



SIR Branch 116 Newsletter July 2024

Enhancing the lives of our members through fun activities, luncheons and events while making Friends for Life

Message from Alan

I hope you were able to attend the June Dine-O-SIR dinner at Hazy Barbecue in Danville. Thanks to Jerry Hicks for putting on this event which I'm sure everyone enjoyed and had a great time. Golf, bocce, pickle ball, golf lessons, book clubs, wine-o-SIRs, bridge, fishing, community services, Saturday tours, Amiable Amblers, and Mexican train are activities that are thriving. If you are not yet a member of these groups, give the activity chairman (shown in the online 116 Newsletter) a call to get yourself on his notification list. Six additional activities can be piggybacked with other branches, Apple user ID, astronomy, bowling, cycling, digital photography, and men's hearts cards.



However, according to the annual member survey, we are missing out on other activities in which members are interested, including cycling, photography, group theatre, west coast weekend, 1-3-week travel, computer technology, investment group, workout group, chess, hiking and bowling. Some of these activities are covered by other SIR branches as noted above we need members who are interested in these activities to step up and become activity chairmen in our branch to lead these activities.

We are currently working with Branches 8 and 146 to try and improve the sound system at Boundary Oak. It's been a slow process, but we'll keep you updated on that. Finally, on Wednesday, June 6, the State SIR Acting President had a Zoom Town Hall Meeting with over 200 Big SIRs, Little SIRs, BEC members and other interested SIR members attending. The general topic was the future of SIRs. We learned first that SIRs is losing 4-7% of its members per year and 2-5 branches per year (discontinued or merged). Rather than go into great detail, the call involved a number of changes that would presumably turn these numbers around and grow the organization. These changes will be discussed at the next BEC meeting and presented to all members at a luncheon and/or via email.

It's been three years since we resumed having luncheons after the pandemic. Although COVID-19 is still with us, it's important to stay safe. Summer is a season filled with opportunities for fun and adventure. Whether the warm, sunny days invite you to go golfing, hiking, swimming, or picnicking, summer offers all kinds of activities. Get together with friends and family for a picnic or barbecue. Our nation celebrates its 247th birthday on July 4th. Put out your flag and have a wonderful holiday!

See you on July 15th if not before at one of our activities.

Alan Pope, Big SIR

Next Meeting
July 15, 2024 @
Boundary Oak,
11:30 AM

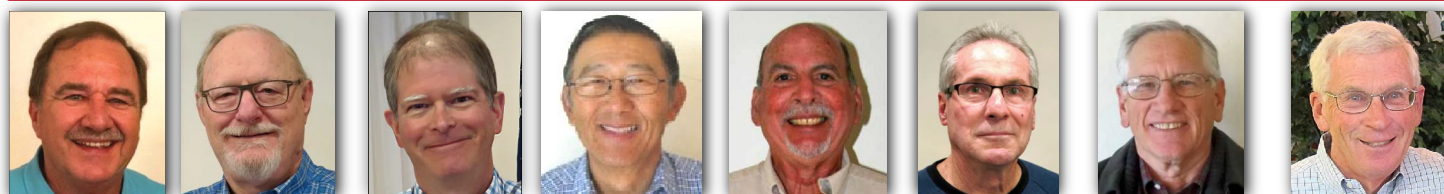
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Call 925-322-1318
or email to
luncheon116@gmail.com
by the Monday
prior to the
meeting to cancel
your standing
reservation.

Trampas Topics

2024 SIR Branch Officers



Big SIR Alan Pope	Little SIR Paul Russell	Treasurer Charlie Guthrie	Asst. Treas. Al Satake	Secretary Paul Ramacciotti	Asst. Sec. Dan Lawrence	Membership Alan Fitzgerald	Asst. Membr. Greg Hughes
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Don Benioff	Gary Bonfiglio	Jeff Johnson	Sam Beret	Roger Craig	Dave Williams
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2024 Support Chairmen

RAMP Department Heads

- | | |
|--------------------|---------------|
| • Recruitment | Don Schroeder |
| • Activities | Mike Ward |
| • Member Relations | Sam Beret |
| • Publicity | Robin Lemmo |

Branch Support Chairmen

- | | |
|--------------------------|------------------------|
| • Audit Committee | Ron Armijo |
| • Nominating Committee | Roger Craig |
| • Sunshine Committee | Open |
| • Computer Support | Neil Schmidt/Phil Goff |
| • Webmaster | Neil Schmidt/Phil Goff |
| • Newsletter Editor | Neil Schmidt |
| • New Member Orientation | Dave Williams |
| • Membership Roster Prep | Phil Goff |

