

# Mid-Peninsula Sons In Retirement Branch #51

Website: [www.sirinc2.org/branch51](http://www.sirinc2.org/branch51)

No. 531  
A Non-Profit Organization  
For Retired Men



October 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 Wednesday, 7<sup>th</sup> of October 2020 will be via Zoom with a **new meeting time** of:

**12:30 PM.**

(Start logging in at 12:15 PM)

The General Membership (all members) Meeting times for the rest of the 2020 year and the beginning of 2021 year are the following dates and times: every month on the first Wednesday, until Feb 3, 2021, 5 occurrences.

Oct 7, 2020 12:30 PM  
Nov 4, 2020 12:30 PM  
Dec 2, 2020 12:30 PM  
Jan 6, 2021 12:30 PM  
Feb 3, 2021 12:30 PM

For more information on our Zoom video conference meetings, check within this newsletter for details.

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## Monthly Presentation for Members

### October 7<sup>th</sup> Speaker Topic:

*Ouroboros Farms: Aquaponic Farming for Plants and Fish*

## Topic Description:

Ouroboros is one of the largest commercial aquaponic farms in the US. They are located in Half Moon Bay on San Mateo Road.

According to Webster dictionary, aquaponics is "a system of growing plants in the water the has been used to cultivate aquatic organisms" Aquaponic farming combines aquaculture (a system of growing fish) with hydroponics (a system of growing plants without soil).

Ouroboros Farms has perfected the growing system over many years to create one of the largest commercial aquaponic farms and educational facilities in the U.S.

## Speaker Biography:



Ken Armstrong, owner and founder (Big Fish)  
Jessica Patton, founder, Community Relations  
(Plant Whisperer)

Ouroboros Farms,  
Half Moon Bay, CA

Owner and Founder of Ouroboros Farms . Before beginning the Farmer's journey, Ken was the production and inventory manager for Earthbath Natural Pet Care Products and a practitioner of "Quantum Healing Hypnosis Therapy," a past life regression technique that connects people with their higher natures. He loves to travel and has been to all seven continents and visited over 50 countries, including a yearlong trip around the world, living in Ecuador for two years teaching English, and living for 4 months in Paris, France. Seeing the opportunity to be a pioneer in a new agricultural paradigm, combined with the desire to help others help themselves, Ken decided to take on the honor and responsibility of growing pure, nutritious, sustainable produce for you, as well as help spread awareness of food security, safety and sovereignty.

Jessica Patton is a native Californian with 13 years experience working with healing plants and herbs. She works with flower essences and has a passion for making tinctures, salves, teas and concoctions out of medicinal plants to benefit healing through connection with nature. She sees the potential for increased health benefits and a new balance amongst humans and the earth through the awareness of sustainably grown plants. During many years of gardening both indoors and outdoors, Jessica has experimented with various forms of growing. She has years of hydroponic experience and has previously lived on a self-sustainable farm for many years. She has experienced selling at farmers markets and loves connecting with people.

*Courtesy of Ouroboros Farms Website*  
[www.ouroborosfarms.com](http://www.ouroborosfarms.com)

## Future speakers for the coming months:

**November 4** – Randal Tsuda, President & CEO,  
Alta Housing, Palo Alto, CA

**December 2** – H.R. McMaster, retired U.S. Army 3-Star Lt. General, former National Security Advisor to President Donald Trump, Hoover Fellow, author of new book, *Battlegrounds: The Fight to Defend the Free World*

Last month Anne Hepenstal, Emergency Preparedness Coordinator, presented information on emergency preparedness for local citizens. Here are some informative links that she provided for members to review and, hopefully, to act on to get prepared for future emergencies.

