

TRAIL



TIPS

Sons in Retirement, Inc.

Mission Trail Branch 35

Los Altos, California

Group Addr: SIR35@yahoogroups.com

Web Site: www.sir35.org

January 2010

NEXT MEETING

Wednesday, January 20, I.F.E.S. Hall

Social Hour 11am – Lunch 12pm

Please, ***if bringing a guest OR not attending,***

CALL 650-823-0702 or EMAIL sir35notify@gmail.com

by SUNDAY, Jan. 17 (leave name and badge #).

Thanks --- we need this information **early!**

PROGRAM

Speaker: Edward Karpman, M.D. – Urologist

Topic: “Male Sexual Health – Challenges and Opportunities”

Dr. Karpman is a board certified urologist and one of the few urologists who is also fellowship trained in Male Reproductive Medicine and Surgery, Microsurgery and Male Sexual Dysfunction.

His illustrated talk will cover common problems in men's health: testosterone replacement, erectile dysfunction, Peyronie's disease, and ejaculatory disorders. To simplify the understanding of the topic, the talk will be organized along with the normal sexual response cycle: excitation, plateau, orgasm, and resolution.

Dr. Karpman established the El Camino Urology Medical Group, Inc., Mountain View. He is a graduate of the University of California, Davis and the University of Vermont medical school, both with honors. He scored in the top 5% of all medical school graduates in the nation on his medical board exams. He also trained at the UC Davis Medical Center (Urologic Surgery) and Baylor College of Medicine (Male Infertility, Microsurgery and Male Sexual Dysfunction). He has received special recognition for his lectures to the graduate class of Human Sexuality at Santa Clara University. He also lectures extensively on testosterone deficiency, testosterone replacement therapy, and penile prosthetic surgery.

UPCOMING SPEAKERS

February 17: Dan Rusanowsky, San Jose Sharks Announcer - “Shark Fest”

March 17: Donna Axelson – “Matt Axelson, Navy SEAL — Warrior and Patriot in Afghanistan”

\$19 MENU \$19

Sirloin Tips or Fish

Noodles, Rice, Vegetable

Salad, Rolls, Dessert, & Coffee

Vegetarian by Reservation Only

Terry Barnhart: 408-738-0891;

The Big Sir Says . . .

I would like to thank Don Mattson for his service as Big Sir last year. In addition to continuing a tradition of great Branch 35 leadership, he led positive changes such as the photo shoot for on-line member photos, electronic Trail Tips distribution and, to my knowledge, the first ever speaker at our annual July Picnic.

Branch 35 continues to be well represented in 2010 at all levels of the state-wide SIR organization with Stan Barkey continuing as Area 16 Governor, John Mason continuing as Region 5 Director, and Buck Kendrick moving up to President of SIR, Inc.

I am continually reminded of the number and quality of volunteers that are essential in maintaining the excellence of our branch, one of the largest (and viewed as one of the most successful!) in all of SIRdom. I count 50 names who serve as officers, staff, or activity chairmen or volunteers in our branch and I know there must be others. If you have been a member for at least a year and you haven't served in some capacity recently or, perhaps, ever, please say yes if you are approached in order to help our branch thrive. Better yet, approach one of the 50 names listed on the back of each Trail Tips and offer to serve in some capacity. I know what many of you are thinking, “I'm retired and I don't want to have any responsibility.” But, if not you, then who?

Your 2010 Executive Committee members will be getting together in early January to develop goals for our branch in the new year. My personal favorite is membership growth --- or should I say non-shrinkage. We often pat ourselves on the back for being such a great branch or one of the largest (both of which we are), but did you know that our membership is shrinking? Branch 35 reached its peak membership of 390 about 10 years ago and we are now at 340. Without a constant influx of new members we will literally die off. The time to bring in new members is now while our branch is still strong. If we become weak, history shows that it is nearly impossible to turn things around. I challenge each member to bring at least one guest to a luncheon and to sponsor at least one new member in 2010. Just pretend that every semi-retired or retired man you encounter in every one of your daily activities has a big Post-it note stuck to his forehead that says ‘Potential SIR’.

Have a great year.

Ken

NEW IN TRAIL TIPS FOR 2010!

- P.1 - Upcoming speakers list to whet your appetite.
 P.2 - Longtime Branch 35 members list (on month they joined) with their years as a member.

