

NO. 488  
A non-Profit Organization  
For Retired Men



FEBRUARY 2017  
Devoted to the  
promotion of independence and  
Dignity of retirement

LUNCHEON-12 NOON - FIRST WEDNESDAY - FREMONT HILLS CC, 12889 VISCAINO PL. LOS ALTOS

**SPEAKER**  
**February 1st 2017**  
**Dr. Amir Matityahu**  
**ADVANCES IN HIP SURGERY**



Amir Matityahu was born in Israel and moved to Palo Alto, CA in 1978 where he learned English as a second language and matriculated through Palo Alto High School. He received his bachelor of science degree in Kinesiology from the University of California, Los Angeles, (UCLA) in 1992 and graduated from the Hahnemann University Medical School in Philadelphia in 1997. He is Director of Pelvic and acetabular surgery at San Francisco General as well as an assistant professor at UCSF. His emphasis is on developing surgical techniques to speed up healing from pelvic traum  
Dr. Matityahu specializes in treating complex pelvic fractures and pelvic reconstruction due to traumatic injuries, and caring for patients with multiple orthopedic injuries. He is developing minimally invasive surgical techniques to shorten recovery and return patients to regular activities more quickly.

**IF ANY MEMBER HAS ANY  
SUGGESTIONS REGARDING SPEAKERS  
PLEASE CONTACT  
LITTLE SIR: Walt McCullough  
650-303-8194**

**FUTURE SPEAKER:**  
**MARCH 1<sup>ST</sup>: DOUG YAKEL** – Chief Information Officer for SFO  
**April 5<sup>th</sup>: DAMIAN SCHIFF** – From the Pacific Legal Foundation about Property Rights and Individual Liberty-a view from the courts

**DUES**  
SIR used to have a policy of voluntary dues but has now let local branches decide whether dues should be required or voluntary. The Board of directors has decided to make dues **MANDATORY** next year (2017). The amount due will continue to be \$25 and must be paid before March 31<sup>st</sup> to remain an active member.

**From BIG SIR: CRAIG CARPENTER**  
"Wisdom is the reward you get for a lifetime of listening when you would rather have talked".  
Mark Twain

Please come to our next luncheon on Wednesday, February 1st. so your table mates can listen to what you have to say & you can share your collective "wisdom" with one another.

**GOOD READS FOR GUYS**  
Elephant Company, by Vicki Croke  
Shoe Dog, by Phil Knight  
A Man Called Ove, by Fredrik Backman  
It's a good movie also  
All The Light We Cannot See, by Anthony Doerr  
Three Days in January – Bret Baier – about IKE

## NEW MEMBERS

HAKE , DEXTER (Carol) 650-941-0458  
12830 Viscaino Road Los Altos Hills 94022  
[caroldexter@gmail.com](mailto:caroldexter@gmail.com)

MARESCA, Phil (Rosemary) 650-594-9304  
299 Loma Road, San Carlos 94070  
[pgmaresca@juno.com](mailto:pgmaresca@juno.com)

STROHECKER, ROBERT (Bob/Jan) 323-7172  
1610 Hamilton Ave, Palo Alto 94303  
[bstrohecker@yahoo.com](mailto:bstrohecker@yahoo.com)

SLAC National Accelerator  
Golf – Reading – Stanford Sports

## ACTIVITIES



**COMPUSIR** is a self-help Computer discussion group. We meet for lunch and discussion on the second Wednesday of each month at the PALO ALTO ELKS LODGE 4249 EL CAMINO REAL, PALO ALTO. For entry, use the announce button on the pedestal to the left of the Front door. **COMPUSIR** is now part of SPAUG (the Palo Alto – Stanford Users Group). SPAUG Meetings are still held the SECOND WEDNESDAY of each month at 7:00 pm. at PA Elks Lodge (address above). The meeting is upstairs (elevator available past the stairway). More information at [www.pa-spaug.org](http://www.pa-spaug.org). Some members meet for dinner at the club at 5:30

COMPUSIRS contact is Jim Dinkey  
(650-493-9307)

More information at [www.pa-spaug.org](http://www.pa-spaug.org).

