

# Mid-Peninsula Sons In Retirement Branch #51

Website: [www.sirinc2.org/branch51](http://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 [Katherine Harmon](#) on *Social Ties Boost Survival by 50 Percent*.

<https://www.scientificamerican.com/article/relations-hips-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](mailto:gshebar@yahoo.com).

# 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,

Time is running out for payment of yearly dues. They are due and need to be paid by July 1<sup>st</sup>, 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<sup>h</sup> to June 24<sup>th</sup>, 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<sup>nd</sup> of June 2022 for fully vaccinated individuals: 72.8%.

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

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**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 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.

**Directions:** 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](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)  
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	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*