



SIR Branch 116 Newsletter March 2024

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

Message from Alan

Member activities constitute one of the primary purposes of the SIRs organization. With the rainy season almost over, we anticipate spending more time outdoors. Although Bocce ball won't commence until April, activities like fishing, golf, pickleball, and the walking events affected in the past months can now resume. Prepare to spend additional time outdoors this month and seize the opportunity to participate in the various activities available for everyone.



I'd like to briefly highlight two elements of SIRs Branch 116 that members may overlook but serve as valuable sources of information: our monthly SIR Branch 116 Newsletter and our monthly BEC meeting. The Newsletter provides insights into the Branch's happenings and the planned activities for each month. The Branch Executive Committee (BEC) meeting, scheduled in the morning of the monthly luncheon, is open to all members. The BEC oversees all Branch activities and membership, offering a platform for members to directly express new ideas or concerns.

Since the beginning of the new year, we have welcomed four new members at our lunches. I want to express gratitude to our new members and their sponsors: Rich Gerchow, sponsored by John Alonso; Tom Walsh and Tony Latini, both sponsored by Gary Halick; and Ken Riddings, sponsored by Bob Colvin. Thank you, gentlemen, for contributing to the growth of Branch 116. I recommend starting your membership by joining one or more activities you enjoy, whether indoor activities such as bridge, book club, and Dine-o-SIRs, or outdoor activities like golf, fishing, pickleball, and walking.

Attendance at our luncheons continues to rise, largely attributed to the quality of speakers. Special thanks to our Speakers Committee, Chairman Allan Farbman, Paul Freitas, and Paul Russell. Our February speaker, Jim Griesemer, delivered a captivating presentation on artificial intelligence ("AI"), exploring the possibilities and current dangers associated with its status and future development.

If you haven't paid your annual dues yet, please do so promptly. Dues payment by credit card can be completed on our Branch Shopping cart on the SIRs 116 website, or we are pleased to accept your check. The Spring Fling will be coming soon, look for announcements in our April and May Newsletters.

Alan Pope, Big SIR

Next Meeting

Mar. 18, 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

Try a New SIR Activity and Have Fun!

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 | Paul Russell |

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 | Alan Pope |

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
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	Open	TBA
Pickleball	Ed Solomon	Gary Bonfiglio
Poker	Lou Sandor	
\$ums Investment	Dave Sutton, Br.8	
Sunshine	Open	
Theater	Terry Sherman	
Travel	Jeff Johnson	TBA
Walking Tours	Greg Hughes	Jim Tamulski
Wine-O-SIR	Dave Havlik	

Some Other SIR Area 16 Activities

Apple User Group	Stan Holcenberg (Br.171)	925-376-1180
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	Bill Phelon (Br.8)	925-254-8338
Men's Hearts Cards	Bob West (146)	925-518-8472

Monthly Activities Calendar

March 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (No event)	2
3	4 18-Hole Golf (9:40@ Boundary Oak)	5	6 9-Hole Golf (10:00@ Shadow Lakes)	7	8 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (9:00@ Newhall Community Park)	9
10	11 18-Hole Golf (9:40@ Boundary Oak)	12 Luncheon Bridge (10:30@ The Brass Door)	13 9-Hole Golf (10:00@ Diablo Hills)		14 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (10:00@ Walnut Creek Civic Park)	16
17 <i>St. Patrick's Day</i>	18 SIR Br. 116 Luncheon (11:30@ Boundary Oak)	19 18-Hole Golf (10:02@ Rancho Solono)	20 9-Hole Golf (10:00@ Buchanan Fields)	21 Book Group 2 (11:00@ Boundary Oak GC)	22 Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (9:00@ Moraga Commons)	23
24	25 Book Group 1 (10:15@ Orinda Books) 18-Hole Golf (10:21@ Paradise Valley)	26 Luncheon Bridge (10:30@ The Brass Door)	27 9-Hole Golf (10:00@ Dublin Ranch) \$ums Investment (1:30 via Zoom)	28 Fishing Group (8:30@ Diablo Creek) Wine-O-SIR (4:00@ Meylan Home)	29 Good Friday Pickleball (7:30@ WC Tennis, Heather Farm) Amiable Amblers (No event)	30



