

# Mid-Peninsula Sons In Retirement

## Branch #51

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

No. 549  
A Non-Profit Organization  
For Retired Men



April 2022  
Devoted to the Promotion of  
Independence and Dignity of Retirement

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

## General Interest:

### Welcome Home

#### In-Person Meetings:

Yes, we are going to meet in-person this month. Do you remember the last in-person meeting? Try August 2021. Anyway, here are some details regarding the next luncheon and beyond.

The luncheon will be \$27/person which will be collected at the door. Your COVID waivers should have been submitted to the branch by now. If not, don't forget to bring it with you and your vaccination card. Masks are optional. Unfortunately, after April the luncheons will be \$30/person due to the cost of inflation, supply chain demands and labor.

Also, starting in April, yearly dues will remain at \$25. Dues can be paid at the luncheon with cash or by check to Sons In Retirement, Branch 51. Also, one can mail the check to Kingsley Wood, 1009 Forest Court, Palo Alto, CA, 94031. Deadline is July 1<sup>st</sup>.

Other branch news is that the summer BBQ/Picnic is on for Wednesday, the 6<sup>th</sup> of July at the pool-side location of FHCC. The cost is expected to be \$30 per person. Spouses or guest are welcome to join the picnic. The menu is yet to be finalized, but it is expected to have chicken, ribs, and a side dish. Beer and wine will be available for purchase. When final pricing is determined, this newsletter will provide

definite prices and the menu along with a separate flyer to remind members to sign up for the picnic.

#### COVID-19 News:

The nation is hopeful that the coronavirus is getting under control. However, the new COVID-19 virus variant, BA.2, is taking over from the Omicron/Delta variant. About 55% of new infection cases are the BA.2 variant which is more contagious than the Omicron variant, but with less hospitalization and death occurring.

We need to be on alert with regard to continue practicing good preventative measures to avoid this new variant or any future variants.

In the Bay Area, we are fortunate that most local counties have removed mask requirements, except for transportation hubs (on planes, in airports, on trains, buses, etc.) and for health care workers.

The on-average daily infection rate is down to 48,000 people from last month's ~150,000 on-average daily infections. Good news!

The FDA just approved an optional, second booster shot for improving vaccine immunization due to waning effectiveness of the prior vaccinations. The approval is for people over 50 years old and for the immunocompromised individuals who both had their last booster shot four months or more ago. The CDC needs to weigh in on this FDA recommendation. There is some controversy over whether people need a fourth shot depending on their existing immunity. The consensus is that a fourth preventative shot is worth it.



United States patents, mostly related to interventional cardiology.

**Topic Description:**

April’s SIR Luncheon speaker will be our very own Steve Tremulis discussing how influential the Bay Area is in the history and development of coronary angioplasty and stenting, tiny metal scaffolds that are critical in opening and maintaining blood flow in blocked heart arteries. Steve addresses the history of angioplasty and stents and what challenges lie ahead for future developments.



**Future speakers for the coming month:**

**May 4<sup>th</sup>, 2022 Speaker:**

Judy Miner, District Chancellor for Foothill and DeAnza Colleges

**June 1<sup>st</sup>, 2022 Speaker and Topic:**

Debbie Matityahu  
(SIR member, Aaron Matityahu's daughter-in-law)

Ob/Gyn training and support in Kenya

**FOR SUGGESTIONS REGARDING  
SPEAKERS**

**PLEASE CONTACT:**

**Steve Tremulis**  
(650) 598-9790

**2021 Membership Roster**

As always, if you have any corrections to your profile data, please contact our Membership Chairman, Jeff Gardiner, at (650) 561-9661. Also, the roster file has been archived on our branch website.

**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 master, Gerry Shebar at (650) 868-6124.

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

**State SIR News**

The State SIR organization has a newsletter to help SIR members know what the state officers are organizing and their various activities to support the local branches. The State SIR group provides guidance to help branches improve their members’ involvement and the growth of branch membership.

The links to the Wavier and State SIR website are given below.

**Wavier:**

<https://sirinc.org/wp-content/uploads/Waiver-final.pdf>

**State SIR Website:**

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

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**Craig's Current Contributions:**  
**March 2022**

*Courtesy of former Big SIR, Craig Carpenter*

Former Big SIR, important guy. Now the food taster for Vlad P. My whereabouts are unknown...even to me.

