

The Big Sir Column



Our February luncheon was highlighted by the Senior Sir awards to members who had reached the age of 90 in the past year (or so!). Six of the nine qualifying were present and received their certificates from Area Governor Sir Ron Smith. We will have three more such Senior Sir certificates to award this year, plus one Super Senior (95+). Just shows what good living and SIR friendships can do for you in retirement!

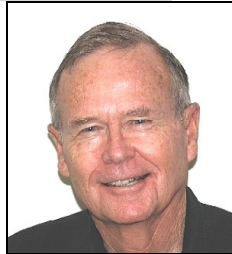
I've heard from the Nominating Committee that they have received a number of names to consider. I take this as a positive statement that our volunteer spirit is strong in Branch 8, and I would be happy to see a (friendly) election because our elected BEC officers should not be seen as being elected quietly by a behind-the-doors process. As we saw recently, it is vital that the BEC have the respect and confidence of our membership. I'm sure the committee would like even more names to consider, so please think hard about volunteering and go for it! As I said, it would be a plus to have an election for any of the posts.

Use our website to give your feedback, and watch for updates about improvements to your luncheon experience at the Hilton. Don't forget to bring a friend to introduce to the benefits of SIR.

Cheers,
 Derek Southern, Big Sir

Absences & Bringing Guests
 925-901-4826
 or
SIRBR8Hotline@hotmail.com
by Thursday noon
before Meeting















The Little Sir Sez



Deborah Braver, CA Dept. Of Corporations, our speaker at the February luncheon, provided us with information on senior fraud. Her many handouts included one (SAIF-Seniors Against Investment Fraud) on safeguarding your personal information and many other important topics. It also contained a resources guide on 45 contacts for topics as reporting fraud, filing complaints on physicians, placing your name on the "opt-out" list, assisted living referrals and much more. An excellent resource. There was also an Addendum about Caregiver Fraud, Charity Scams, Online Purchase, Lottery Fraud and "Sweetheart Swindle." I have a few extras. Contact me if you want a copy.

For the March luncheon, our speaker-William Fisher-is from the Alzheimer's Association (AA). He is the CEO, No. CA and NV Chapter, AA (HQ-Mtn View). He provides leadership to the largest chapter in the 77 chapter AA network. He also serves on the CA Alzheimer's Advisory Committee and is a founding Board member of the Berkeley Alzheimer's Family Respite Center (now Alzheimer's Services of the East Bay). He has a personal involvement, having lost both his grandmother and mother-in-law to Alzheimer's. He will be giving us some warning signs for Alzheimer and Dementia and their differences. ...continued on page 2

March Hotline Editor: Alan Ensign
 NEXT MEETING DATE IS:
Monday, March 14, 2011
 Executive Board 09:30 AM
 Social Hour: 10:15 AM
 Luncheon Meeting time 11:30 AM
Greeters:
Bob Williams and Jack Westphal
 Branch 8 meets the second Monday of each month at the **Concord Hilton**
1970 Diamond Blvd., Concord, CA
925 827-2000

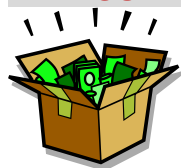
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Little Sir Sez (continued)...

At the February BEC meeting the Board approved giving an honorarium to the speaker not to exceed \$25 in the form of a framed certificate (as has been done in the past), desk set, donation to non-profit organization represented by the speaker, gift certificate or similar. Why not just continue the certificate? Some speakers address several SIR Branches. For these speakers an alternate award (honorarium) seemed appropriate. I thought the Hilton room arrangement for February was better along with the speaker system. Thank Bill Peterson for the arrangement. If you have a speaker to suggest please contact me.

Gary Plisco Little SIR

TREASURER'S REPORT



JAN 2011 Treasurers Report SIR Branch 8

BEGINNING CASH BALANCE	\$8,603.28
TOTAL RECEIPTS	\$11,048.43
Annual contributions	\$5,908.00
Luncheon	\$1,140.00
Transfer from savings	\$4,000.00
Interest	\$0.43
TOTAL DISBURSEMENTS	\$7,089.68
Printing	\$1,009.75
Postage & Supplies	\$50.00
Xmas Day Luncheon	\$244.64
AT&T	\$20.95
State Board assessment	\$285.00
Monthly luncheon	\$5,479.34
Loss/Gain	\$3,958.75
ENDING CASH BALANCE	\$12,562.03

Leo Barrella, Treasurer

MEMBER RELATIONS COMMITTEE

Our Plan for 2011

The BEC approved our three year plan at its February meeting. Generally, the plan looks very similar to the one approved for 2010. Key areas of focus and the committee member with the primary responsibility are the following:

- Ensure the Branch is meeting member needs – Jim Sowell
- Ensure new members are effectively integrated into the Branch – Walt Schick
- Ensure sponsors have a major role in new member integration – Richard Bal
- Improve the success of the recruitment process – Gene Bingham
- Communicate MRC plans and actions – Ed Benson

Additional MRC members are Sirs Bob Barnes, Bill Barnard and Bill Peterson; our Big and Little Sirs are ex-officio voting members.

You will notice one of our new actions at the March luncheon. Each table will have a few comment cards where guests, applicants and members can provide us with feedback (both positive and negative) by completing a card and depositing it in the badge boxes on the way out of our meeting room. Soliciting and acting upon feedback is critical to the health of the Branch, and we want to make it as easy as possible for all the members to let us know what they are thinking. Of course, comments can continue to be made through the Branch website as well as by personal contact with our officers, directors and MRC members.

We will keep you informed of other MRC actions and programs as they occur.

Ed Benson, Chairman ebensonbwa@aol.com 925-923-7011

NEW NOTIFICATION TIME FOR ABSENCES & BRINGING GUESTS

Important Reminder

If you cannot attend a meeting or wish to bring a guest, the new notification time is:

Thursday noon before the meeting

Call **925-901-4826** or email SIRBR8Hotline@hotmail.com

This is one day earlier than our previous deadline and will help provide a more timely attendance estimate for determining seating arrangement and number of meals to prepare.

Please also make a note of this change in your branch roster.

Bill Peterson, Attendance Secretary

BRANCH 8 ATTENDANCE RULES

Rule 60. Members are obligated to attend all regular luncheon meetings unless prevented by illness or absence from the Branch locale.

Rule 100. A member may be notified in writing by his Branch of the pending termination of his membership (Rule 107) should he be responsible for any of the following:

- (a) Miss three (3) consecutive regular luncheon meetings without having been excused by contacting the designated Branch Attendance person prior to the meeting date. (Please note that Branch Regulation 2 requires that notice of absence be received by noon on the Thursday before the luncheon in order to be

considered excused. Months May and July are considered consecutive as are months November and January in applying the unexcused absence rule)

- (b) 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. (Minimum attendance for Branch 8 is 5 of the 10 regular luncheon meetings. Ladies Day luncheons are not included in satisfying minimum attendance.)

Rule 101. Certification of attendance by a member at another Branch meeting will be considered as a credit to his attendance record. There is a maximum of two visits per year.

Attendance Hotline for Excused Absences

925-901-4826 or email sirbr8hotline@hotmail.com

CHANGING YOUR ADDRESS, EMAIL OR YOUR PHONE NUMBER?

If you change any of the above, please notify:"

Bill Barnard 925 939-8927 nbbarnard@astound.net
 Dave Perkins 925 256-9569 snikrepi@aol.com

ATTENDANCE REPORT

Attendance for the February luncheon

Active Members:

Membership (Prior to Luncheon)	288
Members Inducted	2
Excused Absences	- 49
Unexcused Absences	- 6
Members Attending	235

Others:

Inactive	1
Applicants Waiting	5
Visiting Members	1
Guests & Speakers	12
Others Attending	19

TOTAL ATTENDING 254

Visitors

Ed Boehmer Branch 19

Guests

Joe Arenivar
 Jerry Benson
 Bruce Borgman
 Roger Gregory
 Bob Hartman
 Jim Kain
 Joe Ovadia
 John Parenti
 DeWayne Ruhe
 Owen Shackleton
 Ron Woods

Sponsors

Richard Asadoorian
 Greg Ryan
 Walt Schick
 Gordon Batesole
 Greg Ryan
 Greg Ryan
 Darryl Skiles
 Larry Mersmann
 Larry McEwen
 Len Kulawiec
 Jerry White

Speaker

Deborah Braver

Bill Peterson, Attendance Secretary

LUNCHEON MENU

Here is the luncheon menu for the next meeting. We are planning new menu items as well as including old favorites. So look for them here each month and plan to attend and enjoy a delicious meal with your fellow Sirs.

March

- Green Salad
- Corned Beef and Cabbage
- Boiled Potatoes
- Assorted Desserts
- Coffee/Ice Tea

LEGAL NOTICE

Non-Responsibility Declaration:

All activities arranged for or by, or sponsored 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 Inc. 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.

BRINGING A GUEST?

Bring a guest, but if you want to be sure your guest has a place to sit and gets a meal, you need to do the following:

Call the Asst. Secty. Attendance, Bill Peterson on the attendance hotline: 925-901-4826 or by e-mail SIRBR8Hotline@hotmail.com no later than noon on Thursday before the meeting. Then he can adjust his count for the caterer.

Easy, isn't it? Just keep bringing in those guests. When you sign the guest in, give him a copy of the Hotline which has an application form inside.

