

Sons in Retirement



Volume 30; Issue 1

Web site WWW.SIRINC2.ORG/

January 2018

Big SIR sez:

Happy New Year! Did you start a new calendar? Have you gotten used to writing 2018 on your checks and letters? Have you made your resolutions? (I have a resolution for you - Resolved, I will introduce one friend to SIR Branch 5 this year!) And here is how to make a resolution that sticks: Set a quality goal. Don't overestimate yourself. Make it public. Be accountable. Be realistic. Repeat after me. "I will introduce one friend to SIR Branch 5 at some time in 2018!"

The January Full Moon is the Full Wolf Moon, because amid the bitter cold and deep snows of winter, the wolf packs howled hungrily outside the Native American villages. This year, the January full moon is still during the perigee of the moon's orbit, so it is still called a Supermoon, as was the December, 2017, Full Moon. So, the January moon will be the biggest and the brightest full moon for 2018. Also, the full moon on January 1 is the first half of a Blue Moon. There will be another full moon on January 31, which is officially a Blue Moon because it is the second full moon in the same month. This will also be a Supermoon, because it is still in the perigee of the moon's orbit, closest to the earth. (Check back in October, when the moon is in the apogee

of its orbit, farthest from the sun, and it will be the smallest and the dimmest of 2018.) But wait, there is more - near dawn, about 5:30 AM on January 31, there will be a total lunar eclipse, when the earth gets between the sun and the moon. Anybody who gets up to see the eclipse can tell the rest of us about it!

We had a fun Holiday Party on December 13. A goodly time to socialize, see who came and meet our guests. Lots of raffle prizes, including turned wood from our own JW Whitti-

Lunch 1/24/18: Noon

Salads

Caesar
Tomato and Cucumber Vinaigrette
AntipastoSalads

Entrees

Beef Ravioli, Marinna
Breast of Chicken, Marsala

Dessert

Chocolate Mouse

er. Howard Trudeau inducted our officers for 2018. It was fun to hear where we were raised, from San Jose to New Hampshire, and all spread out in between. Can you believe that three of our members were raised in the little Central Valley town of Exeter? Plan to come again on December 10 and also enjoy our July 25 Summer BarBQue.

Rosters for 2018 will be available at our January 24 Meet-

ing. Be sure to check your own listing and help us correct any mistakes. It is also a handy time to see where some of your SIR friends live.

Dues for 2018 are now due. \$30.00. You can conveniently add that to your \$25.00 lunch payment. Just bring a check to SIR - Branch 5 for \$55.00 when you come for lunch this month.

With regret we announce that Emmett Hearn died on December .7

His service will be at the Los Altos Methodist Church, 655 Magdalena, at 2:00 PM on January 27. Also, Paul Camenzind died on December 18. Services have not yet been announced.

We have two new members - Don Specht and Paul Vollmer. Introduce yourself and make them feel at home.

Sons in Retirement turns 60 this year. We will celebrate. Also, Branch 5 turns 45 next year, so we will celebrate again!

There are fun activities between our meetings. Golf every Thursday at nearby courses. And special this month the Golf Banquet at Michaels on Tuesday, January 16, sign up in advance. Bocce on the first and third Tuesdays at the Los Altos Senior Center. Cards after our lunch. Bowling every Tuesday at 12:45 PM at Homestead Lanes. And then on Wednesday, January 24, mosey on down to

Continued—

Michaels for our monthly lunch. Bring a friend - we will buy his lunch!

And we will see you there!

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January Branch 5 Calendar

- Jan. 2 Bocce at Los Altos -2:00 PM
- Jan. 4- Golf at Sunnyvale 9:30 AM
- Jan. 11 Golf at Shoreline -9:30 AM
- Jan. 16 -Golf Banquet at Michaels 11:00 AM
- Jan. 16 Bocce at Los Altos 2:00 PM
- Jan. 18 - Golf at Moffett - 9:30 AM
- Jan. 24 - Lunch Meeting at Michaels 11:00 AM
- Jan. 25 -Golf at Los Lagos 10:00 AM
- Feb. 6 Bocce at Los Altos 2:00 PM

2018 DUES PAYMENT

HAPPY NEW YEAR. This is your friendly SIR-5 Treasurer, Pete LoPresto, and it is once again that time of year to contribute \$30 to SIR Branch 5 in the form of dues. We missed having a 100% contribution rate in 2017 by one member. I am hoping that 2018 will be a successful and complete participation.