**THOUGHTS TO PONDER:**

(For Len Gabrielson) I wondered why the baseball kept getting bigger. Then it hit me.

The midget fortune-teller who escaped from prison was a small medium at large.

A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

In a democracy it's your vote that counts. In feudalism it's your count that votes.

If you jumped off the bridge in Paris, you'd be in Seine.

**GOOD READS FOR GUYS:**

*Steal* by James Patterson. "Art galleries and casinos, mansions and brothels, billionaires and thieves. Only James Patterson could create a triple-cross this decadent and suspenseful"

*The Lincoln Highway* by Amor Towles. "The book tails three 18-year-old boys plus one brainy 8-year-old as they set out from Nebraska in June, 1954 in an old Studebaker in pursuit of a better future".

*The Book of Lost Names* by Kristin Harmel. Set in World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis.

**MOVIES / SERIES ON THE TUBE:**

**Netflix:**

*Lies and Deceit* on Netflix. A series that will keep you guessing. In Spanish with English dubbed.

*Pieces of Her* on Netflix. A whodunnit and shoot 'em up, bang, bang series starring Toni Collette.

**Amazon Prime:**

*Belfast...* up for Best Movie of 2021. Available on Amazon to rent for \$5.99.

**Apple TV+:**

*We Crashed* Starring Jared Leto & Anne Hathaway. Similar to Bad Blood & the evil Elizabeth Holmes.

Well, that's all for now. Hope to see you all IN-PERSON on April 6th.

\*~\*

**ACTIVITIES**

**GOLF**



If any of you are interested in playing golf as individuals, you might want to check with the courses as to tee time availability.

The 2022 golf schedule is available. Check for an Excel or .pdf file copies either electronically sent to you or at the SIR 51 website. Below are the dates, times, and locations for April 2022 and May 2022.

Please register your intentions to play by signing "Yes" or "No" on the sign-up sheet.

All participants must be at the course at least one hour before tee time.

	Apr 05, Tue	Apr 13, Wed.	Apr 20, Wed.	Apr 27, Wed	
<b>APR</b>	Moffett Field 10:00 AM	Sunnyvale 9:30 AM	Los Lagos 10:00 AM	Poplar Creek 10:00 AM	
	May 03, Tue	May 11, Wed	May 18, Wed	May 25, Wed	May 31, Tue
<b>MAY</b>	Crystal Springs 10:00 AM	Spring Valley 10:00 AM	Sunnyvale 9:30 AM	Moffett Field 10:00 AM	Baylands 8:30 AM

- Crystal Springs
- Los Lagos
- Moffett Field
- Poplar Creek
- Poppy Hills
- San Jose
- Shoreline
- Spring Valley
- Sunnyvale

*Courtesy of Golf Chairman:*

**KAI JOHANSEN**  
(650) 380-9493

Also, contact Jim Cummings, as a mutual supporter for golf news.

**JIM CUMMINGS**  
home: (650) 328-2168  
cell: (650) 207-3609

**State Golf Newsletter:**  
[www.sirgolf.org](http://www.sirgolf.org)

**Check if the following activities are going to occur with the recent changes in COVID-19 State SIR restrictions.**

### COMPUSIR



COMPUSIR is a self-help Computer discussion group. Normally, it meets monthly at the PALO ALTO ELKS LODGE 4249 EL CAMINO REAL, PALO ALTO. Check first if meetings are being held by Zoom, or not at all. When in-person meetings can be held access is by the following method. For entry, use the announce button on the pedestal to the left of the Front door. **COMPUSIR** is now part of SPAUG (the **S**tanford – **P**alo **A**lto **U**sers **G**roup). SPAUG Meetings are still held the **SECOND WEDNESDAY** of each month at 7:00 pm, when possible, in-person, 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

### 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. When possible, with less COVID-19 restrictions, we meet on **Tuesdays at Homestead Lanes:**

**Homestead and Stelling in Cupertino 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 (Bob Taggart) 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 bowling skill that comes back after a long lay-off. Many have not bowled since they were youngsters. For more information, contact:

**BOB TAGGART (Br 35)**  
(650) 321-2654

### LAWN BOWLING:



Check if Lawn Bowling is able to meet and play. We meet on 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:



When possible, during the COVID-19 pandemic, check first to see if our tennis group meets which happens on 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 form. Play level is about 2.5. We welcome non-SIRS, so bring a friend.