BIRTHDAYS

Name	Birthdate		
Robert Cramer	Mar-03	Marechal Duncan	Mar-17
Joe Peterson	Mar-04	Brian Woolf	Mar-18
Victor Longo	Mar-05	Larry Lavik	Mar-19
Ernest Sherne	Mar-05	William Cooke	Mar-19
Herbert Hellsten, Jr.	Mar-06	Dean Steichen	Mar-19
John Kearney	Mar-06	Ed Cohn	Mar-22
David Robins	Mar-07	Dale Henderson	Mar-23
John Hayes	Mar-07	Donald Wesdorf	Mar-30
Paul Corbitt	Mar-07	Danny Rinaldi	Mar-25
George Benkly	Mar-08	Tony Watkin	Mar-26
Robert Barnes	Mar-10	Chuck Evans	Mar-29
Kenneth Winters	Mar-11	Stanley Johnson	Mar-30
Edmund Young	Mar-14		

RED DOT BADGES

They belong to our new members, so let's make them feel welcome. Don't forget to say "Hi" and introduce yourself. You can talk about your SIR activities and ask them to join you.

FREE LUNCH DRAWING FOR BRINGING GUESTS

As an incentive to bring in new candidates for membership, a drawing for a free lunch will be held in **January** and in **July** for members who bring guests to meetings during the previous six months. You can use the SIR Cards handed out at the February Luncheon to invite guests or pick up some cards at the check-in table in March.

For each new guest sponsored during the six month period, a member will have an entry in the drawing. Bring one new guest, have one chance. Bring 3 new guests, have 3 chances! And for your efforts, you do not have to be present to win.

STATE SIR HAPPENINGS

Watch for the latest edition of *SIR Happenings* soon at <http://sirinc.org/sirhappenings/index.htm> or our Branch 8 website. Walt Schick

GOING TO MISS A MONTHLY LUNCHEON?

GOING TO BE ABSENT?

Remember that all members (and applicants-in-waiting) have reservations for lunch on the second Monday of the month. If you are not able to attend, be sure to call 925-901-4826, the Branch 8 attendance hotline, or send an E-mail to SIRBR8Hotline@hotmail.com before noon of the Thursday before the monthly luncheon meeting. By doing so, you will be excused from the meeting and from the obligation to pay for a meal you will not eat!

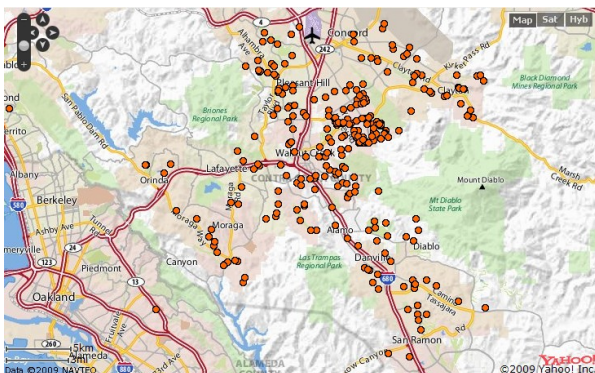
APPLICANTS-IN-WAITING

The above rules apply to you as well. You are expected to call if you are unable to attend the luncheon. **SPONSORS:** Be sure to review this obligation with members in waiting for whom you are the sponsor.

Ed Benson (preferably by email) at ebensonbwa@aol.com or call him at 925-923-7011

RIDESHARING

To assist with finding a rideshare partner you can request a map showing which members live near you. This map is only available by request from Derek Southern (derek.southern@gmail.com).



To view it and addresses of members, you will need Google Earth on your computer. Derek Southern

NEED A RIDE?

Please Note This Change: Those Sirs who do not have transportation and would like a ride to the monthly luncheon are invited to call:

Bon Wadors 937-8160 wadorsbon@aol.com

SUN SHINE REPORT

Since the last Hotline Report the Sunshine Committee has:

Extended no condolences

And:

Extended no wishes for a rapid recovery.

WE HAD A GOOD MONTH!!!

The Sunshine Committee relies on Branch members for information concerning serious illnesses and deaths.

Sunshine Committee (br8sunshine@yahoo.com)

Larry Mersmann (lmersmann@yahoo.com) 925-935-9124

Robert Laaback 925-938-5228

Mike Hegeler (hartahl@astound.net) 925-937-2718

MEMBERSHIP REPORT

Branch 8 Membership Report – March, 2011

New Members to be inducted: 2 Michael Paster MD-254 sponsored by Mysore Gopal MD-50
Evan Sanchez MD-61 sponsored by Ray Tenzer MD-13

Members Requesting Inactive Status: 1

Bill Manning (MD-8) to MD-514

Members Leaving: Resignation/Death/Transfer: 0

Applicants: 4

Stu Weinstein sponsored by Ken Main MD-33

Al Alioto sponsored by Mike Brown MD-56

Bill Bargenquast sponsored by Frank Owen MD-93

Steve Bishop sponsored by Richard Hall MD-88

Orientations Completed in February: 4

Net change to membership in February: 1

Branch 8 Membership as of 2/14/2011:

Active 289

Applicants 9

Inactive 15

Bill Barnard, Membership Secretary

HOTLINE and WEB EDITORS

For articles and photos to go into the Hotline, **please send your input before the 20th of the month.** Include meeting dates into the following month(s) so as to keep your group properly informed about meetings, deadlines and upcoming events.

HotlineEditors:

Pump Pumphrey pumpfree@yahoo.com
Ekk Keller ekkeler@astound.net
Alan Ensign ane65@comcast.net
Dan Weller dweller@astound.net

Website Editor - Webmaster

Bill Hunter wkhbill@pacbell.net

Website Editor – Activities Page

Derek Southern derek.southern@gmail.com

Please send text and photo input to ALL the above Hotline Editors and Web Editors, as editing tasks rotate, and you cannot know for sure where your input will be needed.

We, your Editors and Webmasters, are here to serve you, and we need your very important input.

For the Website, send input anytime, but expect some possible delay before input is added.

Activities at Other Branches

The list below gives contacts for activities that welcome any Sir, space being available. Note that © indicates couples activities—bring your guest. Contact Walt Schick if you any questions.

Breakfast	Call	Philip Magen	256-6548
Bridge Lunch	2 nd /4 th Tue	Milt Greenstein	376-5589
Computer Training	Call	Lo McCarthy	935-3939
Crab Feed (C)	Call Spring	Ken Peterson	439-5448
Crab Feed	Call Spring	Philip Magen	256-6548
Dine Out (C)	Call	Dick Socolich	3763090
Explore & Eat (C)	Call	John Pearl	934-6920
Fishing (C)	Call	Karl Droese	376-0468
Historical (C)	Call	Rich Sjoberg	254-1661
Model Railroad	Call	Ted Westphal	283-5467
Dine Out Guys	Call	Mal Hendry	838-1158
Stamps	Call	Rich Sjoberg	254-1661
Walkers (C)	Each Tues	Lyle Deck	254-3829

GOLF 18 HOLES



Golf Hotline – March

Rain, rain, go away and (don't) come back another day. I keep telling everybody how great Branch 8's golf program is. That's because amongst other things, a lot of Branches hibernate in December and January and hang up their clubs. Not us. Your

golf committee keeps working and scheduling and the only reason we hang the clubs up is to dry.

Before I forget, mark your calendars for **May 16th and 17th**. Those are the dates for our annual trek to **Carmel** for two fun filled days of golf, a cocktail party and dinner. It's also a chance for your significant others to see how much fun Sirs have. Sign

up sheets will be forthcoming but tell your wives and/or social secretaries now because they need more time to prepare for such things.

Also don't forget the **State Sirs Golf** outing in **Reno** in **June**. There are three weeks to choose from. You undoubtedly will have received the brochure by now but read it carefully. The length of stay, prices and courses to play are different

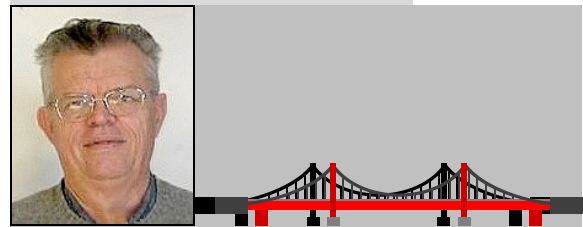
Interesting round at Deer Ridge, Feb. 7th. The top four players led by **Bill Cooke** all had great rounds. There were others, of course, but space is limited. Bill broke 90 with an 88, net 61. **Jack Holzinger** (second place) broke 100 with a net 62. **Leo Barrella** (third) broke 90 for a net 65. And **Don Cashman** broke 80 for a net 65. Those scores will proudly stay on your index cards for a long time. Congratulations laddies!

Bill Sullivan tore up Boundary Oaks in January with two consecutive closest to the pin wins. Both birdies! One was a five foot putt but one shot was only 19 inches out. An inch closer and it would have been a legitimate gimmie but he made it anyway. Nice putt, Bill!

See you on the links,

Glenn Cheetham
Darryl Sweetland, Chairman, 672-4967

BRIDGE ♣♦♥♠ – RUBBER



RUBBER BRIDGE

Well, it's chicken one month and feathers the next month as we could only draw four tables. Not only was the attendance small, but the cards were cold also.

The high pointers this month were: Al Hudgens (4710); George Schulze (4650); Bob Ingersoll (4530); and John Mosher (4340). The scores ran from 1890 to 4710 and the median score was about 3900.