- **Los Altos Prepares:** communications plans, emergency kits, volunteer training and more: [losaltosca.gov/emergencyprep](http://losaltosca.gov/emergencyprep)
- **Info on emergency kits,** with photos/lists/examples: [losaltosca.gov/gobag](http://losaltosca.gov/gobag)
- **7 steps to Earthquake Safety** <http://bit.ly/7eqsafe> and webinars: <https://www.earthquakecountry.org/safer-at-home/>
- **Palo Alto Emergency Preparedness webpage** with great info: [https://www.cityofpaloalto.org/services/public\\_safety/emergency\\_preparedness/default.asp](https://www.cityofpaloalto.org/services/public_safety/emergency_preparedness/default.asp)
- **Emergency Preparedness webinars:** [www.losaltosca.gov/prepares](http://www.losaltosca.gov/prepares), including info on emergency kits
- **Do 1 Thing** <https://do1thing.com/> Coaches you to take steps towards emergency preparedness by doing 1 thing at a time, with a theme for each month.

Los Altos PREPARES:

<https://www.losaltosca.gov/police/page/los-altos-prepares>

Also, Anne Hepenstal provided three extra files that are attached to this newsletter which cover emergency preparedness for pets, emergency kits,

and the presentation given by her at our last month's SIR 51 meeting.



**Ann Hepenstal, CBCP  
Emergency Preparedness Coordinator  
City of Los Altos, CA  
(650) 947-2629**

SIR 51 General Membership meeting will be held on-line via Zoom video conference. Watch for future news from our Big SIR, Jim Cummings, and in this newsletter. See details further in this newsletter.

**FOR SUGGESTIONS REGARDING  
SPEAKERS**

**PLEASE CONTACT:  
Walt McCullough  
[mystkbrkr@comcast.net](mailto: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 held on the first Wednesday of October, the 7<sup>th</sup>, at 11:00 AM.** Please **start logging**

**into** the virtual meeting **at 10:45 AM**. For details, please contact either Big SIR, Jim Cummings ([jimcumm@msn.com](mailto:jimcumm@msn.com)), or Secretary, Gerry Shebar ([gshebar@yahoo.com](mailto:gshebar@yahoo.com)).

Selection of 2021 Board members is under way. This October SIR 51 Board meeting will be discussing recommendations for Executive Committee Officers, as well as Administrative and Activities Chairmen. Current Big SIR, Jim Cummings, and two prior Big SIRs, Steve Tremulis, and Craig Carpenter, will review and announce for approval by the General Membership via our Zoom meeting soon.

**Important Alert for All SIR 51 Members**

From the computer of State SIR President, Ed Benson, via an e-mail message on the 23<sup>rd</sup> of September 2020, please remember to complete the second SIR UCSF Research Survey – ***How is the Coronavirus (COVID 19) Pandemic Affecting your Healthcare visits?*** by Wednesday, October 7<sup>th</sup> 2020. The survey link is given below:

[https://ucsf.co1.qualtrics.com/jfe/form/SV\\_5BU1YkHfLEZ6mfr](https://ucsf.co1.qualtrics.com/jfe/form/SV_5BU1YkHfLEZ6mfr)

**SIR 51 General Membership Meeting**

The Board has decided to use **ZOOM for our General 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>

An "invitation" will be sent for the October meeting for you to click a link to join the scheduled meeting. You can use your computer, or a tablet, or a cell phone with its built-in camera for use with the on-line meeting. Get app at [ZOOM.us](https://zoom.us)

Last month’s September General Membership Zoom meeting was attended by 21 members. Try to join our October General Membership Zoom meeting to see and talk with your fellow members. It is fun and interesting for all. **Please remember to avoid your background noise or mute your sound, if necessary, while in the meeting to help the video meeting be more enjoyable for all.**

**SIR 51 Website**

SIR Branch 51 website provides helpful information on our activities and archives our news. Should you have inputs for our website, please contact our website masters, Gerry Shebar or Art Lewis.

[www.sirinc2.org/branch51](http://www.sirinc2.org/branch51)

[gshebar@yahoo.com](mailto:gshebar@yahoo.com)  
[alewis.mvca@comcast.net](mailto:alewis.mvca@comcast.net)

**State SIR Website**

See State SIR website: [www.sirinc.org](http://www.sirinc.org)

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**ACTIVITIES**



**GOLF**

**No new news this month – it’s status quo**

Golf is being restarted informally. Each course has its own methods of dealing with the "China" virus, but we have been able to get some play.