Diversity Support Team

- | | |
|----------------|--------------------|
| • Team Leader | Fred Wachowicz |
| • Team Member | Sam Beret |
| • Team Member | Terry Sherman |
| • Team Member | Al Satake |
| • Team Member | Jerry Hicks |
| • Team Member | Michael Barrington |
| • Team Advisor | Lee Moy |

Luncheon Support Team

- | | |
|--------------------------|---------------------------|
| • Attendance | Dennis Snarr |
| • Audio Visual | Neil Schmidt |
| • Chaplain Committee | Terry Sherman |
| • Greeters Committee | Ramacciotti, Datzman |
| • Raffle Committee | Ben Bryce |
| • Storytellers Committee | Mac McLoughlin/F. Schafer |

Speakers Committee

- | | |
|---------------|---------------|
| • Team Member | James Dawe |
| • Team Member | Allan Farbman |
| • Team Member | Paul Freitas |
| • Team Member | Paul Russell |

2024 Activity Chairmen

<u>Activity</u>	<u>Chairman</u>	<u>Asst. Chairman</u>
Amiable Amblers	John Riordan	Joel White
Bocce	Bob Huck	
Book Group 1	Rich Black	Steve Bort
Book Group 2	Scott Clark	Alan Pope
Book Exchange	Dick Kauffman	
Bridge	Jon Dickson	Art Donaldson
Chess	Gary Bonfiglio	
Community Service	Jeff Johnson	TBA
Dine-O-SIR	Jerry Hicks	
Fishing	Harry Sherinian	Terry Miller
Golf—18 Hole	Bernie Wroblewski	Ed Lichtig
Golf—9 Hole	Dick Chaffee	D. Mclaughry
Golf—Treasurer	Harry Oberle	
Golf—Carmel	Phil Goff	
Golf—Clinic	Chris Doan	
Mexican Train	Richard Madden	Alex Lutkus
Parties	Paul Russell	TBA
Pickleball	Ed Solomon	Gary Bonfiglio
Poker	Open	
\$ums Investment	Dave Sutton, Br.8	
Sunshine	Open	
Theater	Terry Sherman	
Travel	Open	
Walking Tours	Greg Hughes	Jim Tamulski
Wine-O-SIR	Dave Havlik	

Some Other SIR Area 16 Activities

Astronomy	Larry Lange (Br. 8)	925-254-6281
Bowling	Dan Weller (Br. 8)	925-935-5510
Cycling	Larry Kaye (Br.8)	925-698-4030
Digital Photography	Meng Horng (Br. 8)	309-287-5654
Men's Hearts Cards	Bob West (146)	925-518-8472

Monthly Activities Calendar

July 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 18-Hole Golf (9:40@ Boundary Oak)	2	3 9-Hole Golf (10:00@ Dublin Ranch)	4 	5 Pickleball (7:30@ WC Tennis, Heather Farm)	6
7	8 18-Hole Golf (9:40@ Boundary Oak)	9 Luncheon Bridge (10:30@ The Brass Door)	10 9-Hole Golf (10:00@ Diablo Hills) Mexican Train (10:00@ Church of Christ, WC)	11 Bocce (10:00@ Clayton Courts)	12 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (8:30@ Stone Valley Rd. West)	13 Golf Clinic
14	15 SIR Br. 116 Luncheon (11:30@ Boundary Oak)	16 18-Hole Golf (10:00@ Las Positas)	17 9-Hole Golf (10:00@ Buchanan Fields)	18 Book Group 2 (11:00@ Arbolado Park, WC) Community Srvc. (White Pony Express)	19 Pickleball (7:30@ Heather Farm) Amiable Amblers (8:30@ WC Civic Park) Chess (1:00@ PH Senior Ctr.)	20
21	22 18-Hole Golf (10:00@ Eagle Vines)	23 Luncheon Bridge (10:30@ The Brass Door)	24 9-Hole Golf (10:00@ Pleasanton)	25 Fishing Group (8:30@ Diablo Creek) Bocce (10:00@ Clayton Courts)	26 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (8:30@ Railroad Museum, Danville)	27
28	29 18-Hole Golf (10:00@ Metropolitan) Book Group 1 (10:15@! Orinda Books)	30	31 9-Hole Golf (10:00@ Buchanan Fields) \$ums Investment (1:30 via Zoom)			



Branch Administration



Branch Membership
Alan Fitzgerald, Membership Chairman

Total Membership is 190

<u>Name</u>	<u>Action</u>	<u>Sponsor</u>
Wille Brown	New Member	Jeff Johnson
Robert Haber	New Member	Photo Club
William B. McCann	New Member	Friend
Tony de Grassi	Resigned	Moved
Ben Smith	Deceased	May 19, 2024
Rudy Gebert	Resigned	Moved
Dave Fiore	Guest	Scott Clark
Dan Green	Resigned	Transf. Br.148