You may pay your dues at the door when we meet on January 24th or you may mail your dues to me if you plan to miss the next meeting. My address is below. Make your checks payable to SIR-5 for \$30

THANK YOU;

Pete LoPresto

1384 Sage Hen Way

Sunnyvale, CA. 94087

SPEAKER

Kelly Nguyen, MSN, RN, PHN Manager, Sepsis Quality Clinical Effectiveness El Camino Hospital is our speaker. Sepsis is the body’s extreme response to an infection. It is life-threatening, and without the timely treatment, sepsis can rapidly cause tissue damage, organ failure, and death. Sepsis happens when an infection you already have – in your skin, lungs, urinary tract or somewhere else – triggers a chain reaction throughout your body. With a background in emergency nursing and performance improvement, Ms. Nguyen earned a master’s degree in nursing administration with the completion of the field study: *Sepsis Performance Improvement: The Role of the Registered Nurse*. Functioning as a Sepsis Coordinator (and most recently as Manager of Sepsis Quality) since 2009, Ms. Nguyen’s responsibilities include: education of multiple levels of frontline staff, facilitating compliance with sepsis quality measures and spearheading improvement efforts related to the care of patients with varying degrees of sepsis. Ms. Nguyen has presented facility specific sepsis related outcomes at international, national, regional and local venues such as the International Sepsis Forum and the Surviving Sepsis Campaign. Most recently Ms. Nguyen has initiated a regional collaboration of sepsis coordinators to enhance care delivery for patients with sepsis though out the healthcare continuum.



Attendance Report

- 26 members
- 20 Guests
- 46 total attending

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**Membership**

Emmett Hearn died on December .and Paul Camenzind died on December 18. We have two new members - Don Specht and Paul Vollmer

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Roster Changes

Les Spring: Delete old sbcglobal e-mail and add oldesstman94024@yahoo.com

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**January Birthdays**

- January 13 - Jim Loos
- January 26 - Paul Butler
- January 31 - Chuck Cali

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SUMMARY OF

(Continued on page 3)

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BRANCH 5
Executive Board
MINUTES

No December meeting..

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**GOLF**  
**Sunnyvale golf course**  
**12-7-17**

|                 |            |
|-----------------|------------|
| Richard McGrath | 77 net 68  |
| Jim Stevens     | 97 net 71  |
| Jiries Nazzal   | 102 net 71 |
| CTTP            |            |
| Mark Castro     | 101 net 74 |
| Azmi Habib      | 113 net 78 |
| Charles Shamieh | 129 net 94 |

**Shoreline golf**  
**12- 14- 17**

|                |             |
|----------------|-------------|
| Mark Castro    | 98 net 69   |
| Rich McGrath   | 79 net 70   |
| Jim Stevens    | 99 net 72   |
| Howard Trudeau | 109 net 72  |
| Jiries Nazzal  | 107 net 75  |
| CTTP           |             |
| Jere Austin    | 116 net 79  |
| Azmi Habib.    | 122 net 85  |
| Charle Shamieh | 125 net 88  |
| Anwar Dughman  | 141 net 104 |
| Orville Plum   | 103 CTPP    |

**Moffett Field golf**  
**12-21-17**

|                 |             |
|-----------------|-------------|
| Norm Nazzal     | 101 net 72  |
| Jiries Nazzal   | 105 net 72  |
| Phil Yurtis     | 99 net 75   |
| Howard Trudeau  | 115 net 77  |
| Gary Hornberger | 104 net 80  |
| Jim Stevens     | 107 net 80  |
| Azmi Habib.     | 122 net 84  |
| Charles Shamieh | 126 net 88  |
| Jere Austin     | 126 net 88  |
| Anwar Dughman   | 142 net 104 |

**Los Lagos golf**  
**12-28-17**

|                |            |
|----------------|------------|
| Jiries Nazzal  | 99 net 69  |
| Charle Shamieh | 107 net 72 |
| Jere Austin    | 110 net 75 |
| Mark Castro    | 103 net 77 |
| Azmi Habib     | 113 net 78 |

Ed Nazzal 109 net 86

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MAC Group

MAC users should contact
W.A. Ross,
<waross@closereach.com>
(aka Skip) for information on
this group.

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**Bocce Ball**

Bocce ball play in Los Altos:  
all members/guests/spouses are  
welcome, we play from 2:00 to  
4:00 pm, and it's free. There is  
no residency requirement. The  
courts are at the Hillview senior  
center, next to Room 10, 97  
Hillview Ave. For 2017 we are  
going to play on the FIRST  
and THIRD Tues. of each  
month. We plan to keep the  
Redwood City courts as a back-  
up venue as needed, on the  
third Wed. of each month  
from 3:00 to 5:00 pm. Come  
join us, stay active and learn a  
new sport.

