

# Mid-Peninsula Sons In Retirement

## Branch #51

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

No. 557  
A Non-Profit Organization  
For Retired Men



December 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:

#### **‘Tis the Season to be Merry**

##### December Holidays are Upon Us:

As the daylight minimizes to the shortest amount on December 21<sup>st</sup>, winter solace, we get to look ahead to longer daylight for enjoying the days outdoors again. With Hanukkah, Christmas, Kwanzaa, and New Year’s Eve all happening this month, one can’t miss enjoying at least one of these holidays. Time for family and friends to get together to celebrate our memories, our gifts and our love for all. May we all have a wonderful set of holidays.

Do not forget the 2022 Holiday Luncheon on Wednesday, December 7<sup>th</sup> at 11:30 a.m. at Fremont Hills Country Club. Bring your spouse, significant other, or guest to the special luncheon. The Madrigal Singers of the Mountain View High School Choral Group will perform. As a result, there will be no speaker this month.

We will be meeting in-person for our, Wednesday, 4<sup>th</sup> of January 2023, 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](mailto:bigsirfiftyone@gmail.com).

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

##### VIRUS News:

All current viruses are still a threat, especially during the winter. There has been a resurgence of the flu, COVID, and RSV. It is wise to return to the virus precautions of wearing a mask indoors and where a collection of people gather. Wash hands frequently, keep separation from neighboring people, and getting vaccinated for flu and COVID will help provide protection during this time of year.

##### COVID-19:

###### US COVID-19 and variants:

Fully vaccinated: 68.8%

At least one vaccine shot: 80.5%

###### CA COVID-19 and variants:

Fully vaccinated: 74.2%

At least one vaccine shot: 84.0%

Data from US Center for Disease Control and Prevention as of 30 November 2022 via website <https://ourworldindata.org>

##### RSV:

Respiratory Syncytial Virus (RSV) is virus that causes 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.

RSV info for older adults:

<https://www.cdc.gov/rsv/high-risk/older-adults.html>

RSV Prevention info:

<https://www.cdc.gov/rsv/about/prevention.html>

**Flu News:**

Flu season is starting this year with a surge. With the COVID virus over the past year, people have been careful about protecting themselves from catching COVID. 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.

**MPox (Monkeypox) News:**

As for MPox (new name for Monkeypox) status, the US has approximately 29,630 cases with California having approximately 5,604 cases as of 2<sup>nd</sup> of December 2022 according to the CDC. Fortunately, we have Smallpox vaccine that is useful to prevent MPox infections.

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

For all, best wishes for enjoying the up-coming holidays.

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**Branch 51 News**

**Big SIR Notes:**

*From the computer of Gerry Shebar*

Gents,

I hope to see many of you at the annual holiday luncheon. It has been several years since we were able to launch this event. For me, it feels great to be able to resume our old traditions.

On another topic, I recently learned how to send out email surveys. Can't wait to try it out. I think it

might be interesting to survey everyone about potential activities they might sign up for. (Pickleball, Bocce, Bowling, Golf, Bridge, Hiking, Book Club, Etc.) Look for my query in your email next month.

The more fun we offer, the easier it will be to recruit new members.

Take care; stay safe; see you soon.

Gerry

Gerry Shebar  
Big SIR 2022

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**SIR 51 General Membership Meeting**

Our next 2022 SIR General Membership get together will be at our December **Holiday Luncheon** held on Wednesday, **December 7<sup>th</sup>** starting at **11:30 a.m.** It should be great fun with our spouse/significant other, enjoyable friends, and entertainment provided by the **Madrigal Singers** from the Mountain View High School Choral Group **at 12:30 p.m.**

November attendance for the General Membership meeting and luncheon was 29 members. As of November 2022, branch 51 members totaled 65.

**SIR 51 Board Meetings**

The next Board meeting will occur **in-person** this coming **January 4<sup>th</sup>**, 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.

November board meeting had ten board members in attendance.

