# Mid-Peninsula Sons In Retirement Branch #51

Website: www.sirinc2.org/branch51

NO. 518 A non-Profit Organization For Retired Men



SEPTEMBER 2019 Devoted to the Promotion of Independence and Dignity of Retirement

LUNCHEON: 12 PM - FIRST WEDNESDAY - FREMONT HILLS CC, 12889 VISCAINO PL., LOS ALTOS, CA

# <mark>Next SIR Luncheon is on</mark> 1<sup>st</sup> Wed, September 4<sup>th</sup>

For September luncheon, the speaker will be Chester Santos who will speak about human memory.

**Topic**:

## Memory Fun 101 Memory Training for Everyone

Memory is absolutely fundamental to learning, so improving one's memory has a profound positive impact on one's career and personal life. In this fun and entertaining presentation, U.S. Memory Champion, Chester Santos, will teach attendees the basics of memory improvement. Attendees will learn a number of memory boosting methods that will exercise their imagination and awaken their creativity. Participants will be shown how to utilize both sides of their brain in order to make information stick and become unforgettable. Attendees will participate in enjoyable exercises and will actually be able to feel their memory ability improving throughout the presentation. Everyone will leave this interactive session with sharper minds and a solid foundation in exercises and techniques that will benefit them for the rest of their lives.

## Don't forget to show up for this talk!

## **Future speakers for the coming months:**

<u>October 2</u> - Sam Meredith will speak about the various Presidential libraries he has visited.

**November 6** - Mike McMahon. "The Hunt for the GRUNION: A U.S. Submarine lost in the Aleutians."

December 4 - Christmas program.

January 8 - Russ Porter will speak about China.

FOR SUGGESTIONS REGARDING SPEAKERS

> PLEASE CONTACT: Walt McCullough mystkbrkr@comcast.net (650)-303-8194

## **General Interest**

Please welcome new SIR Branch 51 member Jan Paul Frey. Jan lives with his wife Katherine in Los Altos Hills. He worked for TISYS Construction, and enjoys tennis, travel and skiing. Also, looking to 2020, please note that the SIR luncheon for January 2020 will occur on the second Wednesday of the month, the 8<sup>th</sup> of January 2020 due to New Year's Day is on the  $1^{\underline{st}}$  Wednesday.

If you have not noticed, SIR Branch 51 has a new website address: www.sirinc2.org/branch51

We need a group (4-6) of rotating volunteers to staff the reception table to help register members and collect their payments for the lunch.

To volunteer, please contact either:

**Kingsley Wood**, kingsleykwood@gmail.com

**Steve Tremulis**, autogx@aol.com

**Jim Cummings** jimcumm@msn.com

## **Craig's Current Contributions**

(former Big SIR, used to be an important guy, now relegated to table 24 by the coffee urn, near the Mens' Room, aspires to be a greeter at Walmart)

### **On Netflix**

Mindhunter **Comedians in Cars Getting Coffee** Wine Country **Murder Mystery** 

### **Good Reads For Guys**

China's Vision of Victory by Jonathan Ward\* The Third Revolution: Xi Jinping & the New Chinese State by Elizabeth C. Economy<sup>\*</sup> **Red Metal by Mark Greaney** 

Have You Seen Luis Velez by Catherine Ryan Hvde

### **Mark Twain Quotes**

"Go to Heaven for the climate, to Hell for the company"

"The secret of getting ahead is getting started" "Get your facts first, then distort them as vou please"

"Kindness is the language which the deaf can hear and the blind can see"

### **Yogi Berra Ouotes**

You can observe a lot by watching We have a good time together even when we're not together If you ask me anything I don't know, I'm not going to answer You wouldn't have won if we'd beaten you **Baseball is 90% mental and the other half is** physical

