

Sons in Retirement



Volume 26 Issue 2

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

February, 2013

Big SIR sez:

Our February 27th speaker will be Ellen Gorman from Stanford Hospital who will suggest things we can do to avoid falling. If we take away just one helpful idea, it would be worth the time spent at her presentation on good balance. Plan on attending and benefit from her educational experience.

We note the passing of Howard Hushbeck on January 17th. Howard had been an active member of Branch 5 until poor health limited his activities. He was Big Sir in 1998. Also passing in December was Donald Stites, a long time Branch 5 member.

The January 23rd speaker, David Zhang, gave us a colorful Power Point presentation of Chinese music and dance round the world. It was very well done with a question period at the end. At that point he gave us a glimpse of life in China today. Personal freedom is very limited. Facebook is not allowed!

At the request of Michaels' Restaurant, the June 26th luncheon meeting is moved to June 19th.

Thursday, August 8 is All SIR Day at the San Francisco Giants. Game starts at 12:45 PM. Opponent will be the

Milwaukee Brewers.

Member Don Harryman has retired as Branch Treasurer after five years. We thank Don for his long service and wish him well. Pete LoPresto is our new Treasurer. Pete is new to the job, but most members know him since we've been handing him \$20 at the door each month as luncheon revenues. The new luncheon fee is \$22, the first increase in five years.

See you on the 27th.

Big SIR Al Stratz

Lunch, February 26th

Salads :

- Mixed Greens
- Caesar
- 3 Bean Salad
- Pasta Primavera

:Entries:

- Roast Turkey
- Sirloin Tips

Dessert:

- Sherbet

SPEAKER

Ellen Corman, MRA Supervisor, Community Outreach and Injury Prevention, Stanford University Medical Center Trauma Service

FAREWELL TO FALLS

Falls are the number one cause of accidental death and injuries for older adults. An estimated one third of older adults fall each year, but many falls can be prevented. This presentation will talk about risk factors for falling and provide tips for preventing falls.

Sir Happenings

The Fall 2012 edition of SIR Happenings has just been posted on the SIR website:

<http://sirinc.org/sirhappenings/>

President Stedman discusses leadership in his front page article and again closes with these remarks for all of us "Please take full advantage of your SIR membership, be a participant, invite your friends to join and enjoy retirement more."

The SIR website has borrowed the travel page from "SIR Happenings" and you may look here to see the new link.

http://sirinc.org/new_site/travel.html and then click on "Click to see a sample of SIR trips being planned"

I hope you enjoy reading our latest edition.

Don MacGregor
Editor, SIR Happenings

Attendance Report

ATTENDANCE REPORT FOR JANUARY 23, 2013 MEETING

42 MEMBERS
2 SPEAKERS
1 GUEST

45 TOTAL
ATTENDANCE OF 42 MEMBERS REPRESENTS 68% OF TOTAL MEMBERSHIP OF 68

RESPECTFULLY SUBMITTED,
DUANE STAUFFER
ATTENDANCE CHAIRMAN

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**Membership**

Nothing reported

**Roster Changes**

Please send any corrections to the 2013 Roster to htrdeau@aol.com. The 2013 Roster was distributed at the January 23 Luncheon. Copies will continue to be available at future lunches.

**Delete:**

Hushbeck, Howard B. –deceased  
Stites, Donald K. – deceased  
Richmond, Alfred W. – resigned

**Correction:**

Brandt, Gordon - Zip code should be 94024

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February Birthdays

2/2 Donald Sweet
2/7 Paul Pickert
2/12 John Geibel
2/22 Kamel Totah
2/22 Russell Currier

2/23 Theodore Hinshaw

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**Minutes of the Meeting of the Executive Board**

January 23, 2013

1..The meeting was called to order at 10:10 AM.

Those in attendance were:  
Fred Van Kirk – Director; Ken Liddicoat – Director; Paul Krug, Secretary,, Pete LoPresto – Treasurer; Howard Trudeau – 2013 Assistant Secretary; Al Stratz – Big Sir; Art Kraemer – Assistant Treasurer; Art Schmid – Little Sir; Paul Butler – Membership,; Kamel Totah – Golf; Dan Haley – Greeter; Duane Stauffer – Attendance.

