Mid-Peninsula Sons In Retirement Branch #51

Website: www.sirinc2.org/branch51

No. 552
A Non-Profit Organization
For Retired Men



July 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:

Outdoor Fun is Here

Welcome to Our 2022 Picnic/BBQ:

Over two years ago is when we had our last summer picnic. Now it is time to get outside and join our fellow members, our spouses/significant others, and guests to enjoy the fresh air, food, and drinks (masks optional). The weather should be sunny and comfortable. Do come to the picnic and remind your fellow members to make sure they don't forget to attend as well.

SIR 51 Summer BBQ 2022 Wednesday, July 6th, 11:30 AM Fremont Hills CC Poolside





To reinforce the importance of getting together, please read the article provided by State SIR Growth and Management Committee Chairman, Tony de Losata. Article is authored by <u>Katherine Harmon</u> on *Social Ties Boost Survival by 50 Percent*.

https://www.scientificamerican.com/article/relationships-boost-survival/

In June we had 26 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 State SIR golf news.

For future luncheons, please RSVP if you plan to attend 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.

Time is running out for payment of yearly dues. They are 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.

COVID-19 News:

Unfortunately, the infection cases for the variants of COVID-19 are increasing in the US to over an average daily 158,000 cases. 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 Smallpox vaccine that is useful to prevent infections.

Being fully vaccinated and boosted for COVID-19 and its variants is still the best protection from becoming seriously ill.

For the US, over one week, from June 18^h to June 24th, the percentage change in new, average daily cases has decreased by 4%. California has an approximate increase in average daily cases of 20%.

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 is California updated data from the Mayo Clinic records for COVID-19 as of the $25^{\underline{nd}}$ of June 2022 for fully vaccinated individuals: 72.8%.

Bottom line, protect yourself and others as best as you can.

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Branch 51 News

Big SIR Notes:

From the computer of Gerry Shebar

Gents,

Summertime! My thoughts turn to baseball, BBQ, warm weather golf, and outdoor activities with friends. So, I am of course looking forward to our annual picnic (cancelled for two pandemic related years). This year scheduled for July 6th.

What is more American that BBQ chicken, ribs, and side dishes in July?

I look forward to connecting with guys and their partners. This is what SIRs is about. Finding companionship through the sharing of activities after moving past the earlier phases of life.

Well, hope to see most of you soon. For now, I have to bring Craig a drink of water. I think he is not staying hydrated while toiling in my yard.

Gerry Shebar Big SIR 2022

Branch 51 Facebook Page/App:

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,

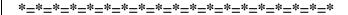
and possibly visit, and join our branch. Current members can use the app to easily get in contact with fellow members, friends, and family.

The State SIR Facebook workgroup will have upcoming training sessions via a Zoom link.

If you are interested in volunteering your help, please contact our branch Secretary, Jeff Gardiner, at jeffg@usms.com

New SIR Member

Please welcome our newest SIR member, **Joe Urbassik**. He is retired. Joe was a software engineer and teacher. He enjoys golf, photography, hiking, being a musician, and more. He lives in Palo Alto, CA. Welcome Joe.



SIR 51 General Membership Meeting

Our next 2022 SIR General Membership Meeting (all members) will be held in-person, on Wednesday, August 3rd starting at 11:30 AM. Let's continue to meet in-person to enjoy our friends, a luncheon, and a guest speaker.

Last month's June General Membership Meeting had a total of 26 members attending.

SIR 51 Board Meetings

The next Board meeting will occur in-person this coming August 3rd, Wednesday, at 11:00 AM.

For more details, please contact Big SIR, Gerry Shebar (cell:650/868-6124).

The list of elected 2022 officers and committee chairmen is located at the end of this newsletter.

June board meeting had eight attendees.



Monthly Presentation for Members

August 3rd, 2022 Speaker Topic:

To Be Determined

Topic Description:

TBD

Speaker Name and Biography:

TBD

Future speakers for the coming month:

September 7th, 2022 Speaker and Topic:

To be determined

FOR SUGGESTIONS REGARDING SPEAKERS

PLEASE CONTACT:

Steve Tremulis (650) 598-9790

2021 Membership Roster

As always, if you have any corrections or changes 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. See next section.

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

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.

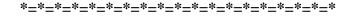
The links to the COVID Wavier and State SIR website are given below.

Wavier:

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

State SIR Website:

www.sirinc.org



Craig's Current Contributions: July 2022

Courtesy of former Big SIR, Craig Carpenter

Former Big SIR, very important guy. Now tending to Gerry Shebar's plants & shrubs for golf money.

First of all, ..."HOW 'BOUT THOSE WARRIORS!!!??? We bad.

THOUGHTS TO PONDER:

The man who fell into an upholstery machine is fully recovered.

"Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read." Groucho Marx.

The first bottles of Coca Cola contained 3.5 grams of cocaine. This explains how your grandparents were able to walk to school both ways uphill in the snow.

It's been a terrible Summer for Humpty Dumpty, but he had a great Fall.

If you have to wear both mask & glasses, you may be entitled to condensation.

Never iron a four-leaf clover. You don't want to press your luck.