Each course has to be dealt with individually. We are currently following the schedule developed for this current year, and hopefully, we will be able to play weekly. If you have lost the schedule, please check our website shown on page one of the golf newsletter and watch your emails for updates.

At this point it is not practical for us to post your scores or to have competitions so our games are mostly just for fun and exercise. If you have not

downloaded the NCGA app please do so. It is fairly easy to use, and you can easily post your scores and gather other info regarding your index and course handicaps.

Keep it in the short grass!

*Courtesy of Jim Cummings, Big SIR*

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.

If your play or no-play commitment changes, please call or e-mail:

**JIM CUMMINGS**

home: (650) 328-2168  
 cell: (650) 207-3609  
[jimcumm@msn.com](mailto:jimcumm@msn.com)

Kai Johansen, golf course coordinator, has reported that the 2020-2021 golf schedule is in place and three of nine contracts are in place as well. More news to come. Stay tuned.

Golf course coordinator:

**KAI JOHANSEN**

(650) 853-2493

[kai.johansen@sbcglobal.net](mailto: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](http://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](mailto: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 and 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:

**BOB TAGGART** (650) 321-2654, Br 35  
[cbtaggart@earthlink.net](mailto:cbtaggart@earthlink.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](mailto:billkamin@att.net)

## CYCLING:

### 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. We follow SIR COVID protocol for our gatherings.

Bring bike, helmet, mask 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.

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.

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](mailto:jamesdlunt@yahoo.com)

**GORDON TONG** (408) 242-0557  
[gordy6850@gmail.com](mailto:gordy6850@gmail.com)

### **See the required protocols listed below.**

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.

**2<sup>nd</sup> Thursday, October 8<sup>th</sup> at 11:00 AM**

**Location: Half Moon Bay/Pillar Point**

**Ride:** We will ride the paved flat trail along the ocean shore for about 6.5 miles from Poplar beach, located south of Half Moon Bay, to Pillar Point, We will return to Princeton where we will have lunch, (if something's open or eat what you have brought) then ride the same trail back for a total ride of about 13 miles.

(There is a bridge out: we will have to make a detour around that part of the ride)

**Directions:** Take I-280 to highway 92, then take the exit to Half Moon Bay. Continue on highway 92 about 10 miles to the intersection with Highway 1, turn left. Go about one mile to Poplar St., turn right. Go to the end of Poplar St and park in the Poplar Beach parking lot. Some riders park on the streets before they get to the Beach parking lot and ride bicycles to the lot. Driving time is about 45 minutes. It may be windy and cold, so be sure to bring a wind breaker and gloves to wear. Or, it may be a lovely, sunny day.

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**

**November:** Los Gatos Creek Trail

**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 Lorenzo-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**

[www.sirinc.org](http://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 15<sup>th</sup> and 20<sup>th</sup> of the month prior to the next newsletter.

**Newsletter Editor:**

Richard Jamison

(650) 868-3723

[rsjamison@aol.com](mailto:rsjamison@aol.com)

## 2020 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

### EXECUTIVE COMMITTEE

Big SIR: Jim Cummings 328-2168  
Little SIR: (Open)  
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: Bob Taggart (Br 35) 321-2654  
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](http://www.sirinc.org)  
Compusir: Stanford-PA Users Group [www.spaug.net](http://www.spaug.net)  
Macintosh Users: Skip Ross (541) 857-6224  
Historian: (Open)

### 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  
Acting Membership: Gerry Shebar 868-6124  
Membership Assistant: (Open)  
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,  
Acting Membership Committee Chairman:

Gerry Shebar,  
3345 Stockton PL.,  
Palo Alto, CA 94303  
(650) 868-6124  
[gshebar@yahoo.com](mailto:gshebar@yahoo.com)

“All the news that fits we print”

*Anonymous*