel White
• Mexican Train	Richard Madden	Alex Lutkus
• Parties	Alan Fitzgerald	Marty Katz
• Poker	Lou Sandor	
• Saturday Tours	Greg Hughes	
• \$ums in Retirement	Ben Smith	
• Travel	Don Murry	
• Wine Appreciation	Lou Meylan	

2019 Support Team

RAMP Department Heads:

- | | |
|--------------------|----------------|
| • Recruitment | Don Schroeder |
| • Activities | Fred Wachowicz |
| • Member Relations | Sam Beret |
| • Publicity | Jim McCormick |

Support Committees:

- | | |
|------------------------|------------|
| • Audit Committee | Ron Armijo |
| • Nominating Committee | Marty Katz |
| • Sunshine Committee | Matt Arena |

Luncheon Support:

- | | |
|--------------------------|-------------------------|
| • Attendance | B. Chaney & J. Flessner |
| • Audio Visual | Neil Schmidt |
| • Chaplain Committee | Doug Aalders |
| • Greeters Committee | Terry Grummitt |
| • Raffle Committee | Ben Bryce |
| • Speakers Committee | Michael Barrington |
| • Storytellers Committee | Mac Mcloughlin |

Recruitment Committee

- | | |
|--------------------------|---------------|
| • Guest Packet | TBA |
| • New Member Orientation | Dave Williams |
| • Recruitment Materials | TBA |
| • Letters | TBA |

Membership Relations Committee

- | | |
|------------------------|-----------------|
| • Membership Secretary | Phil Goff |
| • Computer Support | Neil Schmidt |
| • Membership Roster | George Pryhuber |
| • Webmaster | Phil Goff |
| • Awards/Recognitions | TBA |
| • Sponsor Program | TBA |
| • Letters | TBA |

Publicity Committee

- | | |
|---------------------------|--------------|
| • Newsletter Editor | Neil Schmidt |
| • Internal Communications | TBA |
| • Outreach | TBA |

Some Other SIR Area 16 Activities

Apple User Grp.	Dick Macy (Br.171)	376-1180
Astronomy	Bill Hunter (Br.8)	947-6947
Bocce	Bob Barnes (Br.8)	686-0106
Bowling	Dan Weller (Br. 8)	935-5510
Digital Photo.	Bill Phelon (Br.8)	254-8338
Pocket Pool	Jerry White (Br.8)	944-9068
Tennis	Ralph Thornicraft (174)	376-8140

**A Thank You to all Br. 116 SIR
Who Volunteer to be Leaders**

SIR Branch 116 Activity Calendar

March 2019

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			9-Hole Golf (10:00@ Buchanan Fields GC)		1	2
3	18-Hole Golf (9:32@ Boundary Oak GC)	Duplicate Bridge (10:00 Contra Costa Bridge Ctr., Concord)	9-Hole Golf (10:00@ Diablo Hills GC) Mexican Train (10:00@ TBD)	7	Hiking & Walking (8:15@ Museum of San Ramon Valley, Danville)	9
10	18-Hole Golf (9:32@ Boundary Oak GC)	Luncheon Bridge (11:30@ Diablo CC)	9-Hole Golf (10:00@ Buchanan Fields GC) Dine-O-SIR (6:00@ El Tapatio, Pleasant Hill)	14	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Saturday Walking Tour (10:00@ Oakland Museum) </div>	16
17	 SIR BR. 116 MEETING (11:30@ Boundary Oak) (11:30 @ Boundary Oak)	18-Hole Golf (10:00@ Paradise Valley GC)	9-Hole Golf (10:00@ Brentwood GC) Dine-O-SIR (6:00@ El Tapatio, Pleasant Hill)	Computer & Tech (9:30@ Elks Club)	Hiking & Walking (8:15@ Olympic Staging Area, Lafayette)	Walking Tour 23
24	18-Hole Golf (9:30@ Franklin Cyn GC) Book Group (10:15@ Orinda Books)	Luncheon Bridge (11:30@ Diablo CC)	9-Hole Golf (10:00@Diablo Hills CC) \$ums Investment (8:00@ Diablo Creek GC)	Fishing Group (8:30@ Legends-Diablo Crk) Wine Appreciation (4:00@ Dave William's House)	29	30



Br. 116 Treasurer's Report

Jim Nickels, Treasurer

(bjnickels@sbcglobal.net)

	Feb. 2019	2019 YTD
Contributions	\$ 8,439.99	\$ 14,932.96
Disbursements	\$ (9,033.61)	\$ (13,668.55)
Net (gain/(loss))	\$ (593.62)	\$ 1,264.41
Feb. 28th Cash Balance		\$ 9,365.70