Treasury Report
Charlie Guthrie, Treasurer

	30-June	2024 YTD
Beg Bal 2024		\$ 11,222.12
Contributions	\$ 4,639.00	\$ 34,164.82
Disbursements	\$ (4,214.09)	\$ (32,674.16)
Net (gain/(loss))	\$ 424.91	\$ 1,490.66
May Cash Balance		\$ 12,712.78

July Birthdays

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

- | | |
|-----------------------|-----------------------|
| 1. Michael Barrington | 9. Paul King |
| 2. Don Benioff | 10. Brad Lee |
| 3. Gary Boswell | 11. Jack Minicucci |
| 4. Willie Brown | 12. Tom O'Brien |
| 5. Dick Frankel | 13. Tim Tinnes |
| 6. Garrett Girvan | 14. Bob Vetro |
| 7. Al Hutchko | 15. Jim Videle |
| 8. Doug Janes | 16. Bernie Wroblewski |



Branch Executive Committee (BEC) Minutes - Summary

Meeting of June 17, 2024

- Financial: Branch cash balance as of 6-1-24 is \$12,807.87. Reserve balance is \$11,155.11.
- Annual Dues: 172 of our 189 members have paid their dues for 2024 as of 6/16/2024.
- Luncheon Attendance: 110 attendees were submitted for the June luncheon. The three menu choices for lunch were Chicken Marsala, Cod Marsala and Spinach Ricotta Manicotti.
- Membership: Current active membership is 189. Four new members were welcomed in June: Willie Brown, Robert Haber, Michael Dimaggio and William McCann.
- Activities: 21 activities are currently

operating. Six additional activities are piggy-backed with other branches: Apple User Group, Astronomy, Bowling, Cycling, Digital Photography and Men's Hearts Cards. Three activities still need a chairperson: Sunshine, Poker and Travel. Chess is a new activity in conjunction with Branches 8 and 146.

- June Guest Speakers: The June guest speakers were FBI agents Lester Kwok and Michael Roldan who presented an overview of the current operations and mission of the FBI with a focus on Internet Scams/Elder Fraud.
- Events: DINE-O-SIRS dinner event on 6-26-24 at Hazy BBQ, 200 Hartz Avenue, Danville.

Luncheon Speaker

“French Resistance during WWII, 1941-45 & No Room for Heroes” by Michael Barrington



Little SIR
Paul Russell

Last month's speakers were SFO FBI Special Agents Lester Kwok and Supervisory Special Agent Michael Roldan. They traded off speaking and filling in for each other (e.g. adding more context to what they were speaking about).

Supervisory Special Agent Michael Roldan has been with the FBI for 16 years and is currently the program director for Elder Fraud. Previously, he worked in Public Corruption, Environmental, Violent Crime, Human Trafficking, Healthcare Fraud, Antitrust, and Money Laundering/Virtual Currency Exploitation.

Special Agent Lester Kwok has been with the FBI for 19 years and is currently the Engagement / Liaison with the private sector. Previously he dealt with Financial Crimes, various fraud issues and Theft of Trade Secrets.

In July, we will have our own past BIG SIR Michael Barrington speak to us about the French Resistance during WW II, 1941-45 & No Room for Heroes. Michael is an author of historical fiction, novels, mysteries and short stories.

He has been involved in developing and supporting humanitarian projects for the past 5 years. He has worked in Honduras, Burkina Faso, Ethiopia and the Andes. The proceeds from his books support his humanitarian work.

Member Feedback on June Luncheon Food

“Although I’m new to SIRS this year, I have eaten served group lunches and dinners at Boundary many, many times over the years. Yesterday’s was definitely one of the best! The cod, rice, and broccoli were all warm; the cod was cooked perfect and flaked very nicely with great flavor; the rice texture was perfect with a slight hint of curry, awesome! The broccoli looked to be packaged, was cooked perfect, and nothing special about the flavor other than it was broccoli. And last but not least, the table service was awesome, too...many friendly and smiling faces! Way to go Boundary Oaks!”

Ken Ridings

The Clubhouse
at Boundary Oak

Luncheon Menu

Monday, July 15th

Salad

Mesclun Greens, Golden Raisins, Candied Pecans, Feta, Poppy Seed Dressing

Entrées

Herb Roasted Chicken

Herb Marinated and Roasted Chicken Breast, Smashed Potatoes, Seasonal Vegetable, Creamy Dill Sauce

—or—

Lemon and Herb Salmon Salad

Citrus Marinated Salmon, Mesclun Greens, Spinach, Grape Tomatoes and Shaved Carrots, Poppy Seed Dressing

—or—

Vegetarian

Balsamic Marinated Stuffed Mushroom
Balsamic Marinated and Grilled Portobello Mushroom filled with Warm Quinoa Salad, Seasonal Vegetables, Balsamic Glaze.

