

SONS IN RETIREMENT



SOUTHERN PENINSULA BRANCH FIVE

Volume 32, Issue 11

Web Site <http://sirinc2org/branch5/>

November, 2019

Big SIR sez

Hope to see you all on November 20, the THIRD Wednesday of the month. Howard Trudeau has arranged a great Turkey lunch with the chef. And remember our **Holiday party in on December 11.**

As I reported at our October meeting, **there will be NO January luncheon** as Shoreline will be closed that month for renovations and upgrades to the meeting rooms and restaurant.

We were sorry to hear of the death of Dean Johnson last month. Dean had been a loyal member of Branch 5 for over 26 years, our third longest.

Our Birthday Boy for October was Roger Teter and the Membership pen was won by Tom Donahue.

Roy

Speaker

John Lehman who previously gave us the very interesting "Who Sang That" presentation will talk this month on Vintage Memory Therapy.

Vintage Music Memory Therapy, or reminiscence therapy, was launched in 2008 by John Lehman, at that time the Executive Director of Senior New Ways, a Palo Alto non-profit. In 2008, the medical and social work professions were very positive about the connection between music and memory, but no testing had been done.

Neuroscientists Sacks and Levitin had specifically connected the music of our teen years with

powerful memory recall in many patient experiences.

Over a three year period beginning in 2012, John tested over 50 persons with diagnosed memory impairment every six weeks on a series of cognitive (everyday word and object recognition) questions, and the results were very positive. The initial test site was Sarahcare of Campbell, where the therapy continues every Monday and Wednesday morning for one hour each time. The group sessions are designed to encourage reminiscing by repeating the song title, performer, month and year of popularity and any anecdotes about the song before and after it plays.

The results attracted the interest of the University of Southern California Alzheimers Research Center, who collaborated on the ongoing research protocol. In 2014, groups of 15 music sessions were captured and placed on iPods.

In 2014 the Music and Memory non-profit made a documentary "Alive Inside" videotaping the reactions of persons who listened to iPods with song favorites. Insurance companies are just beginning to consider reminiscence therapy for reimbursement.

November Branch 5 Calendar

Nov. 5 - Bocce at Cuesta Park,
Mountain View - 2:30 PM (late start)

Nov. 7 - Golf at Sunnyvale – 9:30 AM
Nov. 14 - Golf at Shoreline - 9:30 AM
Nov. 19 - Bocce at Cuesta Park,
Mountain View - 2:00 PM
Nov. 20 - Lunch Meeting at
Michaels - 11:00 AM
Nov. 21 - Golf at Moffett - 9:30 AM
Nov. 28 - No Golf - Thanksgiving
Dec. 3 - Bocce at Cuesta Park,
Mountain View - 2:00 PM

SIR BRANCH 5 HOLIDAY PARTY

DECEMBER 11, 2019

SOCIAL TIME 11:00 AM

LUNCH SERVED 12:00 PM

GUESTS AND SPOUSES INVITED

CHOICE OF FOUR ENTREES –

PLEASE SELECT ONE AT
REGISTRATION

1. PORK LOIN ROAST, GREEN PEPPERCORN SAUCE
2. BREAST OF CHICKEN, CORDON BLEU
3. BROILED SALMON, LEMON BEURRE BLANC
4. WILD MUSHROOM CREPES (VEGETARIAN)

LUNCHES INCLUDE SEASONAL GREENS, VEGETABLES, POTATO DU JOUR, FRENCH ROLLS AND VANILLA ICE CREAM WITH CRÈME DE MENTHE SAUCE

RAFFLE PRIZES

\$35.00 PER PERSON IN ADVANCE

RESERVATION FORMS AT
NOVEMBER 20 MEETING

PLEASE RETURN BY
NOVEMBER 30

CONTACT

JERRY ELY (408) 738-8870
jerry_ely217@yahoo.com

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Lunch Menu11/13

Traditional Turkey Dinner

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Attendance Report

10/30

25 members

1 speaker

1 guest of Gary Hornberger

Tom Donahue

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Volunteer Opportunity for

SIR Members

At our October meeting Tzipor Ulman made a presentation of "Science is Elementary". This program brings together seniors with elementary school children to spark their interest in science through hands on experiments. The commitment is only two hours per month and is extremely rewarding for volunteers. Please email Tzipor at: tzipor@scienceiselementary.org if you are interested in learning more about this valuable program.