**SYD JACOBSEN (Br 35)**  
(408) 738-3233

### CYCLING: SIR Branches 35, 51, others

2nd Tuesday— April 12, 2022, 11:00 AM

Wives and guests welcomed; Rain cancels, helmets required and face masks optional. E-bikes are allowed. Read latest CDC guidance below:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## **Michael's at Shoreline Restaurant to Los Alto Hills to Downtown Los Altos**

**Ride:** This ride is a new local ride for most of us. We will begin the ride from the parking lot of Michael's at Shoreline Restaurant in Mountain View over the newly opened Palo Alto Pedestrian/Biking Bridge above Highway I-101. It's about 10 miles one-way threading through parts of MV, PA, LA Hills (small inclines) and ending in downtown Los Altos at the American Italian Deli at 139 Main Street. After lunch, we'll bypass the LA Hills inclines and ride back on Los Altos Avenue back to the PA Bridge to Michaels. The ride is about a total of 16-18 miles on a combination of semi-quiet residential and city streets and paved paths.

**Directions:** Enter into your GPS:  
Michael's at Shoreline Restaurant  
2960 North Shoreline Blvd.  
Mountain View, CA 94043.

If you plan to ride or have questions, please contact Gordon Tong (Br35) at 408-242-0557, leader [gordy6850@gmail.com](mailto:gordy6850@gmail.com).  
or  
Hank Bottino (Br35) at (650) 207-4320  
[bottinoh@comcast.net](mailto:bottinoh@comcast.net), co-leader.

**Special Note:** For the months of March through June, 2022, SIR Branch 35 monthly bicycling rides will be on the second TUESDAY of the month. The following are planned SIR Branch 35 rides from April through June, 2022:

April 12th New Palo Alto Bridge over I-101 to Los Altos Hills to Downtown Los Altos

May 10th Half Moon Bay Coast Side Trail

June 14th Guadalupe Trail--(Alviso to San Jose)

FYI. SIR Branch 35 monthly bicycling is a combined activity with all SIR Branches in Area 13. 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. 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, stop

lights, etc. There will be a **lead** rider and a **sweeper** as the last rider to ensure that all riders stay on course. It's important that all riders keep the lead rider in their sights.

### **NON-RESPONSIBILITY 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

## **2022 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN**

### **EXECUTIVE COMMITTEE**

Big SIR: Gerry Shebar 868-6124  
Little SIR: Richard Jamison 868-3723  
Secretary: Jeff Gardiner 561-9661  
Asst. Secretary: Richard Jamison 868-3723  
Treasurer: Kingsley Wood 799-8420  
Asst. Treasurer: Kevin Wheaton 485-2276

### **DIRECTORS**

Sam Meredith 325-4152  
Craig Carpenter 325-4152  
Ray Klinke 924-0734  
Mike McMahon 493-7392  
Jim Cummings 207-3609  
Steve Tremulis 598-9790

### **ACTIVITIES CHAIRMEN**

Indoor Bowling; Bob Taggart (Br 35) 321-2654  
Lawn Bowling: Don Hughes 323-9916  
Cycling: Gordon Tong (Br 35) (408) 242-0557  
Tennis: Syd Jacobsen (Br 35) (408) 738-3233  
Golf Chairman: Kai Johansen 380-9493  
Golf Assistant: Jim Cummings 207-3609  
Travel: State SIR Travel: [www.sirinc.org](http://www.sirinc.org)  
Compuser: 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	Speaker Coordinator: Steve Tremulis 598-9790
Audit: Sam Meredith 325-4152	Membership: Jeff Gardiner 561-9661
Russ Porter 234-1212	Asst. Membership: (Open)
Website: Gerry Shebar 868-6124	Greeter: Al Runge 592-1345
Asst. Website: Art Lewis 964-3223	Special Events: (Open)
Newsletter: Richard Jamison 868-3723	Nominating Committee: Gerry Shebar 868-6124
Good Samaritan: Bob Guffey 593-3496	Jim Cummings 207-3609
Member Orientation: Bob Guffey 593-3496	Steve Tremulis 598-9790

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:

Jeff Gardiner,  
2152 Sand Hill Road,  
Menlo Park, CA 94025  
(650) 561-9661

“All the news that fits we print”

*Anonymous*