### Computer Special Interest Groups

Special Interest Groups —( SIGs) meet at [Central Computer](#), Santa Clara, Monday evenings at 7pm.  
(For more information: [SVUGA](#) (the Silicon Valley User Group Activities) web site features SPAUG and SVCS among other local organizations.)

Build It Yourself SIG — contact/leader: Fred Townsend

Windows SIG — contact/leader: Kevin Lynn

Digital Imaging SIG — contact/leader: George Hamma & Richard Eggers

Web SIG — contact/leader: Maury Green

## MACINTOSH USERS

Skip Ross 541-857-6224

[waross@closereach.com](mailto:waross@closereach.com)

Contact Skip Ross to join this e-mail group where SIR members in all branches can exchange MAC-related news, get answers to questions and share experiences.



**GOLF:** The following months' schedule

JANUARY		FEBRUARY	
03 TUE NO GOLF		08 Wed Spring Valle	10:00
11 Wed Poplar Creek	10:15	15 Wed Poplar Creek	10:15
18 Wed Shoreline	10:00	22 Wed Santa Clara	10:00
25 Los Lagos	10:00	28 TUE Sunnyvale	10:00
31 TUE Sunnyvale	10:00		

### NOVEMBER-DECEMBER Leader Board

GROSS		NET	
1-Ned Miller	81	1-Nevand Godhwani	62
2-Steve Tremulis	84	2-Rob Harrell	65
3-Ben Guess	86	3-Rob Harrell	65
4-Jim Stanford	87	4-Greg Schaem	66
Dennis Gaushell	87	Aaron Matityahu	66
6-Jim Cummings	89	6-Jeff Kaufman	67
7-Dick Taylor	90	7-Ned Miller	67
Bob Rewak	90	Jim Stanford	67
9-Mike McMahon	92	9-Jim Cochran	67
Rob Harrell	92	10-Gerry Shebar	69
		Mike McMahon	69
		Craig Carpenter	69
		Bob Rewak	69

**PLEASE BE AT THE COURSE AT LEAST ONE HOUR BEFORE THE FIRST TEE TIME.**

All of the golf courses we play require a player count 7 to 14 days prior to play date. Please call or e-mail JIM CUMMINGS (650-328-2168) if your play or no-play commitment changes.

KAI JOHANSEN (853-2493)



Thursday at 9:30. SATURDAYS are at 9:30 Experienced players need to be there 15 minutes early to be entered into the draw for teams. FREE COACHING IS AVAILABLE FOR NEW PLAYERS.

Don Hughes (323-9916)



**SIRS ON BIKES:** SIR Area #16 bike rides regularly start at 11:00 AM the 2<sup>nd</sup> 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 (so that almost any type of bike is usable) with some optional ride distances. The pace is moderate and riding on streets is kept to a minimum and includes a restaurant lunch break. Participants should exercise good judgment such as maintaining a safe distance between riders, obeying all signs and stoplights etc.

**2<sup>nd</sup> Thursday February 9 – 11:00 AM**  
**COYOTE CREEK TRAIL**  
**SOUTH SAN JOSE**

Ride: We will ride the Coyote Creek Trail starting from the Wyndham Garden 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 hotel parking lot 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 round trip to 12 miles.

Directions: Wyndham Garden 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.

Some of the SIR bicyclists have been experimenting with establishing a 4th Thursday of the month ride. This ride will be more unstructured with the objective of finding new, paved and safe biking trails to add to the standard 9 SIR ride list. Some of these new trails may be outside of the Immediate Bay Area. The riding pace is a little faster depending on the riders, bike trails are new to the riders so there may be some backtracking and are not always well marked/identified so it makes for a more adventurous ride. If interested, please talk with Jim Lunt or Gordon Tong.