2. The minutes of the last meeting were approved as presented. .

.The Christmas party for 2013 will be held on December 11. It was noted the 2012 Christmas party was very successful. .

4. Lloyd A. Lettis, Auditor, was a guest to present the audit report. Last year’s audit was completed with all records found in order. The audit report was accepted as presented. .

5.Don Harryman was recognized for his 5-years as service as Treasurer. Pete Lo Presto .accepted Treasurer’s position for 2013. .

6. Membership is stable, although one member was reported deceased at the end of 2012 and Howard Hushbeck died January 17. The membership goal for 2013 has not been received. There was also concern

about declining lunch attendance. Incentives were discussed to improve lunch attendance, e.g. a perfect year’s attendance drawing for a complimentary lunch. .

7. The January 23 speaker is David Zhang, on the subject “Shen Yun, The Renaissance of Traditional Chinese Culture and Its Global Impact.” .

8. The 2013 Membership Roster was passed out. A total of 110 copies were printed. .

9. The Treasurer’s report shows essentially the same result as last year. Interim reports will be sent out monthly. .

10.Committee Chairman report included distribution of the Perfect Attendance Report and the Summary of Attendance Activities. In 2011 we had 78 members and 70 members at the end of 2012 (now minus 2 members deceased or 68). .

11.Activities Report. The golf schedule was presented and approved. However, the February schedule passed out at the Executive Board meeting shows the February 21 golf location as Moffett and as Shoreline in the Roster schedule. The discrepancy was noted in an email to Kamel Totah and Stan Kazul on February 1, 2013. .

12. Old Business. The Holiday Party was described as very successful. .

13. The meeting was adjourned at 11:00 AM. .

*Paul Krug*  
SIR5 Secretary

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(Continued from page 2)

GOLF

Sunnyvale golf course

1-3-13

Norman Nazzal	93 net 71
Azmi Habib	110 net 74
CTTP, CTPP	
Gary Hornberger	96 net 76
Greg Kemist	91 net 77
Jere Austin	113 net 82

Shoreline golf course

1-17 -13

Greg Kemist	84 net 69	CTTP
Jiries Nazzal	99 net 70	
Jim Stevens	103 net 76	
Ed Nazzal	100 net 77	
Jere Austin	112 net 80	
CTTP		
Gary Hornberger	102 net 81	
Azmi Habib	120 net 83	
Fred Van Kirk	137 net 100	

Moffett Field golf course

1-31-13

Jim Stevens	97 net 70
Norman Nazzal	96 net 74
CTTP	
Ed Nazzal	99 net 76
Howard Trudeau	110 net 79
Greg Kemist	96 net 81
Azmi Habib	120 net 83
Gary Hornberger	106 net 85
Fred Van Kirk	134 net 97

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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 **Palo Alto Elks—4249 El Camino Real, Palo Alto.**

. The following speaker(s) are currently scheduled:

**Topic: The Search for Life in the Universe and Our Future.**

**Speaker: Dr. Simon “Pete” Worden, Director, Ames Research Center**

We’ve begun to identify places in our own and other solar systems that could, in principle, have liquid water on their surfaces. Another source of insight into our search for life comes from developments in the field of synthetic biology that suggest that we—and presumably extraterrestrial intelligence—could engineer life to exist in broader ranges of conditions than we find on earth. Dr. Worden will discuss these developments and their implications for our search for life.

Read more about this interesting topic and the speaker on the SPAUG websites at <http://www.pa-spaug.org/> or at <http://svcs.net/svuga>.

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

Still looking for a travel chairman. See BIG SIR. You can read the State SIR newsletter called SIR HAPPENINGS at the state website www.sirinc.org/sirhappenings/, which includes travel news from other branches. Example:

Wednesday, April 17,2013 □ **The Jersey Boys** □

(Br. 74) Escorts: Allen Daily (408-265-8140) and Don House (408-268-1703). We will take a deluxe coach to Pier 39 with free time for lunch and shopping, then proceed to the Curran Theatre for our reserved Loge seating for an entertaining afternoon of familiar music. The price is \$125 per person.