Dessert

Banana Cream Pie

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)

Branch Activities

Info about Elder Fraud

The mission of the FBI is to protect the American people and uphold the Constitution of the United States. This mission includes our efforts to combat financial crimes targeting seniors. The FBI, in alignment with the Department of Justice Elder Fraud Initiative and the efforts of our internal and external partners, is committed to this mission. It is from this commitment to the American people that the FBI provides the public an avenue to report fraud through the IC3.

The IC3 receives and tracks thousands of

complaints daily, reported by victims of fraud. Any person aged 60 or older could be considered a victim of Elder Fraud. IC3 reporting is key to identifying, investigating, and holding those responsible accountable for their actions.

Each year, millions of elderly Americans fall victim to some type of financial fraud or internet scheme.

If you, or someone you know, is a victim of a fraud or scam, file a complaint with the IC3 (Goto www.ic3.gov).



FBI Agents Lester Kwok & Michael Roldan discussing cyber crimes at June Luncheon



Chess activity on May 24th meeting



Chess Gary Bonfiglio

New Branch Activity-CHESS

Chess, a new joint branch activity with BR 8, 116, 146 was formed last month. They meet every second and fourth Fridays at Pleasant Hill Senior Center, 233 Gregory Lane, PH. We play in the Game Room Noon to 3 pm in the afternoon. We welcome any one from beginners to expert

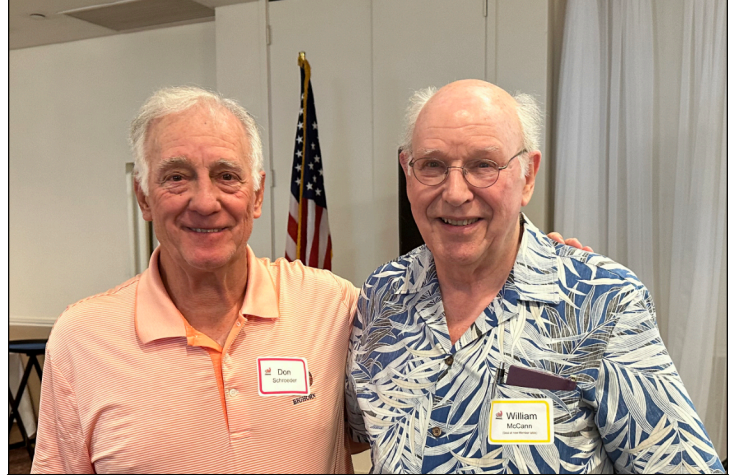
players. Please remember to bring your chess set and any beverage you will enjoy during the activity. As we go forward, you will need to become a member of PH Senior Center for a modest fee of \$20 per year. Any questions, contact Gary Bonfiglio of our branch at 925-330-9612. cribonfiglio@yahoo.com



New Members



New Member Willie Brown with Sponsor Jeff Johnson



New Member William McCann (R) with Don Schroeder



New Member Robert Haber with Sponsor Don Schroeder



Dave Havlik with Marlin he caught in La Paz



Fishing Harry Sherinian

SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Big Fish, Phil Scimonelli 661-917-8060 and Harry Sherinian 510-207-7067 Branch 116 Fishing Coordinator. Next meeting will be at the Legends restaurant at the Diablo Creek golf course on Port Chicago Highway and Highway 4 on **Thursday, July 25th** at 8:30am. Come early.

Weather continues to keep us off the water locally, as we are having one of the windiest springs ever.

Wind is not a friend to fishermen. Tom Kostik and Mike Corker got a few black bass from the Delta. Stan Wong caught some halibut and stripers in the bay. The highlight of the month was when eight of our members went to La Paz, Mexico for 4 days of fishing. They had a great time catching dorado, marlin, and 8 other kinds of delicious pescados. The food and the liquid refreshments were just great. I have attached a picture of Dave Havlik with a Marlin Fish that he caught. Halibut fishing is picking up in the bay so we shall see what happens in the next thirty days.

Branch Activities



Community Service Jeff Johnson

"If a man shuts his ears to the cry of the poor, he too will cry out and not be heard."

Due to conflicts with other activities on June 18th, we were only able to field a skeleton crew to work at the Contra Costa Food Bank's Richmond distribution activity. We helped about 250 customers receive canned salmon, canned green beans, milk, rice, beans, a melon, apples, oranges, cheese and a frozen chicken.



