Mid-Peninsula Sons In Retirement Branch #51

Website: www.sirinc2.org/branch51

No. 556
A Non-Profit Organization
For Retired Men



November 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:

Holidays are Coming

November is for Family, Friends, and Food:

As the weather cools, we get to enjoy a late autumn season. With Veteran's Day, Thanksgiving, and the perennial Black Friday weekend, we get together with our family and friends to celebrate our shared care and love for each other. It's great to enjoy this time of year.

Please remember to honor our veterans who served and sacrificed for our country on Veterans' Day, Friday, November 11, 2022. We owe much to them for their service.

Also, don't forget to vote on or before Tuesday, November 8th for candidates you favor in the midterm 2022 elections.

In addition, planning has begun for the 2022 Holiday Luncheon on Wednesday, December 7th at 11:30 a.m. at Fremont Hills Country Club. The Madrigal Singers of the Mountain View High School Choral Group will perform. As a benefit this year, our board decided to subsidize the cost of the luncheon from our treasury with \$10 per member. Hence, members and guests will pay \$35 per person. Please read the attached Holiday Luncheon flyer for the details of the event. Do sign up soon.

We will be meeting in-person for our, Wednesday, 2^{nd} of November General Membership meeting.

Please encourage your fellow members to come to our luncheon and speaker presentation. Masks are optional.

Please keep in mind for future luncheons, send a 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 bigsirfiftyone@gmail.com.

As for happenings within our branch, see the respective sections later in this newsletter.

COVID-19 News:

US average daily cases of approximately 31,008 cases as of 25th of October, 2022. The US has 67.6 % fully vaccinated individuals. California has average daily cases of approximately 3,412 cases and COVID-19 fully vaccinated individuals at 74.5%. Data is from the Mayo Clinic records. The dominant Omicron subvariant is still BA.5. However, there are new subvariants of the BA.5 variant, namely BQ.1 and BQ.1.1, that have been found in the environment.

RSV News:

Respiratory Syncytial Virus (RSV) is virus that cause inflammation of the small airways in the lung. This virus affects mostly infants, young children, older adults (65+), and adults with chronic heart or lung disease or weakened immune systems. Currently, there is no vaccine for RSV yet. Be careful around individuals who may have RSV.

Flu News:

Flu season is close to starting this year. With the COVID virus over the past year, people have been careful about protecting themselves from catching COVID. While doing so there was enhanced protection during the past two years for the flu as well. However, this year people are protecting themselves less which allows the flu virus to infect people easier. Get this year's flu shot as soon as possible.

Monkeypox News:

As for Monkeypox status, the US has approximately 28,302 cases with California having approximately 5,450 cases as of 28th of October according to the CDC. Fortunately, the infection rate is relatively low, it is much less contagious a virus, less severity of illness, and we have Smallpox vaccine that is useful to prevent Monkeypox infections.

As always, protect yourself and others as best as you can against all these virus threats.



Branch 51 News

Big SIR Notes:

From the computer of Gerry Shebar

Gents,

I am happy to share that our attendance at the monthly luncheons has been slowly increasing. When we first resumed live meetings, there was no more than 30% of our membership who were ready to participate. It has inched upward. Then last month we a had 46% attend. If only this nasty Covid would relent already, right?

I am already looking forward to our December holiday season luncheon which resumes for the first time since 2019! We have once again engaged the Madrigal Singers for entertainment. You have a choice of entrees but I must tell you the kitchen is especially proud of the Prime Rib offering. So, get your registration info and check (reasonable \$35 per person) to Ray Klinke.

Finally, have a good November. I know I will since all my kids and grandkids are showing up for Thanksgiving.

Gerry Shebar Big SIR 2022

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SIR 51 General Membership Meeting

Our next 2022 SIR General Membership Meeting (all members) will be held in-person, on Wednesday, November 2nd starting at 11:30 AM. Join our meeting to see your friends, have an enjoyable lunch, and listen to an interesting guest speaker.

November General Membership meeting attendance had 26 members, five guests, and one speaker. As of October 2022, branch 51 members total 65.

SIR 51 Board Meetings

The next Board meeting will occur in-person this coming November 2nd, Wednesday, at 11:00 AM.

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

The list for both elected 2022 and 2023 officers and committee chairmen is located at the end of this newsletter.

October board meeting had nine board members in attendance.

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Monthly Presentation for Members

November 2nd, 2022 Speaker Topic:

TBD

Topic Description:

TBD

Speaker Name and Biography:

TBD

Future speakers for the coming month:

December 7th, 2022 Speaker and Topic:

No speaker presentation due to Holiday Luncheon

FOR SUGGESTIONS REGARDING SPEAKERS

PLEASE CONTACT:

Steve Tremulis (650) 598-9790



New SIR Member

Please welcome our newest SIR member, Marc Igler. Marc was a newspaper journalist in southern and northern California and later transitioned to teaching at Palo Alto Unified School District. He enjoys golf, biking, baseball day and racing day. He lives with his wife Jennifer in San Carlos, CA. Welcome Marc.