All members are invited to our games. We meet at 9:00 AM on the first Thursday of the month. We meet at Carl's Jr. in the Nob Hill Shopping Center on Oak Grove Road near Ygnacio Valley Road. Call or e-mail Ray Veronte to reserve a seat. Be sure to answer Ray's note early because the last person to answer may be eliminated if the tables are full.

Rod Spicer, Chairman, 935-5306, marod61@att.net
Ray Veronte, Co-Chairman, 798-3177, benoray@sbcglobal.net

BRIDGE ♣♦♥♠ DUPLICATE – ONE



Duplicate Bridge One Results for February

Ernie Sherne hosted the February session of Duplicate Bridge. Fourteen regulars and two substitutes showed up for a challenging round of duplicate bridge, coffee, and donuts. There were many challenging hands. Seven boards produced game bids and most were made. Two small slams were bid and made. The top score was 6 points ahead of the second place team. The rest were within 9 points of each other. The top three places for February went to the following:

- | | |
|---------------------------------|----|
| 1. Harry Hubinger & Brian Woolf | 41 |
| 2. Derek Southern & Tom Baker | 35 |
| 3. Tie: | |
| George Schulze & Bob Kahl | 33 |
| Ken Powleslan & Bob Cramer | 33 |

Thanks to subs Derek Southern and John Mosher for filling in.

Bob Kahl will host the March session of duplicate bridge.

Subs are always in demand so anyone interested in playing duplicate bridge should call a chairman below to get on the substitute list.

Tom Baker Chairman 689-4577, tbaker@astound.net
Dick Long Co-Chair 831-8649, rlong11@sbcglobal.net

BASIC BRIDGE



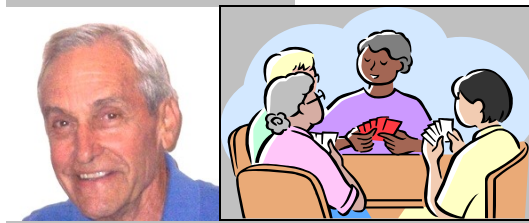
BASIC BRIDGE

Basic Bridge is divided into sections to provide different levels of play for different experience levels of bridge. There is a learning section for brand new players to learn the meaning of the bids and play of the cards. Another section is set up to provide experienced players an opportunity to practice and discuss any points of play and bidding that may happen. In both sections co-eds are invited. The play is relaxed and non-competitive. The only cost is a "gourmet" lunch at Carl's Jr.

Basic Bridge starts at 1:00 PM and ends at 3:00 PM on the first Thursday of the month at Carl's Jr. in the Nob Hill Shopping Center. Carl's Jr. is located on Oak Grove Road near Ygnacio Valley Road. **Call or e-mail Rod Spicer to reserve a seat.**

Rod Spicer, Chairman, 935-5306, marod61@att.net
Harry Hubinger, Co-Chairman, 837-4381, regnibuh@aol.com

COUPLES BRIDGE



Having just finished our Couples Bridge at 4pm on the 21st, I made a mad dash from Carl's Restaurant to my Computer approximately one mile in order not to miss our message. Hopefully we are not too late for the Hotline.

Another 6 table event went without a hitch-a beautiful day-no rain. Every one was in a joyful mood, especially Larry & Ruth Lange who were the big winners with 2940 points, followed by Ken & Maureen Main with 2750points. Third place held by Brian & Heidi Woolf. Based on current demand we do not list the rest of the scores or position. Thank God!!

I wish to thank Tony & Dorothy Watkin and Rod & Mary Ann Spicer for being Subs for our Members who were unable to attend this month.

Next Month your Vice Chairman-John Mosher will take over the reins as your Chairman will be in Palm Springs for three weeks..Any changes necessary , contact John

Rod Hughes---Chairman==925-933-1558
John Mosher---Vice Chairman--925-685-1887

BRIDGE ♣♦♥♠ DUPLICATE – TWO

The top Scorers from the Duplicate II game on February 25th were:

The Myrtles placed first; Schutz and Kahl were second ; Grisanti and Veronte come in third; Creamer and Gopal took fourth; and E. Powlesland and Atwater captured fifth . We meet at Carl's Jr near Oak Grove and Ygnacio Valley Rd in Walnut Creek every 4th Friday. Contact me if you wish to play as a substitute. Max Creamer.

Max Creamer Chairman 262-7407 maxcreamersbcglobal.net
Walter Schick 934-0656 walterschick@astound.net

WINE TASTING



Our next tasting will be at the Sterling Albert Winery (in Concord near the Diablo Creek GC). It was postponed again until March 4-Friday-4pm as the winery received an unexpected large order for wines. A free tasting of up to 10-12 different wines with grapes from Sonoma Valley, Russian River and Lodi. Some of you already signed up via e-mail and at the Activity table at the Feb. luncheon. Room for more so contact Roger Miller (host), Bill or Gary if you want to attend.

The next member (Bill & Nancy Barnard) hosted tasting will be April 29-Friday at 4pm. Attendance is limited so contact the Barnard's if you want to attend.

Several SIR Tasters (Click's, Lofquist's, Plisco's, Pierces-Branch 46) attended a tasting of Syrah/Shiraz. There were 8 wines. Two were Syrah's from CA and 6 Shiraz from Australia. They ranged in price from \$10-25 with alcohol content of 14.5-15%. Three of the wines were in the *Wine Spectator* top 100 wines for 2009 and 2010. The first 3 ranked wines were very close. The 13 tasters rated the #1 wine the 2008 Rusack Syrah (Santa Barbara, \$25) with 3 firsts and 1 second. Very close behind was the 2008 Fetish Shiraz (Barossa Valley-Australia, \$20) with 3 firsts, 3 seconds but 2 lasts. Third was the 2008 Cimicky Shiraz (Barossa Valley, \$19) with 4 firsts, 2 seconds but 1 last. Several tasters ranked it #6 overall. The Rusack had a 93 rating, Fetish (#61 on the WS 100 list) and Cimicky 91 from *Wine Spectator*. The \$10 wine, d'Arenberg Stump Jump (great name) was a distant 6th with 0 firsts and 1 last. The other CA Syrah, Zaza Mesa (Santa Ynez Valley, \$17, #29 on the top 100 list) ranked 4th with 2 firsts, 2 seconds, 2 lasts.

If you are interested in our Wine Tasters Activity contact us and we'll add you to our e-mail list to advise you of the tastings.

Gary Plisco, Activity Coordinator, 939-2483,

gnsplisco@astound.net

Bill Barnard, Assistant AC, 939-8927, nbbarnard@astound.net

5. Prospect Ave. Meet in the Railroad Museum Parking Lot, corner of Prospect & Railroad Ave. Leader: Jim Sowell
6. March 31, 2011, Iron Horse Trail, Meet at Macy's Parking Lot at the corner of Newell & South Broadway: Leader: Ray Tenzer
7. April 7, 2011: Lafayette Reservoir: Entrance on Mt. Diablo Blvd. about one mile west of Happy Valley Rd. Meet at the end of the metered parking lot, bring four or five quarters: Leader: Leader: Bill Peterson.
8. April 14, 2011: Ygnacio Valley Canal Trail: Go through Walnut Creek on Ygnacio Valley Rd. Turn right on Oak Grove Rd. Pass the Truman Casey Library on your right and go to Walnut Ave. and turn right. Go a short distance and turn right on Naranja Drive. Park there and walk back to Walnut Ave. The trail starts a few feet from Naranja. LEADER: Erland Persson

Lynn Jones, Chairman 253-0114 lnjonesy@gmail.com

Dan Weller, Assist. Chairman 935-5510 dweller@astound.net

HEADS UP WALKERS



HEADS-UP WALKS FOR MARCH AND APRIL 2011

1. MARCH 3, 2011: New Hall Community Park. Take Ygnacio Valley Rd. to Ayers Rd. and turn left. Take Ayers Rd. to Turtle Creek Rd. Turn left inside New Hall Community Park and watch for a parking lot ¼ of a mile on the right. LEADER: Dan Weller.
2. MARCH 10, 2011: Lafayette-Moraga Trail. Take 24 to Lafayette and get off at Oak Hill Rd. From Walnut Creek or I-680 get off 24 at the Central Lafayette Exit and turn left. You will see Oak Hill Rd. at the first stop sign. Turn left and go down to a stoplight at Mt. Diablo Blvd. and turn left. When you come to Moraga Blvd. turn right. Go several blocks to School House Rd. & turn left. On the left corner is an old two story building (Town Hall Theater). Go to the trail head where the road makes a sharp right turn. Ample parking is on the street and a side street across from the school. Leader: Ernesto Tong.
3. March 17, 2011: Pleasant Hill. Contra Costa Canal Trail. Meet in the parking lot at the corner of Taylor & Morello behind the gas station on the left. Leader: Lynn Jones
4. March 24, 2011: Danville, Iron Horse Trail. Exit I-680 at Diablo Rd. west to Hartz Ave. and turn left at Hartz. Turn left again to Prospect Ave. and turn right on

ASTRONOMY



Our next meeting will be on Monday, March 14, immediately following the regular luncheon at the Concord Hilton. The approximate time of the meeting will be 1:30 pm and the room location will be announced at the luncheon. We will view a DVD entitled "The Greatest Story Ever Told" from a series of lectures by Professor Neil deGrasse Tyson. Professor Tyson is the Director of the Hayden Planetarium and Visiting Research Scientist and Lecturer at Princeton University. He holds an undergraduate degree in Physics from Harvard University and a Ph.D in Astrophysics from Columbia University. This lecture synthesizes the greatest discoveries of physics, astrophysics, chemistry and biology to present a coherent story of the birth and evolution of the cosmos and in the process tells the story of our existence. All are welcome.

