

SIR

Branch #51

Website: www.sirinc2.org/branch51

No. 593



December 2025

A Non-Profit Organization

Enrich Your Life

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

Branch 51 News

This is an abbreviated newsletter for this holiday month.

The Holiday luncheon will be **next week** on Wednesday, December 3 at the Fremont Hills Country Club. The entertainment will be the always delightful Madrigal Singers from Mountain View High School.

We are starting later than normal - Check -in and social time from 12:15 to 12:45 and lunch at 12:45. If you haven't already signed up you can still do so by Wednesday this week. See the attached Holiday flyer for more information.
See You There!

JANUARY SPEAKER

Get ready to fulfill your New Years resolutions and learn about how seniors can stay fit in the new year. Our guest speaker, Candi Cabrera, comes to us from Cañada

College where she is the Group Fitness Team Lead, Certified Personal Trainer, and Reiki Master at their new state-of-the-art Athletic Center. Cañada offers all sorts of activities for seniors seeking to improve their health and wellness through their hundreds of classes that are offered, either as a group or on a one-on-one basis for more personalized attention. Candi has specifically focused on what seniors can do to stay healthy and will share her knowledge and experience with us. Join us at the January luncheon for what should be a fun



and informative presentation!

FOR SUGGESTIONS REGARDING SPEAKERS PLEASE CONTACT:

Steve Tremulis
(650) 598-9790

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 the next two months.

11/26	NO GOLF THIS WEEK		
12/02	Tues	Los Lagos	10:00 AM
12/10	Wed	San Jose	10:00 AM
12/17	Wed	Poplar Creek.	10:00 AM
12/24	NO GOLF THIS WEEK		
12/31.	NO GOLF THIS WEEK		
01/08.	Thurs	Monarch Bay	09:00 AM
01/15	Thurs.	Sunnyvale	09:00 AM
01/22.	Thurs.	San Ramon	
01/29	Thurs.	Los Lagos	09:00 AM

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

Beginning in January 2026 we will be joining SIR Branches 16 and 5 at some old and some new cold courses.

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

BOCCE BALL:

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

rntheo1@icloud.com.

(first two letters are r and n)

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

CYCLING: (SIR Branches 35, 51, others)

There will be no scheduled ride for December.

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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

alroberts4202@gmail.com

2025 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

EXECUTIVE COMMITTEE **ACTIVITIES CHAIRMEN**

Big SIR: Gerry Shebar	868-3723
Little SIR: Steve Tremulis	598-9790
Secretary: Pete Sorenson	868-6804
Asst. Secretary: Gary Wada	868-7356
Treasurer: Mike McMahon	380-0983
Asst. Treasurer: Kevin Wheaton	485-2276
Golf Chairman: Kai Johansen	380-9493
Golf Assistant: Jim Cummings	207-3609
Bowling: Bob Taggart (Br 35)	321-2654
Bocce Ball: Richard Oehlberg	
Cycling: Gordon Tong (Br 35)	(408) 242-0557
Historian: (open)	
State SIR Travel:	www.sirinc.org

DIRECTORS

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

ADMINISTRATIVE CHAIRMEN

Speakers: Steve Tremulis	995-3231
Audit: Sam Meredith	325-4152
Membership: Joe Urbassik	714-9610
Website: Gerry Shebar	868-6124
Asst. Website: Joe Urbassik	714-9610
Greeter: Open	
Newsletter: Art Roberts	279-5560
Special Events: Ray Klinke	924-0734
Nominating Comm.: Richard Jamison	868-3723

Good Samaritan: Bob Guffey 593-3496
Member Orientation: Bob Guffey 593-3496

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

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

Include name and guest's name and luncheon choice for each:

Choice of lunch:	Prime Rib
_____	Salmon
_____	Vegetarian Entrée

Seating for this event is OPEN. Please make your own arrangements for your desired tablemates.

SIR 51
2025 Holiday Luncheon
Wednesday December 3, 12:45 pm
Madrigal Singers
Mountain View High School Choral Group



SIRS51 December 2025 Holiday Luncheon at
Fremont Hills Country Club

Date Wednesday December 3rd

Lunch between 12:45 pm – 1:45 pm

**(Check in and socialization between 12:15
pm – 12:45 pm)**

Cost \$45 per person, payable in advance

Make check out to: SIR #51, mail check to:

Ray Klinke
605 Palm Ave
Los Altos, CA 94022

Reservations must be received by Tuesday, November
25th