


TRAIL TIPS



Sons in Retirement, Inc. Mission Trail Branch 35 Los Altos, California

Branch 35 web site: www.sir35.org

February 2013

- NEXT MEETING -

Wednesday, February 20

I.F.E.S. Hall, 432 Stierlin Rd., Mtn. View

Social Hour 11 a.m. – Lunch 12 p.m.

Please, **IF BRINGING A GUEST OR NOT ATTENDING!**

CALL 650-823-0702 or E-MAIL

[sir35notify\(at\)gmail.com](mailto:sir35notify(at)gmail.com)

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

PROGRAM

Speaker – Dr. Elizabeth Watson, Orthopedics, and Assistant Chief of Quality for Kaiser Permanente South San Francisco Hospital

Topic – Common Disorders of the Shoulder

After a long haul through years and years of Orthopedic training, Dr. Watson landed happily on firm ground at Kaiser Permanente and has never looked back. The philosophy of medicine at Kaiser Permanente allows her the freedom to practice medicine unhindered by outside influence such as financial gain, quotas, restrictions on tests, and other such limitations often imposed in other health care systems. Here she is free to evaluate, order tests, and treat patients in the most honest and efficient way she knows.



Dr. Watson's Medical Education was at Harvard Medical School and at Harvard Combined Orthopedic Residency Program. This training has given her a broad background in all types of musculoskeletal injuries, including trauma, sports medicine, and arthroscopy (shoulder, elbow, knee, ankle), all of which she incorporates into her current practice. Additionally she has completed

three separate fellowships (additional training) focused on the treatment of shoulder and elbow problems. Thus, the main focus of her practice is on the treatment of simple and complex problems of the shoulder and elbow with emphasis on the treatment of rotator cuff tendonitis, rotator cuff tendon tears, dislocated shoulders, shoulder arthritis, shoulder fractures, and frozen shoulder.

(Listen up, you golfers, bowlers and tennis players!! –Ed.)

\$19 FEBRUARY HOT-PLATE MENU \$19

**Mongolian Beef and Chicken Teriyaki
Potatoes, Rice, Green Beans
Cake**

To reserve a vegetarian meal, contact Terry Barnhart at
408-738-0891 or [terry.b2007\(at\)sbcglobal.net](mailto:terry.b2007(at)sbcglobal.net)

The Big Sir Says . . .

With spring approaching we start to look forward to warm, sun-drenched activities. In your new membership roster you will find the Activity Chairmen for golf, bicycling, hiking and tennis that will all become more active as the weather turns warmer. Contact one, or all of them, and get in. And don't overlook the bowling league.

In July we will have our annual picnic – and this year we are looking for a new outdoor venue that will restore the ambiance and atmosphere of our picnics at the old Elks Club – Beer, Banjos and quality Bull. If you have suggestions, now would be a good time to contact one of your board members. Some of you may also be interested in helping put the picnic together which would be appreciated by all.

Joe

ROSTER CHANGES

Active Members: 398

Net Monthly Change: - 8

In Memoriam

**Luvain (Boo) Bue, Tom McCarthy, and
John Mason (former Big Sir and Area Governor)**

NEW MEMBERS

John McGowan (Dianne) 408-736-5075
844 Roble Dr. [johnbmccg\(at\)aol.com](mailto:johnbmccg(at)aol.com)
Sunnyvale, CA 94086 HP, Agilent, First Tech Credit Union
Golf, Computers, Travel, Flying, Sailing, Photography, RV Travel

NEW EMAIL

Norm Kitching [normkathyk\(at\)att.net](mailto:normkathyk(at)att.net)

FEBRUARY BIRTHDAYS

Peter Barba	Jack Evans	Don Peglow
Don Berglund	Terry Hayes	Don Peterson
Peter Bergsman	Dan Heath	Gene Reilly
Leland Chan	Syd Jacobsen	Ron Reis
Jack Cross	Duncan MacVicar	Roy Roberts
Jim DeLong	John McGowan	Arnie Satterlee
Dave Downing	Ed McQuiston	Jim Schlatter
Chuck Dunker	George O'Brien	Damon Simpson
Gary Edwards	Ralph Otte	Bob Strohecker