Star Gazing: During March (named for Mars, the Roman god of war), the constellations mentioned in our February report – Orion, Canis Major, Canis Minor and Gemini as well as the planet, Jupiter, continue their westward movement. On the 17th, the constellation Leo with its bright star, Regulus, is to the upper left of the Moon at nightfall. On the 19th and 20th, the Moon slides past the planet Saturn, which is near its brightest for the year. As they rise on the night of the 19th, Saturn is to the lower left of the Moon. The next night it is to the upper left of the Moon, with the star Spica, the major star in the constellation Virgo, a bit closer to the Moon. If you are up at first light, the brilliant "morning star" is Venus. Enjoy the view.

Larry Lange, Chairman 254-6281 rlange@pacbell.net

Derek Lofquist, Co-Chair 939-7015 dmllofquist@astound.net

LETS DINE IN



The month of Feb is a pass as we next meet March 18 at Lauterbachs'. Enthusiasm is running high as we have a full house already. Good food, wine and people are winners.

Ron Cassano at casscpa@sbcglobal.net

Rod Spicer at **925.935.5306** or Reply to marod61@att.net

Please do not forget to send your checks to Rod Spicer, 227 Donegal Way, Martinez, 94553.. Reservations need to be made by Monday, March 14th.

Restaurants soon to be enjoyed are: Brunch at the Crow Canyon Country Club, Alice's Pizza Shack in WC, La Finestra in Lafayette, The Brass Door in Danville and Massimo's in WC.

We thank all of you for coming and hope to see you there for another wonderful evening of "SIR Let's Dine Outing Pleasure".

Don Wesdorf, Chairman...dnwesdorf@comcast.net

Don Allen, Co-Chairman

LET'S DINE OUT



Oh...What a time we had at the **Spaghetti Factory!** Leave it to our Hosts **SIR Donald and Dorothy Allen** to throw such a well-attended shindig for the SIR Let's Dine Outers. Twenty seven SIRs and their Ladies recognized a good deal and took advantage of the wonderful down to earth dining that you find at the Spaghetti Factory in our neighboring city of Concord. We thank those of you who gathered together to have another evening of Social and Dining Enjoyment.

As an encore we expect to see another good turnout when, **SIR Rod and Mary Ann Spicer** will host our March 16, 2011 dining experience at **El Charro Mexican Restaurant in Lafayette**, a frequent gathering place for SIR Let's Dine Outers in past years.

SIR Rod tells us: We are having our Dine-out on **WEDNESDAY, March 16** because we cannot challenge **St. Patrick's Day**. So that you wouldn't be too tired of corned beef and cabbage, we are having Mexican food at El Charro, 3339 Mt. Diablo Blvd, Lafayette.

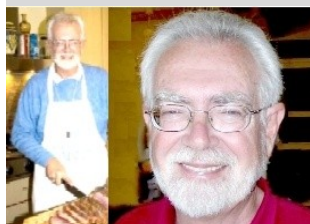
We will be served family style and the menu will include:

*Mini Flautas
Quesadillas
Chips, Dips and Salsas
Rice and Beans
Meat Enchiladas
Soft Tacos
Coffee, Tea, or Sodas*

No Host Bar and Social Hour begins at 5:00 PM...Dinner at 6:00 PM

Total cost per person, including tax and tip, is **\$19.75**. Please RSVP your intentions to:

SIRS IN THE KITCHEN



Sirs in the Kitchen

The Prime Rib was Prime Time

Twenty-five Sirs in the Kitchen met February 15 at Chez Benson and absolutely demolished 13 pounds of boneless prime rib that Executive Chef Ed managed to snag at Smart & Final for about \$5.00 a pound. Given that it was so inexpensive, he worried a bit that it may lack quality, but that wasn't the case; it was delicious accompanied by horseradish sauce and au jus!

Since man cannot live by meat alone, the balance of the meal included a twice-baked potato casserole that was expertly prepared by Sous Chefs Larry and Gordon, a Caesar salad tossed together by Chef Ed C., the shorter and Chef Al's Brussels sprouts. Yes, EC Ed overcame his aversion to the vegetable and allowed it on the menu for the second time in our nearly five year tenure. Chef Al kept saying the dish wouldn't taste at all like Brussels sprouts to which EC Ed wondered if that was the case why didn't we have a decent vegetable instead. He did take his obligatory three bites though. The meal was polished off with Chef Dick's blueberry cobbler topped with either Cool Whip or vanilla ice cream.

The meal was a bit late though. The chefs were hollering, "Where's the Yorkshire Pudding," while Chef Derek tried to figure why the puddings weren't rising. Well, a quarter ways into the meal they finally did, and everyone had a serving. You'd think that his national dish would show him more cooperation. Copious bottles of red wine, a few bottles of white wine, some beer and even a soft drink and a water or two was consumed along the way. Toward the end of the gathering, Chef Gordon told us of his square dancing escapades. Wow, he shoots buffalo and square dances too. Maybe he should have lived in the nineteenth century. No wonder he had the strength to mash our 14 pounds of potatoes earlier in the day.

Our next luncheon meeting will be held at Chez Benson at 11:00 a.m. on March 15. March will be the five year anniversary of our happy band, and maybe some type of a special celebration is in order. Champagne any one? Our current plans are to have soup and the ever-present garlic bread, and the guys are being polled for their favorite soup selections.

Sirs in the Kitchen is now at 29 members and 30 is the cut-off. So if you want to join in the fun and are interested in our activity, drop Executive Chef Ed an email (ebensonbwa@aol.com), call him (925-943-7011) or catch him at the monthly meeting, and he'll sign you up as the last one. So far, we've always had room for anyone who was able to attend. You don't have to be an experienced cook as our members have all levels of cooking ability, or have a kitchen large enough to accommodate all of us. The usual shared cost for the luncheon and wine is around \$15, and that's the best deal in town.

Should any Sirs want our recipes, email Executive Chef Ed, and they'll be sent to you.

EXPLORE AND EAT



February

On a very blustery, wet and wild day, sixty one Branch 8 race fans and their significant others ventured out to Golden Gate Fields for the Third Annual Bill Hooy Day at the Races. Thanks to valet parking and seating in the beautiful enclosed Turf Club we all enjoyed a fun day of racing away from the elements. The rains stopped just long enough for a group to venture down to the track to have a picture taken with the winning jockey of the Third Race which was the SIR Bill Hooy 3rd Memorial running. We owe a special thank you to the absent Dan Franklin for scheduling this exciting event and kudos to Ron Smith who came out of retirement as the former Chair of E & E to assist in crowd control at the track.

March

There will be no events scheduled for this month due to travel and medical issues.

April

On Friday April 29 at 1 PM we will have a docent led tour of the newly refurbished History Gallery at the Oakland Museum. This recently opened gallery is the first phase of a \$61 million renovation at the museum. We will trace the incredible diversity of early Native American culture, to the Gold Rush, and the rise of Los Angeles and Hollywood. Lunch will be on our own in the Blue Oak café which showcases seasonal menus modeled on sustainability and influenced by the region's diverse heritage. Call or e-mail and we will put you on the list. Sign up sheets will be available at the next luncheon. The group price will be \$13 per person.

May

On Friday, May 20, we are planning a docent led tour of Sonoma State Historic Park on the plaza in beautiful downtown Sonoma. We will visit the Mission, Spanish Barracks, Toscano Hotel and the Bear Flag monument. Lunch will be served on the plaza.

And we will follow that up with a tour of the Sebastiani winery barrel carvings with a tasting of some of their finest products. We will be limited to a total of 30 people on this event, so let us know as soon as possible. The cost will be determined by the final number of participants, but should be in the \$25 to \$30 per person range.

June

On Friday, June 26 we will tour Mare Island the West Coast's first Naval Shipyard. We shall have a Deluxe Tour which includes lunch. The docent led tour will include St. Peter's Chapel with one of the largest collection of Tiffany Stained Glass Windows in one location in the world, the Admiral's Mansion, the museum and an opportunity to see the dismantling of two ships from the ghost fleet which has just begun in the historic dry docks on the island. The hours for this tour will be from 10 AM to 3 PM and, again, the cost will depend on the total number that sign up, but should be in the \$30 range.

Thanks to all of you who participate in the Explore and Eat activities. Your support is appreciated.

Dick Schally, Chair rjschally1@sbcglobal.net 260-5534
Dan Franklin, Asst. Chair mardanny@sbcglobal.net 933-2594

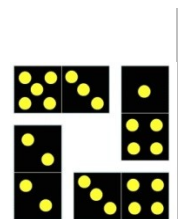
BOCCE BALL



The Newhall Park Bocce Ball season for 2010 ended. I expect to start the Bocce Ball season in the April/May 2011 time frame. I hope to see everyone next Bocce Ball season.

Bob Barnes, Chairman 686-0106 bob_barnes@msn.com
Larry Mersmann 935-9124 lmersmann@yahoo.com

DOMINOES



Dominos has changed the days that we play as well as the time and location. From now on we will meet on the 2nd and 4th Wed. of the month at Carl's Jr, located in Nob Hill Shopping Center off Oak Grove Rd and Ygnacio Valley Rd. Play starts at 11 AM and ends at 2 PM. We always need new players. Bring \$5 for the kitty. It is an easy game to learn and lots of fun.

