

Sons in Retirement



Volume 22 Issue 8

Web site <http://www.sir5.org>

August, 2009

Big SIR sez:

Your Big SIR attended the SIR, Inc. annual meeting on Monday, Aug. 3, and would like to share some observations therefrom with the membership. Held in Vallejo, attendance numbered around 200 with about three out of four being branch Big SIR's, the remainder being state officials, area governors, regional directors, and such. The main purpose of the meeting was to elect 2010 state officers, but talks from a few of the state committee chairmen were also scheduled. As for the election, Buck Kendrick from Branch #35 was elected president, and Robert Mannell from Branch #39 was elected vice-president. Others elected included Gary Gruber, secretary, Michael Berry, treasurer, Harold Stephens, asst. secretary, and Karl Ryden, asst. treasurer.

More important, to me at least, were the committee reports. While space will not allow full coverage of the reports contents,

I will try to summarize some of the more salient points. The total number of branches is now 150, plus one provisional, but the total membership is about 1% lower for the year with approximately two out of every

three branches suffering declining rolls. As might be expected, the remainder of the meeting, which included a high degree of audience participation, dwelt on how recruitment, and member retention, could be improved. Various Big SIR's commented on how their branches were dealing with the dual problem, and

Lunch, **Wednesday, August 26th**

Salads:

- Caesar
- Tomatoes vinaigrette
- Spinach with mushroom and egg
- Pasta primavera

Entrees:

- Sirloin tips
- Roast turkey with mashed potatoes

Dessert:

- Chocolate Mousse

some of those ideas might be entertained by Branch #5. However, most issues are local, and local solutions should be sought.

One of the key solutions mentioned by many of the responders was to add more activities for members. In fact one of the handouts lists 74 different activities that are offered by the various branches. Some branches,

which previously offered one only, golf, are now offering many. I implore the membership at large to give some thought to this issue, and in addition to offering any suggestions, please let me know if you'd be willing to serve on a yet to be organized Activities Committee.

Time is drawing nigh for the branch to forward to State our listing of board members and officers for 2010. As of now, that listing is complete, save one. Kudos to Art Kraemer for volunteering for the office of asst. treasurer. The position of secretary, however, remains open. This office, which grants board membership, has as its primary responsibility the taking of minutes at the monthly BEC meeting, and distributing same. The only qualification is that he should be capable of transmitting the document on-line. I know there's someone out there that would enjoy serving the branch in this capacity, and I want to hear from you.

Ted

SPEAKER

Renate Henry Olaisen was promoted to Abilities United's first Director of Social Entrepreneurialism on October 15,

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2008. He, a physician of chiropractic, is also the director of aquatic services, a public rehabilitation, fitness and recreational center for people with disabilities at the Betty Wright Swim Center, a role Renate took up on March 15, 2006.

As the eight director of the Betty Wright Swim Center, Olaisen guided the transformation of Betty Wright from a program at brink of closure into a wide-ranging center for progressive rehabilitation. Under his leadership, the Betty Wright Swim Center emerged as the Bay Area's only full-service warm water facility and one of the nation's foremost rehabilitation centers of collaborative and creative enterprise, distinctive for its multidisciplinary focus and the exploration of new approaches at the crossroads of the traditional warm-water discipline. In recognition of its legendary roots and founder Betty Wright, the center maintains a special commitment to the incorporation of community volunteers, services to low-impact physical activity for seniors, children with developmental disabilities all within a non-labeling, non-judgmental environment. To support its mission, Olaisen directed a comprehensive administrative restructuring, secured the Center's finances, attracted major new gifts, and undertook an extensive renovation of the Center's Eichler-inspired facilities. The Betty Wright's flagship scholarship program became an invaluable opportunity for people with debilitating disabilities to gain mobility, social support and reduced pain through yearly underwriting.

Before coming to Abilities United, Olaisen was a Teaching Fellow at Smith College in Northampton, Massachusetts. In this capacity, delivering graduate and undergraduate courses in Exercise Science and working with the College's swimming & diving team.