Branch Administration



Branch Membership
Alan Fitzgerald, Membership Chairman

Total Membership is 188

Tony Latini New Member
 Sponsor is Gary Halick

Ken Ridings New Member
 Sponsor is Bob Colvin

March Birthdays

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

- | | |
|-------------------|----------------------|
| 1. Doug Allen | 9. Bob Price |
| 2. Gary Bonfiglio | 10. Ron Radakovich |
| 3. Jim Briggs | 11. Paul Ramacciotti |
| 4. Bob Colvin | 12. Norm Schoenfeld |
| 5. Joe Datzman | 13. Terry Sherman |
| 6. John Hughes | 14. John Story |
| 7. Dick Kauffman | 15. Tom Walsh |
| 8. Bill McCord | 16. Dave Williams |



Treasury Report
Charlie Guthrie, Treasurer

As of 2/26/2024 158 of 188 active member have paid their 2024 annual dues. The latest list of who has paid and who still needs to pay is available in the Member Info section of the SIR Branch 116 web site: <https://sirinc2.org/branch116/member-info>.

	26-Feb	2024 YTD
Beg Bal 2024		\$ 11,222.12
Contributions	\$ 5,365.42	\$ 14,807.82
Disbursements	\$ (7,697.19)	\$ (13,603.96)
Net (gain/(loss))	\$ (2,331.77)	\$ 1,203.86
February Cash Balance		\$ \$12,425.98

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>

Don't Forget to Pay Your \$15 2024 Branch Membership Dues!

Branch Executive Committee (BEC) Minutes - Summary

Meeting of February 18, 2024

- Financial: Branch cash balance as of 2-1-24 is \$14,757.75.
- Annual Dues: 137 of our 187 members have paid their dues for 2024 as of 2/17/2024.
- Luncheons: 118 attendees were submitted for the February luncheon.
- Attendance: Current active membership is 188. Two new members, Tony Latini and Ken Riddings, were welcomed in February.
- Community Service: Jeff Johnson received permission to purchase 20 "SIR Volunteer" T-shirts for use in Community Service activities.
- Activities: 19 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. Two activities still need a chairperson: Parties and Sunshine.

- Member Relations: Sam Beret has taken over this function.
- February Guest Speaker: Jim Griesemer, whose background is in the technology industry where he did development, design and use ability testing, talked about "AI - Is it a tool or a companion"? One of the more fascinating presentations we have had at our luncheons.

Luncheon Speakers

“Information and Misinformation”

By Janet Hoy

Mis and disinformation is a big issue - in our media culture as well as its potential impact on our electoral process and overall democratic system. Learn how to spot mis and disinformation, how to stop it, how to report it and the risk of AI on our elections.

Janet Hoy currently serves on the board for the League of Women Voters Diablo Valley. She has been involved with the League for 10+ years working in education and advocacy primarily focused on elections but also getting involved in local issues in both North Carolina and California. Janet’s professional background was in the health insurance industry working for insurance companies in a variety of regional roles and working for a large integrated hospital system in San Diego.

REMINDER

All members have a standing reservation for each luncheon. Call 925-322-1318 or email to luncheon116@gmail.com

by the Monday prior to the meeting to cancel your standing reservation.

**The Clubhouse
at Boundary Oak**

Luncheon Menu

Monday, March 18th

Irish Flag Clementine Cucumber Salad
Romain Hearts, Clementines, Cucumber,
Herb Vinaigrette

Entrées

Corned Beef and Cabbage

Braised Corned Beef and Red Potatoes, Steamed
Cabbage and Carrots

—or—

Creamy Herb Marinated Cod

Herb Marinated Cod, Red potatoes, Steamed
Cabbage and Carrots, Creamy Citrus Sauce

—or—

Pesto Ravioli

Cheese Ravioli, Garlic Roasted Grape Tomatoes
in a Pesto Sauce

Dessert

Bailys Irish Cream Cake



Little SIR
Paul Russell

February’s speaker, Jim Griesemer gave us a view into artificial intelligence “AI” that has given me pause as to where we are going with this. Jim showed us a slide in his presentation that had six or seven levels of AI starting with “Limited AI” a tool that does not learn but just uses the queries given it to give more accurate statements or results. Then at the other end of spectrum AI is taken all the way through “Transhumanism”. This is where AI could be used as a companion or even soulmate to an actual human. This is what technology is driving us

towards and would like to get to.

Our Speaker for March will be Janet Hoy. Janet currently serves on the board of the League of Women Voters in Diablo Valley. She has been involved with the league for over ten years focusing on education and advocacy on elections and has been involved with local issues in North Carolina and California. She will be speaking with another associate.

