

Mid-Peninsula Sons In Retirement Branch #51

Website: www.sirinc2.org/branch51

No. 528
A Non-Profit Organization
For Retired Men



July 2020
Devoted to the Promotion of
Independence and Dignity of Retirement

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

Please Note: Next SIR General Meeting for 1st of July 2020 will be an on-line meeting via Zoom video conferencing application. For more information on this Zoom meeting, check within this newsletter for details.

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Speaker Topic: Anesthesiology

Topic Description:

The interesting world of anesthesiology as told by Kevin Wheaton, a retired anesthesiologist and fellow SIR 51 branch member.

Speaker Biography:

Kevin Wheaton has undergraduate and medical degrees from Stanford. After two years of surgical training, and during the Vietnam war, he was drafted into the Navy and discovered that the Navy supplied doctors to the Marine Corp. There he spent his time in the service as both a Battalion and

Regimental surgeon with the Seventh Marines near Chu Lai and Da Nang.

He switched to Anesthesia as a specialty since he enjoyed the operating room much more than the clinics. He was a partner in the old Palo Alto Medical Clinic after spending time as an assistant professor on the Stanford faculty and at the Santa Clara County hospital. He co-founded the current surgery center at Forest and Waverly in Palo Alto.

Married 58 years to Jeri Wheaton, three children (mechanical engineer, attorney, actress) with five great grandchildren. Former Big SIR, currently assistant treasurer. Interests in geology and history and golf when possible. Too much free time on his hands which accounts for this presentation.

Future speakers for the coming months:

Currently, speaker availability is questionable.

July 1 – SIR 51 membership meeting to be held on-line via Zoom video conference. See details further in this newsletter.

August 5 – Most likely, SIR 51 membership meeting will be held on-line via Zoom video conference. Watch for future news from our Big SIR and in this newsletter on whether we will meet in August via Zoom or not.

FOR SUGGESTIONS REGARDING SPEAKERS

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

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General Interest

SIR 51 Future Board Meetings

On a temporary basis, board meetings will be conducted remotely via teleconferencing with Zoom video conferencing application. Once the Coronavirus restrictions have been relaxed or removed, the board will meet in-person at our Fremont Hills Country Club. **Next virtual board meeting** will be on the first Wednesday of **July, the 1st, at 11:00 AM.** Please **start logging into** the meeting **at 10:45 AM.** For details, please contact Big SIR, Jim Cummings (jimcumm@msn.com), or Secretary, Gerry Shebar (gshebar@yahoo.com).

Important Alert for All SIR 51 Members

SIR 51 General Membership Meeting

The Board has decided to use **ZOOM** for our **full membership meeting** as a way to meet during the current COVID-19 restrictions. Many of you may have used ZOOM video conferencing application to communicate with family and friends. If you are not familiar with ZOOM app, not to worry, it is fairly easy to use. The State SIR group has provided training information for you to review to help you become more proficient with this video application. The link to this training material is:

<https://sirinc.org/Zoom/LearningZoom.pdf>

On Wednesday, **July 1st at 12:30 PM, we will meet on-line using ZOOM.**

An "invitation" has been sent for the July meeting for you to click a link to join the scheduled meeting. If you have not already **downloaded the app** from [ZOOM.us](https://zoom.us), do so **well before the meeting** to get familiar with application. Please **start logging into the Zoom meeting at 12:15 PM so the meeting can start at 12:30 PM.** You can use your computer, or a tablet, or a cell phone for use with the on-line meeting. You will need to use your built-in camera on your computer, tablet or smartphone.

Last month's trial, general membership Zoom meeting was attended by 24 members and was a successful meeting. Try to join our August general membership Zoom meeting to see and talk with your fellow members. It is fun for all.

SIR 51 Website

SIR Branch 51 website provides helpful information on our activities and archives our news.

www.sirinc2.org/branch51

State SIR Website

See State SIR redesigned website: www.sirinc.org

For the future, when we meet again in-person and if you are a late arrival for the luncheon

Please note for those who arrive to the SIR luncheon after 12:00 PM, the payment table will be closed for the lunch and speaker presentation. In order to pay for your meal, **please find Kevin Wheaton**, Assistant Treasurer, to ensure you have been counted and have paid for your lunch.

Reception Table Volunteers

If we meet in August, we will **need volunteers** that will help register members and collect their payments for the lunch at the reception table. Please volunteer by contacting Kingsley Wood, kingsleykwood@gmail.com
(650) 799-8420

And...