Dieter Lauterbach, Chairman 672-3124
dlauterbach@sbcglobal.net
Ekk Keller, Co- Chair 685-1505 ekeller@astound.net

GOLF 9 HOLES



NINE HOLE GOLF – MARCH 2011

TWICE THE FUN IN HALF THE TIME (AND HALF THE PRICE)

NINE HOLES AT NINE A.M. EVERY WEDNESDAY OF THE YEAR AT DIABLO HILLS GOLF COURSE (WITH A FEW EXCEPTIONS AS NOTED BELOW). ALL SKILL LEVELS WELCOME. COME ON OUT! NO RESERVATIONS REQUIRED.

TUESDAY, February 22, **9:00** A.M. Erland Persson, Marshal (932-5328)

Wednesday, March 2, **9:00** A.M. **Doughnut Day**, Bill Cooke, Marshal (691-9325)

Wednesday, March 9, **9:00** A.M. **GRAYSON WOODS**, Bill Cooke, Marshal (691-9325)

Wednesday, March 16, **9:00** A.M. **Prizes for Birdies**, Bill Cooke, Marshal (691-9325)

Wednesday, March 23, **9:00** A.M. **PINE MEADOW**, Bill Cooke, Marshal (691-9325)

Wednesday, March 30, **9:00** A.M. Bill Cooke, Marshal (691-9325)

Wednesday, April 6, **9:00** A.M. **Doughnut Day**, Doug Raaka, Marshal (376-4813)

Please note that we will play on **TUESDAY**, February 22 at Diablo Hills, at **GRAYSON WOODS** on Wednesday, March 9, and at **PINE MEADOW** on March 23.

We played at Diablo Hills on January 26. A good turnout (for the winter) of 14 golfers participated. Jack Stack shot a 40 for the best score. Not bad for winter conditions. February 2 was Donut Day at Diablo Hills. Erland Persson shot low total for the day. February 9 found us at Pine Meadow. Ken Main hit 2 birdie 2's with a zero putt on each one!! Jack Stack had the low total with 35, while Ken Main was second with a 38. There was a chance of rain on February 16, so only 4 of us played. Jack Stack shot 37 (great on a wet course) while Bill Cooke was second.

You may sign up in advance at the luncheon meetings or call the week's marshal to get a special pairing or starting time. Sign ups or call-ins are requested but not required. Foursomes will be arranged at the first tee, as needed.

Stan Johnson, Chairman, 938-7016,
stan.johnson88@gmail.com

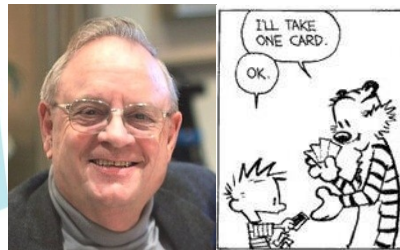
YOGA



Come and Join us for some easy Yoga stretches and breathing techniques. Please wear loose clothing sweat pants and bring your mat. We meet at the Sorts Basement store. It is located in the shopping center at the corner of Ygnacio Valley Rd and San Carlos. Walk-ins are welcome.

For more information contact:
Chair: Mysore Gopal mgopal@aol.com 947-1908

POKER



Come join us for poker!

We offer refresher games at 10:15 before the Monthly Luncheon for any member that wants to try again. Call Dan Franklin if you want to sit in to learn. You can also sit in to help our new players.

We have added our eighth group and they will play 4th Thursday. Here are our playing days:

First Tuesday	First Friday	Second Tuesday
Third Wednesday	Third Thursday	
Fourth Monday	Fourth Tuesday	Fourth Thursday

Our groups meet usually from 1:00 to 4:00 p.m. Group members rotate as hosts, providing drinks and munchies. Deal rotates; dealer calls the game and antes a quarter-- three-raise limit. We play nickel, dime, and quarter. It's an inexpensive way to spend an afternoon with a great group of guys!

Walter Schick 934-0656 walterschick@astound.net
Dan Franklin 820-7312 mardanny@sbcglobal.net

BOOK GROUP



The next meeting of the Book club will be on **Tuesday 3/29/2011 at 2:00 PM.**

It will be at the home of Steve Tiller.
1465 Ashwood Dr., Martinez, CA

We will be reviewing 'Deadly Spin' by Wendell Potter.

There is always a lively discussion so if someone new is interested please join us.

Steve Tiller sktiller@comcast.net 925 229-4432

COMPUTERS AND TECHNOLOGY



The February A2CAT meeting began with taxes. When asked, “who prepares your taxes?” a surprising number of attendees indicated that they were still doing them by hand! Frank Crua then endeavored to change their minds by presenting an overview of tax preparation programs. In addition to the well known *TurboTax*, *H&R Block Tax Cut* and *TaxACT* (the one Frank uses) he included six other tax preparation programs in his analysis. All of these programs help organize tax data and will complete the federal and state reporting forms. Frank’s comparisons are summarized in a series of tables that list the strengths, weaknesses and costs of each program. To see this analysis, check the A2CAT Web page for a downloadable copy of Franks review: www.sir-web.org/computer/

February attendees were also entertained by one of Phil Goff’s “fun and easy” projects. This time, it was a demonstration of how to use PhotoShop Elements to create 16"x20" photo collages suitable for framing. How? First, purchase a small add-in program from ShutterFreaks.com that costs \$11.95. With that add-in, you can arrange and frame your selected photos in the PS Editor. Finally, you upload the JPEG to Costco’s photo site and for \$5.95 you will have a print ready to pickup in a just couple of hours. Phil’s collages are viewable on the A2CAT Website: www.sir-web.org/computer/

As is the usual case, Branch 8 was well represented at the February meeting. Of the 43 SIR’s in attendance, eleven were from Branch 8. They included: Tom Baker, Bill Barnard, Dave Davis, Tony Gillman, Allen Makely, Hans Pable, Bill Phelon, George Schultz, Dean Steichen, Robert Wells and Don Wesdorf

Coming in March

Neil Schmidt will explain all about **Internet TV**. This is an exciting new area of technology development that is being included with many new home entertainment devices. It provides direct access to streaming movies and TV shows, app stores (similar to smart phone app stores), web browsing and more! You might want to check your current TV, VCR or home theater system to see if they have Internet connectivity. Then bring your questions for Neil. (Hey, I have such a system, but no clue how to use it!)

As usual, the presentation will be available on the A2CAT website - www.sir-web.org/computer/ - a week, or more, before the March 17, meeting.

MARCH IS ALSO A “NO DONATION” MONTH where we waive the \$5 fee. This is a great time to try us out without any cost, while enjoying complimentary coffee and cookies!

Meetings of the Area 2 Computer and Technology Group are held the 3rd Thursday of each month (except June and December) from 8:45 to 11:00 AM, at the Walnut Creek Elks Lodge. A \$5 donation is requested (most months) to cover

facility costs and refreshments. Whether you are a beginner or a seasoned user, we try to offer something for everyone (including coffee & cookies). All SIR members and their guests are welcome.

SIR Bill Phelon rphelon@juno.com

BOWLING



ACTIVITY NAME: BOWLING

Fall / Winter League

The Area 2 SIR league is at Diablo Lanes in Concord. We bowl every Wednesday, starting at 10 AM.

This league is for SIR members only. There are twelve 4-man teams. There are some openings, so let the Bowling Chairman know if you would like to participate.

This is a great opportunity to get back into bowling if you have been away from the sport for some time. There are several members who are enjoying the sport for the first time or after decades of not bowling.

Don’t worry if you are a bit “rusty,” or are afraid that you will not be good enough. There are many 120 – 140 average bowlers. The 90% handicap system ensures an even playing field for all participants.

COSTS: Lane costs, prize money and administrative expenses are currently \$13 per week for three games. All bowlers must join the USBC (United States Bowling Congress). There is an annual fee for the USBC.

SIR State Tournament Schedules and Results Are On Line:

To access the SIR State bowling information, open the state bowling web site at <http://sirinc.org/bowling/index.html>. You can find tournament schedules, applications, and results on the site.

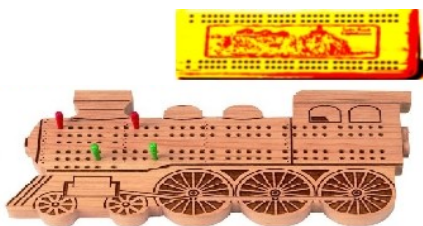
Remember, all SIR bowlers are eligible to participate in these bowling tournaments. You just need to have a current USBC card – you do NOT have to bowl in a SIR league to join the tournaments.

Upcoming SIR Bowling Tournaments:

DATE	LOCATION
March 7, 9	Petaluma
March 21, 23	Concord
April 18 -21	Carson City
April 30, May 1,2,3	Pollock Pines

ACTIVITY CHAIRMAN: Dan Weller
925-935-5510
dweller@astound.net

CRIBBAGE



Cribbage Results – February

February 2, 2011 – We had sixteen SIRS participate. Stan Johnson had the high score for the day with 277 points. Second place went to Dan Franklin with 220 points followed by Jack LaSalle in third place with 214 points.