New Members

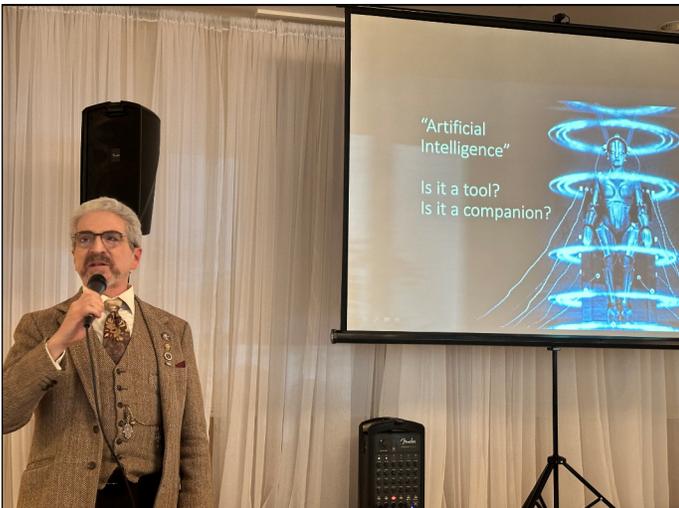


New Member Tony Latini (R)
with Sponsor Halick



New Member Ken Ridings (R)
with Sponsor Bob Colvin

Branch Activities



February Luncheon Speaker Jim Griesemer
warning us about AI (Artificial Intelligence)



Sheldon Lawrence (R) receiving the Senior SIR-90
Year Presidential Award from Big SIR Alan Pope



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!!**

Branch Activities



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, March 25...“Born a Crime” by Trevor Noah
- Monday April 22...“Black Death and the Golden Gate” by Randall
- Monday, May 20...“Fever in the Heartland” by Eagan
- Monday, June 24.. “The Code Breaker” by Jennifer Doudna

Book Group #1 met on Monday, February 26, 2024 at Orinda Books to discuss “Franklin and Winston” by Jon Meacham. The cover promised “An Intimate Portrait,” and indeed this book was heavy on personal anecdotes about the two statesmen, interspersed with the dates, debates and

correspondence from 1939 until Roosevelt’s death in 1946. Although there were the thirteen SIRs listed below at the discussion, for one reason or another only eight offered ratings, which when averaged equaled 3.6 stars.

Richard Black recommended the book and led the discussion with Richard White, Steve Bort, Art Donaldson, Jim Flessner, Paul Freitas, Garrett Girvan, Peter Loew, Mac McLoughlin, Brad Stribling, Mike Schneider, John Riordan, and John Kopchik.

By the way, Richard Black is a docent on Franklin Roosevelt’s yacht, The Potomac, which is berthed in Jack London Square. See <https://www.usspotomac.org> for times and dates of dockside tours and Bay cruises.



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 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, March 28th at 8:30am. Come early.

Nobody knows!! Confusion, indecision, and

bewilderment rule the day. Will we have a salmon season? Nobody knows. When will rockfish season start and what will the limits be? Nobody knows. Will they change the size limit of halibut in the bay? Nobody knows. Will the party boats be able to survive? Nobody knows. Our usual winter trout bite has been slowed by wind and rain, but Gordon Linebaugh, Carl Moyer, and Bob Lively are catching a few. And that my friends is the end of this woebegone fishing report.

Branch Activities



Book Group 2 Scott Clark

Book Club 2 met in February to discuss *Wine & War* by Don & Petie Kladstrup. Members in attendance rated the book 3.5/5.

Our next meeting will be **Thursday, March 21, 11 AM, at Boundary Oaks Golf Club**, Walnut Creek. We will discuss two books, *Eastbound* by Maylis de Kerangal, and *Vengeance* by George Jonas.

Contact Scott Clark for more information, 925-998-553 or scottmclark72@gmail.com

February book summary:

Wine & War, 2002

"To be a Frenchman means to fight for your country and its wine."

-Claude Terrail, owner, Restaurant La Tour d'Argent

*In 1940, France fell to the Nazis and almost immediately the German army began a campaign of pillaging one of the assets the French hold most dear: their wine. Like others in the French Resistance, winemakers mobilized to oppose their occupiers, but the tale of their efforts has remained largely unknown-until now. This is the story of the French wine producers who undertook ingenious measures to save their cherished crops and bottles as the Germans closed in. *Wine and War* illuminates a compelling, little-known chapter of history, and stands as a tribute to individuals who waged a battle that, in a very real way, saved the spirit of France in the Nations time of need.*



Branch Activities



Walking Tours Greg Hughes

SF Bay Model Walking Tour



In Trampas Topics we previously announced that the Walking Tours activity was visiting the Bay Model facility on **Saturday April 27**. After researching for our visit, Jim recommended that we should visit the facility in Sausalito on a non-weekend day. I agree with his observation, and we are moving the event date to **FRIDAY 26, 2024**. We are writing to you today to advise you of this date change. Please update your calendars.

