Mid-Peninsula Sons In Retirement Branch #51

Website: www.sirinc2.org/branch51

No. 584

A Non-Profit Organization For Retired Men



March 2025

Devoted to the Promotion of Independence and Dignity of Retirement

LUNCHEON: 12 PM - FIRST WEDNESDAY - FREMONT HILLS CC, 12889 VISCAINO PL., LOS ALTOS, CA

Branch 51 News

Big SIR Notes:

I recently attended a quarterly meeting of the SIR leadership. Andy Danver was presiding and he offered the following insight into our efforts to expand our membership.'

Visibility

- -Pilot print ads. We will be participating in a county wide promotion to attract new members through a series of print ads. Our main thrust will be through the Los Altos Town Crier.
- -Nextdoor promotion. Here is an area that has attracted an area wide level of interest.
- -NCGA digital email promotions Nor-Cal wide. This has not been particularly helpful in the past but it may payoff in the future.
- -Postcard proposals to gated communities. The idea is to get our name out there so that potential members know that we exist. Here's hoping.

General Interest

If you have any changes to your profile in the roster, please inform our Membership Chairman. This allows us to keep the roster file up to date. Currently, e-mail your updates to Membership Chairman, Joe Urbassik, at joeu1218@gmail.com

SIR 51 General Membership Meeting

Our next SIR General Membership meeting will be held in-person on Wednesday, March 5, starting at 11:30 AM for social half-hour, then at noon for lunch.

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

SIR 51 Board Meetings

The next Board meeting will occur in-person Wednesday, March 5, at 11:00 a.m.

Gerry Shebar

For more details, please contact Big SIR, Gerry Shebar at email address: gshebar@yahoo.com

March Speaker

Join SIRs Branch 51 and the Alzheimer's Association on Wednesday, March 5th for an Awareness presentation. The presentation will go over Alzheimer's disease, dementia, and the Alzheimer's Association's services. Topics include the impact of Alzheimer's disease, risk factors, warning signs, and how others can join the fight against the disease.

Our speaker will be Alice Dang is a Community Engagement Specialist with the Alzheimer's Association. She is passionate about promoting awareness and knowledge on Alzheimer's disease and dementia, and reducing barriers to quality health care. She has worked on the Healthy Brain Initiative and HIV & Aging Program within the County of Santa Clara Public Health Department. Alice holds a Bachelor of Arts in Sociology from University of California Los Angeles and is currently pursuing her Master of Public Health at San Jose State University.





FOR SUGGESTIONS REGARDING **SPEAKERS** PLEASE CONTACT:

Steve Tremulis

(650) 598-9790

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Craig's Current Contributions: March 2025

Courtesy of former Big SIR, Craig Carpenter

Former Big SIR...very important guy. Not so much anymore. Just "one of the guys".

THOUGHTS TO PONDER:

Wife & husband to waitress: "We don't eat eggs, meat, fish, dairy or gluten. What would you recommend?"

Waitress to wife & husband: "A taxi".

Interviewer: "I'm going to ask you a question. Your answer must be quick."

Me: "OK".

Interviewer: "What's 14 X 9?"

Me: "Quick".

Pastor interrupts the sermon to ask three men in the front row: "What would you want your loved ones to say as they look down at your coffin?"

Tom: "That I was a good husband and father."

Bill: "That I lived a good life of kindness to others".

Me: Look, he's moving".

"Dear God, give me a reason to get up early & go to work tomorrow."
God: "You're poor!"

Best bar sign ever! "Unattended children will be given a Red Bull & taught how to swear".

GOOD READS FOR GUYS:

"A Fever in the Heartland" by Timothy Egan. The Ku Klux Klan's plot to take over America, & the woman who stopped them.

"Last Call For Bud Light" by Anson Frericks. The fall & future of (formerly) America's Favorite Beer.

"The Great Bridge" by David McCullough. The epic story of the building of the Brooklyn Bridge. The Brooklyn Bridge rose out of the expansive era following the Civil War, when Americans believed all things were possible.

STUFF TO WATCH:

All on Netflix...

"Heart of Champions". After an Ivy League rowing team suffers a bitter loss, the Vietnam war veteran who becomes their new coach changes the teammates' lives forever.

"American Murder - Gabby Petito".

"Zero Day" starring Robert DeNiro.

