

NO. 510
A non-Profit Organization
For Retired Men



January 2019
Devoted to the
promotion of independence and
Dignity of retirement

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

Monthly Luncheon January 2nd, 2019

Tom Fitzgerald

Tom Fitzgerald is a Sports Reporter for the San Francisco Chronicle. Tom's primary coverage is all of Stanford sports.

Note the date: **Wednesday, January 2nd**. It will sneak up on you before you know it.



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From Incoming 2019 BIG SIR Steve Tremulis

As the incoming Big Sir, I'd first like to thank you for your vote of confidence in me to fulfill this esteemed position that's been held by the ever-popular and always upbeat Craig Carpenter. After two consecutive terms as Big Sir, Craig never once denied us of his wit, wisdom and humor.

So perhaps it's appropriate that I tell you a little bit about myself. I have an engineering degree in Biomedical Engineering from Purdue University and spent 35 years designing stents to open clogged heart arteries, coils to close down vessels that shouldn't be open, and various other devices and their delivery systems to get them to where they need to go. I've had the good fortune to spend most of my career in Research and Development and have been an inventor on fifty-four United States patents with several more pending. I'm still tinkering away and usually spend some time each week building prototypes of one sort or another. My 6th grade daughter, Allie, who has

attended several of our SIR meetings, often lends a hand when ideas are taking shape in the lab.

My wonderful wife, Sandra, also came out of the medical device industry where she led some of the most successful marketing campaigns. Her "Expect More" tag line for Medtronic can now be seen on several Bay Area billboards (it was that good!). She also runs the Lipoprotein(a) Foundation dedicated to improving lives for those individuals and families affected by this inherited cholesterol marker that predisposes one to early heart disease. One in five of us have it, but far fewer know or have even heard about this disorder. She's changing that and was the driving force behind getting CDC approval for an ICD-10 code that specifically allows physicians to get reimbursed for discussing Lp(a) with their patients.

I'm also the nephew of Alex Tremulis, Preston Tucker's Chief Stylist for the Tucker 48 automobile, and curate his incredible archive of photographs, drawings, letters, speeches, and models from over a half-century of automobile design. I'm a frequent guest speaker at various auto clubs and museums. I served on the Board of Directors for the Tucker Automobile Club of America, and currently serve on the Tucker Archives Committee for the AACA Museum, the new home of the Tucker Club.

I look forward to spending more time with each of you at future meetings and hear about some of the incredible life achievements that our membership has experienced. If you haven't already joined in some of the SIR activities such as golf, bowling, golf, the Book Club, or even golf, give it a try.

It's never too late! I just paired with Allie in a pas de deux for her ballet performance. Six weeks of rehearsals for three minutes on stage with 6 lifts, 15 spins and other assorted ballet thingies, and what do you know? You can teach an old dog new tricks! So for the new year, give something new a try! Have a great holiday season, however you celebrate, and make it a great New Year! ----Steve Tremulis



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**From Outgoing 2018 Big SIR
Craig Carpenter**

Thanks to all those who attended our SIR Holiday luncheon. We had 93 paid attendees & the Madrigal Singers from Mountain View High School were outstanding! We also collected \$657 in voluntary donations for those affected by the Camp Fire in Paradise and environs. Kudos to Jim Dreyer for organizing the luncheon.

As the college football playoffs are fast approaching, I am reminded of quotes from a couple of coaches:

"I could have been a Rhodes scholar except for my grades" ----Duffy Daugherty, Michigan State

"The man who complains about the way the football bounces is likely to be the one who dropped it"
----Lou Holtz, Arkansas/Notre Dame

"Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad."----Unknown

Clever Words For Clever People (ie. SIR51 guys):

Arbitrator - a cook who leaves Arby's to work at McDonald's

Eyedropper - clumsy ophthalmologist
Eclipse - what an English barber does
Heroes - what a man in a boat does

The power of a good vocabulary:

I called an old classmate, an engineer from Purdue (Steve Tremulis?), and asked how he was doing. He replied that at that moment he was working on "aquathermal treatment of ceramics, aluminum & steel under a constrained environment". I was extremely impressed. However, upon further inquiry, I learned that he was washing dishes under his wife's supervision.