Active

346

ROSTER CHANGES

Inactive

13

NEW MEMBERS**Ray Taylor**

14666 Wildberry Lane
 Saratoga 95070

408-867-1232
 taylor.ray(atsign)*comcast.net
 Space Sytems/Loral

Bicycling

John Files (Trish)

618 Springer Terrace
 Los Altos 94024

650-941-6844
 john.files(atsign)*sbcglobal.net
 Lockheed

Fishing, Hiking, Bicycling

MOVED**Mel Cohen**

325 Channing Avenue #106, Palo Alto 94301

650-321-4356

Jim Dinkey

899 Charleston Avenue #G304, Palo Alto 94303

650-223-7118

E-MAIL**Garry Wride**

gnnwride(atsign)*att.net

Dave Smith

dsmithqrca(atsign)*sbcglobal.net

Chan Baldwin

baldwinchandler(atsign)*gmail.com

Roger Dunlap

rogerd75(atsign)*comcast.net

BIRTHDAYS – DECEMBER

Ed Aguilar
 Dwight Brede
 Don Cameron
 Wayne Dexter
 Les Earnest
 Kent Edens
 Art England

Boyd Fair
 Bruce Firpo
 Ballard French
 Hal Knowlton
 Roy Kuramoto
 Wendell Lehr
 Jim Marshall

Ed Martin
 Art Massey
 Bob Moss
 Bill Nugteren
 Steve Pomeroy
 Larry Reed

Ray Salazar
 Ken Sauer
 Bill Schick
 Sam Sparck
 Bob Taggart
 Bob Tarr

BIRTHDAYS – JANUARY

Larry Bailey
 Jean-Paul Bergès
 Harry Berland
 Jerry Coe
 Chuck Cory
 Phil Endliss

John Files
 Fenton Foster
 Richard James
 Bill Kiefer
 Doyle Maness
 Dennis McFerran

Cal Morris
 Tom Moulton
 Howard Nelson
 Earl Pampeyan
 John Richardson
 Bob Robinson

Guy Shortz
 John Snyder
 John Sommer
 Harold Wong
 Bob Herman

ANNIVERSARIES: 10+ YEARS IN BRANCH 35

George Falkenthal	23	Bob Pappas	19	Wendell Lehr	10
Tom McCarthy	22	John Wong	11	Walt McNeill	10
Bob Paine	21	Jim DeLong	10	Damon Simpson	10
Bill Nye	19	John Grigsby	10	Don Willoughby	10

DECEASED**Leo Furtwangler****TRAIL BIRDS**

DON BOECKLING 650-965-2659
 Parodies: George Fullmer
 Accompanist: Annette Boyenga

JOIN OUR SINGING –**Rehearsals 2nd Wednesdays (January 13)**

10:00am --- Choir Room, Los Altos Methodist Church

Pre-Meeting Rehearsal – 11:00am, IFES Hall**BOOK SWAP**

PAUL SCHERER 408-773-2772

Social Hour before monthly Luncheon – 11:00am

Bring books of all kinds (one or a few) you'd like to give to others, and find some you'd like to read. All for free!

BIKING

PETER BARBA 650-949-4191

peter_barba(atsign)*stanfordalumni.org

2nd Thursday — January 14, 11:00am**Wives & guests welcome RAIN CANCELS - HELMET REQUIRED****Coyote Hills – Alameda Creek – Niles/Fremont**

We will begin the ride at the Coyote Hills Park and continue on the Alameda Trail to Niles where will have lunch at a restaurant in downtown Niles. The ride is flat and approximately 9 miles each way, with an optional loop with a scenic view of the bay that adds about one mile (a total ride of 19 miles).

Take highway 84 across the Dumbarton Bridge past the toll booth to the first exit, which is 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 toll booth (\$5 per car or show 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

To ride, contact Peter Barba per above (January ride only).

COMPUSIR

JIM DINKEY 650-223-7118

jimdinkey(atsign)*jimdinkey.com

Second Wednesdays, 12:30pm**Los Altos American Legion Hall****January 13 - Speaker: Cathy Marshall, Microsoft**

Topic: "Personal Digital Archiving"

February 10 - Speaker: Gary Sasaki**MACINTOSH GROUP**

SKIP ROSS 650-941-0423

waross@closereach.com

Contact Skip Ross to join an e-mail group where SIR members in all branches can share Mac-related news, questions, and experiences.