\* credit to SIR member, Joe Grippo

## FOR THE NEXT SIR LUNCHEON ON **SEPTEMBER 4TH, PLEASE BRING A FRIEND TO HELP US GROW & PROSPER!**

Courtesy of former Big SIR, Craig Carpenter

ACTIVITIES



GOLF: Two Month Schedule:

**OCTOBER** 

SEPTEMBER 03-Tue Sunnyvale 10:00 01 Tue Spring Valley 10:00 11 Wed Poplar Creek 10:15 09 Wed Sunnyvale 10:00 10:00 16 Wed Poplar Creek 10:15 18 Wed Shoreline 25 Wed Santa Clara 10:00 23 Wed Crystal Springs10:00 30 Wed San Jose Muny 10:00

**NOTE:** we will start playing SAN JOSE MUNICIPAL On October 30 (replacing closed Santa Clara) at 1560 Oakland Road San Jose

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

### JULY Leader Board

GROSS	<u>NET</u>	
1-Phil Maresca	78 1-Tom Kramer	63
2-Ned Miller	84 Aaron Matityahu	63
<b>3-Steve Tremulis</b>	85 3-Rob Harrell	64
4-Tom Kramer	89 Tony Hanley	64
5-Jim Cummings	90 5-John Perumattan	65
Tony Hanley	90 6-Phil Maresca	67
Craig Carpenter	90 7-Greg Schaem	69
Dick Taylor	90 Craig Carpenter	69
9-Gerry Shebar	93 9-Rick McLain	70
John Perumattam	93	

All of the golf courses we play require a player count 7-14 days prior to play date.

Please call or e-mail JIM CUMMINGS (650) 328-2168, jimcumm@msn.com, if your play or no-play commitment changes. Golf course coordinator:

### **KAI JOHANSEN** (650) 853-2493 kai.johansen@sbcglobal.net

**COMPUSIR** is a self-help Computer discussion group. Meets monthly 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.spaug.net.

## **MACINTOSH USERS**

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.

> SKIP ROSS (541) 857-6224 waross@closereach.com



# **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 from 1-3 PM. Be there by 12.45 **PM**. 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, women 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. For more information, contact:

> TIM EASTHAM (650) 366-2449 wteastham@comcast.net



BOWLING LAWN BOWLING: Tuesday, Thursday, and Saturday at 9:30 AM at Palo Alto Lawn Bowls Club, 474 Embarcadero Road, Palo Alto. Players need to be 15 minutes early to be entered into the draw for teams. Free coaching is available for new players. Contact:

**DON HUGHES** (650) 323-9916



**TENNIS:** Our tennis group meets Mondays and Thursdays at Rinconada Park in Palo Alto. Please be there by 8:30 AM when doubles teams will be formed. Late 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,

> BILL KAMIN (650) 322-4300 billkamin@att.net

## **CYCLING:**

so bring a friend.

### SIRS ON BIKES:



SIR Area #16 bike rides regularly start at 11:00 AM, the  $2^{nd}$  Thursday of the month. Wives and guests are welcome. Bring bike, helmet and a jacket if it is windy.

The SIR Branch 35 monthly bicycling is a combined activity with all SIR Branches in Area 16. The objectives of the monthly rides are to continue to promote

fellowship, share experiences, get some exercise and above all, have FUN! Planned SIR rides are announced in each SIR Monthly Newsletter and by email to all interested members. The rides are on the 2nd Thursday of each month. Wives and guest are welcome. All that a bicyclist needs are a bike, bicycling helmet, and a jacket or vest, if it is windy. Rain will cancel the planned ride. We ask that all participants exhibit a positive attitude, exercise good judgment when riding such as maintaining a safe distance between riders, obeying all traffic signs and stop lights, etc. If you plan to ride or have questions please contact Jim Lunt or Gordon Tong as per below.