He was born in Andenes, Norway. Raised in the arctic north's Vesterålen's Islands, Olaisen went on to attend Tanks Videregaende in Bergen, Norway, swimming for the National Team. Olaisen emigrated in 1993. Olaisen received a bachelor's of science degree from Ohio University in 1997, and a doctoral degree in chiropractic (2001). Olaisen is presently

completing a Masters in Public Health at San Jose State University under the direction and mentorship of Dr. Kathleen Roe, Chair, Health Science Department.

Olaisen served as the coach of hundreds of athletes, including Paralympic national record holder Ellen Bertelotti, professional triathlete Lauren Alexander-Trent and National US Swimming Team Member Laurence Delisle. Between 1997-2006, Olaisen coached with San Jose Aquatics, led San Jose Aquatics Masters, and served as Head-Coached for Forest Park and Courtside Swim Club. Olaisen has trained hundreds of young adults in American Red Cross lifeguard and emergency rescue skills and mentored several young adults through their collegiate internship in health, rehabilitation and fitness.

Olaisen has served on the Community Partnership Committee of Smith College and is presently serving on the Therapeutic Recreation Task Force of the California Park & Recreation Society, Healthy Steps Advisory Group of U.C. Berkeley, a member of Board of Directors of the Billy DeFrank LGBT Community Center and volunteers with the San Francisco Department of Public Health.

Olaisen's honors include an award in 2004 for leadership within Western Athletic Clubs and the 2004-05 Teaching Fellowship from Smith College. Olaisen was elected to co-lead the graduate cohort of San Jose State University in 2008 and elected co-captain of Ohio Swimming & Diving Team in 1996.

Unfortunately, most, if not all, of the work has been done in Europe so this is our opportunity to learn what is going on. Walkers, canes, and joint pain seem to be growing afflictions for many of "us folks" and this (warm water therapy) just may be a way to ease that situation

Attendance Report

No Attendance Report taken at barbecue so no report this month.

Ray

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## Membership

No Executive Board Meeting at barbecue so no report this month

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September Birthdays

Kenneth V.	Christie	9/3
Donald W.	Drews	9/23
Arlo E.	Gilpatrick	9/28
Frank W.	Herterich	9/20
Adel I.	Nazzal	9/22
H. Robert	Ross	9/5

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## Minutes of the Meeting of the Executive Board

No Executive Board Meeting at barbecue so no report this month.

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GOLF

Sunnyvale 7/2/09

Nazzal J.	97 net 67
Totah K.	97 net 68
Hwang H.	108 net 78
Swanson J.	89 net 70
Nazzal A.	94 net 71
Nazzal N.	87 net 72

CTTP Flakoll A.
Kraemer A.

Santa Clara 7/9/09

Nazzal J.	95 net 65
Austin J.	104 net 73
Trudeau H.	106 net 73

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Totah K. 101 net 73
 Nazzal N. 89 net 74
 Stevens J. 99 net 75

CTTP Nazzal John
 Nazzal N.

Moffet Field 7/16/09

Austin J. 102 net 68
 Trudeau H. 107 net 72
 Nazzal J. 105 net 73

Stevens J. 101 net 75
 Nazzal A. 99 net 75
 Swanson J. 99 net 79

CTTP Austin J. Nazzal
 N.

Spring Valley 7/23/09

Austin J. 95 net 65
 Nazzal J. 96 net 67
 Van Kirk F. 104 net 69

Kraemer A. 85 net 69
 Nazzal N. 85 net 70
 Totah K. 98 net 70

CTTP Huang H.
 Kraemer A.

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**CompuSIR**  
**Chairman,**

**Jim Dinkey, Branch 35**

**The CompuSIR group meets the second Wednesday of each month at noon for a brown bag lunch at the Los Altos Legion Hall , 347 First Street, Los Altos. The following speakers are currently scheduled:**

August 12th - Gene Barlow in an inter-

active video conference on backing up your hard drive using Acronis True Image Home 2009 (version 12)  
**September 9th** – roundtable/panel discussion regarding how to change your e-mail using your domain to avoid problems when changing ISP; using whois; etc. Jim will address the problem of leaving one ISP for another.