If you did not get a new 2020 Membership Roster booklet, try to remember to get your booklet at the next, to-be-determined, in-person luncheon meeting.

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Craig's Current Contributions

Former Big SIR, very important guy. Just had both knees replaced...thank goodness. Now I've got something to do.

Good Reads for Guys

Countdown 1945 by Chris Wallace. An account of the key people involved in & events leading up to America's attack on Hiroshima in 1945. Reads like a novel.

The Splendid & The Vile by Erik Larson. An examination of the leadership of Winston Churchill. Loved it!

Natalie Wood, The Complete Biography by Suzanne Finstad

What To Watch On TV

Dads a star-studded exploration of modern fatherhood on Apple TV
Perry Mason on Apple TV
30 For 30: Long Gone Summer, the epic home run battle between mark McGwire & Sammy Sosa
Dirty John on Netflix
Blacklist with James Spader on Netflix

Thoughts To Ponder:

(Shamelessly "borrowed" from a variety of sources)

"Day 48 of social distancing: struck up a conversation with a spider today. Seems nice. He's a web designer." (feel free to groan)
"Having some states lock down & some states not lock down is like having a peeing section in a swimming pool".

"Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic".
"Question: Among retirees what is considered formal attire? Answer: Tied shoes."
Overheard in a Tokyo bar: "special cocktails for the ladies with nuts"

In conclusion..."Be decisive. Right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision". Unknown.

See you down the road... 😊

Stay safe & hope to see you soon!

Courtesy of former Big SIR, Craig Carpenter

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ACTIVITIES



GOLF

The rules for golf as stated by the counties still stand. The courses are NOT ALLOWED to deal with groups. Most courses allow only foursomes. Only Poplar Creek in San Mateo County is starting to allow SIR groups to reserve multiple spaces.

Santa Clara County courses are restricting reservations to foursomes. We will notify you when the rules change.

Watch your emails for any updates.

2020 Schedule (To be developed)

When we can meet to play golf again, please be at the course at least **ONE HOUR BEFORE** the first tee time.

Future Leader Board

GROSS
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Watch your e-mails to determine when our county bosses will let us play again and have lunch together. We will be paroled eventually from jail.

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

Check if the following activities are going to occur while under reduced or removed COVID-19 state, county, or municipality restrictions.



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 Stanford – Palo Alto 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



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, so bring a friend.

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

CYCLING:

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 cancels.

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. 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.

There are 10 standard SIR bike trails - all very scenic from South San Jose to South San Francisco and from Half Moon Bay to Fremont all between 15 to 20 miles round trip on paved, level bicycle trails. Some trails will have optional 4-5 mile extensions. The riding pace is moderate between 9 to 13 mph depending on oncoming headwinds. Riding on streets is kept to a minimum. Planned rides will have short restroom/water breaks and lunch is at a known restaurant at the halfway point of the ride.

Some of the SIR bicyclists have been experimenting with establishing rides on each Thursday of the month. These rides will be more unstructured with the objective of finding new, paved and safe biking trails to add to the standard 10 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 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

According to Branch 35, the State SIR restrictions have been modified and allow cycling groups to ride. See the required restrictions listed below. Check with Jim Lunt or Gordon Tong listed above for any questions or other details.

These are the eight points that state SIR approved to re-open the bicycle activities. See protocols below:

1. For the safety of all of our riders, ride only if one is feeling 100% healthy.
2. We will designate a lead rider at the front of the group and a designated sweeper behind

the last rider. All riders will stay between the designated lead and sweeper.

3. Riders must wear a biking helmet and some type of face mask. Riders are encouraged to bring a hand sanitizer because public restrooms may not always be open.
4. We will stagger riders in groups of 2-3 with the first group departing, followed by the next group of riders 2-3 minutes later and continue with this staggered process until all riders have departed.
5. Riders will ride single file and maintain a minimum 50' distance from the rider immediately in front. Riders can pass each other as long as there is a safe margin to pass.
6. When the lead rider stops for a group water or restroom break, all riders will stop and maintain a minimum 6' distance from each other.
7. Riders are encouraged to bring their lunch or order takeout food. The designated lead rider will find a suitable area to eat lunch and ensure proper social distancing.
8. Ride back to our designated ride starting point in the same manner.