JAMES LUNT (408) 252-6804, Cell: (408) 921-5085 jamesdlunt@yahoo.com

GORDON TONG (408) 242-0557 gordy6850@gmail.com

## 2<sup>nd</sup> Thursday—September 12, 2019, 11:00 AM

Wives and guests welcome Rain cancels Helmet required

## **Mountain View to Alviso**

**The Ride:** We begin the ride at the La Avenida Trial Head and follow the Stevens Creek Trail for 1.5 miles where we connect with the Bay Trail. We continue the ride 3.5miles on the levees and old service roads as we cross the waters north of Moffett Field. We follow the trail to downtown Alviso, where we will have lunch at a restaurant. The ride is 9.5 miles one way. We will return on the same route for a roundtrip of 19 miles. There are no optional shortcuts. (There are some optional ways that have streets)

**Directions:** Meet at the La Avenida Trail Head at end of La Avenida Ave. From the intersection of Hwy 101 and Shoreline Blvd,head north on Shoreline Blvd. toward the Computer Museum. La Avenida is the first street on the right, but you can't turn there as it is a oneway street. Instead go past the Computer Museum to Pear Ave; turn right. Ingo Way is the next street; turn right. La Avenida is the next St.; turn left. (It is a twoway street here). Go four blocks to the end of the street. Park on the street, next to the curb. This ride can be ridden on a road bike, but there is packed gravel and some prefer a wider tire bike.

To Ride or for Information contact me as above or Gordon Tong at <u>gordy6850@gmail.com</u>.

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

If you plan to ride or have questions, please reply to James Lunt as above or Gordon Tong (408) 242-0557 or at <u>gordy6850@gmail.com</u>

Next month: October ride, Half Moon Bay

## 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, then click on Travel.

### SIR HAPPENINGS at <u>www.sirinc.org</u>

### SIR BRANCH 51 NEWSLETTER

If you have any inputs, suggestions or feedback to add or improve the newsletter, please let me know.

> Newsletter Editor: Richard Jamison (650) 868-3723 rsjamison@aol.com

## SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

### EXECUTIVE COMMITTEE

#### ACTIVITIES CHAIRMEN

Big SIR: Steve Tremulis	598-9790	Indoor Bowling; Tim Eastham	366-2449
Little SIR: Jim Cummings	328-2168	Lawn Bowling: Don Hughes	323-9916
Secretary: Gerry Shebar	868-6124	Cycling: Jim Lunt (Br. 35)	408-252-6804
Treasurer: Kingsley Wood	799-8420	Compusir:	
Asst. Treasurer: Kevin Wheaton	485-2276	Golf: Kai Johansen	853-2493
		Jim Cummings	328-2168
		Tennis: Bill Kamin	322-4300
Director: Joe Grippo	9482130	Travel:	
Director: Jim Cummings	328-2168	Historian:	
Director: Walt McCullough	328-2442		
Director: Kingsley Wood	799-8420		

#### ADMINISTRATIVE CHAIRMEN

Attendance: Kingsley Wood	799-8420	Luncheon Coordinator: Erv Ericksen	369-3873
Audit: Don Hughes	323-9916	Luncheon Programs: Walt McCullough	303-8194
Newsletter: Richard Jamison	868-3723	Membership: Tim Eastham	366-2449
Website: Gerry Shebar	868-6124	Membership Assistant: Gerry Shebar	868-6124
Art Lewis	964-3223	Nominating Committee: Rick McLain	408-629-8170
Good Samaritan: Bob Guffey	593-3496	Sam Meredith	325-4152
Member Orientation: Bob Guffey	593-3496	Special Events: Jim Dreyer	776-8149
Greeters: Erv Erickson	369-3873		
Al Runge	592-1345		

All telephone numbers are in the 650 area code, except where noted differently.

All changes in address, telephone number, and e-mail address must be reported to the SIR Branch 51, Membership Committee Chairman:

> Tim Eastham, 2110 Ward Way, Woodside, CA 94062 (650) 366-2449 wteastham@comcast.net

"All the news that fits we print" *(anonymous)*