Membership

Phil Goff

(philgoff@yahoo.com)

SIR 116 Membership Status

Total Current Membership is 207

New Members:

- Jim Seven (Sponsor Gary Boswell)
- Ed Solomon (Sponsor Jerry Hicks)

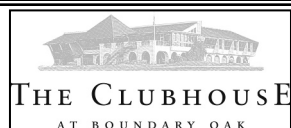
**Want a Free \$25 Lunch ?
Sponsor a New Member !**

March Birthdays

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

- | | |
|--------------------|----------------------|
| 1. Doug Allen | 11. John Peterson |
| 2. Pete Belden | 12. Allen Pirkle |
| 3. Gary Bonfiglio | 13. Bob Price |
| 4. Bill Duncan | 14. Ron Radakovich |
| 5. Bill Harrington | 15. Paul Ramacciotti |
| 6. John Hughes | 16. Norm Schoenfeld |
| 7. Dick Kauffman | 17. Terry Sherman |
| 8. Bob Loder | 18. John Story |
| 9. Bill McCord | 19. Dave Williams |
| 10. Rick Parker | |

March Lunch Menu



SIRS 116 Luncheon

Maarch 18, 2019

Salad

Wedge of Baby Iceberg Lettuce
Hard Boiled Eggs, Cherry Tomatoes
Thousand Island Dressing

Entrees

Classic Braised and Glazed Corned Beef
Boiled Potatoes, Carrots and Cabbage

Or

Lemon Garlic Tilapia

Confetti Rice, Seasonal Vegetables
Fire Roasted Tomato Butter Sauce

Vegetarian

Seared Teriyaki Tofu Medallions
Vegetarian Fried Rice and Stir Fried Vegetables

Dessert

Grand Marnier Cake
White Cake, Orange Liqueur, Vanilla Whipped Cream

SIR Website Addresses

SIR 116 Web Site (With new design)

branch116.org

Branch 116 Golf

branch116golf.org

Computer and Technology

a2cat.sirinc2.org/

SIR Happenings State Newsletter

sirinc.org/sirhappenings



Meeting Speaker
Little SIR Michael Barrington
 (majb7016@gmail.com)

March Speaker: Lois Elling - "Appalachian clogging"

The Diablo Mountain Cloggers were formed in 1974 and have been based in Walnut Creek, California most of that time. They are an informal group of people, all ages, who enjoy clogging. Instructor and director of the club is Lois Elling, who has been with the group since its inception and teaching them since 1976. Today she and a partner will talk about the history of the dance and give us a demonstration.

As immigrants settled in the Appalachian Mountains, they brought with them their native dances, styles and music. Some of the dances blended and mixed with other dances to form new styles and dances. Clogging emerged from a mixture of Irish jigs, English country dances, German dances, possibly Cherokee Indian and most certainly African dances and rhythms.

Characteristic of Clogging is the rhythmic beat that the dancers' feet are continually making. It can involve fewer than ten basic movements but these combine to make quite a variety of steps. New steps and styles from other dances are often incorporated into otherwise traditional clogging steps.

Originally Clogging was only a dance performed solo. As it (and other dances) became more acceptable, clogging became a part of Appalachian Square Dancing, also known as Big Circle Dancing. Now Big Circle Dancing is done either with or without the fast footwork of clogging.

Trampas Topics Submissions



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

Neil Schmidt, Trampas Topics Editor
trampastopics@gmail.com



Parties
Alan Fitzgerald
 (galan.fitzgerald@gmail.com)

Spring Fling Newsletter Update

The 2019 Spring Fling will be at the **Oakhurst Country Club in Clayton on May 29th**. We are planning a very nice event for your partner and yourself. May is our month to honor our partners which takes the place of the monthly luncheon in May. It's a great time to invite a new member to join you at your table or invite a guest so they can see what a wonderful organization we are. The room has a great view overlooking the golf course with an outside patio for your enjoyment during the social hour. The registration form is on page 13, print a copy and send it in early.



Meeting Attendance
Brent Chaney & Jim Flessner
 (redteam27@yahoo.com)



February 18, 2019 Meeting Attendance

Active Members:	205
Guests/Visitors:	0
Transfers & Inductees:	2
Speakers:	1
Members Excused:	41
Excused due to long term illness:	2
Members NOT excused:	9
Total Attendance:	157

% of Active Members in Attendance 75%

Members not excused will be asked to pay for their missed lunch.