For your convenience, we repeat below the information provided in our Trampas Topics article which provides instructions for this event.

"The U.S. Army Corps of Engineers Bay Model is a working hydraulic scale model of the San Francisco Bay and Sacramento-San Joaquin River Delta System. While the Bay Model is still operational, it is no longer used for scientific research. Rather, the model is a unique opportunity to view the complete bay-delta system at a glance. It also provides educational exhibits about Bay hydrology."

"Participants should plan to arrive in Sausalito by 10:30. Parking is available at the Bay Model facility. We will tour the Model from 11 to 12. We have lunch reservations at Salito's, a nearby seafood and steak restaurant. They have a very large outdoor patio that looks over the Sausalito Harbor."

If you wish to participate please contact Greg Hughes greghughes505W@gmail.com, 925-998-5650, or Jim Tamulski tamulski.james@gmail.com, 415-297-2655. We need a head count for the lunch reservations so please respond by April 14.



Dine-O-SIR Jerry Hicks

La Fontaine in Walnut Creek is a very good French/Italian restaurant. **March 20**, Wednesday, will begin with social hour at 5:45 PM and dinner serving at 6:45. Cost is \$59.00 inclusive.

Owner/Chef Yildiz recommend the menu as shown in the attachment, with your selection of the three good entrée's. We heartily agreed with his menu and offer to you.

We are able for 70+ diners so get your date a join in

a very enjoyable dinner evening. Send in your reservation, selection of entrée, and your check.

Parking may be a few spaces on the street or, better, with two close parking garages, all with credit cards or many quarters!

See you soon for another fun dinner evening with Dine-O-SIR friends.

Branch Activities



Dine-O-SIRs

Branch 116 March 20th, 2024. Enjoy dining together at

La Fontaine

1375 North Broadway, Walnut Creek

Cost of \$59.00 per person inclusive

Wednesday, March 20. Social Hour at 5:45 PM, Dinner at 6:45 PM

Special prices Red and White Wines and Cocktails; Corkage \$20.

Dinner Menu

Salad: Strawberry & Spinach

Entrée Choices:

Mushroom Truffle Ravioli
Sole Provençale
Roti de Porc Dans Le Filet

Dessert:

Limoncello Tartufo

Tea or Coffee available post dinner

Parking: Broadway Parking Garage across street;
private Broadway Pointe Parking Garage (Duncan Street)

Detach *****

La Fontaine in Walnut Creek, Wednesday, March 20, 2024

Must be received no later than March 12, 2024

Name: _____ Entrée: _____

Name: _____ Entrée: _____

Number of Attendees @ \$59 .00 = \$ _____

Check to SIR Branch 116 Dining, c/o 74 Amberwood Lane, Walnut Creek, CA 94598

Call Jerry if you have questions at 925-360-0447 or jerryhicks@astound.net

Branch Activities



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 February at Gary Bonfiglio's home with seven in attendance. Those present were Gary Bonfiglio, Paul Freitas, Earl Gore, guest, Kirk McVean, Alan Polanger, John Riordan and Harry Sherinian. Their scores ranged from 218 to 473. We congratulate Harry Sherinian with his score of 218 as the first place winner.

Our next meeting scheduled for March does not have a location or date. Contact me for the time and place as I will be traveling.

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



Wine-O-SIR

David Havlik

The WINE-O-SIRS had to postpone our January wine tasting because one of the hosts had COVID. Because we didn't want to become the SIRS superspreaders, this particular event is being

rescheduled for late June. There hasn't been any activity in February. The next wine tasting event will be on **March 28th** at the home of Lou and Carole Meylan.



Golf Clinic

Chris Doan

The Clinic offering in January was a club house session on Course Management on January 13 with a good turnout and a lively discussion. Our pro, Pete Assalin, led the two hour session where we explored game strategy, risk/reward considerations for each shot, options and risks when in trouble, game improvement (stroke reduction) strategies, etc. etc. Everyone enjoyed the exchange and felt it was time well spent.

Regular Clinic offerings on the Practice Range will start in late April / early May so stay tuned for more

details.

How to register and participate in 2024:

- Start by getting on the Clinic email list. Send request to cdoan99@gmail.com to be added.
- Each Clinics details will be communicated by e-mail ... reservations are made by responding to that e-mail.
- That's all there is to it ... hope you will join us in 2024 to tune up your game.

Improve your golf game in 2024!