My therapist set half a glass of water in front of me. He asked me if I was an optimist or a pessimist. So, I drank the water and told him I was a problem solver.

GOOD READS FOR GUYS:

The Light of Days by Judy Batalion. The untold story of women resistance fighters in Hitler's Polish ghettos.

Life Force: How new breakthroughs in precision medicine can transform the quality of your life and those you love by Tony Robbins & Peter H. Diamandis.

A Most Remarkable Creature: The Hidden Life of the World's Smartest Birds of Prey by Jonathan Meiburg.

Principles For Dealing With The Changing World Order: Why Nations Succeed And Fail by Ray Dalio.

STUFF TO WATCH:

Top Gun: Maverick Don't think twice. Just go see it! Tom Cruise and the supporting cast are fantastic as are the special effects.

Elvis My wife and I are going to see it tomorrow. Excellent reviews on Rotten Tomatoes.

Both *Top Gun: Maverick & Elvis* are at the Icon Theater in Mountain View.

Netflix:

The Lincoln Lawyer. A ten-episode series about a tarnished LA lawyer who owns an impressive collection of Lincoln cars. Renewed for a second season.

Apple TV+

Loot on Apple TV+ starring Joel Kimj Booster & Maya Rudolph. **Loot** is a hoot! Groan.

Well, gotta go now and tend to Gerry Shebar's plants & shrubs for golf money. See you at the SIR barbecue on July 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 July and August 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.

Jl	JL	Y.

Jul 05, Tue	Jul 13, Wed	Jul 20, Wed	27, Wed
	Poppy	Crystal	Spring
Baylands	Hills	Springs	Valley
	10:30	10:00	10:00
8:30 AM	AM	AM	AM

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Aug 02,	10,	Aug 17,	24,	31,
Tue	Wed	Wed	Wed	Wed
Sunnyvale	Los	Moffett	San	Spring
	Lagos	Field	Jose	Valley
9:30 AM	10:00	10:00	10:00	10:00
	AM	AM	AM	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

State SIR Golf News:

Here is a request from Mark Stuart, the State SIR Golf Committee Chairman for an up-coming 2022 fall golf classic tournament in September.

Fellow Golfers.

Attached are the announcements for the final State golf event of the year which will be held at the Blue Rock Springs golf courses in Vallejo. The event will be held on September 14th and 15th. This is a 2-day event but if a golfer wants, they can play either of the days or both. I'd ask that you take a look at the attached flyers for additional information as well as the State golf website at www.sirgolf.org. This event is open to all SIR members, their wives or significant others, and

Many Thanks,

invited guests.

Mark Stuart, 2022 SIR State Golf Committee Chair

Check if the <u>following activities</u> 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, lowimpact 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 Thursday — July 14, 2022, 11:00 AM

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

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

Special Note:

For the months of July through October 2022, SIR Branch 35 monthly bicycling rides will REVERT back to the SECOND THURSDAY.

The following are the planned rides:

Thursday, 14th July 2022. Foster City Bay Trail Thursday, 11th August 2022. Los Gatos Creek Trail Thursday, 8th Sept 2022. San Lorenzo to Bay Farm Island

Thursday, 13th Oct 2022. Sawyer Camp Trail

Foster City Bay Trail Ride:

Ride: We will ride the scenic and picturesque Foster City Bay Trail from the Oracle Corporate Headquarters to the Poplar Creek Golf Course at Coyote Point. There is another 4-mile extension that would take us to the very southern edge of the SF International Airport for a total round trip of 22 miles. The trail is paved and level but there is some on-going construction that will detour us on to some city streets that have well designated/marked bike lanes. We can decide to ride the 4-mile extension on the day of the ride. There are lunch options along the trail. It might be windy, so bring a jacket or windbreaker.

<u>Directions:</u> Take I-101 north towards SF and exit at Marine Parkway/Ralston. Turn right on Marine Parkway, then an immediate left onto Oracle Parkway. The meeting point is a tree-shaded parking lot with restrooms to the left of this intersection. If the parking lot is full, backtrack over the creek to 401-501 Island Parkway and park in the Oracle lot. Ride your bike across the pedestrian bridge to the meeting point.

Another 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 15^{th} and 20^{th} 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

ACTIVITIES CHAIRMEN

(541) 857-6224

Big SIR: Gerry Shebar	868-6124	Indoor Bowling; Bob Taggart (Br 35)	321-2654
Little SIR: Richard Jamison	868-3723	Lawn Bowling: Don Hughes	323-9916
Secretary: Jeff Gardiner	561-9661	Cycling: Gordon Tong (Br 35)	(408) 242-0557
Asst. Secretary: Richard Jamison	868-3723	Tennis: Syd Jacobsen (Br 35)	(408) 738-3233
Treasurer: Kingsley Wood	799-8420	Golf Chairman: Kai Johansen	380-9493
Asst. Treasurer: Kevin Wheaton	485-2276	Golf Assistant: Jim Cummings	207-3609
		Travel: State SIR Travel:	www.sirinc.org
DIRECTORS		Compusir: Stanford-PA Users Groupwww.spaug.net	

Macintosh Users: Skip Ross Historian: (Open)

<u>DIRECTORS</u>

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

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