Poker
Lou Sandor
 (lsandor@astound.net)

Contact Lou Sandor at 925-944-1634 or lsandor@astound.net if you are interested in joining the Poker group



Sunshine Report

Matt Arena

(marena@astound.net)

SIR **Henry Sicabaig** passed on February 3, 2019 following hospice care at Atria in Pleasant Hill. Henry has been away from our meetings for a long time due to failing health. He was a faithful member for many years until the decline in his health.

SIR **Larry Johnson** passed on February 6, 2019 while in his sleep. Larry was an active member of the 18-hole golf group. He never let his health get in the way of his active life style. He went to the gym as long as his body allowed it. We will miss the passing of two of our oldest members.

SIR **Marty Ratteree** passed on February 24, 2019. Marty will always be remembered for his Irish wit and as a Master Storyteller.

SIR **Bob Campbell** has had a knee operation which his doctors say was successful. Bob on the other hand says that the soft tissue is slow to heal. He is on a walker and can negotiate around the house. Bob expects to miss the next luncheon but is hopeful that the recovery will not last too much longer.

SIR **Bill Harrington** is recovering from a fractured pelvis. We are hoping for a speedy recovery.

Life can only be understood backwards, but it must be lived forward. Soren Kierkegaard

In Memoriam

Henry Sicabaig

January 30, 1923 February 3, 2019

In Memoriam

Raymond (Larry) Johnson

August 15, 1932 – February 6, 2019

In Memoriam

Marty Ratteree

January 13, 1930 February 24, 2019

New Members



Sponsor Gary Boswell with
New Member Jim Seven



Sponsor Big SIR Jerry Hicks with
New Member Ed Soloman



Ron Armijo receiving Certificate of Appreciation
award from Big SIR Jerry Hicks



Member Relations

Sam Beret

(snb49@outlook.com)

This year, Branch 116 has formed a Member Relations committee to ensure that branch is meeting the expectation of its members. The committee will implement programs to improve member integration, satisfaction and retention.

Committee members are: Sam Beret, Bob Donohue, Garrett Girvan, Bob Huck, Tom O'Brien, Phil Perrelli and George Pryhuber.

We will periodically survey and solicit member feedback regarding seating, food quality, food service, speakers, meeting content and duration. You may be getting email and phone calls from committee members regarding your feedback on those and other issues. These emails and phone calls will occur right after monthly meetings for timely feedback.

The committee members will also contact those members who voluntarily leave the branch to determine the reason[s] for their departure and also those who miss repeated luncheon meetings.

We will also stay in touch with new members to ensure that they are integrated into the branch activities and solicit their feedback on the integration process. It would be sad if a new member was left alone, felt alienated, did not participate in activities of his interest and resigned.

During the monthly meetings or any time, please do not hesitate to contact me or any member of the committee with any ideas, comments, and feedback on branch activities.



Do You Like Games?
Are Your Competitive?
Do You Like Wine?

Our SIR 116 game for 2019:

INVITE-A-GUEST

Win a Jeroboam of fine Italian **Barbara d'Alba**

Winners will be announced
December 2019

\$ums Investment Group

Tom Henry (Branch 174)

(tomh925@icloud.com)

\$UMS in Retirement meets again on **Wed Mar 27** at 8 AM at the Legends Restaurant at Diablo Creek Golf Course on Port Chicago Highway, Concord, just north of Hwy 4.

Our speaker will be Rich Knowles. President of the CCC Grand Jury Association. He will be talking about waste, fraud and abuse in localities and how the Grand Jury fights these problems. Poor money management oversight has led to unsustainable pension liabilities for local governments.

The Legends opens at 7 AM. Come early and have a leisurely breakfast with your colleagues prior to the meeting. Ladies are welcome.



Saturday Tours

Greg Hughes

(j6464h@yahoo.com)

On **Saturday, March 23**, the SIR's SATURDAY TOUR group is scheduled to visit the Oakland Museum of California. The Museum is located at 1000 Oak Street, Oakland, and our tour begins at 10:00. The entry fee is \$10 per person, and this fee applies to everyone (no age factor). The fee covers all-day access to all three Museum wings – California History, California Art, and Natural Science. Included in this fee is a private docent tour covering the California History Wing.





Bridge

Jon Dickson

(still26@sbcglobal.net)

Our bridge yearly scores are published and our big winner for 2018, for the second (perhaps third) year in a row is Jai Yee with averaging 4,147 Points Per Game, playing 21 of 23 games in the year. Coming in second, playing all 23 bridge dates was Bob Wolf with 3,951 Points Average. Third was Joel White, playing 9 dates and having 3,947 Average points. We thank Bob Wolf for keeping our statistics and proving scores keepers don't always win!