On July 18th we will be working at the White Pony Express breaking down in-coming produce crates and packing for redistribution to food banks, kitchens and other worthy causes.

One August 15th we will be working for the Contra Coste/Solano Food Bank in Richmond as well as at a similar activity in Pittsburg giving out food to the needy.

REMINDER!

Bring your food donations for the Food Bank barrel which will be located at the entrance to our lunch next Monday at Boundary Oaks.

Food Drive Most Needed Items:
Peanut Butter, Whole Grain Cereals, Hearty Soups, Dried or Canned Beans, Canned Poultry, etc. PLEASE NO EXPIRED ITEMS AND NO GLASS CONTAINERS



Walking Tours Greg Hughes

Currently, we are planning the following activities:

Friday, August 23, 2024 – Lafayette City Tour: Lafayette Historical Society will provide a one hour presentation covering the history of Lafayette, followed by a 45 minute guided walking tour of the historical downtown buildings.

We were planning a **Ukulele concert in Larkey Park,**

Walnut Creek. We visited these performances and determined that they were not suitable for a Walking Tour venue.

If you have questions please contact Greg Hughes (greghughes505@gmail.com, 925-998-5650, or Jim Tamulski (tamulski.james@gmail.com) , 415-297-2655).

\$UMS Investment

Tom Henry (Br. 174)

As usual we will Zoom with SIR Branch 128 (San Ramon) on the 4th Wednesday at 1:30 PM (except for Nov and Dec when the dates change due to the holidays).

Email Dave Sutton to be included or to learn the

topic.

Chair: Tom Henry, Branch 174,
tomhenry925@gmail.com

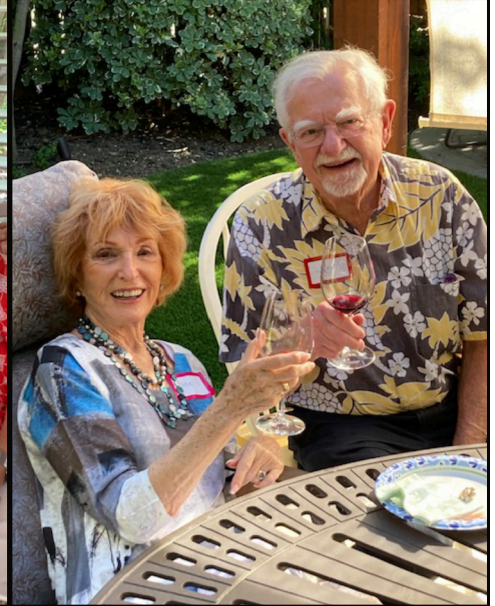
Co-chair: Dave Sutton, Branch 8,
davesutn@comcast.net

Branch Activities



Wine-O-SIR David Havlik

The WINE-O-SIRS met on June 27th at the home of Paul and Pam Russell to learn about and enjoy a sampling of Lodi wines and a delicious array of appetizers. Jim and Mo Johnson co-hosted the tasting. Surprisingly, there were no zinfandel or chardonnay wines among the libations served. Instead, we savored a range of wines with South African, Spanish, and Italian roots, as well as a very good Cab. All in all, it was a great event.



Book Exchange Dick Kauffman

The Book Exchange Needs Books!

It seems that more books are going out than coming in and it is time to dispose of some books that are not being selected for many reasons. Therefore, the Book Exchange could use a new infusion of books. Check your homes for good books that you have already read and are just lying around gathering dust and share them with your fellow SIRS. And while you are dropping off your stack of books, check out what new books have been brought in, hopefully you will find something that will interest you.

Enjoy your reading!
The Book Sherpas

SIR HAPPENINGS

Checkout the new and improved State SIR Happenings Newsletter. With a new editor the newsletter February 2021 has been radically expanded with lots of information about fun things that are going on in our branches.

You can find it at: <https://sirinc.org/newsletters>

SIR Web Addresses

SIR 116 Web Site

branch116.org

Branch 116 Golf

branch116golf.org

Branch 116 Shopping Cart

sons-in-retirement-las-trampas-br-116.square.site

SIR Happenings State Newsletter

sirinc.org/newsletters/

Branch Activities



Activity Support Michael Ward

CHESS ACTIVITY

In the Annual 2024 Survey, there were five members that were interested in starting a CHESS Group. So far, only one member has contacted me about forming a CHESS Group.

In checking around, I have found that Branches 8 and 146 are in the process of forming a new Chess Group together. Our Branch 116 members are also welcome to join Branches 8 and 146 to play Chess.