**COME RIDE WITH US**

**To Ride or More Info: CONTACT**

**CHAIRMAN**

Jim Lunt

408-252-6804

[jamesdlunt@yahoo.com](mailto:jamesdlunt@yahoo.com)

**ALTERNATE**

Gordon Tong

[gordy6850@gmail.com](mailto:gordy6850@gmail.com)

408-242-0557



**TENNIS:** Our tennis group meets Mondays and Thursdays at Rinconada Park in Palo Alto.

Please be there by 8 AM when doubles teams will be formed. Later arrivals will play as sets are completed. We play an open spin-in doubles format. Play level is about 2.5. We welcome non-SIRS so bring a friend.

Bill Kamin (322-4300)



**INDOOR BOWLING:** (BRANCHES 5, 35 & 51) We bowl on a handicap system, so all have an equal chance.

Each season teams are revised and always have a mix of players by ability. **Tuesdays at Homestead Lanes: Homestead and Stelling in Sunnyvale.** 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 prepared.

**SEASON HIGH SCORES**

SCRATCH SERIES	SCRATCH GAME	
577 Tim Eastham	Jay Jonekait	225
569 John Faucett	Bob Taggart	205
544 Joe Enos	Patrick Wong	200
433 Ruth Ososkie	Candy Eastham	188

HANDICAP SERIES	HANDICAP GAME	
683 Les Fisher	Doug Ericsson	243
678 Harold Kaye	Doug Anderson	243
656 Jerry Ososkie	Rick McColloch	237
647 Nancy Jones		

TIM EASTHAM (366-2449)

NON RESPOSIBILITY DECLARATION: All activities arranged for or by, or sponsored by, Sons in Retirement, Inc., 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.

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



Numerous Trips are available through SIR statewide. Check the state publication **SIR HAPPENINGS**

[www.sirinc.org](http://www.sirinc.org)

click on travel

All changes in address and/or telephone number must be reported to the Membership Committee Chairman:  
Tim Eastham, 2110 Ward Way, Woodside, Ca 94062 (650-366-2449).

**SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN**

EXECUTIVE COMMITTEE

Big Sir: Craig Carpenter	930-0510
Little Sir: Jim Ramaker	414-349-0073
Secretary: Gerry Shebar	868-6124
Asst. Sec.: John Perumattam	917-9621
Treasurer: Myron Hollister	867-4784
Asst. Treasurer: Marc Cohen	961-4882
Director: Roger Murray	329-8832
Director: Russ Porter	234-1212
Director: Jim Cummings	328-2168
Director: Walt McCullough	328-2442
Director: Kingsley Wood	799-8420

ACTIVITIES CHAIRMEN

Bowling, Indoor: Tim Eastham	366-2449
Lawn Bowling: Don Hughes	323-9916
Bridge:	
Bicycling: Jim Lunt (Br. 35)	408-252-6804
Compusir: Jim Dinkey (Br 35)	493-9307
Golf: Kai Johansen	853-2493
Tennis: Bill Kamin	322-4300
Travel: Art Lloyd	384-6424

ADMINISTRATIVE CHAIRMEN

Attendance: Arjun Godhwani	510-490-7503	Luncheon Coordinator: Erv Ericksen	369-3873
Audit: Don Hughes	323-9916	Luncheon Programs: Walt McCullough	303-8194
Newsletter: Jim Cummings	328-2168	Membership: Tim Eastham	366-2449
Website: Marc Cohen	961-4882	Assistants: Gerry Shebar	868-6124
Good Samaritan: Bob Guffey	593-3496	New Member orientation: Roy Deffebach	631-0585
Greeters: Al Runge	592-1345	Nominating Committee: Rick McLain	408-629-8170
Historian:		Special Events: Kevin Wheaton	485-2276

SIR #51  
TIM EASTHAM  
2110 WARD WAY  
WOODSIDE, CA 94062