Lunch & Games are every 2nd and 4th Tuesdays of the month at Diablo Country Club and all are welcome to join us for a day of Chicago Style bridge. Change partners every 4 hands, meet a great group (I am biased) of SIR's and have an enjoyable afternoon of bridge.



Wine Appreciation Group

Lou Meylan

(loumeylan@hotmail.com)

Our Wine Appreciation group meets every other month on the fourth Thursday. The January get together was at the home of Dick Conger and featured wines from Portugal. We will meet at the home of Dave Williams on **March 28th** from 4pm to 6pm. If you wish to attend please RSVP to dave at dpwcaw@gmail.com or 925-216-6048.



"Dine-O-SIR" Dinner Group

Alex Lutkus

(alutkus@yahoo.com)

Are you ready for "South-of-the-Border" margaritas and delicious Mexican cuisine? If so, then hurry and sign-up for the next Dine-O-SIR Dinner Group's social/dining event which will be held at El Tapatio Restaurant and Cantina located at 40 Golf Club Road in Pleasant Hill, CA. You have a choice of attending the affair on either **March 13th** or **March 20th**. The cost is \$25 per person, inclusive of tax and tip. Social hour will begin at 5:45 pm and dinner will be served at 6:30 pm. Details and the Reservation Form may be found in last month's Trampas Topics newsletter on page 9. At this time, there are still a number of openings available, for either date, so fill out your reservation slip and mail it in with your check (made out to SIR Branch 116 Dining) to Lou Meylan, 3151 Cafeto Drive, Walnut Creek, CA 94598. If you have any questions you can reach Lou at (925) 933-0675 or by e-mail at loumeylan@hotmail.com.



Book Exchange

John Fraser & Dick Kauffman

(wokeagle@aol.com & rkkauffman@gmail.com)



The book exchange has moved to the area behind the dining room. We have a wide variety of topics and authors for your use. We welcome contributions of books that you have enjoyed. There are no rules, take as many as you can read and bring them back when you are through. If you enjoy reading you are encouraged to join our Book Club which meets on the 4th Monday of the month at Orinda books in Orinda at 10:15. Please stop by...

State 'SIR Happenings'

Enjoy reading *SIR Happenings* 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 located at:

sirinc.org/sirhappenings

Branch 116 Dine -O-SIR
El Tapatio Restaurant & Cantina

40 Golf Club Road, Pleasant Hill, CA

Two Night Event – Wed, March 13 or Wed, March 20

SOCIAL HOUR WILL START AT 5:45 PM and Dinner will be served at 6:30 PM

House margarita, wines (by the glass), draft beer pints,
Well drinks - \$6.00, Bottles of house wine at \$20.00

Dinner Menu Combinations

#1 Chicken or Cheese Enchilada & Beef Taco

#2 Chicken or Cheese Enchilada & Cheese Chile Relleno

#3 Carnitas Plate w/ guacamole & Pico De Gallo

#4 Chicken Burrito & Beef Burrito Dinner

Dinner includes

House salad, rice & beans, chips & salsa,
flan dessert, coffee, iced tea, or soda

Cost, just \$25.00 per person, tax & tip included

(cut)-----(cut)

Dine-O-SIR, El Tapatio Restaurant & Cantina

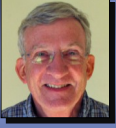
1st Date Choice: _____ 2nd Date Choice: _____

Name: _____ Entree Combination # _____ {Veg only: _____}

Name: _____ Entree Combination # _____ {Veg only: _____}

Number Attending: _____ x \$25.00 = \$ _____

Please make check to: SIR Branch 116 Dining
Mail to: Lou Meylan, 3151 Cafeto Drive, Walnut Creek, CA 94598
Call or e-mail Lou if you have questions. 925-933-0675
loumeylan@hotmail.com



Hiking & Walking

John Riordan & Joel White

(gcriordan@com, zpz2mrz@gmail.com)

John Riordan led the Friday February 8 walk from the Walnut Creek Civic Center Park north along the Iron Horse Trail. The trail was free of high-speed bikers, but we were distracted by a fire under the creek bridge. Walkers were Richard and Donna Black, Art and Mary Alice Donaldson, Al Farbman, Dick Frankel, David and Colleen Geary, Dan and Andrea Green, and John Riordan. We continued on to the post-walk convocation at Caffè La Scala .