\$19 FEBRUARY COLD-PLATE-PLUS MENU \$19

**Wrap with Ham and Roast Beef
Creamy Chicken Soup
Potato Salad and Mixed Fruit
Frosted Cake, Juice, Coffee**

To reserve this meal, you must call 650-823-0702
or e-mail [sir35notify\(at\)gmail.com](mailto:sir35notify(at)gmail.com) by **SUNDAY, FEBRUARY 17.**

FEBRUARY ANNIVERSARIES: 10+ YEARS

John Eilers	24	Del Fillmore	12
Jim Balanesi	23	George Mulhern	11
Jack Evans	21	Don Peglow	11
Joe MacIntosh	20	Paul Scherer	11
Roy Presley	15	Hardin Smith	11
Ken Clifford	12	Bob McNamara	10

BIKING

JERRY BUTLER 650-494-8078

GXB366@attol.com

2nd Thursday, February 14, 11:00 a.m. Wives and guests welcome. Rain cancels, helmet required.

Ride: We will ride the Coyote Creek Trail starting from the former Holiday Inn at 399 Silicon Valley Rd, San Jose. The ride will be about 6 miles to the Coyote Creek Golf Course. We will go past the golf course another 3 miles to a model airplane launching site, then double back to the golf course club house for lunch. After lunch we will ride back to the Holiday Inn for a total of 18 flat miles, round trip. For a shorter ride, you may omit the ride to the airplane site, thus reducing the roundtrip to 12 miles.

Directions - Note: The Holiday Inn is in the process of changing its name; first to Four Points Hotel, then to Sheraton Hotel. It is located south of San Jose, one block east of Highway 101 and just north of the Highway 101/85 interchange. The directions are the same whether coming on Highway 101 or 85: Take the Bernal Rd. exit. Turn left on Bernal Rd., which becomes Silicon Valley Blvd. after crossing under 101. Turn left on Rue Ferrari Rd., the service road next to the hotel, and park in the hotel parking lot behind the furthest hotel building on the right.

If you plan to ride or have questions, contact Jerry Butler, as per above, or Karl Reseck at 650-941-8837, karl.reseck@stanfordalumni.org.

TRAIL BIRDS

DON BOECKLING 650-965-2659

donald.boeckling@forumrsa.com

Parody Writers: Duncan MacVicar, Bob Simon, David Skurnick

Accompanist: Annette Boyenga

Rehearsal: 2nd Wednesday, February 13, 10:00 a.m. in the Choir Room, Los Altos Methodist Church.

Pre-Meeting Rehearsal – February 20, 11:00 a.m., I.F.E.S. Hall.

The musical introduction to the February speaker will be written by David Skurnick. **All are welcome to join our singing.**

COMPUSIR

JIM DINKEY 650-493-9307

jimdinkey@jimdinkey.com

2nd Wednesday, February 13, 12:30 p.m. at the Palo Alto Elks Lodge, 4249 El Camino Real, Palo Alto, CA 94306.

Topic: The Search for Life in the Universe and Our Future.

Speaker: Dr. Simon "Pete" Worden, Director, Ames Research Center

We've begun to identify places in our own and other solar systems that could, in principle, have liquid water on their surfaces. Another source of insight into our search for life comes from developments in the field of synthetic biology that suggest that we—and presumably extraterrestrial intelligence—could engineer life to exist in broader ranges of conditions than we find on earth. Dr. Worden will discuss these developments and their implications for our search for life.

Read more about this interesting topic and the speaker on the SPAUG websites at <http://www.pa-spaug.org/> or at <http://svcs.net/svuga>.

MACINTOSH GROUP

SKIP ROSS 541-857-6224

waross@closerreach.com

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.

HIKING

IAN THOMSON 650-967-0474

ianTDianeT@sbcbglobal.net

4th Friday, February 22, at 9:30 a.m. Wives and guests welcome! RAIN CANCELS

Location - Portola Redwoods State Park, San Mateo County, CA.

Meet at the park Visitor Center.

Driving Directions - Take Page Mill Road west up to Skyline Blvd. (Rt 35) and continue directly across onto Alpine Road. Drive 3.2 miles past Skyline on Alpine and you will see Portola State Park Road on the left. Make the left turn and drive an additional 3.3 miles to the park entrance. Continue to the Visitor Center which is on the right side of the road. Driving time will be about one hour on mountain roads.