Good reads for guys:

"The Great Alone" by Kristin Hannah (she wrote "The Nightingale")
"Where The Crawdads Sing" by Delia Owens
"Warlight" by Michael Ondaatje (he wrote "The English Patient")
"Us Against You" by Fredrik Backman (he wrote "A Man Called Ove")

On Netflix:

Pine Gap
Outlaw King

Must See Movies:

The Mule (with Clint Eastwood)
The Green Book (with Mahershala Ali & Viggo Mortensen, both of whom should be up for Oscars)
Bohemian Rhapsody (with Rami Malek as Freddy Mercury)

On Amazon:

Marvelous Mrs. Maisel (season 2)
The Romanoffs

Please recommend SIR51 to your friends & neighbors!

Wishing you all good health & the happiest of holidays. ----Craig Carpenter

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DUES

We will start collecting mandatory dues at our January luncheon. This year's dues will be the same as last year: \$25. You may bring a check to lunch or mail it to our treasurer, Kingsley Wood, 1009 Forest Ct., Palo Alto 94301

revised and always have a mix of players by ability. **Tuesdays at Homestead Lanes: Homestead and Stelling in Sunnyvale from 1-3 PM.** Be there by **12.45.** N. 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. **Spouses and girl friends are welcome –there are now 10 co-ed teams.**

YOU CAN JOIN ANYTIME.

A ball & shoes are available at the bowling lanes. Looking for some exercise that does not rely on good weather? Indoor 10-pin bowling is a fun low impact activity. . Most SIR bowlers are surprised at how fast bowling skills come back to them after a long lay-off. Many have not bowled since they were youngsters. Contact TIM EASTHAM (650-366-2449) for more information.



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)



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)

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 (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 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.

Let us know if you are coming so we can wait for you (the traffic may take a little time).

SECOND THURSDAY-EACH MONTH **COME RIDE WITH US**

2nd Thursday, January 10, 2019, 11:00 AM

Stevens Creek Trail & Shoreline Park (Mt. View)

Ride: We will ride a flat 14-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 19 miles). Lunch will be at Michael's.

Directions: Meet at the south end of the Stevens Creek bike path at the corner of Sleeper Ave. and Franklin Ave. From Palo Alto, go south on El Camino, to Grant Rd.; turn right. The first street past the 3rd traffic signal is Sleeper Ave.; turn left. Go 8 blocks to the end of Sleeper Ave. to a small park. Park your car along the curb.

To ride or for info, contact Jim Lunt (408) 252-6804, jamesdlunt@yahoo.com or Gordon Tong at (408) 242-0557, gordy6850@gmail.com

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 at www.sirinc.org then 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: Steve Tremulis 598-9790
 Little Sir: Jim Cummings 328-2168
 Secretary: Gerry Shebar 868-6124
 Treasurer: Kingsley Wood 799-8420

Director: Joe Grippo 9482130
 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
 Bicycling: Jim Lunt (Br. 35) 408-252-6804
 Compusir:
 Golf: Kai Johansen 853-2493
 Jim Cummings 328-2168
 Tennis: Bill Kamin 322-4300
 Travel:
 Investing: Bob Guffey 593-3496

ADMINISTRATIVE CHAIRMEN

Attendance: Marc Cohen 961-4882
 Audit: Don Hughes 323-9916
 Newsletter: Marc Cohen 961-4882
 Website: Marc Cohen 961-4882
 Gerry Shebar 868-6124
 Good Samaritan: Bob Guffey 593-3496
 New Member Orientation: Bob Guffey 593-3496
 Greeters: Al Runge 592-1345
 Erv Ericksen 369-3873
 Historian:

Luncheon Coordinator: Erv Ericksen 369-3873
 Luncheon Programs: Walt McCullough 303-8194
 Membership: Tim Eastham 366-2449
 Assistant: Gerry Shebar 868-612
 Nominating Committee: Rick McLain 408-629-8170
 Sam Meredith 325-4152
 Special Events: Jim Dreyer 776-8149