Dan Green led the Friday February 22 walk from the Lafayette Christian Church north along the Lafayette Moraga Regional Trail. It was a cold morning with a record turnout of 18 walkers: Richard and Donna Black, Steve Bort, Art and Mary Alice Donaldson, David and Colleen Geary, Dan and Andrea Green, Essie Nadaff, John Riordan, Norm Schoenfeld (who rejoined us after a long hiatus), Tom and Mary Welte, Joel and Susan White, and Richard and Aase White. The post-walk convocation was at the Town Bakery and Café in Moraga.

Joel White will lead the **Friday March 8** walk. We will meet at 8:15 at Museum of the San Ramon Valley (aka Railway Museum) in Danville and walk north along the Iron Horse Trail. Post-walk convocation will be at Crumbs Bakery Café, 221 Hartz Ave in Danville. RSVP to Joel at zpz2mrz@gmail.com .

Bob Wolf will lead the **March 22** walk. We will meet at 8:15 at the Olympic Staging Area (larger, easternmost parking lot) on Olympic Blvd in Lafayette and walk west along the Lafayette Moraga Regional Trail. Post-walk convocation will be at Starbucks, 3343 Mt. Diablo Blvd in Lafayette. Easier parking is available next door at El Charro. RSVP to Bob at rwolf318@gmail.com .

All walks are with or without significant others. The significant other/spouse is also invited to participate even when the member is unable. Also, members and/or spouses are invited to join the post walk convocation even if they are unable to

participate in a particular walk.

Anyone, including those from other SIR branches, wishing to join this mellow group, or to be added to the e-mail contact list, should contact John Riordan at gcriordan@comcast.net or 925-284-3394.



Br. 116 Book Group

Rich Black

(blackrw41@comcast.net)

The Book Group met on Monday February 25, 2019 to discuss "The Long Haul" by Finn Murphey, a memoir of a mover for VIP customers.

Art Donaldson recommended the book while Richard Black led the discussion with Bob Wolf, Richard White, Garret Girvan, Richard Rossland, Alan Pope, Al Farbman, Mike Schneider, Joel White, Mac McLaughlin, Richard Frankel, John Riordan, Dick Kaufkman, John Kopchik, John Frazier, Jim Flesner and Jerry Christopherson.

Murphy told stories of dropping out of college to move people with his eighteen-wheeler and stories of his truck driver colleagues. Along the way he offered his observations on contemporary America. The group awarded the book 4 stars and encouraged SIRs to get a copy. It's an easy, fun read.

The group agreed to meet again On **March 25** to discuss "Under the Scarlet Sky" by Mark Sullivan and postponed reading "On Desperate Ground" by Hampton Sides until April 22.

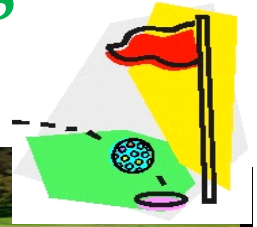
It is the custom of The Book Group to meet on March 25 at 10:15 am at Orinda Books, 276 Village Square, in Orinda.



Branch 116 Carmel Golf Outing

Golf at Carmel Valley Ranch Golf Course

Wed/Thu May 8th and 9th in Carmel, CA



Hotel -- Our Group Hotel is Carmel Mission Inn, Phone (831) 624-1841. We have a SIR Branch 116 Group Rate of \$149 for a King and \$159 for two Queens.

Hotel Reservations must be made by April 3, 2019 to guarantee this rate.

Various Hotel on-line promotions look attractive, but when our dates are selected, I have found none better than our guaranteed rate.

Golf Course -- We are returning to last year's fantastic course, Carmel Valley Ranch. This is an exceptional course/facility. Entry fee includes Two rounds of Golf (including Range Balls), prize money, and Dinner. It will be Medal Play on Wednesday (two flights), and a Scramble on Thursday. Thursday's Teams will be determined by blind draw at Wednesday's Dinner.

Wednesday's Dinner -- We have arranged to have Wednesday's Dinner at our host Hotel, the Carmel Mission Inn. Dinner will be a "Plated Dinner", including coffee\ tea, salad, choice of entree (Salmon or New York Steak), and dessert.

Cost -- You are responsible for your own Hotel reservations/payments. The entry cost is \$200 and includes \$130 for two days of golf/range balls, \$20 prize money, and \$50 Dinner. Non-Golfers are encouraged to attend Wednesday evening's Dinner, at a cost of \$50 each.

Detach Here -----

Carmel Valley Golf Event, May 8th and 9th

Name _____ Name _____

No. of Golfers x \$200 (Includes Dinner) _____

Non-Golfers Attending Dinner x \$50 _____

Total Amount _____

Send your Checks to SIR Branch 116 Golf, P.O. Box 683, Lafayette, CA 94549-0683.

