



the companionship of dozens of Kingsleys. The good fellowship, the sense of humor, the warmth of personality, and much more are all freely given. I give thanks to be within the sphere of so many special people.

Gerry

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### SIR 51 General Membership Meeting

Our next SIR General Membership meeting will be held in-person on Wednesday, **August 2<sup>nd</sup>** starting at **11:30 a.m.**, for social half-hour, then at noon for lunch.

Please encourage your fellow members to come to the luncheon and speaker presentation.

July luncheon attendance was a total of 26 members including the speaker. As of June month-end, our branch members totaled 63.

### SIR 51 Board Meetings

The next Board meeting will occur in-person this coming **August 2<sup>nd</sup>**, Wednesday, at **11:00** a.m.

July Board meeting had seven attendees.

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

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

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### Monthly Presentation for Members

August 2<sup>nd</sup>, 2023 Speaker Topic:

*Surgery of Trauma*

### Topic Description:

Michael Baker is a retired admiral and a frequent speaker on international conflict. He recently returned from a tour in Ukraine, and will be joining our club meeting to share his impressions.

### Speaker Name and Biography:



**Dr. Michael Baker**

**Dr. Michael Baker** is Board Certified in General Surgery and a Fellow of the American College of Surgeons and the American Association for the Surgery of Trauma, and practices in Walnut Creek, CA. He served as a surgery department chair for over 20 years, teaches on the clinical faculty at two medical schools, and serves on the Editorial Board of the journal *Military Medicine*. Dr. Baker retired from the U.S. Navy in July 2005 with the rank of Rear Admiral, after 30 years in the uniformed service of his country. Upon retirement he was awarded his third Legion of Merit, which he proudly wears alongside his Marine Corps Combat Action ribbon and Combat Craft Riverine Warfare pin.

### Future speakers:

#### September 6<sup>th</sup>, 2023 Speaker and Topic:

TBD

#### Speaker Name and Biography:

TBD

**FOR SUGGESTIONS REGARDING  
SPEAKERS**

**PLEASE CONTACT:**

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

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**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 our 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.

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**Craig's Current Contributions:**  
**August 2023**

*Courtesy of former Big SIR, Craig Carpenter*

Former Big SIR. VERY important guy. Previous employment was as a weather forecaster. I had forecast a very dry Winter so I'm not so important (or employed) any more. Sheesh!

**THOUGHTS TO PONDER:**

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember, don't sing!

I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story anyway.

I'm always surprised when heavily tattooed couples have a baby and it comes out blank.

Never seen anyone jogging and smiling, so that's all I need to know about that.

Someone asked what my friends and I do now that we're retired. I told them that we're fortunate to have a chemical background, and one of the things we enjoy the most is converting beer, wine and vodka into urine. We get together and do that every day, and we really enjoy it.

The inventor of the wind chill factor died recently. He was 82, but felt like he was 64.

**GOOD READS FOR GUYS:**

***Spies*** by Calder Walton. The epic intelligence war between East & West.

***The Overlooked Americans*** by Elizabeth Currid-Halkett. The resilience of our rural towns and what it means for our country.

***The Tao of the Backup Catcher: Playing Baseball for the Love of the Game*** by Tim Brown.

***The Five-Star Weekend*** by Elin Hilderbran...a whodunit.

***The Art Thief*** by Michael Finkel. A love story of love, crime, and a dangerous obsession.

**STUFF TO WATCH:**

**Netflix:**

**Break Point, Season One** A 10-episode series featuring up close and personal stories of some of the greatest tennis players in the world - their struggles and successes.

**Apple TV+:**

**Stephen Curry: Underrated** The remarkable coming-of-age story of a great basketball player and person. My wife and I both loved it...and you will too. Plus, he's a local guy who lives in Atherton.

**Movies:**

**Mission: Impossible - Dead Reckoning, Part One** At theaters now. My wife and I saw it last week. 2 hours and 43 minutes of out & out car chases, gun fights, etc. The plot is a "B" at best but the actors, musical score and special effects are outstanding. We both gave it an "A" & Tom Cruise is fantastic. The car chase in the yellow Fiat is awesome.

**Oppenheimer**...in theaters now. A 3-hour movie and one I will definitely see this week. The leader of the US team that invents the atomic bomb...his personal and professional life.

On a personal note: According to the BMI chart at the doctor's office, I'm too short.

Well, I guess that's it. See you next month.

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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.

Two new State SIR golf tournaments available to SIR members to join are listed next.

First,

**State Team Championship**

Play on your choice of either Aug. 17th or 18th 2023 at [Haggin Oaks \(McKinze Course\)](#)

Second,

**Reno Tournament flyer:**

<https://www.sirinc2.org/golf2018/wp-content/uploads/2023-Reno-Flyer.pdf>

Reno Golf 2023 dates are:

Tuesday, September 5<sup>th</sup> - Friday, September 8<sup>th</sup>

**Reno Tournament form:**

<https://www.sirinc2.org/golf2018/wp-content/uploads/2023-Reno-Registration-Form-Fillable-Online.pdf>

For helpful information on these events and other State SIR and Branch golf activities, contact Mark Stuart, 2023 State Golf Chair at 916 218-2287 or [mss95678@hotmail.com](mailto:mss95678@hotmail.com)

Also, for more information on State SIR golf activities, use the link below.