Hike - The hike will be about 6 miles (round trip) with an elevation gain of 500 feet. We will visit the old Page Mill Site and have our lunch/snack at a backpacking camp. The hike will be on trails in a redwood forest. Weather can be variable so it may be cool as we start but it could warm up quickly later in the morning. Bathrooms are at the parking lot and the backpacking camp.

Fees - \$8.00/car State Park Fees or a State Park Annual Pass.

Caution - Wear layered clothing appropriate for the weather. Hiking boots are recommended

Lunch - Bring a trail lunch or snack and water.

BOWLING

BOB TAGGART

650-321-2654

cbbtaggart@earthlink.net

Prizes: Roy Robinson

Doug Anderson

415-407-4000

marktint@attol.com

Every Tuesday, 1:00pm at Homestead Lanes, Homestead & Stelling in Cupertino. Here are the results of the first week (15 weeks to go) of the Winter/Spring league. This is the perfect time for new bowlers – of any level – to join us. With the 'handicap system', anyone and everyone has the opportunity to be a winner. **Call Bob or Doug if you have any question.**

Roy Robinson, a 15-year member of Branch 35, was the "Bowler of the Year" for 2012. Roy was awarded the perpetual trophy and a bottle of champagne at the January luncheon. He rolled a '700' three-game handicap series.



STANDINGS THROUGH WEEK #1

1st PLACE Jerry Coe, Jerry Ososkie, Bob Taggart	2nd PLACE (Tie) Harold Kaye, Arnie Satterlee, Tim Eastham
2nd PLACE (Tie) Bill Webster, Jeff Grundy, Earl Pampeyan	4th PLACE (Tie) Alan Gaudie, Ron Nakamoto, Hal Knowlton
4th PLACE (Tie) Ptah Bennett, Roy Robinson, Chuck Huff	6th PLACE Bill Finkemeier, Doug Anderson, Fred Schwalbach
HIGH SERIES - SCRATCH 1st - Bob Taggart: 591 2nd - Tim Eastham: 516 3rd - Alan Gaudie: 484	HIGH GAME - SCRATCH 1st - Doug Anderson: 192 2nd - Arnie Satterlee: 189 3rd - Hal Knowlton: 171
HIGH SERIES HANDICAP New handicaps will be established after the 3rd week of the league.	HIGH GAME HANDICAP New handicaps will be established after the 3rd week of the league.

TRAVEL

ED PAUSA 650-324-0322

clements.e.pausa@us.pwc.comAssistant: Walter Weber 408-371-8925 walterweber08@comcast.net

Enjoy a pleasant, congenial and well-blended group of fellow SIR travelers by taking advantage of one of the following three highly recommended and outstanding trips.

July 20, 2013 – Baltic Cruise: London to St. Petersburg and back. Fly to London and transfer to Southampton to board the Crown Princess for a 14-day cruise of the North and Baltic Seas, with calls at Oslo, Norway; Gothenburg, Sweden; Tallinn, Estonia; two days in St. Petersburg; Helsinki, Finland; Stockholm, Sweden; and Brussels, Belgium; returning to Southampton for transfer to your flight home. The cost per person double occupancy, not including air fare, will range from \$3950 for an interior stateroom to \$5445 for a mini-suite. The cost of air fare is not yet available but use of airline miles is allowed. Contact escorts Jim Hohenshelt 408-394-7226 or 408-241-4421 or Roy Jordan 408-735-8765.

August 17 - 24, 2013 - Colorado Gold Mines & Ghost Towns. Enjoy spectacular scenery throughout as you experience places in Colorado few get to see off the highways and byways and into the wilderness. Tour highlights include: Cripple Creek Victor Mine tour, Western Museum of Mining and Industry, Black Canyon of Gunnison National Park, a Four-Wheel Drive Tour of Gold Mines & Camps in the San Juan Mountains, and visit the Continental Divide. Seven nights hotel accommodations and much more. Price for double occupancy is \$2,085 per person with \$2,475 for a single and includes admission to all attractions, taxes, baggage handling, a Talbot Tours gift and round-trip home pickup. Contact escorts Ralph Hunt 650-967-8467 or Alan Patmore 408-867-4197.