Questions? Email Jim Barstow, jbarstow@aol.com



Activity Chair

Fred Wachowicz & Mike Ward
(fredwach@pacbell.net, michael.ward64@comcast.net)



Lots of "Thank You" accolades go out in this TrampasTopics edition to the Activity Leaders, Assistants, and other SIR Support Leaders who are working to deliver our membership the best possible combination and quality of recreational activities that we can deliver.

Check out the Activity Information contained in this TrampasTopics and our Branch web site and saddle up for the fun and friendship they afford. A "Thank You Shout out" to Neil Schmidt for collecting, editing, and posting Activity information and photos both on our web site and in our Monthly Meeting Slide Presentations.

Two new activities are in the Mill right now including **Golf Lessons** for aspiring SIR golfers and **Bocce** for the highly skilled yet socially minded members among us.

Golf lessons are now underway in groups of four with one hour group lessons at a cost of \$30.00 each. We need **three more signups** to schedule our second group. Call Fred Wachowicz at 925-640-4594.

Bocce details are being worked out and we should have specific information available at our March Luncheon Meeting. Call Mike Ward at 510-734-9563.

CPR, Pickle, Cooking, and Photography are leading the charge for the next set of new Activities.

Expect calls from Member and Activity Leadership to introduce you to and encourage your participation in the fun. If you indicated an interest on our annual survey or on your new member application we will definitely be in touch.

Lastly, we do **urgently need** help for the following activities:

Leaders for Golf Lessons and Bocce

Sherpas for the Book Exchange group to transport books to and from our Lunch Meetings

Punxsutawney Phil didn't see his shadow this year so an early spring is on the way. **Get on board for the fun!**

Mike and Fred



SIR Fishing Group

Harry Sherinian
(h.sherinian@comcast.net)

It was a dark and stormy month! Rain and wind kept us stuck at home. However, Stan Wong, Brion Beetz, Phil Scimonelli, Bob Stein, and Carl Moyer all fished for trout at San Pablo Reservoir. They caught lots of nice, tasty trout, topped by Carl's 7 and a half pound rainbow. A shore trip to Lafayette Reservoir was a bust for Carl, but Phil did well from a rental boat.

We have many fishing trips and events planned for 2019, you should come join the fun! Our March meeting will involve our annual fishing gear auction. Lots of bargains and interesting items. Don't miss it!

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 28th** in the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30am, come early. Contact Harry Sherinian 510-207-7067 Branch 116 Fishing Coordinator.

Do you let your significant other read the Trampas Topics?

You should because SIR Branch 116 has several "coed" activities. These include:

- Hiking & Walking
- Saturday Walking Tours
- Computer & Tech
- Dine-O-SIR
- Wine Appreciation
- Spring Fling
- Christmas Dinner Dance
- Reno Golf Getaway
- Carmel Golf Outing

SPRING FLING

MAY 29, 2019 11:30

SIR BRANCH #116

Oakhurst Country Club

1001 Peacock Creek Dr., Clayton, CA 94517

Fun No Host Cash Bar Social Hour with Appetizer Table
Followed by a wonderful Luncheon with Surprises
\$45.00 per person (tax and tip included)

Choice of:

- Chicken Marsala: Light Red Wine Sauce and Sliced Mushrooms
- White Fish with Rice pilaf Seasonal Vegetables
- Pasta Primavera: Seasonal Vegetables and Marinara (Veggie)

Includes Romaine salad, Candied Pecans, Gorgonzola with Champagne Vinaigrette and Ice Cream Sundae Bar

Deadline of May 20th

\$15 Corkage

-----cut-----

Name _____ Fish___ Chicken___ Pasta/Veggie___

Name _____ Fish___ Chicken___ Pasta/Veggie___

Make checks payable to: SIR Branch 116 \$45 x _____ = \$_____

Mail checks to: Alan Fitzgerald, 3350 Hillside Ter., Lafayette, CA 94549

NOTE: I would like a table with the following people: (tables of 10):



“Mexican Train” Dominos

Richard Madden

(maddenram@sbcglobal.net)

“Mexican Train” is a domino game which uses a set of Double Twelve Dominoes. From 2 to 8 can play. Each player draws 11 to 15 dominoes. The number of dominoes each player draws depends on the number of players. The object of the game is to play all your dominoes. When you draw your hand, you set it up so that the adjacent dominoes match. During the play of a round there are things that can derail your train so that you cannot play. This can make the game very interesting and a lot of FUN!