BOWLING

ART ENGLAND 650-948-5828

anm_eng(atsign)*att.net

EVERY TUESDAY at 1:00pm - Practice lanes available at 12:50pm**HOMESTEAD LANES, HOMESTEAD & STELLING, SUNNYVALE**

Join us for the Winter Tournament. **NOTE CHANGE OF VENUE!**

Fall Tournament Results:

	High Scratch:	High Handicapped:
Game	Tim Eastham 223	Arnie Satterlee 267
Series	Bill Nye 522	Bill Finkemeier 678

Team Winners:

1st (Tie) Tim Eastham, Jerry Coe, Dick Frakes
 1st (Tie) Chuck Huff, Roy Robinson, John Snyder
 3rd Mario Bonecelli, Bob Taggart, Fred Schwalbach
 4th Arnie Satterlee, Bill Finkemeier, Bill Nye

Top Handicapped Series on last tournament day:

1 st : John Snyder 656	4 th : Tim Eastham 575
2 nd : Hal Knowlton 642	5 th : Jerry Coe 567
3 rd : Bob Taggart 616	

FISHING

FRED COPE III 650-493-4604

Inactive until Spring – be ready then!

* "@" replaced by "(atsign)" to reduce the likelihood of automated address theft. Use "@@" to send a message.

HIKING

IAN THOMSON 650-967-0474
IanTDianeT(atsign)*sbcglobal.net

4th Friday, January 22 at 9:30am

Wives and guests welcome! RAIN ON HIKE DAY CANCELS

Big Basin State Park, Santa Cruz County

We will hike 7.0 miles (round trip) with an elevation gain of 600 ft. The trails are in the redwoods and we will hike along Opal and Blooms Creeks, with a stop at the Sempervirens Falls on our return to headquarters. At this time of year we should see many wild mushrooms along the way. Restrooms are at the trailhead.

Take Highway 9 (Big Basin Way) from the town of Saratoga up to Skyline at Saratoga Gap and then 6 more miles to Highway 236. Take Highway 236 about 12 miles into the Park Headquarters (Caution, this last 12 miles is a narrow and winding road.) Parking is on your right, just beyond the kiosk, as you reach the Headquarters building – meet there. Driving time will be about 60 minutes from your house.

- Bring a lunch or snack and water.
- Layered clothing and hiking boots are recommended.
- State Park Annual Pass or \$7 fee per car is required.

TENNIS

BILL SCHICK 650-948-8768
billschick(atsign)*att.net

Every Monday and Thursday, starting at 8:00am

Rinconada Park courts-Embarcadero Road at Hopkins Avenue, Palo Alto.

TRAVEL

Feb 25-26
2 Days
\$141 pp dbl

See Frank, Dean, & Sammy in RENO
The Rat Pack is back!
Escort: Joe Ames 408-736-8387

2010
May 22 - June 1
\$1416 - \$2551 pp dbl

Alaska's Inside Passage on the
Sea Princess
R/T from San Francisco
Escort: Arthur Lloyd 650-851-0998

2010
June 9 - 15
\$1465 pp dbl

Oregon --- Lots to see and do!
Festivals and Roses Tour - NO FLYING!
Escort: Joe Ames 408-736-8387

2010
Aug 31 - Sep 10
\$2838 pp dbl + Airfare

Passion Play in Oberammergau
& German Highlights
Escort: Talbot Tours 408-879-0101

Phone escorts for complete information & reservations

GOLF

BOB GARTEN, GOLF CHAIRMAN
408-253-5860 xonon1@comcast.net

(Golf Committee members are listed in the Membership Roster, p. 7)

SIGN-UP at the January 20 Luncheon for the following:

Coyote Creek – Valley (CCV) Mon Feb 1 9:00 \$67
Newton (408-777-1237) & Masters (408-257-9389)

Los Lagos (LLS2) (Eclectic 2) Thu Feb 11 9:30 \$41
Garten (408-253-5860) & Grace (408-725-1632), & Cooke (408-997-0511)

Callippe Preserve (CPR) Thu Feb 18 10:28 \$50
Barkey (408-996-3133) & Wilson (408-996-0689)

Santa Clara (SCL) (Orion 1) Mon Feb 22 9:30 \$40
Bays (408-249-4528) & Edwards (650-948-2930)