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**Monthly Presentation for Members**

**January 4<sup>th</sup>, 2023 Speaker Topic:**

*TBD*

**Topic Description:**

TBD

**Speaker Name and Biography:**

TBD

**Future speakers for the coming month:**

**February 1<sup>st</sup>, 2023 Speaker and Topic:**

TBD

**FOR SUGGESTIONS REGARDING  
SPEAKERS**

**PLEASE CONTACT:**

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

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**2023 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](http://www.sirinc2.org/branch51)

**State SIR News**

Public information about SIR organization for what we are as a social group and what we do is available on the state SIR developed website for informing and attracting the public to a branch. It is called **We Are SIR**.

[www.wearesir.com](http://www.wearesir.com)

**State SIR Website:**

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

**Wavier:**

The link to the COVID Wavier website is given below for anyone who has not yet signed the required waiver.

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

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

*Courtesy of former Big SIR, Craig Carpenter*

Former Big SIR, very important guy. Current position is accountant for Sam Bankman-Fried. Previous position was PR guy for Elizabeth Holmes. Hoping to post bail soon & return to the Bahamas with my main man.

**THOUGHTS TO PONDER:**

(Shamelessly plagiarized from Bob Guffey):

Why are goods sent by ship called CARgo and those sent by truck SHIPment?

The word "swims" upside-down is still "swims".

At a movie theater, which arm rest is yours?

Why is the letter W in English called double U? Shouldn't it be called double V?

Do twins ever realize that one of them was unplanned?

Which letter is silent in the word "scent", the S or the C?

Did you know that if you have What, When & Where & then replace the "W"s with "T"s", you will answer the questions?

**GOOD READS FOR GUYS:**

*The Power of Regret* by Daniel Pink. A look at four core regrets and potential strategies to make them a positive force.

*Sapiens, A Brief History of Humankind* by Yuval Noah Harari. How Homo sapiens became Earth's dominant species.

*The Body Keeps The Score* by Bessel van der kolk. How trauma affects the body & mind, & innovative treatments for recovery.

*The Maid* by Nita Prose. When a wealthy man is found dead in his room, a maid at the Regency Grand Hotel becomes a lead suspect.

**STUFF TO WATCH:**

*The Menu*, in theaters now. A thriller with a great cast.

*She Said*, in theaters now. A story that shatters decades of silence around the subject of sexual assault in Hollywood. 88% on Rotten Tomatoes.

*Where The Crawdads Sing*, streaming now. 97% on Rotten Tomatoes. Follows the book superbly. My wife & I watched it tonight...an A+.

*Extraordinary Attorney Woo*. A young female attorney with Asperger's syndrome excels in this limited series on Netflix. In Korean with subtitles in English. Sixteen episodes. A really good watch.

Well, I guess that's it. Hope to see you all at the SIR Holiday Luncheon on Wednesday, December 7th.

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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 and 2023 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 December 2022 and January 2023.

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.

	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

	Jan 03, Tue	Jan 11, Wed	Jan 18, Wed	Jan 25, Wed	Jan 31, Tue
JAN	Baylands	Poplar Creek	Los Lagos	Spring Valley	Shoreline
	8:30 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM

TOTAL TOURNAMENTS: 50

Baylands 2

Crystal Springs 5

Los Lagos 7

Moffett Field 3

Poplar Creek 6

Poppy Hills 1

San Jose 6

Shoreline 5

Spring Valley 8

Sunnyvale 7

*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 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](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)

Meet 2<sup>nd</sup> Thursday of the month at 11:00 AM

Please note that there is no scheduled cycling ride for December 2022. Next ride will be in January.

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](mailto:gordy6850@gmail.com) or Hank Bottino at (650) 207-4320 or [bottinoh@comcast.net](mailto:bottinoh@comcast.net).

## **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](mailto:bstires46@gmail.com) or 209-988-5445 for details or Milt Smith, State SIR Travel Chair at [miltsmith549@gmail.com](mailto: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](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  
[rsjamison@aol.com](mailto:rsjamison@aol.com)



## 2022-2023 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  
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: 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*