We meet at 10:00 AM on the second Wednesday of the month, except when we have conflicts, at the Church of Christ located at 500 Minert Road, Walnut Creek. This month our meeting location is yet to be determined. I will send an announcement when the location is set.

I hope to get Couples Train back on the track in March.

Some SIR Travel Opportunities

SIR Area 16 web site has many other travel opportunities. Check them out at: <http://area2.sirinc2.org/>



Computer & Technology

Neil Schmidt

(SIR.Area2.CAT@gmail.com)

The next meeting of the SIR Area 16 Computer and Technology Group will be at the Walnut Creek Elks Lodge (1475 Creekside Dr.) on Thursday, **March 21, 2018** starting at 9:30 am. SIR from all branches and their guests, including spouses, are welcome and invited to attend. Plan to come a little early for coffee, goodies and chat.

The topic for the March meeting will be “Windows 10 Applications”. We will be discussing several interesting and useful Windows 10 applications that have been identified by our members or have been presented in some recent Windows 10 tech articles. Many of these applications are free

Past presentation notes are available on the CAT Web page (a2cat.sirinc2.org). Note we ask for a \$5 donation to cover the cost of the hall rental, coffee and cookies. We look forward to seeing you on March 21st.



February Meeting Speaker John Bettencourt who talked about “Deep Water Horizon Oil Spill”



SIR Branch 116 Golf

By Bernie Wroblewski, Golf Chairman
(bbwroblewski@comcast.net)

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.

In addition to the Tournament format, Special Events such as Match Play, Best Ball, Scramble, and others are also periodically scheduled.

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.

Foursomes in both the 18-hole and 9-hole 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 the Trampas Topics and on our web site at branch116.org/116-golf. Join up with us and enjoy outings with a great bunch of guys at some great courses with reasonable prices.



Nine Hole Info

Dick Chaffee, 9-Hole Chairman
(rwchaffee@sbcglobal.net)

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, Diablo Hills-Walnut Creek, and other 9 hole courses in the area.

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 2016 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.

Latest SIR 116 Golf Info Available on Our Golf Web Site

The Golf Website is: branch116golf.org

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

- 2018 Golf Schedule: Dates, times, and courses as well as detailed information on costs, payment information, deadlines, and special event facts.
- 18-Hole Pairings: Shows captains, teams, start-

ing times & handicaps for next event.

- 18-Hole Leaders and Results: Shows results from recent events and leaders in each group.
- Paid-In-Advance Sign-Ups: Shows checks that have been received for the next 3-4 pre-paid outings.
- Boundary Oak Sign-Ups: Shows who has signed-up for the next two Boundary Oak sessions.

March 9-Hole Schedule

Date	Time	Location	Organizer
Wed. 06	10:00	Buchanan Fields	Dick Chaffee
Wed. 13	10:00	Diablo Hills	D.McClaughry
Wed. 20	10:00	Buchanan Fields	Dick Chaffee
Wed. 27	10:00	Brentwood	D.McClaughry

March 18-Hole Schedule

Date	Time	Location	Organizer
Mon. 4	9:32	Boundary Oak	Gary Boswell
Mon. 11	9:32	Boundary Oak	Gary Boswell
Tues. 19	9:30	Paradise Valley	Gary Boswell
Mon. 25	9:30	Franklin Canyon	Gary Boswell

18-Hole Results

Deer Ridge 2-25-19 Harry Oberle - Official Scorer - Event Cancelled

Event Cancelled

Canyon Lakes 2-19-19 Harry Oberle - Official Scorer

<u>Flight 1</u>			<u>Flight 2</u>			<u>Flight 3</u>			<u>Flight 4</u>		
1st	Don Schroeder	70 3	1st	Bary Boswell	71 3	1st	Kevin Donahue	76 3	1st	Terry Sherman	77 3
2nd	Jerry Hicks	75 2	2nd	Dirk Meyer	77 2	Tie 2nd	Dave Carlson	82 2	2nd	Fred Schafer	80 2
3rd	David Harris	83 1	3rd	Jim Barstow	79 1	Tie 2nd	Alex Lutkus	82 2	3rd	Bill Hemmelsback	84 1
<u>Low Gross</u>			<u>Low Gross</u>			<u>Low Gross</u>			<u>Low Gross</u>		
	Don Schroeder	90		Gary Boswell	93		Kevin Donahue	104		Terry Sherman	111
<u>Closest to #3</u>			<u>Closest to #3</u>			<u>Closest to #3</u>			<u>Closest to #3</u>		
				Dirk Meyer			Alex Lutkus				