The Chess Group will meet on the 2nd and the 4th Friday of each month from 1:00PM to 3:00 PM at the Pleasant Hill Senior Center. The center is located at 233 Gregory Lane in Pleasant Hill.

If you have an interest in playing CHESS with Branches 8 and 146, please contact me by phone or email.

2024 ANNUAL SURVEY- NEW ACTIVITIES

Out of the recent survey, the following new Activities were requested by five or more (each activity) members that took the the survey.

- BOWLING
- PHOTOGRAPHY
- GROUP THEATRE
- WEST COAST WEEKEND TRAVEL

- ONE TO THREE WEEK TRAVEL TRIPS
- CYCLING
- COMPUTER TECHNOLOGY
- INVESTMENT GROUP
- WORKOUT GROUP
- HIKING (½ to 1 Day trips)

If any member has a desire to start one of these activities up or become a Activity member, please feel free to contact me.

ACTIVITY CHAIRMAN NEEDED

Due to relocation, sickness and Activity Chairman changes, our Branch has three (3) Activities that do not have Activity Chairman.

These activities are:

- POKER
- SUNSHINE
- TRAVEL

These ACTIVITIES will remain closed until our branch has Chairman that will step up and take over the Chairmanship of each Activity.

Please contact me if you have a desire to take over as Chairman.

Get involved

Join a existing activity

Start a new activity

Stay active

Branch Activities



Book Group 2 Scott Clark

Book Club 2 met on June 20 to discuss The Adventures of Huckleberry Finn by Mark Twain. Members voted the book 4.3/5.

Our next meeting is scheduled for July 18, 11 AM, at Arbolado Park, Walnut Creek. We will discuss the novel James by Percival Everett. James is Everett's interpretation of the character Jim in Huckleberry Finn. Whether you have read the book or not, all are welcome to attend. Contact Scott Clark for more information, 925-998-455 or scottmclark72@gmail.com.

At our scheduled August 15th meeting we will discuss The Frozen River, by Ariel Lawton.

Brief Summary of The Adventures of Huckleberry Finn

A nineteenth-century boy (Huckleberry Finn) from

a Mississippi River town recounts his adventures as he travels down the river with a runaway slave, encountering a family involved in a feud, two scoundrels pretending to be royalty, and Tom Sawyer's aunt who mistakes him for Tom.

Published in 1885, Twain's most famous novel is a tour de force. He delves into issues such as racism, friendship, war, religion, and freedom with an uncanny combination of lightheartedness and gravitas. There are several moments in the book that are hilarious. Praised as the greatest humorist the U.S. has ever produced, William Faulkner calls Twain "The father of American Literature".

This is a book everyone should read.



Mexican Train Dominos Richard Madden

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 normally meet at 10:00 AM on the second Wednesday of each month at the Church of Christ

located at 500 Minert Road, Walnut Creek.

We met in June with seven in attendance. Those present were Paul Freitas, Earl Gore, guest, Alex Lutkus, Richard Madden, Kirk McVean, Alan Polanger and Ken Ridings. Our scores ranged from 224 to 516. Richard was low with 224. The average score was 356.

Come join us at our next meeting on July 10th.

You can contact Richard Madden, maddenram@sbcglobal.net or 925.788.4223

Branch Activities



Amiable Amblers John Riordan

June walkers included Richard Black & Donna Arganbright, Steve Bort, Art & Mary Alice Donaldson, Dick Frankel, Paul & Anna Freitas, David & Colleen Geary Dan Green, Peter Loew, John & Gail Riordan, Dianne Tinnes, Tom and Mary Welte, and Joel & Susan White.

On June 7 we walked north along the Iron Horse Trail from the trailhead at Stone Valley Rd West, with a post-walk gathering at Peet's Coffee. On June 14 we walked northeast along the Lafayette-Moraga Trail from the Moraga Commons, with a post-walk gathering at the Moraga Town Bakery and Cafe. Dick Frankel led the June 21 walk north along the Iron Horse Trail from the Walnut Creek Civic Park, with a post-walk gathering at Caffe La Scala. Art Donaldson led the June 28 walk east along the Contra Costa Canal Trail from the Countrywood Shopping Center, with a post-walk gathering at the Black Bear Diner.

There will be **no walk on July 5**. The other July

walks will all begin at 8:30. On **July 12** meet at the Stone Valley Rd West trailhead and walk south on the Iron Horse Trail ; the post-walk gathering will be at Peet's Coffee. On **July 19** meet at the Walnut Creek Civic Park and walk north on the Iron Horse Trail; the post-walk gathering will be at Buttercup. On **July 26** meet at the Railroad Museum in Danville and walk north on the Iron Horse Trail; the post-walk gathering will be at the Black Bear Diner.