2022 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

There is a new, externally-focused, State SIR website for attracting and informing the public about the SIR organization called **We Are SIR**.

www.wearesir.com

State SIR Website:

www.sirinc.org

The State SIR organization has a newsletter called *SIR Happenings*, to help SIR members know what the state officers are organizing for overall support and various activities for the local branches. See link below.

https://sirinc.org/newsletters/

The State SIR group provides guidance to help branches improve their members' involvement and the growth of branch membership.

The link to the COVID Wavier website is given below.

Wavier:

 $\underline{https://sirinc.org/wp\text{-}content/uploads/Waiver-}\underline{final.pdf}$



Craig's Current Contributions: November 2022

Courtesy of former Big SIR, Craig Carpenter

Former Big SIR, very important guy. Formerly the PR guy for Bitcoin. Looking for another gig at the moment.

THOUGHTS TO PONDER:

The starting pay is \$40,000. Later it can go up to \$80,000." So, I said "great, I'll start later".

Trust science. Studies show that if your parents didn't have children, there's a high probability you won't either.

Did you hear about the restaurant on the moon? Great food but no atmosphere.

"Your call is very important to us. Please enjoy this 40-minute flute solo".

So, you drive across town to a gym to walk on a treadmill?

GOOD READS FOR GUYS:

Long Shadows by David Baldacci. The seventh book in the Memory Man series. Decker works with a new partner to investigate a double homicide.

Killing the Legends by Bill O'Reilly & Martin Dugard. This latest killing book profiles Elvis Presley, John Lennon & Muhammad Ali.

The Myth of Normal by Gabor Mate. The potential ways in which trauma & stress from modern day living can affect our physical health.

The Boys From Biloxi: a legal thriller by John Grisham.

The 48 Laws of Power by Robert Greene.

STUFF TO WATCH:

Netflix:

Gone For Good, Ten years after losing two loved ones, a man is plunged into another dizzying mystery when his girlfriend vanishes. Based on a Harlan Coben novel.

Clickbait, When family man Nick Brewer is abducted in a crime with a sinister online twist, those closest to him race to find out who is behind it and why. 8 episodes.

PBS:

All Creatures Great and Small

Atlantic Crossing, A princess steals the heart of FDR during WW2. On PBS.

Well, that's all for now. Stay healthy & ACTIVE & let's be grateful we live where we live and when we are living. Life is good!

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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 November and December 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.

	Nov 01, Tue	Nov 09, Wed	Nov 16, Wed	Nov 23, Wed	Nov 30, Wed
NOV	Los Lagos	Spring Valley	Shoreline	Poplar Creek	Sunnyvale
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	9:30 AM

	Dec 06, Tue	Dec 14, Wed	Dec 21, Wed	Dec 28, Wed
DEC	Los Lagos	Spring Valley	San Jose	NO GOLF
	10:00 AM	10:00 AM	10:00 AM	THIS WEEK

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

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

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:

now 10 co-ed teams.

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 — November 10, 2022, 11:00 AM

Please note that there is no scheduled cycling ride for December 2022.

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

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

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

Coyote Hills/Alameda Creek - Niles/Fremont

Ride: We will begin the ride at the Coyote Hills Park and continue on the Alameda Trail to the quaint town of Niles where we will have lunch at the Nile Cafe (121 1st Street, Fremont, CA). The biking trail is paved and generally flat (at the start there are some gentle rolling hills) and approximately 9 miles each way. There is an optional loop with a scenic view of the bay that adds about one mile (a total ride of 19-21 miles depending on where you park). We can decide during lunch whether we want to take the optional loop.

Driving Directions: Take Highway 101 North, exit on CA State Route 84 East towards the Dumbarton Bridge past toll booths, take the first exit, Paseo Padre Parkway. Turn left and go one mile to Paterson Ranch Road; turn left. This is the entrance to Coyote Hills Park (there is a small sign). Go 1/2 mile to the park toll booth (\$5 per car or use your East Bay Regional Park District season pass). Continue another 1/2 mile over several speed bumps to the park office and museum; park there.

If you prefer, you can take I-880 North and exit on CA State Route 84 West. Exit on to Paseo Padre

Parkway and turn right. Proceed to Paterson Ranch Road and turn left.

Optional FREE Parking: There is a parking lot on the corner of Paseo Padre Parkway and Paterson Ranch Road (on your immediate left once you turn on to Paterson Ranch Road). Many of the riders will park here and ride 2 miles into the park.

Cycling Comment:

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!

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



FYI. State SIR 2023 Ireland trip is being planned. If you are interested, contact State SIR Bill Stires at bstires46@gmail.com or 209-988-5445 for details or Milt Smith, State SIR Travel Chair at miltsmith549@gmail.com.

For information on State SIR travel, go to the State SIR website listed below and search "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 rsjamison@aol.com

2022-2023 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	
<u>DIRECTORS</u>		Compusir: Stanford-PA Users Groupwww.spaug.net		

Sam Meredith 325-4152 Craig Carpenter 325-4152 Mike McMahon 493-7392 Jim Cummings 207-3609 Steve Tremulis 598-9790 Historian: (Open)

Macintosh Users: Skip Ross

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: Ray Klinke	924-0734
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