**October 14th** - Red Calub (general Manager of Micro Center) will discuss what is coming down the line and Christmas suggestions.

**November 11th** - Hank Skawinski

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TRAVEL NEWS
FOR AREA 16,
BRANCHES 5, 35,
& 51

DON'T WAIT – GOOD CABINS LEFT!

Oct 12 – 23 12 Days MEXICAN RIVIERA CRUISE (Round Trip from San Francisco)

\$1015 – 1545pp dbl

Escort: Joe Ames 408-736-8387

OPTIONAL SHORE TRIP to COPPER CANYON!

COME SPEND NEW YEAR'S EVE WITH US!!

Dec 30 – Jan 5 Days NEW YEAR'S in ARIZONA (SUNNY Arizona!) \$1160 – 1675pp dbl

Escort: Joe Ames 408-736-8387

CRUISE on Board the SEA PRINCESS May 22 – June 1, 2010 11 Days

ALASKA'S INSIDE PAS-SAGE (Round Trip from San Francisco) \$1416 – 2551pp dbl

Escort: Arthur Lloyd 650-851-0998

ONCE EVERY TEN YEARS

Aug 31 – Sep 10, 2010 11 Days PASSION PLAY in OBERAMMERGAU & GERMAN HI-LIGHTS

\$2838pp dbl + Airfare Escort:

Talbot Tours 408-879-0101

\$200 Refundable Reservation Deposit!

Call the Escorts for Complete Information and Reservations for the trips.
 (See Flyers for details)

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**Bowling**  
**BRANCHES 5, 35,**  
**& 51**

We Bowl Every Thursday.  
 Come Join Us: Palo Alto Bowl  
 4329 El Camino Real,  
 Palo Alto, Practice at 12:45,  
 Bowl at 1:00

*Bill Finkemeier*

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Thursday Bowling, July

High Series Scratch:  
 Fred Schwalbach 456

High Game Scratch:  
 Fred Schwalbach 191

High Series HDCP:  
 Bob Beutler 660

High Game HDCP:  
 Bill Finkemeier 250

*Bill Finkemeier*

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SIRS ON BIKES:
SIR Area #16

Bike rides regularly start at 11:00 AM the 2nd Thursday of the month. Wives and Guests are welcome. **Bring bike, helmet and a jacket if it is windy. Rain will cancel.** Attendance averages 10-15 riders. More are welcome. Rides are planned to be 15-20 miles on paved bicycle trails with some optional ride distances. The pace is moderate and riding on streets is kept to a minimum and include a restaurant lunch break.

2nd Thursday— August 13, 11:00 AM

Stevens Creek Trail & Shore-

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line Park (Mt. View)

Ride: We will ride a flat 12-mile round-trip to Michael’s Restaurant in Shoreline park, plus an optional 5-Mile loop to the Palo Alto Duck Pond, near the Palo Alto airport (a total ride of 17 miles). Lunch will be at Michael’s.

Directions: Meet at the south end of the Stevens Creek bike path at the dead end of Yuba Drive in Mountain View at 11:00 AM. Yuba Drive is off El Camino Real between Highways 237 and 85 and can be reached from El Camino Real or via Centre or Church Streets from 237.

To ride, contact me (see above), or Tom Gregory , 650-493-8894, tgreg@surf.free.com

FUTURE RIDES

- September 10 Foster City
- October 8 Los Gatos Creek
- November 12 Coyote Creek (So. San Jose)

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. Son In Retirement, Incorporated and its Branches do not assume responsibility for the well being or safety of the participants or their property, in any matters.

-2009-

State President: David Reiser (408) 268-2148 DEREISER@MSN.COM

Region Director: John Mason (650) 948-5442

Area 16 Governor: Stanley Barkey (408) 996-3137

**SONS IN RETIREMENT
INCORPORATED
SOUTHERN PENINSULA
BRANCH 5**

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Ken Christie, Little Sir
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**PLACE
STAMP
HERE**