

Mid-Peninsula Sons In Retirement

Branch #51

Website: www.sirinc2.org/branch51

No. 551
A Non-Profit Organization
For Retired Men



June 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:

Success So Far

In-Person Meetings:

It's great to be able to get together again these past two months. Although there are some rising concerns that we may need to return to wearing masks due the resurgence of COVID-19 and its variants, we can enjoy our members socially with luncheons and speakers. To continue to socially mix is good for our mental and emotional health with a current low risk to our physical health. Masks are optional. Should we have to go back to virtual meetings to protect ourselves, we know how it works and will be able to keep our branch together. Let's hope for the best.

In May we had 29 members attend our General Membership meeting. Do encourage your fellow members to return to our branch.

As for happenings within our branch, see the respective sections later in this newsletter on developing a Facebook business application page for our branch and latest news on our annual BBQ/Picnic in July.

Just as a reminder, lunches are \$30 per member or for any guest. As usual, this will be collected at the door before the meeting. As requested, please RSVP if you plan to attend the luncheon so that the Fremont Hills Country Club can plan for the

number of meals needed. E-mail a RSVP to Big SIR, Gerry Shebar at gshebar@yahoo.com.

Also, yearly dues are now due and need to be paid by July 1st, 2022. The good news is the dues did not increase. Yearly membership dues are \$25/year. You can pay by cash or by check to Sons In Retirement, Branch 51. If you wish to pay by mail, send your check to our Treasurer, Kingsley Wood, 1009 Forest Court, Palo Alto, CA, 94031.

If you have not done so yet, don't forget to bring your signed waiver and vaccination card with you to satisfy the powers to be.

COVID-19 News:

Unfortunately, the infection cases for the variants of COVID-19 are increasing in the US to over an average daily 170,000 cases. The new variants are taking over as the dominant infectious viruses. Unfortunately, the longer viruses are still prevalent, the more chance it can continue to mutate. Plus, recent infections from Monkeypox, an African virus, are being seen in our country, as throughout the world, are complicating the health of individuals. Fortunately, the infection rate is low, much less contagious a virus, less severe, and we have Chickenpox vaccine that is useful to prevent infections. Just another virus to worry about now.

Being fully vaccinated and boosted is still the best protection from becoming seriously ill.

For the US, over one week, from May 14th to May 22nd, the percentage change in new, average daily cases has increased by over 108%. California has an increase in average daily cases of 71%.

We need to be on alert with regard to continue practicing good preventative measures to avoid these new variants or any future variants. Remember, even if you are fully vaccinated, it does not guarantee that you will not get infected by the virus. It means that if you do get infected, a successful and healthy outcome is highly likely.

Here are updated data from the Mayo Clinic records for COVID-19 for the US and CA as of the 22nd of May 2022.

National vaccinations:

Fully vaccinated: 66.4%
At least one shot: 77.9%

California vaccinations:

Fully vaccinated: 72.4%
At least one shot: 84.2 %

Let's hope 2022 ultimately will provide good health for ourselves, our families, and our friends.

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Branch 51 News

Big SIR Notes:

From the computer of Gerry Shebar

Gents,

Welcome back! It has been a tough couple of years. So, it is especially rewarding to get together and catch up with fellow SIRs who you may not have seen for quite a while.

Our primary goal this year should be expanding our membership. Pre-Covid we had well over 100 members. Today, at best we have 70 members. Perhaps we have even less than that after we finish the current round of dues collections. While we have added a few new members in the past months, we have also sadly lost some. What's more our average age has moved gradually upward over the past few years. I would like to see us expand the organization to 80 members by September. Each of you can help. RECRUIT!

Be sure to register in advance for the July 6th picnic. Get your attendance form in to Ray Klinke within the deadline.

Other than that, I look forward to seeing you at lunch on June 1st.

Gerry Shebar
Big SIR 2022

2022 BBQ/Picnic:

Same info as last month.

In other branch news, the summer **BBQ/Picnic** is on for Wednesday, the **6th of July** at the pool-side location of FHCC. The cost is **\$30 per person**. Spouses or guest are welcome to join the picnic. The menu is chicken, ribs, and a side dish. Beer and wine will be available for purchase. See the attached BBQ/Picnic flyer for more details. **Print the flyer, fill it out, and send it with your check** made payable to SIR#51 to Ray Klinke, 605 Palm Ave., Los Altos, CA, 94022 **by June 24th**.

Branch 51 Facebook Page/App:

Again, a repeat request for help.

We are looking for a few good men to work on setting up a Facebook page/application for our branch. Volunteers would be working with a monthly SIR Facebook workgroup to learn, use, and maintain our branch Facebook page/app. The State SIR has training material to learn about Facebook usage. See step-by-step tutorial from State SIR link below along with a YouTube video.

Tutorial:
<https://sirinc.org/wp-content/uploads/Creating-a-SIR-Facebook-Business-Page-3-25-22.pdf>

YouTube video:
<https://www.youtube.com/watch?v=trBA7xGgzjk>

This effort would allow our Facebook page to be seen by other non-member seniors to learn about, and possibly visit, and join our branch. Current members can use the app to easily get in contact with fellow members, friends, and family.

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 Stanford – Palo Alto Users Group). 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.

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— June 14, 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>

Coyote Creek Trail (South San Jose)

Ride Location: We will ride the scenic Coyote Creek Trail starting from the Wyndham Garden

Hotel at [399 Silicon Valley Rd, San Jose](#). The ride will be about 6 miles to the Coyote Creek Golf Course. We will ride past the golf course for another 4 miles to the Anderson Visitor Center at the end of trail, then double back to the golf course club house for lunch. After lunch we will ride back to the hotel parking lot for a total of 20 miles. For those who want a shorter ride, they can stop at the golf course, thus reducing the round trip to 12 miles.

Ride Directions: The Wyndham Garden Hotel is located south of San Jose, one block east of highway 101 and just [north of the highway 101/85 interchange](#). The directions are the same whether coming on highway 101 or 85: Take the Bernal Rd. exit. Turn left on Bernal Rd., which becomes Silicon Valley Blvd after crossing under 101. Turn left on Rue Ferrari Rd., the service road next to the hotel, and park in the hotel parking lot behind the furthest hotel building on the right.

If you plan to ride or have questions, please contact Gordon Tong (Br35) at 408-242-0557, leader gordey6850@gmail.com.

or

Hank Bottino (Br35) at (650) 207-4320
bottinoh@comcast.net, co-leader.

Special Note:

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-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

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

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 McMahan 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
Compusir: Stanford-PA Users Group 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