Aptos Seascap

November 2

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	PRIZE
Wilson D	73	Piazza R	69	Dinkey J	74	Nugteren	75	\$20
Bailey L	74	Wehrman M	74	Wong J	76	Bays D	77	\$15
Schlatter J	75	Shigemoto	75	Firpo B	78	Kinsch M	79	\$10
Thomson I	77	Squellati D	78	McFerran D	79	McQuiston	81	\$5
Barkey S	12-4	McNamara	9-2	Dinkey J	32-1	Nugteren B	3-8	2GB
Schlatter J	14-6	Piazza R	14-10	Nelson H	44-2	Varozza J	45-3	1GB

Low Gross: Larry Bailey 84

Sunnyvale

November 11 Turkey Shoot

FLT	1st Place	NET	2nd Place	NET	3rd Place	NET	4th Place	NET
1	Jones K	59!!!	Wilson D	64	Garten B	70	Naughton M	72
2	Grace R	64	Kendrick B	64	Newton K	65	Squellati D	69
3	Piazza R	65	Nelson H	67	Parra A	70	Simpson D	72
4	Steele J	64	Wong J	65	Bray D	67	Barnhart T	67
5	Ogle D	70	Nix K	74	Kinsch M	74	McQuiston E	74

SKINS GAME: Cooper, Ogle, Steele, Wong J, Kendrick, Garten -- \$33 each!

Wilson, Mattson, Piazza, Steele, McQuiston – 2 GB

Naughton, Newton, Simpson, Machado, Wehrman – 1 GB

Callippe Preserve November 16

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	PRIZE
Cooke G	70	Fair B	68	Firpo B	71	Varozza J	65	\$21
Schlatter J	71	Kendrick G	73	McNamara	72	Hall B	74	\$15
Wilson D	72	Grundy J	76	Larson G	73	Wong J	74	\$10
Scardino S	74	Parra A	82	Simpson D	76	Barnhart T	75	\$5
Bailey L	19-10	Fair B	60-2	McFerran D	18-4	Hall B	31-4	2GB
Cooke G	24-6	Shigemoto	68-10	Dinkey J	18-6	Maarleveld	78-8	1GB

Low Gross: Jim Schlatter 81

Coyote Creek

November 24

FLT 1	NET	FLT 2	NET	FLT 3	NET	PRIZE
Wilson D	70	McNamara B	77	Holman J	76	\$22
Jonekait J	72	Shigemoto F	82	Kopeck R	78	\$16
Naughton M	76	Pittman R	85	Wong J	80	\$11
Schlatter J	81	Spindt C	85	Hall B	82	\$6
Jonekait J	8-10	Grundy J	17-8	Dinkey J	27-8	2GB
Jones K	13-5	Nicholson J	78-4	Extra: Masters B		1GB

Low Gross: Jay Jonekait 87

San Juan Oaks

November 30

FLT 1	NET	FLT 2	NET	PRIZE
Masters B	72	Piazza R	65	\$26
Roellig C	72	Barnhart T	67	\$21
Wilson D	73	Varozza J	68	\$15
Barkey S	74	McNamara B	71	\$10
Wilson D	5-9	Barnhart T	14-1	2GB
Bailey L	16-8	Firpo B	27-11	1GB

Low Gross: Dick Wilson 90

Sunnyvale

December 10

Christmas Ball

Player 1	Player 2	Player 3	Player 4	Score	PRZ
Schwalbach F	Dunlap R	Andre S	Kopeck D	124	\$24
Masters B	Naughton M	Pittman R	Holman J	126	\$19
Cleveland B	Denery D	Bray D	Ogle D	127	\$13
Jones K	Firpo B	Machado P	Wong J	131	\$7
Wilson D	3-2	Pittman R	10-0		2GB
Masters B	14-0	Thomson I	18-3		1GB

Low Gross: Jim Schlatter 76

Deep Cliff

December 14

Eclectic 1

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	PRIZE
Masters B	59	Grundy J	51	Larson G	53	Young B	47	
Garten B	59	Newton K	54	Nelson H	56	Nix K	55	
Barkey S	60	Thomson I	60	Wong J	57	Kinsch M	58	
Jones K	61	Pittman R	61	Simpson D	57	McQuiston	60	
Roellig C	5-9	Pittman R	8-10	Mason J	5-8	Young B	8-3	2GB
Bailey L	9-6	Mattson D	10-5	Wong J	10-5	Varozza J	26-1	1GB