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Tennis:

Tennis group meets Mondays
and Thursdays at Rinconada
Park, 777 Embarcadero Road,
Palo Alto, at 8:00 a.m. when
doubles are formed. Late arri-
vals will play as sets are com-
pleted. Skill level is about 2.5.
Contact is Bob Kamin, 650-322-
4300.

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

You can read the State SIR  
newsletter called SIR HAPPEN-  
INGS at the state website  
[www.sirinc.org/sirhappenings/](http://www.sirinc.org/sirhappenings/),  
which includes travel news from

other branches .

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Bowling
BRANCHES 5, 35,
& 51

EVERY TUESDAY,
HOMESTEAD LANES,
HOMESTEAD AND
STELLING,
CUPERTINO

(BRANCHES 5, 35 & 51) We
bowl on a handicap system, so
all have an equal chance. Each
season teams are revised and al-
ways have a mix of players by
ability. Be there by 12.45. New
bowlers are always welcome at
any level of experience. If
you're new, it's easier if you call
me in advance so we will be pre-
pared.

TIM EASTHAM (366-2449)

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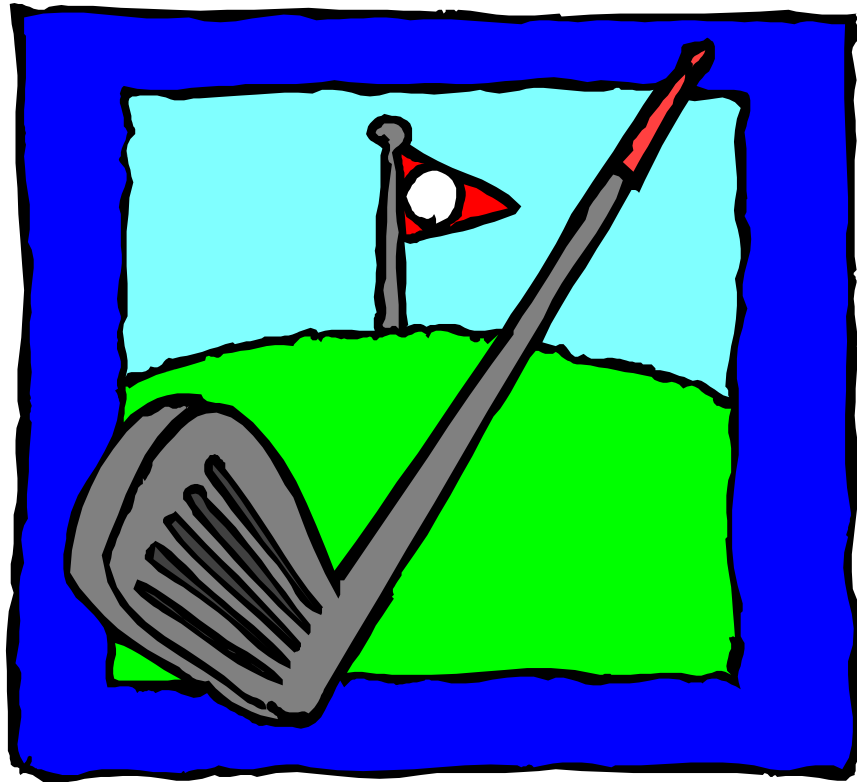
**Biking**

[jamesdlunt@yahoo.com](mailto:jamesdlunt@yahoo.com)  
(408-252-6804)

Cell (408-921-5058)

If you plan to ride or have  
questions please contact Jim  
Lunt as above, or Gordon Tong  
at [gorDY6850@gmail.com](mailto:gorDY6850@gmail.com)

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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.

-2018-

State President: **Derek Southern, derek.southern@gmail.com**
 Region 4 Director: **O'Keefe Patrick, rdpatokeefe18@gmail.com**
 Area 13 Governor: **G. Kenneth "Ken" Newton, knewton@mba1967.hbs.edu**

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**SONS IN RETIREMENT INCORPORATED SOUTHERN PENINSULA BRANCH 5**  
**Big SIR:** Foster Kinney: [fostertkinney@gmail.com](mailto:fostertkinney@gmail.com), **Little SIR:** Roy C. Dreisbach [dreisbach@aol.com](mailto:dreisbach@aol.com)  
**Treasurer:** Pete LoPresto [peterlo13@aol.com](mailto:peterlo13@aol.com), **Secretary:** Chris Vasquez: [chrisvasquez2@gmail.com](mailto:chrisvasquez2@gmail.com)  
**Editor:** Les Spring [oldestman94024@yahoo.com](mailto:oldestman94024@yahoo.com), **ATTENDANCE:** Tom Donahue ,408-532-7274