2nd Thursday, July 9th at 11:00 AM

Location: Sawyer Camp/San Andreas Trail
950 Skyline Drive, Half Moon Bay
(Use GPS to find this location)

Ride: We would like to see new people come out for this ride. This ride has some hills, most of the riders can make it up to the top. I am one of those that finds out each time how bad a bicycle is as a walking stick. Best to use your GPS to find 950 Skyline Blvd. This ride has more ups and downs than your normal rides.

Directions: From southern peninsula, take I-280 N, continuing past the HMB turnoff. Exit on Bunker Hill Drive - Exit 34, then turn left across the overpass, then take the first right onto Skyline Blvd. Continue on Skyline Blvd about a mile to an open entrance fence showing "**Sawyer Camp Trail, 950 Skyline Blvd**" on the left side of the road. Find a convenient parking spot along Skyline Blvd. and

unload bike. Enter through the gate to find trail information, benches and bathrooms to our waiting group. Sawyer Trail is flat prior to the dam. The San Andreas trail involves hill climbing so you may have to ride/walk a short distance up and then enjoy a long ride on a flat, paved trail to lunch at Lunardi's Market. The SIR-approved protocol will be followed.

If you plan to ride or have questions, please contact Jim Lunt or Gordon Tong as listed above

The next ride for SIRS on Bikes

August: San Leandro-Alameda Ride

Cycling Schedule for 2020

~~January, Stevens Creek/Shoreline Park (M.V.)~~
~~February, Coyote Creek (So. San Jose)~~
~~March, Coyote Hills-Alameda Creek
(Fremont/Niles)~~
~~April, Foster City Bay Trail~~
~~May, Brisbane Bayshore Trail~~
~~June, Guadalupe Trail (Alviso to San Jose)~~
July, Sawyer Camp Trail/ San Andreas trail
(new ride)
August, San Leandro-Alameda Ride
September, Mt. View to Alviso
October, Half Moon Bay
November, Los Gatos Creek Trail
December, no ride (members may call for a ride)

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.

STATE SIR TRAVEL INFORMATION



For information on State SIR travel, go to the State SIR website listed below, and click on "Region and Area Info", click on "Resources", click on "More Information", then look for "Travel Management Information" section which has sub-links to travel agencies, bus companies, and a travel handbook. Also, one can use "Search Here" box at the base of the page using the word "travel".

STATE SIR WEBSITE

See redesigned website: www.sirinc.org

SIR BRANCH 51 NEWSLETTER

If you have any inputs, suggestions or feedback to add or improve the newsletter, please let me know. Also, if you wish to add material to the newsletter, inputs for the next newsletter should be submitted between the 15th and 20th of the month prior to the next newsletter.

Newsletter Editor:

Richard Jamison
(650) 868-3723
rsjamison@aol.com

2020 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

EXECUTIVE COMMITTEE

Big SIR: Jim Cummings 328-2168
Little SIR: Tim Eastham 366-2449
Secretary: Gerry Shebar 868-6124
Asst. Secretary: Richard Jamison 868-3723
Treasurer: Kingsley Wood 799-8420
Asst. Treasurer: Kevin Wheaton 485-2276

DIRECTORS

Director: Joe Grippo 948-2130
Director: Sam Meredith 325-4152
Director: Craig Carpenter 325-4152

ACTIVITIES CHAIRMEN

Indoor Bowling: Tim Eastham 366-2449
Lawn Bowling: Don Hughes 323-9916
Cycling: Jim Lunt (Br. 35) 408-252-6804
Tennis: Bill Kamin 322-4300
Golf: Kai Johansen 853-2493
Jim Cummings 328-2168
Travel: State SIR Travel: www.sirinc.org
Compusir: Stanford-PA Users Group www.spaug.net
Macintosh Users: Skip Ross 541-857-6224
Historian:

ADMINISTRATIVE CHAIRMEN

Attendance: Kingsley Wood 799-8420
Audit: Sam Meredith 325-4152
Russ Porter 234-1212
Website: Gerry Shebar 868-6124
Art Lewis 964-3223
Newsletter: Richard Jamison 868-3723
Good Samaritan: Bob Guffey 593-3496
Member Orientation: Bob Guffey 593-3496
Luncheon Programs: Walt McCullough 303-8194
Membership: Tim Eastham 366-2449
Membership Assistant: Gerry Shebar 868-6124
Greeter: Al Runge 592-1345
Special Events: (Open)
Nominating Committee: Jim Cummings 328-2168
Steve Tremulis 598-9790
Craig Carpenter 325-4152

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

All changes in address, telephone number, and e-mail address needs to 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