These walks are for individuals or couples, as spouses and significant others are encouraged to participate. The significant other/spouse is also invited to participate even when the member is unable to. SIR members, including those from other branches, wishing to join this mellow group or to be added to the email contact list should contact me at jriordan730@gmail.com or 925-284-3394. Also contact me if you wish to be removed from the list for future emails.



Book Group 1 Rich Black

Book Group #1 will discuss the following books at Orinda Books at 10:15 am on the following dates.

Monday, July 22: "American Dirt" by Cummins

Monday, August 26: "Road to Surrender" by Thomas

Monday, September 23: "There, There" by Orange

Book Group #1 met on Monday, June 24, 2024 at Orinda Books to discuss "Code Breaker" by Walter Isaacson, an account of the development of gene editing by Nobel Prize winner Professor Jennifer Doudna of UC Berkeley. The actual editing is done by manipulating a naturally occurring process dubbed CRISPR which can be used to alter genes in simple cells, such as bacteria, or the complex human genome. The ethical issues, as Doudna, colleagues and competitors recognized, are staggering. Should we correct genetic deficiencies without knowing all

the unintended consequences? Are there different questions for therapy, enhancements, and super enhancements such as creating offspring with exceptional physical, emotional, and intellectual characteristics.

Book Group #1 came away from the discussion with a better, if very basic, understanding of the organic chemistry involved, an awe of the moral choices which humans now face, and respect for the contributions of a large research community to the understanding of these basic life processes.

John Kopchik introduced the book while Richard Black led the discussion with Garrett Girvan, Dan Renke, Tim Tinnes, Paul Freitas, Dick Kauffman, Peter Loew, Mac McLoughlin, John Riordan, Mike Schneider, and Steve Bort. Book Club #1 awarded the book an even 4 stars.

Branch Activities

New Branch 116 “Travel” Activity

A new Branch 116 “Travel” activity to Carmel is scheduled for Sept. 11th & 12th.

This year we are expanding our annual two day Carmel Golf event to include include more area activities for non-golfers. You can choose to stay at the Carmel Mission Inn with other Branch members,

attend a group dinner at the Lagano Swiss Bistro (a short walking distance from the hotel), and visit some of the many Monterey area sites with other non-golfing Branch members or individually.

Carmel weather is typically beautiful in September so join us there. See details on the next page...



Pickleball Ed Solomon

Pickleball, is the fastest growing team sport in the U.S. for all ages. With the summer months coming soon, we now start **7:30 to 9 am every Friday**, at The Tennis Center in Heather Farm, Walnut Creek. Here’s a brief Introduction to Pickleball...

<https://www.youtube.com/atcv=xEYsymCtIDY>

Required equipment- Paddle, balls, and tennis

sneakers. (We have extra paddles and balls) Beginners all welcome....it’s the best way to see what all the excitement is about. Come on down!!!

Ed Solomon. Co-Chair ———415-215-2684 m

Gary Bonfiglio Co-Chair ———925-330-9612 m

COME ON BY TO PLAY, OR JUST WATCH!!!!

We’re not bad for a bunch of SIR Dudes!!



Bocce Bob Huck

We have just completed our 6th session of the year and will continue every other Thursday (July 11 & July 25) through October 17. The participation has been very strong from all 4 teams. If the interest continues to grow we may be in position to add 2

more teams next year and another court. Please let me know if you are interested in becoming part of the Bocce group. We play at the Bocce Courts on Main Street in Clayton.

Branch Activities



Branch 116 Carmel 2024 Event Golf at Monterey Pines & Pacific Grove Wed/Thu Sep 11th and 12th



Hotel — Our Group Hotel is the newly renovated Carmel Mission Inn (855-235-3915.) We have a SIR Branch 116 rate of \$199/night for Sep 10, 11 & 12. All additional fees are waived except for taxes. Total cost will be \$224.40/night. You may stay 1, 2 or 3 nights, but if you check out early you will be charged for an additional night. Reservations may be cancelled 72 hours in advance.

Deadline for Hotel, Golf and Restaurant Reservations is August 1!

Golf Courses — We will be playing at Monterey Pines on Wednesday, 9/11 and Pacific Grove on Thursday, 9/12. Tee times are 11:00 and 10:00 respectively.

Wednesday's Dinner — We will have a banquet dinner at 7:00 PM at the Lugano Swiss Bistro which is a short distance from the Hotel

We plan to arrange a special lunch location on Wednesday for non-golfers.

Cost — You are responsible for your own Hotel reservations/payments. Please call the Hotel directly at 855-235-3915 to make your reservations and tell them you are with SIR Branch 116 to get the special rate. Send a check to David Harris for the Golf Green Fees and the Banquet dinner shown below.