February 15, 2011 – There were 18 SIRS who participated. The results for the day were extremely close. Al Kapp had the high score for the day with 263 points. There was a battle for second place with Jerry White scoring 233 points and Joe Marino scoring 232 points. In fourth place was Frank Begert with a score of 205 points.

The Cribbage Group meets on the first Wednesday and the third Tuesday of each month at Carl's Jr. which is located in the Nob Hill Shopping Center off Oak Grove Road and Ygnacio Valley Blvd. at 1 PM. Please join us if you have played Cribbage or would like to learn the game. Our next three meetings are on Wednesday, March 2; Tuesday, March 15; and Wednesday, April 6.

Overall Results through February 2011 are as follows:

Highest Individual Game Scores

Herb Hellsten	127
Al Kapp/Larry Mersmann	111
Don Atwater/Ron Draper	110

Highest Daily Total Scores

Greg Ryan	277
Stan Johnson	277
Herb Hellsten	269
Al Kapp	267
Dieter Lauterbach	263

Highest Per Game Average Score (50% of Games Played)

Al Kapp	39.44
Stan Johnson	31.00
Greg Ryan	29.61
Jack LaSalle	29.17
Jerry White	29.00

Chairman, Herb Hellsten (hchell@astound.net)

Asst. Chairman, Bill Douglas

AREA 2 FISHING GROUP



AREA 2 FISHING NEWS FOR MARCH 2011

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 24th, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30am.

Sturgeon and striper fishing is off to an incredible start this year. Joe Miscione, Joe Karg, George Schulze, Terry Miller, Joe Peterson, and Harry Sherinian all fished with Carl Moyer on separate forays in front of the PG&E plant in Pittsburg. Terry and Carl had the best day with 20 sturgeon caught including a 5 foot legal fish killed and eaten. Terry also caught a nice striper on that trip. Joe Peterson caught a small striper, and Carl caught and ate 2 stripers both 23 inches long. Joe Karg caught a small sturgeon despite using sturgeon repellent on his line. George Schulze caught a 43 inch sturgeon, too small to keep, but big enough to give him a good tussle. Harry Sherinian helped Carl bring the monster of the year to the boat. A 7 foot, 185 pound Bubba, Carl calls all monster sturgeon Bubbas. Paul Dubow was the only one to strike out on the only trip to Montezuma Slough where both he and Carl completely failed to even get a bite. And on a solo trip to the usually reliable Shadow Cliffs Reservoir Carl experienced his only skunk ever there, but Joe Miscione and his son were to also come back empty on a later trip. Once the water warms up, this spot should be spectacular. Cal Lutz and his son travelled all the way to Belize for some Bonefish and Tarpon fishing on flies. They had a rough go, but did catch a few small bonefish, and tarpon to 8 lbs. Jerry Smith took a guided fly fishing trip on the lower Sacramento River, but the wind ended their day early, and only one 16 inch rainbow trout was caught. Howard Berkman and Joe Miscione fished Lake Berryessa for one black bass.

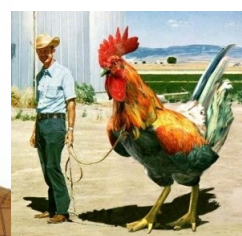
We will be very busy this winter with: delta fishing for bass, catfish, and sturgeon, trout fishing in local lakes, and party boat trips for sturgeon. These outings will include those who rarely fish but would like to try. If you haven't been fishing in a while, but might like to test drive an adventure, come join us.

Our next meeting will be Thursday, March 24th, at the Legend Sports Bar and Grill at the Diablo Creek Golf Course at 4050 Port Chicago Highway in Concord. Meeting starts at 8:30 am.

For further information, please contact:

Karl Droese, Big Fish, (925-376-0468);
Carl Moyer (Branch 8 Coordinator) (925-685-5243); or
Dick Thomson, Treasurer/Secretary, (925-944-1760.)

DIGITAL PHOTOGRAPHY



Attending our February 18 meeting at the home of Teeb Thomas were Larry McEwen, guest DeWayne Ruwe, Dean Steichen, Jerry White, Bill Phelon, Jock McKaig, Teeb Thomas, Jim Sowell, Dave Davis, Ahmad Omid, Pump Pumphrey, Ekk Keller, Hans Pable, and Clyde McAdams.

Bill Phelon led off the meeting with a rousing recognition of the successful efforts of all from our group who contributed to our very successful SACHe display at the February Br. 8 Luncheon. Then there was a sharing of some truly remarkable and artistic photographic portraits, which were both enjoyable and instructive.

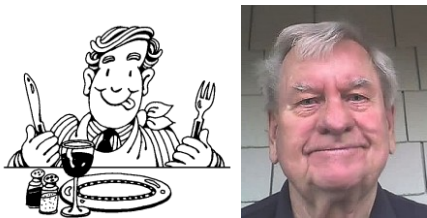
Our next meeting is scheduled for Friday, March 18, at the home of Robin Lamont. The photographic assignments are Snow Scenes, and also the First Signs of Spring. Photos need not be recent; they can be from anytime in your past. Additionally, we shall try to firm up a schedule of photographic topics for each month of the coming year, so that the members can plan ahead.

Our group meets the third Friday of each month, at 10:00 AM at member's homes. We talk about individual insights and experiences with cameras, lenses, techniques, photo software, new developments, and of course the photos we take. In the course of our meetings, we get into a good deal more, sharing many aspects of our lives and experiences, and we are all much the richer for this sharing.

For more information please contact

Pump Pumphrey, Chair 682-2188 pumpfree@yahoo.com
 or Bill Phelon, Asst Chair 254-8338 rphelon@juno.com

SINGLE SIRS DINE OUT



SINGLE SIRS DINE OUT

We are a group of SIRS who like to get out of the house once in awhile and share a good meal and some lively conversation. Each month one of us acts as a host, chooses a restaurant in the area and arranges for a table for the group, usually about ten. There are a wide variety of places where we dine from Italian, American, Mexican, Chinese or whatever. Of course the prices have to be reasonable. Some of us may even share a bottle of wine. We meet on the first Tuesday of each month at 5:30 PM and are usually out before 7:00PM.

On Tuesday, March 1st we will be meeting at 5:30PM at the Greenery Restaurant, 1551 Marchbanks Drive, Walnut Creek. (925-937-1270)

The restaurant is at the Diablo Hills Golf course just across the street from the Heather Farms pool.

Your host for the evening is Bon Wadors, 925-937-8160

If you would like a fun dinner contact:

Chairman, Bon Wadors 925-937-8160
wadorsbon@aol.com
 Asst. Chair., Steve Tiller 925-229-4432
sktiller@comcast.net

WRITING YOUR LIFE STORIES



Sir Ed Cohn is a newer member of the Writing Your Life Stories Branch 8 activity. Here are his words:

I find the Life story meeting of Sir to be a most rewarding group. Most of us think about the legacy that an artist or composer leaves behind; art and music that will always be remembered. But the average ungifted person can also leave something that children and grandchildren can always savor and remember you by write about your life! That's what this class is all about: Being remembered!

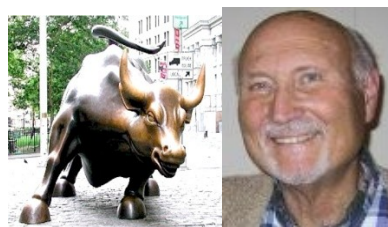
You can become part of this group by coming to our monthly meetings at Vintage Kensington Place, on Geary Road near North Main in Walnut Creek. We meet at 10:00 on the third Wednesday of each month.

We use a group process that is far easier than trying to start writing our life stories in private. The support of fellow SIRS is part of the secret as we write stories both during the class time and at home to share with the group.

If you are planning to attend the March 16 meeting or have any questions please give us a call.

Roger Sperling, Chair 933-5588 rog-nan@astound.net
 Dick Schally, Asst. Chair 939-9648 rjschally@sbcglobal.net

SUMS IN RETIREMENT



The Area 2 Sums Investment Group will meet on March 23rd, 2011 at 8:00 AM at the Diablo Creek Golf course, 4050 Port Chicago Highway in Concord. Our speaker will be **John McNamara, Regional Vice President for Superfund USA, Inc.** John will discuss what the Superfund group of companies offers in managed futures to qualified investors. Superfunds managed futures funds, Superfund Green L.P. and Superfund Gold L.P. strive to provide solid returns while offering portfolio diversification using a proprietary trend-following strategy. These funds trade in more than 120 futures markets on exchanges around the world and have historically achieved a low correlation to other asset classes such as stocks and bonds. Plan to attend and discuss with John the investment opportunities in these type of funds as a way to enhance portfolio diversification. To learn more, explore www.superfundusa.com.continued on page 14

The restaurant at the course opens at 7:00AM for those who would like to enjoy breakfast with your colleagues.

Co-chairmen:

Allen Espenmiller (Br-174) 925-376-3977
George Schulze (Br-8) 925-429-1756
Leary Wong (Br-8) 925-457-0807
Ken Nakashima (Br-171) 925-376-0421

POOL



It's St Patrick's Day this month. Do you feel lucky? It's still not too late to add Pool to your list of activities. How about joining us for a game or two?

Did you ever play pool in your younger years? Have you ever thought about playing again but didn't want to go to the pool hall by yourself? Just like Golf you only become good at putting the ball in the pocket if you practice. It improves eye and hand coordination. It might even improve your game of Golf.