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Membership Changes

none reported

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Roster Changes

Restore:

Art Schmid

Delete:

Dean Johnson died in his sleep on 10/4 and memorial services were 10/20.

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November Birthdays

Roger Teter 11/14

James Stevens 11/19

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Summary of Branch 5

Executive Board Minutes

1. The meeting was called to order at 10:07 AM.
2. There was a confirmation of a quorum. In attendance were Chris Vasquez, Carl Orta, Jerry Ely, Foster Kinney, Paul Butler, Howard Trudeau, Gary Hornberger, Bob Simons, Tom Donahue, Roy Dreisbach and Dan Haley.

3. The minutes of September 25, 2019 were approved.

4. There were no visitors or guests in attendance. Roy stated that Tzipor Ulman, a science elementary school teacher, would be making a short presentation and showing a video on the Science Elementary organization. Gary stated that this organization was introduced to SIR Branch 5 at the most recent Mountain View Art and Wine festival.

5. Big SIR reports:

Roy stated that the January 2020 meeting is cancelled due to Shoreline upgrading the restaurant and all the meeting rooms. February will be our first 2020 meeting and luncheon. Howard also said that he had heard from management that the remodel is expected to be done by February. Howard also reported that turkey is available as a menu item for our Thanksgiving November luncheon, according to management. It was also reported that new management has not yet determined next year's cost per meal.

Roy reported that we need the following positions filled: Secretary and someone to replace Lester Spring to produce the bulletin. There was a discussion about replacement possibilities and Gary reiterated that the program "Word" is used to produce the bulletin so that somebody familiar with the software can fill the position. It was also stated that we are in need of a person to make calls to remind members of upcoming meetings.

Foster reported that training would occur again in the October 2020 time frame. He went on to say that during the morning session there was officer training and in the afternoon session there was orientation and activities information disseminated. There was a discussion about the size of local branches 51 and 35.

6. Secretary's Report – Chris Vasquez had nothing to report.

7. Treasurer's Report and approval – Pete LoPresto was not in attendance and we did not have the Treasurer's report.

8. Committee Reports

Attendance – Tom Donahue reported that in the September meeting there were 24 people in attendance, 23 members and 1 speaker for a total of 24.

Membership - Paul Butler passed out the attached report. He went into detail on specific members who were accounted for in the numbers with the final active number being 47. The detail is included in the report.

Recruiting/Retention – Bob Simons had nothing to report.

New Member Orientation - Phil Yurtis was not in attendance.

Speakers – Roy Dreisbach stated that Kris Crowe Zavoli would talk on her father's WWII escape experience.

Web Master – Ed Nazzal was not in attendance.

Activities -Howard reported that three of four courses have been confirmed via contract for golf for next year. He stated that at this time he is working on the Shoreline course.

9. Old Business:

Roy reported that there would be a short meeting of the Holiday luncheon planning committee after luncheon concludes. Gary reported that he would get the holiday party forms to golfers. Bob Simons reported that holiday party forms are available for disbursement today. It was determined that the cost for the holiday party will be \$35 and dues are anticipated to be \$30 for next year. It was stated that the board would consult with the Treasurer before finalizing costs.

10. New Business:

Gary reported that he is in possession of the SIR Branch 5 wheelchair. He raised the question as to whether or not it should be advertised in our newsletter that we have a chair to loan out. He said he would store the chair until the BEC

determines what to do.

There was discussion about members who have health issues and the leadership expressed concern and suggested reaching out to them. Members agreed to reach out.