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

**EVERY TUESDAY,**  
**HOMESTEAD LANES,**  
**HOMESTEAD AND**  
**STELLING,**  
**SUNNYVALE.**

**Co-Chairmen:** Bob Taggart [chtaggart@earthlink.net](mailto:chtaggart@earthlink.net) 650-321-2654  
Doug Anderson [marktintl@aol.com](mailto:marktintl@aol.com) 415-407-4000

**Prizes:** Roy Robinson

Here are the results first week (15 weeks to go) in the Winter/Spring league. This is the perfect time for new bowlers - of any level - to join us. With the 'handicap system', anyone and everyone has the opportunity to be a winner. We bowl at 1:00 PM every Tuesday at Homestead Lanes - Homestead & Stelling Roads - in Cupertino. Call either Bob or Doug if you have any questions.

STANDINGS THROUGH WEEK #1

1ST PLACE

Jerry Coe, Jerry Ososkie, Bob Taggart

2nd PLACE - (TIE)

Harold Kaye, Arnie Satterlee, Tim Eastham

2nd PLACE - (TIE)

Bill Webster, Jeff Grundy, Earl Pampeyan

4th PLACE - (TIE)

Alan Gaudie, Ron Nakamoto, Hal Knowlton,

5th PLACE - (TIE)

Ptah Bennett, Roy Robinson, Chuck Huff

6TH PLACE

Bill Finkemeier, Doug Anderson, Fred Schwalbach

HIGH SERIES - SCRATCH

1st - Bob Taggart: 591

2nd - Tim Eastham: 516

3rd - Alan Gaudie : 484

HIGH GAME - SCRATCH

1st - Doug Anderson: 192

2nd - Arnie Satterlee: 189

3rd - Hal Knowlton: 171

HIGH HANDICAP SERIES

New handicaps will be established after

(Continued on page 4)

(Continued from page 3)

the 3rd week of the league.

**HIGH HANDICAP GAME**

New handicaps will be established after the 3rd week of the league.

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Biking

Jerry Butler – (650)494-8078

GXB366@aol.com

2Nd Thursday— Feb. 14, 2013, 11:00 AM

Wives ands guests welcome Rain Cancels; Helmet Required

Coyote Creek Trail (South San Jose)

Ride: We will ride the Coyote Creek Trail starting from the formerly Holiday Inn at 399 Silicon Valley Rd, San Jose. The ride will be about 6 miles to the Coyote Creek Golf Course. We will go past the golf course another 3 miles to a model airplane launching site, then double back to the golf course

club house for lunch. After lunch we will ride back to the Holiday Inn for a total of 18 flat miles, round trip. For those who want a shorter ride, they may omit the ride to the airplane site, thus reducing the roundtrip to 12 miles.

Directions: Note: The Holiday Inn is in the process of changing it's name; first to Four Points Hotel, then to Sheraton hotel. It is located south of San Jose, one block east of highway 101 and just north of the highway 101/ 85 interchange. The directions are the same whether coming on highway 101 or 85: Take the Bernal Rd. exit. Turn left on Bernal Rd., which becomes Silicon Valley Blvd after crossing under 101. Turn left on Rue Ferrari Rd., the service road next to the hotel, and park in the hotel parking lot behind the furthest hotel building on the right.

If you plan to ride or have questions, contact Jerry Butler as per above, or Karl Reseck at 650-941-8837, karl.reseck@stanfordalumni.org

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**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.

-2013-

State President: Richard Dettmer <[captrld@syix.com](mailto:captrld@syix.com)>, 530-755-4118

Region Director: George Kranen <[belmontgeorge@earthlink.net](mailto:belmontgeorge@earthlink.net)>, 650-281-2427

Area 16 Governor: -TBD-

**SONS IN RETIREMENT  
INCORPORATED  
SOUTHERN PENINSULA  
BRANCH 5  
Al Stratz, Big Sir  
Art Schmid, Little Sir  
Editor: Les Spring  
[4retselgni@sbcglobal.net](mailto:4retselgni@sbcglobal.net)**

**ATTENDANCE**  
Duane Stauffer  
650-948-7268

Fred Van Kirk  
534 Torwood Court  
Los Altos, CA 94022-2155

**PLACE  
STAMP  
HERE**

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