Well, I guess that's it. See you next month when baseball season has started!!!

Question: Who has more money...the U.S. Treasury or the Los Angeles Dodgers?

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.

For helpful information on State SIR and various Branch golf activities, contact Mark Stuart, 2023 State Golf Chair at 916 218-2287 or mss95678@hotmail.com

As for SIR Branch 51's golf information, see the SIR 51 2025 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 February, March and April 2025.

02/26	Wed.	Spring Valley	9:30 AM
03/04	Tues.	Shoreline	10:00 AM
03/12	Wed.	Poplar Creek	10:00 AM
03/19	Wed.	San Jose	10:00 AM
03/26	Wed.	Crystal Springs	10:00 AM
04/01	Tues.	Shoreline	10:00 AM
04/09	Wed.	Spring Valley	09:30 AM
04/16	Wed.	LosLagos	10:00 AM
04/23	Wed.	Poplar Creek.	10:00 AM
04/23 04/30.		Poplar Creek. Crystal Springs	10:00 AM 10:00 AM

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

Information on other SIR golfing events can be found on the SIR State Golf website at www.sirgolf.org.

Ben Gikis, 2025 SIR State Golf Committee Chair

State SIR Golf Newsletter: www.sirgolf.org

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. 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:

Lawn Bowling is available every Friday from 10 AM to noon at the Senior Center in Los Altos. Contact Bob Taggart.

BOB TAGGART (Br 35) (650) 321-2654

CYCLING: (SIR Branches 35, 51, others)

The March Ride:

Date: March 13th, 2025 Start Time: 11:00am

Wives and guests welcomed; helmets

required.

Los Gatos Creak Trail

Ride: The Los Gatos Creek Trail is a scenic ride that we've all ridden many, many times. The ride will start from the Blackford Elementary School parking lot and end downtown Los Gatos at the American Italian Deli on 42 Elm Street - about 7.5

miles. Then, we'll ride back on the same trail for a total of 15 miles.

Directions: Go South on I-280 (past Highway 17) to Meridian Avenue (South); turn right. Go to Willow Street (the third stoplight) and turn right. Take Willow Street until it dead-ends at Blackford Elementary School. Parking is available in the school parking lot and on neighborhood streets (read posted parking signs). Plug into your vehicle GPS for the Blackford Elementary School 1970 Willow St, San Jose. Please contact Gordon Tong at 408-242-0557 if you need additional information.



Last month's ride to the Alviso Marina County Park.

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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 15th and

20th of the month prior to the next newsletter.

Newsletter Editor Art Roberts

4202 Manuela Ave. Palo Alto, CA 94306 (650) 279-5560 Alroberts4202@gmail.com

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2025 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

EXECUTIVE COMMITTEE

ACTIVITIES CHAIRMEN

Big SIR: Gerry Shebar 868-3723
Bowling; Bob Taggart (Br 35) 321-2654
Little SIR: Steve Tremulis 598-9790
Lawn Bowling: Bob Taggart

Secretary: Pete Sorenson 868-6804 Cycling: Gordon Tong (Br 35) (408) 242-0557

Asst. Secretary: (Open)

Treasurer: Kevin Wheaton 485-2276 Golf Chairman: Kai Johansen 380-9493 Asst. Treasurer: Mike McMahon 380-0983 Golf Assistant: Jim Cummings 207-3609

Historian: (open)

Travel: State SIR Travel: <u>www.sirinc.org</u>

DIRECTORS

Sam Meredith 325-4152 Steve Tremulis 598-9790 Jim Cummings 207-3609 Gerry Shebar 868-6124

ADMINISTRATIVE CHAIRMEN

Attendance: (Open)

Speakers: Steve Tremulis 995-3231

Audit: Sam Meredith325-4152Membership: Joe Urbassik714-9610Website: Gerry Shebar868-6124Greeter: Al Runge592-1345

Asst. Website: (Open)

Newsletter: Art Roberts 279-5560 Special Events: Ray Klinke 924-0734. Nominating Comm.: Richard Jamison868-3723 Good Samaritan: Bob Guffey 593-3496 Member Orientation: Bob Guffey 593-3496

All telephone numbers are in the 650-area code, except where noted differently.

All changes in address, telephone number, and email address should be reported to the SIR Membership Chairman Joe Urbassik 714-9610