There was also discussion of upcoming senior members birthdays, particularly those in their mid to late 90s.

Howard Trudeau reminded everyone that next month we will need to vote on activity schedules and he volunteered to put together the schedules for next month's meeting. Carl Orta will provide him with bocce schedule information. 11. The meeting was adjourned at 10:50 AM.

Respectfully submitted,

Chris Vasquez, Secretary
SIR Branch 5

October Golf

Sunnyvale golf course
10-3-2019

Gary Hornberger	97 net 74
Jim Stevens	104 net 75
CTTP	
Phil Vollmer	110 net 75
Steve Parsons	104 net 76
Mark Castro	110 net 76
Phil Yurtis	108 net 79
Charles Shamieh	118 net 83

Shoreline golf course
10-10-2019

Mark Castro	105 net 69
Phil Yurtis	100 net 70
Jim Stevens	104 net 74
Phil Vollmer	115 net 78
Charles Shamieh	116 net 79
Azmi Habib	120 net 83
Gary Hornberger	108 net 84
Jiries Nazzal	82/14

Moffett Field golf course
10-17-2019

Steve Parsons	99 net 69
Phil Vollmer	109 net 71
Mark Castro	108 net 72
Charles Shamieh	117 net 79
CTTP	
Azmi Habib	118 net 80
Jim Stevens	112 net 81

Adel Nazzal	115 net 83
Los Lagos golf course	
10-24-2019	
Jiries Nazzal	97 net 66
CTTP	
Jim Stevens	98 net 70
Phil Vollmer	105 net 70
Charles Shamieh	109 net 74
CTTP	
Orville Plum	104 net 77
Adel Nazzal	109 net 80
Mark Castro	107 net 81
Phil Yurtis	109 net 81

MAC Group

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

Bocce Ball

Bocce Ball is now at Cuesta Park on the first and third Tuesdays at 2:00. (2:30 this month)

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 arrivals will play as sets are completed. Skill level is about 2.5. Contact is Bob Kamin, 650-322-4300.

Travel News for Area 13, Branches 5,35, & 51

You may read the State SIR newsletter called SIR HAPPENINGS at the state website, www.sirinc.org/sirhappenings, which includes travel news available from other branches.

Bowling for Branches 5,35, & 51

Every Tuesday at Homestead Lanes, Homestead and Stelling, Cupertino.

Winning Team

Mark Castro, Jim Holman, Doug Anderson, Rich McGrath



Biking

Jim Lunt, 308-252-6804, jamesdlunt@yahoo.com cell – 408-921-5085 on 2nd Thursday of the month. Wives & guests welcome. Rain cancels, helmet required. Attendance averages about 12 to 16 riders, but more are welcome. Rides are planned to be 15 to 20 miles on paved bicycle trails so that almost any type bike is usable. Rides start at 11:00 a.m., & include a lunch break at a restaurant.

2nd Thursday— November 14th, 2019, 11:00 AM

Location: Foster City Bay Trail Ride: We will ride the flat Foster City Bay Trail for about 10 miles from the Oracle Headquarters to the Poplar Creek Golf Club at Coyote Point for lunch, and then return (approximately 20 miles round trip). It might be windy, so bring a jacket or windbreaker.

Directions: Get off Highway 101 at Marine Parkway/ Ralston. Turn right on Marine Parkway, then an immediate left onto Oracle Parkway. The meeting point is a tree-shaded parking lot with restrooms to the left of this intersection. If the parking lot there is full, backtrack over the creek to 401501 Island Parkway and park in the Oracle lot. Ride your bike across the pedestrian bridge to the meeting point. If you plan to ride or have questions, please contact Jim

Lunt as above or Gordon Tong -
gordy6850@gmail.com or 408-
242-0557. Usually there is no
ride for December. We start
back up in January with Stevens
Creek/Shoreline Park (Mt View)

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INCORPORATED
SOUTHERN PENINSULA

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Responsibility Declarations

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