\$UMS Investment

Tom Henry (Br. 174)

On the 4th **Wednesday, March 27** at 1:30 PM, we will have an outside financial advisor speaking by Zoom. As time permits, he will discuss how to choose an advisor, using an advisor vs. selecting

your own investments, and various types of income investments such as annuities vs. bonds and CD's.

Email Dave Sutton at avesutn@comcast.net to be included.

Branch Activities



Bridge Jon Dickson

We have LUNCH & BRIDGE every 2nd and 4th Tuesday of the month, playing Chicago style bridge at the Brass Door Restaurant in San Ramon. We invite all who have an interest in bridge to join us for a fun day of cards.

For February, on the 13th, Jerry Christopherson ran away with first prize with 6,260 points, Ron Banducci was a distant second with 4,170 points.

Then on the 27th, a day of very low scoring, lousy

cards, but still two small slams, Norm Schoenfeld came in first with 3,620. Almost half of what Jerry had to win the previous game, and would have come in 5th the previous game. Art Donaldson came in second with 3,530 points. With 16 total players, the average score was only 2,426, a very lousy day of cards for all of us.

Please join us for lunch & bridge.



Bocce Bob Huck

We will be starting our 2024 season on Thursday, April 18 and ending on Thursday, October 17. We play every other Thursday from 10:00 am until Noon. We plan to have the same 4 teams as last year but additional players and spouses may be added. We will be playing again this year at the Clayton

Bocce Courts on Main Street in Clayton. If you did not play last year but would like to join please contact me.

Bob Huck (bhuck10@sbcglobal.net)



Book Exchange Dick Kauffman

SIRs John Riordan, Art Donaldson and Doug Allen look over some of the many books available from the Book Exchange. Remember that all books are free, just replace a book in exchange



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/

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



Amiable Amblers John Riordan

February walkers included Richard Black & Donna Arganbright, Steve Bort, Art & Mary Alice Donaldson, Al & Nancy Farbman, Dick Frankel, Paul & Anna Freitas, David & Colleen Geary, Essie Naddaf, John & Gail Riordan, Brad & Winnie Stribling, Tim & Dianne Tinnes, and Joel & Susan White.

On February 9 we walked along the Ygnacio Canal Trail from San Miguel Park, with a post-walk gathering at the Countrywood Black Bear Diner. On February 16 a small group walked along the SF Bay Trail from the San Leandro Marina, with a post-walk lunch at El Torito. On February 23 we walked north along the Iron Horse Trail from the Railroad Museum (see photo), with a post-walk gathering at the Danville Black Bear Diner.

The March walks will begin at 9:00AM. There will be **no walks on March 1 and 29**. On **March 8** we will meet and walk in the Newhall Community Park in

Concord; the post-walk gathering will be at nearby Huckleberry's. On **March 15** we meet at the Walnut Creek Civic Park and walk north along the Iron Horse Trail; the post-walk gathering will be at Caffe La Scala. On **March 22** we will meet at Moraga Commons and walk northeast along the Lafayette-Moraga Trail; the post-walk gathering will be at the Moraga Town Bakery and Café.

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.



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.

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.

Boundary Oak Sign-Ups: Shows who has signed-up for the next two Boundary Oak sessions.

14 Ways to be a Faster Golf (Golf Digest)

1. Leave the driver headcover in the car
2. Next person to tee off? You better be ready
3. Limit the practice swings
4. If you're walking, place the bag on your shoulder before the last player hits; if riding, be at the cart
5. Watch other players' tee shots
6. Hit a provisional
7. While it's someone else's turn, figure out your yardage and be ready to play

8. Yes, there's an efficient way to clean your clubs
9. On par 3s on a course you play all the time, skip the rangefinder
10. Place your bag in a spot near the walk to the next tee
11. On the greens, line up your putt while others are putting
12. Do not mark a two-footer
13. Stop writing down scores after you exit the green
14. Move away from the 18th green

March 9-Hole Schedule

Date	Time	Location	Organizer
Wed. 06	10:00 AM	Shadow Lakes	Tony deGrassi
Wed. 13	10:00 AM	Diablo Hills	D.McClaughry
Wed. 20	10:00 AM	Buchanan Fields	Dick Chaffee
Wed. 27	10:00 AM	Dublin Ranch	Chris Doan

March 18-Hole Schedule

Date	Time	Location	Organizer
Mon. 04	9:40	Boundary Oak	Fred Schafer
Mon. 11	9:40	Boundary Oak	Fred Schafer
Tues. 19	10:02	Rancho Solono	Fred Schafer
Mon. 25	10:21	Paradise Valley	Fred Schafer