Boundary Oak 2-11-19 Fred Schafer - Official Scorer

<u>Flight 1</u>			<u>Flight 2</u>			<u>Flight 3</u>			<u>Flight 4</u>		
Tie 1st	Phil Goff	73 3	1st	Al Zavattero	71 3	Tie 1st	Bob Testa	71 3	1st	Matt Arena	73 3
Tie 1st	Jim Johnson	73 3	2nd	Dirk Meyer	75 2	Tie 1st	Dave Carlson	71 3	2nd	Bill Hemmelsbach	81 2
3rd	Jerry Hicks	74 1	3rd	Gary Boswell	77 1	3rd	Tom O'Brien	76 1	3rd	Fred Schafer	82 1
<u>Low Gross</u>			<u>Low Gross</u>			<u>Low Gross</u>			<u>Low Gross</u>		
	Phil Goff	88		Al Zavattero	93		Bob Testa	100		Matt Arena	113
<u>Closest to #3</u>			<u>Closest to #3</u>			<u>Closest to #3</u>			<u>Closest to #3</u>		
	Jim Johnson			Hank McDermott			Dave Carlson			Ron Armijo	

Boundary Oak 2-4-19 Gary Boswell - Official Scorer - Event Cancelled

Event Cancelled



2019 First Half Leaders (As of Canyon Lakes, Tues, February 19, 2019)

<u>FLIGHT 1</u>		<u>FLIGHT 2</u>		<u>FLIGHT 3</u>		<u>FLIGHT 4</u>	
<u>Name</u>	<u>Pts</u>	<u>Name</u>	<u>Pts</u>	<u>Name</u>	<u>Pts</u>	<u>Name</u>	<u>Pts</u>
Phil Goff	6	Gary Boswell	10	Dave Carlson	7	Conrad Robertson	5
Don Schroeder	6	Al Zavattero	5	Bob Donohue	3	Robbie Robinson	4
David Harris	4	Harry Oberle	3	Ron Armijo	3	Matt Arena	3
Michael Barrington	3	Dirk Meyer	4	Bob Testa	3	Bill Hemmelsbach	3
Jim Johnson	3	Al Hutcho	1	Kevin Donahue	3	Fred Schafer	3
Jerry Hlcks	3	Jim Barstow	1	Jim Clizbe	2	Terry Sherman	3
				Alex Lutkus	2	Wayne Cook	2
				Tom O'Brien	1	Greg Hughes	1
						Phil Jenkins	1

Golf Hotline: The Golf Telephone Hotline can be reached at 925-906-5355.

You may leave a message to register for 9-Hole & 18-Hole tournaments, cancel a previous registration, make special requests for pairings, ask to be added to a waiting list after the deadline and check to see if a tournament has been cancelled due to inclement weather or other reasons.

- If you are registering for Boundary Oak, please indicate whether you are Walking or Riding.
- If you are registering for Paid-in-Advance tournaments, please mail your check prior to the deadline to SIR Branch 116 Golf, P. O. Box 683, Lafayette, CA 94549-0683.

Electronic Signups and Cancellations

Please note that you may also signup for Boundary Oak & Paid-in-Advance tournaments on this website. Simply navigate to 18-Hole Group/Schedules & Signups and choose either Boundary Oak or Paid-in-Advance. You may cancel a previous signup either by using the telephone hotline or by sending an email to branch116golf@gmail.com.

18-Hole Pay In Advance Deadlines

<u>Event Date</u>	<u>Location</u>	<u>Deadline</u>	<u>Amount</u>
March 19	Paradise Valley	Mar. 8	\$45
March 25	Franklin Canyon	Mar. 11	\$33
April 16	Hiddenbrook	Apr. 8	\$42
April 22	Lone Tree	Apr. 11	\$38
April 29	Lake Chabot	Apr. 18	\$33

Send checks made out to SIR Branch 116 Golf, PO Box 683, Lafayette, CA 94549-0683



RETURN TO: Neil Schmidt
2231 San Miguel Dr.
Walnut Creek, CA
94596-5805

Sons In Retirement: A non profit Organization for Men Enjoying Active Retirement

Rules of Attendance & Membership for SIR Branch 116

RULE 100. A member shall be notified in writing and/or telephone by his Branch of the pending termination of his membership 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 of the regular luncheon meetings within the previous twelve consecutive month period. NOTE: Excused meetings cannot be included to achieve the minimum attendance.
- All legitimate alternatives to termination shall be explored. The member's response may suggest an alternative to termination such as inactive status.

RULE 101. Certification of attendance by a member at another Branch meeting will be considered as a credit to his attendance record. Individual Branches may limit the number of make-ups during a 12-month period.

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.