Because you're a SIR's member you have the opportunity to get together to play some pool (just for the fun of it). We play for approximately 2 hours. We meet and start at 11:30 on the first and third Mondays of each month at Masses, 2721 North Main Street, Walnut Creek. The cost is \$5.00 for as long as you want to play. This is a special rate that Masses gives the SIR's members. You can also play during the day, at other times, for the same \$5.00 fee. Just tell them you're a member of SIR's. We play mostly two man teams of eight ball, or a unique three-player game, called "Crazy Eights", depending on the number of participants.

There are plenty of tables, so come on down and join other pool players from Branch 8 and other branches in the area. If you have not played for awhile, don't be bashful. Come on down and join us and get some practice. We welcome new pool playing and potential pool playing members.

Jerry White (jdwhite8062@yahoo.com) 944-9068

TRAVEL EVENTS



THE CRAFTY MATCHMAKER MARCH 5, 2011

A musical spectacular presented in a rhythmic mixture of Cantonese and English, this production is filled with drama, action and humor. A Crafty Matchmaker unfolds to a tragic triangle of love and how resentment is created. The story is set in ancient China and is performed on the stage of the Buddha's

Universal Church. Included is: round trip travel from Heather Farms, a hosted lunch in Chinatown and entrance to the performance.

Cost is \$55 per person.

For more information or to sign up call Bob Hagler at (925) 934.7620 or e-mail at bob.hagler@sbcglobal.net.

ALASKA CRUISE JUNE 9-19, 2011

Available to SIR Members, Family and Friends

Embark on a 10-night Inside Passage cruise to Alaska on board Princess Cruise Line's SEA PRINCESS sailing round trip **out of San Francisco**. Cruise ports of call include Juneau, Glacier Bay, Haines, Ketchikan and Victoria, B.C. Travelers are required to have a current passport as part of their boarding documentation. Included in cruise features: Round trip transfers from bay Area to San Francisco pier and back; All meals while on board the SEA PRINCESS; Transfer driver and Stevedore tips for baggage handling; All government fees and taxes and Pre-departure orientation meeting.

Cost: \$2578 - \$2655 double occupancy depending on category of cabin selected.

Jim Lunn 925.551.3329 or e-mail at sal779@aol.com

THE ENCHANTMENT OF LAKE MICHIGAN SEPTEMBER 12-22, 2011

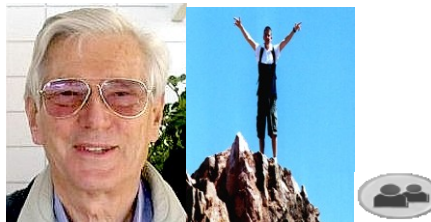
An eleven day round trip tour from Oakland to Detroit, Michigan and return from Chicago Illinois. Tour features: **GREENFIELD VILLAGE, FORD MUSEUM** and hosted dinner at **EDSEL AND ELEANOR FORD'S ESTATE, FRANKENMUTH, HYDROFOIL** to Mackinac Island, **HOUSE ON THE ROCK** and **FRANK LLOYD WRIGHT'S HOME SCHOOL AT TALIESIN, CHICAGO MERCANTILE EXCHANGE** and **SEARS TOWER**. Also included are round trip airport transfers, roundtrip airfare from Oakland to Detroit, Michigan and return from Chicago, 10 hosted breakfasts 3 hosted lunches, 6 hosted dinners.

Cost: \$2885 per person double occupancy, \$740 single supplement.

For more information or to sign up call Bob Hagler at 925.934.7620 or e-mail at

bob.hagler@sbcglobal.net

SIR HIKERS



SIR HIKERS' MARCH 29 HIKE

Attention Hikers! We hike on the **last Tuesday** of every month on regional trails. We meet and start at **9:30 am** unless otherwise specified below at either the trail head or the location listed. Our hikes are about 5 to 8 miles long and usually take about 2 to 3 hours. **Water, hiking shoes and sticks** are always recommended. Some of us often but not always have lunch at a

restaurant after the hike. NEW MEMBERS, GUEST, and SIRs from other Branches are always welcome.

March 29, 2011: This month we will hike the North area of Mt. Diablo. We will march up Back Creek Rd. to Ridge Rd. to Meridian Trail down to Donner Canyon Rd. to Herrington loop and back to our cars. Lunch: we can grace Ed's Burger or any other place somebody may recommend.

Directions: At the intersection of Ygnacio Valley Rd. and Clayton Rd. take Clayton Rd east for 11 traffic lights which include the first light at the intersection and is about 3 miles. At the last light turn right on Regency Dr. and go all the way to the end and park.

Time: 9:30 AM – Meet at the parking area / trail; head.
Leader: Hans Pable Ph: 672-2564 c: 658-2594

Chair: Ray Tenzer 925-820-4744

Ass't Chair: Enrique Arvizu 925-687-9992

WINE FINDERS



WINE FINDERS



A robust group of winos experienced a thoroughly enjoyable evening at the lovely home of Jack and Carolyn Bybee. Twelve different appetizers graced the Bybee's dining table and included Fritatas, hot spiced meatballs, cheese fondue, pulled beef sliders, mushroom & olive marinated cheese, spiral rolled sandwiches, guacamole & chips, and pastry wrapped baked brie. Due to the large number of attendees, 2 separate wine tables and flights were created, labeled red dots and non-dots, to sample Chilean reds.

Rankings of the first group (DOTS) were: 1st. Joe/Judy Karg ('07 cab. sav. Santa Rita, BEVMO \$12.99); 2nd: Guests Tony/Peggy de Losada ('09 cab. sav. Concha y Toro, T. Joes, \$4.99), and 3rd, Jim/Sandra Sowell ('08 cab, Amplus Santa en. , BEVMO \$12.50). Rankings after incorporating Bonus value points for low cost (under \$10.- and under \$5.-) were: 1st The de Losada's (see above); 2nd Ron/Judy Smith ('08 Carmenere Panilonco, T Joes, \$3.99). and 3rd Derek/Pauline Southern ('06 Merlot, Alcance, Maule V., Groc. Outlet, \$5.99)

Rankings for the second group (NON-DOTS) were: 1st Hosts Jack/Carolyn ('08 cab.sav. Montes, Safeway \$8.99); 2nd Walt/Ginny Schick ('09 Carmenere, espiritu de Chile, BEVMO \$11.99); and 3rd: Ed/Donna Benson ('07, Cab. Sav. Caliterra, Groc. Out). Rankings after incorporating Bonus Value points for low cost were: 1st Jack/Carolyn (see above); 2nd Rob/Gay Laaback ('09 Carmenere, Espiritu de Chile, BEVMO \$8.99), and 3rd: Ron/Karen Cassano (Cabernet, Root 1, Colchagua Vall. Safeway \$9.99).

As a small research project, Walt and I allowed 2 wine

selections to be exactly the same, to see if evaluations would vary, or be similar. Surprisingly to this reporter, they were nearly identical! Also, our group welcomed guests Sir Larry and Holly Yarberry, and Tony and Peggy de Losada, so they could see how Wine Finders conduct themselves. Most of us minded our manners, and apologies offered for any missteps. We all enjoyed our guests!

Our next gathering is scheduled for Thursday, April 14. Although this is a group that encourages couples participation, single Sirs are invited and can come stag or pair-up with a Sir whose spouse is unable to attend. A wine type is selected, then we do a blind tasting and rank all wines. Each couple also brings a bottle of their favorite wine priced under \$15.00. Each couple also brings an hors 'd oeuvre to serve six that compliments the wine selection. We meet at 6:00 PM at rotating hosts homes on the second Thursday of even numbered months. Remember to bring your own glasses.

If any of you Sirs are interested in joining our group, please consider getting on our waiting list as there's usually room for all who can attend.

Chair: Bob Price sprice8126@yahoo.com (925) 937-6814
Co-Chair: Walt Schick walterschick@astound.net (925) 934-0656

SACHe



S irs
A rtisans
C raftsmen
H obbyists
etc



Our activity designed to exhibit our member's talents, has been given the name **SACHe**. These letters stand for **S**ir, **A**rtisan, **C**raftsman, **H**obbyist, and **e**tetera and represent the exhibits by Branch 8 members at our monthly Luncheon-Meeting. Contact Don to be included in future exhibitions.

For March we will have two exhibitors:

Jerry Raftery will share with us his Beer can collection. I understand it is very large, so only a portion will be displayed this time.

Bob Bailey, a woodworker, will display some of his crafts and have photographs of items too large to display.

Please take a moment before the March Luncheon-Meeting to admire the SACHe exhibit.

It was good to see the **Digital Photography group** receive applause for last month's exhibit. We certainly have very talented photographers in our branch and their exhibit reflected their professionalism.

Chairman: Don Atwater, 673-1669 datwater@pacbell.net

Asst. Chairman, Bill Peterson, 676-5295
wpete333@comcast.net

INTERNET GAMES



Come play internet games with fellow Branch 8 members.

Our newest activity requires only that an internet connection be established. It has a couple of functions:

- 1) To collect information about internet games our members enjoy and matching them up with those with interest in the same games.
- 2) Create competitive events when several members have interest in the same game.

We are very fortunate to have the services of Bob Barnes. He has written directions/instructions for connecting to Internet games. I'm sure those new to Internet Games will find these helpful for making the connection.