Low Gross: Jeff Grundy 69

Deep Cliff

December 21

Eclectic 2

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	PRIZE
Wilson D	56	Thomson I	49	Wong J	48	Varozza J	54	
Naughton M	58	Shigemoto F	51	Nelson H	53	Hall B	57	
Roellig C	59	Pittman R	56	Mason J	57	Young B	58	
Barkey S	62	Newton K	59	Larson G	59	Kinsch M	61	
Roellig C	2-3	Squellati D	4-3	Lintz D	24-0	Varozza J	12-9	2GB
Wilson D	30-0	Grundy J	23-11	Thomson I	24-6			1GB

Low Gross: Dick Wilson, Ian Thomson 68

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STATE OFFICERS

STATE PRESIDENT	BUCK KENDRICK	650-948-7470
VICE PRESIDENT	ROBERT MANNELL	408-264-7121
DIRECTOR REGION 5	JOHN MASON	650-948-5442
GOVERNOR AREA 16	STAN BARKEY	408-996-3133

BRANCH 35 EXECUTIVE COMMITTEE

BIG SIR	KEN NEWTON	408-777-1237
LITTLE SIR	JOHN RICHARDSON	650-854-1598
SECRETARY	WAYNE DEXTER	650-941-8887
ASSISTANT SECRETARY	JACK WYLIE	650-967-4104
TREASURER	HOWARD NELSON	408-264-0798
ASSISTANT TREASURERS	DON CAMERON	650-968-9103
	JIM AVEDISIAN	650-949-4385
MEMBERSHIP DIRECTOR	ARDEN ANDERSON	650-326-6835
ASSISTANT MEMBERSHIP DIRECTOR	PETER BARBA	650-949-4191
DIRECTOR	DICK WILSON	408-996-0689
DIRECTOR	BILL YOUNG	650-948-9526
DIRECTOR	JIM DUNAWAY	408-255-9244

ACTIVITIES CHAIRMEN

Bicycling	Jerry Butler	650-494-8078
Book Swap	Paul Scherer	408-773-2772
Bowling	Art England	650-948-5828
Computer Club	Jim Dinkey	650-493-9307
Golf	Bob Garten	408-253-5860
Assistant	Ron Grace	408-725-1632
Assistant	Dave Scott	408-946-5596
Hiking	Ian Thomson	650-967-0474
Tennis	Bill Schick	650-948-8768
Travel	VACANCY	
Trail Birds	Don Boeckling	650-965-2659
Musical Introductions	George Fullmer	408-356-0526

All activities arranged for or by Sons in Retirement, Incorporated, and its Branches, are for the convenience and pleasure of its members and their guests who desire to participate. Sons in Retirement, Incorporated, 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.

STAFF

Attendance	Bill Cleveland	408-720-8635
Assistant	Dick Letts	650-962-8867
Audio/Visual Chair	Carl Moyer	650-948-1653
Audio Principal	Richard James	650-941-1862
Visual Principal	Don Holmes	650-941-1290
Auditing	Del Fillmore	408-739-7769
Greeter	Paul McGrew	650-967-0918
Historian	Bob Simon	650-948-9054
Luncheon Host	Terry Barnhart	408-738-0891
Assistant	Dick Kopeck	408-732-1576
Assistant	George Mulhem	650-964-1729
Assistant	Larry Wright	650-948-5587
Assistant	Bob Dawson	650-968-8868
Luncheon Revenuer	Chuck Boyenga	650-941-3121
Assistant	Dave Scott	408-946-5596
Membership	Arden Anderson	650-326-6835
Asst. (New Member Orientation)	Peter Barba	650-949-4191
Web Master	Skip Ross	650-941-0423
Trail Tips Editor	Jim Schlatter	650-234-1133
Assistant	Bob McKenzie	408-732-4858
Well and Comfort Wisher	Howard Nelson	408-264-0798
Ridesharing	Roger Dunlap	408-739-7610
Assistant	Dick Kopeck	408-732-1578

WELL & COMFORT WISHERS: Death or illness of a fellow SIR should be reported to **Howard Nelson at 408-264-0798** or by email to **hgnnnn(atsign)*yahoo.com**. He will express concerns of our Branch. Memorial announcements will be communicated immediately among members by e-mail for further dissemination among friends of the deceased.



Trail Tips

Jim Schlatter
212 Sand Hill Circle
Menlo Park, CA 94025

FIRST CLASS MAIL

Next Meeting
Wednesday, January 20, 2010
I.F.E.S Hall, 432 Stierlin Road
Mountain View

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