[www.sirgolf.org](http://www.sirgolf.org)

As for SIR Branch 51's golf information, see the SIR 51 2023 golf schedule which is available via Excel or .pdf file copies either electronically sent to you or at the SIR 51 website. Below are the dates, times, and locations for August, and September 2023.

	Aug 01, Tue	Aug 09, Wed	Aug 16, Wed	Aug 23, Wed	Aug 30, Wed
<b>AUG</b>	Sunnyvale	Los Lagos	Moffett Field	Spring Valley	Poppy Hills
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:30 AM

	Sep 05, Tue	Sep 13, Wed	Sep 20, Wed	Sep 27, Wed
<b>SEPT</b>	Baylands	Shoreline	Crystal Springs	Poplar Creek
	8:30 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

All participants must be at the course at least one hour before tee time.

*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 SIR 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 **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)

Meet on 2<sup>nd</sup> Thursday of the month at 11:00 AM  
Next ride will be on August 10<sup>th</sup> 2023.

Wives and guests welcomed; Helmets required, e-bike are allowed, and face masks are optional. Read latest CDC guidance via link below:

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

## **San Lorenzo Bay Trail Ride:**

**Ride:** The ride starts from San Lorenzo passing by the Oakland International Airport to the breathtaking Bay Farm Island in Alameda. It is a very scenic, bay front trail that's paved and level (including 1-2 miles of quiet residential streets and 2-3 miles of Alameda city streets securely barricaded from all traffic, about 22 miles round trip. We will stop in Alameda for lunch and then ride back to our starting point. The trail can get a bay breeze so bring light windbreaker or vest. This ride is much like the Foster City Bay Trail/Oracle Redwood Shores ride, but on the East Bay.

**Driving Directions:** From Silicon Valley take I-880 heading North, exit on Hesperian Blvd (about 20 miles from Mt View/Palo Alto) turning left on to Hesperian Blvd, then right on Grant Avenue and turn right into the trail parking lot (near the end of Grant Avenue). Plug Into your car GPS: 2561 Grant Avenue, San Lorenzo. This will direct you the building next to the **Hayward Regional Parking Lot** (park here) and trail.

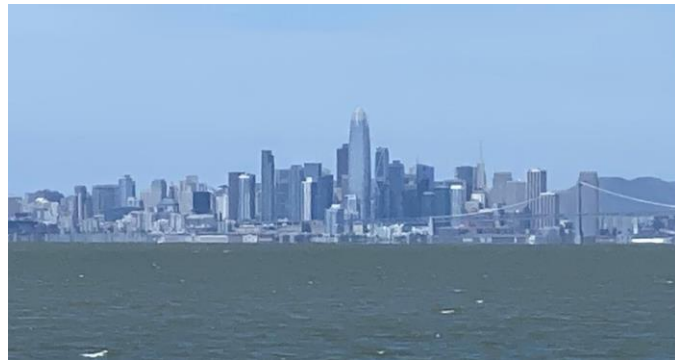


Photo of the San Francisco Cityscape from Bay Farm Island

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). who is my biking group co-leader.

## **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!

We ask that all riders exhibit a positive attitude, exercise good judgment when riding such as maintaining a safe distance between riders, obey all traffic signs, stop lights, etc. There will be a designated **lead** rider and a **sweeper** (or 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 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)

## 2023 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

### EXECUTIVE COMMITTEE

Big SIR: Gerry Shebar 868-6124  
Little SIR: Richard Jamison 868-3723  
Secretary: Richard Jamison 868-3723  
Asst. Secretary: (Open)  
Treasurer: Kevin Wheaton 485-2276  
Asst. Treasurer: Mike McMahon 493-7392

### DIRECTORS

Sam Meredith 325-4152  
Craig Carpenter 930-0510  
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)  
Compuser: Stanford-PA Users Group [www.spaug.net](http://www.spaug.net)  
Macintosh Users: Skip Ross (541) 857-6224  
Historian: (Open)

### ADMINISTRATIVE CHAIRMEN

Attendance: (Open)		Speaker Coordinator: Steve Tremulis	598-9790
Audit: Sam Meredith	325-4152	Membership: Joe Urbassik	714-9610
Website: Gerry Shebar	868-6124	Asst. Membership: (Open)	
Asst. Website: (Open)		Greeter: Al Runge	592-1345
Newsletter: Richard Jamison	868-3723	Special Events: Ray Klinke	924-0734
Good Samaritan: Bob Guffey	593-3496	Nominating Committee: Gerry Shebar	868-6124
Member Orientation: Bob Guffey	593-3496	Jim Cummings	207-3609
		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:

Joe Urbassik,  
4128 Willmar Drive,  
Palo Alto, CA 94306  
(650) 714-9610

“All the news that fits we print”

*Anonymous*