Following members have expressed interest in Internet Games:

BACKGAMMON – Joe Karg, Walt Schick

BLACKJACK – Joe Karg

BRIDGE – Max Creamer, Ernie Sherne, Don Atwater, Bob Barnes

CHESS – Sam Wilkerson, Joe Karg

CRIBBAGE – Frank Begert, Ron Draper, Dan Franklin, Herb Hellsten, Larry Mersmann, Greg Ryan, Walt Schick, Ernie Sherne, Bob Barnes. Sam Wilkinson,

DOMINOES – Frank Owens, Sam Wilkerson

HEARTS – Walt Schick

PINOCHLE – Vito Magliano, Ernie Sherne, Walt Schick

POKER – Ron Cassano, Dan Franklin, Joe Karg, Ekk Keller, Ken Main, Carl Moyer, Greg Ryan, Walt Schick.

SPADES – Ernie Sherne

Internet has many games to play. So if you are interested in one that is not shown above then let me know and it will be added. Also, your name will be added to the game when you let me know those that interest you. datwater@pacbell.net Feel free to contact one another and arrange a game on the internet.

Our first competitive event was just completed, a Round Robin Cribbage Tournament. First Place went to **Dan Weller**, 2nd to **Greg Ryan** and 3rd to **Larry Mersmann**. The next tournament will start in March, so let your wishes be known if you want to play. We are looking for someone to be chair our Internet Cribbage, so please let me know if you are interested.

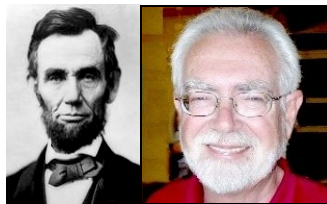
Poker appears to have sufficient interest to be a competitive event. **Ekk Keller** has agreed to chair this activity. We plan to start up with regular games in March. If you are not on the list of those interested in Poker, please let me know.

Chairman – Don Atwater, 673-1668 datwater@pacbell.net

Assistant Chairman. – Bob Barnes 686-0106

bob_barnes@msn.com

BOOK EXCHANGE



Sir Book Exchange

Man, do we have books

We have so many that they outstripped the space allocated to them at the February luncheon. That's OK thought, keep bringing them in. We have already brought 14 boxes of extras to the Contra Costa Library System.

What we don't have much of is electronic media, so come on, bring in those unwanted CD's and DVD's so other Sirs can enjoy them.

Your co-chairmen, Ed Benson, Ken Main and Rob Laaback swing by the book exchange tables periodically should you have any questions. Or, you can drop Ed an email (ebensonbwa@aol.com), call him (925-943-7011) or catch him at the monthly meeting.

BARBECUE



Annual Branch 8 BBQ

June 30, 3:00 'Till Dusk

Sign-Up Now!

Our Branch 8 BBQ will be Thursday, June 30 from 3:00 p.m. until dusk at last year's site, Castle Rock Park. For those of you not familiar with the site, it's in Walnut Creek at the foot of Mt. Diablo. The site is covered with beautiful oaks to provide plenty of shade should the weather become really warm. Of course, we'll have plenty of beverages to cool everyone off.

As in the past two years, Sirs in the Kitchen will be putting the party on. Price will be the same as last year at \$20 per person. We will stick with our winning combination of Kinder's Original Marinade Ball Tip Steak, chili, potato salad, green salad, coleslaw, garlic bread and some form of light dessert. Wine, beer, soft drinks and even water will be provided for those working up a thirst.

Sign-ups are going fast; as this is written we already have ninety of our hundred spots filled. We will have a sign-up sheet at our March, April and May meetings, and should the event be filled we will be taking alternates on a first come, first served basis. There are bound to be drop-outs between now and the

event. **Payment is due to Ed Benson by June 15.** Checks should be made out to him and mailed to his home at 1289 Crown Court, Walnut Creek, CA 94597.

NEW AND CURRENT ACTIVITIES



NEW AND CURRENT ACTIVITIES MARCH HOTLINE ARTICLE

A new SIR Br. 8 activity has been formed this month. Bocce Ball League Play will be headed by Bob Barnes, chairman, and Larry Mersmann as assistant. Both Bob and Larry currently lead our original Bocce Ball activity which was first organized some five years ago.....and still thriving. The new league team play will consist of ten team players competing with other teams at the Baldwin Park Bocce Courts from May to October.

Our Duplicate Two group has a chairmanship change. Max Creamer replaces Gene Bingham as the new chairman.

SIR Larry Lange was recognized and honored at the January luncheon as our "Most Active" SIR for 2010. Big SIR Derek Southern presented Larry with this award. In addition to being a very active SIR, Larry is currently our Astronomy Activity Chairman here are no new activities in the offing. However I noticed in the recent applications for membership that bicycling was again mentioned by several applicants as an activity of interest. One of you newer members interested in biking might want to volunteer to help start a Biking Activity. All it takes is to give me a call or e-mail and we'll get something started.

Mike Long, Chairman, 930-8401, patmikelong@astound.com
Jock MacKaig, 838-4623, jock@rfrep.com



Carl Moyer holds a delicious 5 foot sturgeon caught near Pittsburg.



Three Senior Fitness Program grads display the "Arabesque" balance routine learned in training.



Volneys Peters' great WWII war planes SACHe exhibit, back in November, before our move. .. Photo / Jock MacKaig



February Speaker, Deborah Braver, CA Department of Corporations.
Photo / Pump Pumphrey



New Member

EVAN SANCHEZ



New Member

MICHAEL PASTER



Five hearty BR 8 race fans at Golden Gate Fields, with the wining jockey of the **third race-- which was the SIR Bill Hooy 3rd Memorial** running. *Race Track Photo*



The February SACHe activity featured our Digital Photography group. The exhibit won high praises from those who were able to attend. Photos: *New Members and SACHe exhibit (left) by Pump Pumphrey -& (right) by Jock MacKaig*



At our Febuary luncheon, Area Governor Sir Ron Smith presented SENIOR SIR award certificates to the following Branch 8 members attainig 90 years of age in the past year (or so!). From left to right are respected Sirs: Douglas Raaka, Robert Cramer, Richard Hersey, Edmund Young, Larry Lavik, John Fidler and Robert Ellis. *Photo by Pump Pumphrey*

Mt. Diablo Branch No. 8

State President:	Bob Mannell	408-264-7121	bob@mannell.com
Director Reg 6:	Dean Steichen	820-3573	dean.steichen@comcast.net
Governor, Area 2:	Ron Smith	314-3066	resmith62@aol.com
Computer, Area 2:	CoChair Derek Southern	253-1646	derek.southern@gmail.com
Golf, Area 2:	Jim Willey, Br 19	689-3199	jemhwilley@astound.net
Fishing, Area 2:	Karl Droese, Br 171	376-0468	kdorese@comcast.net
Publicity, Area 2:	Walt Schick	934-0656	walterschick@astound.net

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Little Sir	Gary Plisco	939-2483	gnsplisco@astound.net
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Attendance Secretary	Bill Peterson	676-5295	wpete333@comcast.net
Treasurer	Leo Barrella	933-2372	leojudyph@comcast.net
Asst. Treasurer	Paul Laderer	943-1392	theladerers@sbcglobal.net
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	Wally Freeman	673-1191	wallyf06@comcast.net
	Bill Hunter	947-6947	wkhbill@pacbell.net
	Mike Long	930-8407	patmikelong@astound.net
	Jim Sowell	939-4670	sowell4jim@aol.com
	Bon Wadors	937-8160	wadorsbon@aol.com

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Asst:	Larry Lavik	935-6946	lvavik@aol.com
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Computer Help (PC):	Jay Caldis	939-1893	jcaldis@astound.net
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	Ekkehardt Keller	685-1505	ekkeller@astound.com
	Alan Ensign	820-8974	ane65@comcast.net
	Dan Weller	935-5510	dweller@astound.net
Ladies Day Luncheon:	Roger Millier (Chair)	944-1452	rjmiller@astound.net
Member Relations	Ed Benson	943-7011	ebensonbwa@aol.com
New Member Interviews:	Ed Myrtle	229-2371	cemyrtle@aol.com
Roster:	Bill Barnard	939-8927	nbbarnard@astound.com
Sunshine Chairman:	Larry Mersmann	935-9124	lmersmann@yahoo.com
Asst:	Rob Laaback	938-5228	
Web Master:	Derek Southern	253-1646	derek.southern@gmail.com
Asst:	Bill Hunter	947-6947	wkhbill@pacbell.net
Luncheon			
Seating & Setup:	Bill Peterson	676-5295	wpete333@comcast.net
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	Larry Mersmann	935-9124	lmersmann@yahoo.com
	Bill Peterson	676-5295	wpete333@comcast.net
Drawings:	Ed Roth	937-5944	rasmroth@astound.net
Greeters:	Clyde McAdams	793-2900	clydemcadams@yahoo.com
	Darryl Skiles	827-3818	dbskiles@astound.net
Guest/Visitor	Bill Johnson	284-1728	bjohnson@comcast.net
	John O'brien	932-0414	cnj@astound.net
Need-A- Ride:	Bon Wadors	937-8160	wadorsbon@aol.com
Pianist:	Ralph Bagdonas	838-0568	ralphbagdonas@comcast.net
Songmeister:	Roger Sperling	933-5588	rog-nan@astound.net
Tickets:	John Fidler	837-8703	johnfidl@cs.com
	Paul Laderer	943-1392	theladerers@sbcglobal.net
	Leo Barrella	933-2372	leojudyph@comcast.net
	Mann Wong	376-6388	boggiebetty333@att.net

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