Detach Here -----

Carmel Valley Event, Sept 11th & 12th

Name: _____ Name: _____

Email Address: _____ Tel No.: _____

No. golfing for 2 days x \$188 _____ (if walking or playing one day, call David Harris)

No. having dinner at Lugano Swiss x \$66 _____

Total \$ enclosed _____

Lugano Swiss entrée choices. Please check the choices for each person::

Choice of house salad _____ or Vegetable Barley soup _____

Chicken picatta (polenta and vegetables) _____

Sand Dabs (risotto and vegetables) _____

Prawns Spaghetti (marinara sauce, green onions, capers & tomatoes) _____

Pork Schnitzel (red cabbage and spaetzel) _____

Dessert is Apple Strudel with French vanilla and caramel sauce.

Wine is discounted 15% and corkage is \$20.

Make out your checks to "SIR Branch 116 Golf" and mail them to David Harris at 1143 Discovery Way, Concord, 94521 (Checks will be held until the event date.)

Questions? Call or email Phil Goff (925-212-8520, goffphil@gmail.com)

Branch Activities



Golf Clinic Chris Doan

The Golf Clinic is designed specifically for the SIR Golfer and Spouse/Significant Other. It is focused on “tuning up” your game and shaving off some strokes to have a more enjoyable outing. Since the most improvement can normally be gained in the short game, we start the series at the green and work back to the tee box.

The 2024 rotation will begin with...

- Putting & Sand Shots June 15
- then Chipping July 13
- then 50-70 Yards Short Game Aug 3
- followed by Fairway Shots Aug 24

- and finally, Tee Shots Sep 21

How to register and participate:

- Start by getting on the Clinic email list. Send request to cdoan99@gmail.com to be added.
- Each Clinic details will be communicated by e-mail ... reservations are made by responding to the e-mail.

Hope you will join us in 2024 to tune up your game. Mark your calendars now so you don't miss clinic topics which are important to you.

FORE!



Bridge Jon Dickson

We play bridge every 2nd and 4th Tuesday of the month, plus lunch, at Brass Door Restaurant in San Ramon. We welcome all bridge players and we have two beginning players coming also. Do join us.

On June 11th, Gordon Gonsalves ran away with first prize having 6360 points. Art Donaldson came in

2nd with 4320 points.

Then on June 25th Dick Chaffee came in first with 4500 points, with Jai Yee in 2nd with 4390 points.

Our next games in July on the **9th** and **23rd**. We would welcome you.



Wine-O-SIR David Havlik

The WINE-O-SIRS met on June 27th at the home of Paul and Pam Russell to learn about and enjoy a sampling of Lodi wines and a delicious array of appetizers. Jim and Mo Johnson co-hosted the tasting. Surprisingly, there were no zinfandel or

chardonnay wines among the libations served. Instead, we savored a range of wines with South African, Spanish, and Italian roots, as well as a very good Cab. All in all, it was a great event.

Branch Activities



SIR Golf

Bernie Wroblewski, 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.

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.



9-Hole Golf

Dick Chaffee

The 9 Hole Golf Club is open to SIR golfers of all levels. We play every Wednesday morning except holidays at 4 courses in the area. This year, each month, we are playing Pleasanton Golf Club, Diablo Hills, Buchanan Fields and Dublin Ranch. Our first tee time is 10:00am. Some months have a fifth Wednesday. On the fifth Wednesdays, we schedule

special 9 hole events at courses in the area.

If you would like to play 9 hole golf, please contact Dick Chaffee, the 9 hole golf chairman, (925)-932-5087.

If you would like more information on 9 hole golf, please visit our Branch 116 golf web site.

Golf Website

The Golf Website is: branch116golf.org
Please bookmark it in your "Favorites" list of websites to access information on the following:

- Annual 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, starting 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.

July 9-Hole Schedule

Date	Time	Location	Organizer
Wed. 03	10:00 AM	Dublin Ranch	Chris Doan
Wed. 10	10:00 AM	Diablo Hills	D.McClaughry
Wed. 17	10:00 AM	Buchanan Fields	Dick Chaffee
Wed. 24	10:00 AM	Pleasanton	Chris Doan
Wed. 31	10:00 AM	Buchanan Fields	Dick Chaffee

July 18-Hole Schedule

Date	Time	Location	Organizer
Mon. 01	9:40	Boundary Oak	Jack Minicucci
Mon. 08	9:40	Boundary Oak	Jack Minicucci
Tues. 16	10:00	Las Positas	Jack Minicucci
Mon. 22	10:00	Eagle Vines	Jack Minicucci
Mon. 29	10:00	Metropolitan	Jack Minicucci