August 28 – September 7, 2013 - State SIR 55th Anniversary Cruise. Join the 400+ fellow Sirs who have already signed up for the State SIR 55th Anniversary trip, a ten day Golden Age Cruise aboard Princess Cruises' Grand Princess from San Francisco to Alaska via the Inland Passage. This should be a great opportunity to spend time with fellow members while enjoying the wonderful scenery that Alaska offers. Ports of call include Juneau, Skagway, Tracy Arm Fjord, Ketchikan, and Victoria, B.C. with an exclusive SIR gold panning adventure and salmon bake in Juneau. Prices will range from \$1579 to \$3300 per person double occupancy depending upon cabin selection and include shipboard gratuities, shipboard credit, cocktail party, hospitality suite, transportation to and from the pier, wine, gifts, and the Alaska Salmon Bake Excursion. Contact Branch 35 Travel Committee members, Ed Pausa 650-324-0322 or Walter Weber 408-371-8925.

For information see our latest Travel Bulletin at the Travel Table or at <http://www.closereach.com/sir/newsletters/travel1302.pdf>

BOOK SWAP

PAUL SCHERER 408-773-2772

pscherer@sbcbglobal.net

During the social hour before every luncheon, 11:00 a.m.

Bring a few and take a few – FREE! After the meeting, residuals go to Friends of the Library of Los Altos. More about each featured author will be posted above the book-swap table. **February is SPORTS MONTH.** It is time to share some great books that you don't think you will read again.

TENNIS

BILL SCHICK 650-948-8768

billschick@att.net

Every Monday and Thursday starting at 8:00 a.m. at the Rinconada Park Courts – located on Hopkins Avenue, off Newell near Embarcadero Road, Palo Alto. We play a relaxed doubles spin in open format. Sirs and non-Sirs alike are welcome.

GOLF

BOB GARTEN, GOLF CHAIRMAN

408-253-5860 xonon1@comcast.net

(Golf Committee members are listed on page 7 in the Membership Roster.)

SIGN-UP for the following by FEBRUARY 14 with John Gerich, 650-969-6679, jgerich@juno.com

Sunnyvale (SVL)	Mon. Mar. 4	8:30 a.m.	\$40
Thomson 650-967-0474 iantdianet@sbcbglobal.net / Grundy			
San Ramon (SRM) (Cart)	Mon. Mar 11	9:30 a.m.	\$47
Ososkie 408-238-4342 jcososkie@sbcbglobal.net / Nakamoto			
Poppy Ridge (PPR) (Cart)	Thu. Mar 14	9:30 a.m.	\$44
Cooke 408-997-0511 cookegt@sbcbglobal.net / Newton			
4 Man 2 Best Ball	Mon. Mar 18	9:30 a.m.	\$70
Taboada 925-785-4318 tjtaboada@earthlink.net / Jones			
Wente Vineyards (WNT) (Cart,Range)	Tues. Mar 26	9:30 a.m.	\$35
Moffet Field (MFD)			
Shotgun	Cleveland 408-720-8635	b.cleveland@att.net / Squellati	

Deep Cliff Eclectic 3**January 7**

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	Prize
Thomson I	60	Schwalbach	57	Anderson D	60	Porteus E	63	\$20
Vanderwerf P	61	Grundy J	58	Parra A	64	Ogle D	65	\$15
Squellati D	62	Newton K	63	Simpson D	64	Taggart B	68	\$10
Cooke G	63	Nelson H	65	Gikis B	67	Hannigan J	69	\$5

Closest-to-Pin Contest:

Wilson D	7-3	Shigemoto F	11-10	Spindt C	10-2	2GB
Thomson I	12-1	Grace R	23-2	Hall B	17-7	1GB
Scardino S	15-5					1GB
Jonekait J	18-9					1GB

Low Gross: Phil Vanderwerf 68**Deep Cliff Eclectic Results**

FLT 1	Total	FLT 2	Total	FLT 3	Total	FLT 4	Total	Prize
Squellati D	48	Grace R	48	Anderson D	48	Enos J	44	\$23
Naughton M	52	Grundy J	48	Gikis B	49	Walker D	48	\$17
Wilson D	52	Barkey S	49	Simpson D	51	Taggart B	48	\$12
Cooke G	53	Schwalbach	49	Hall B	53	Ogle D	49	\$6

Sunnyvale**January 10**

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	Prize
Wilson D	65	Newton K	64	Gikis B	69			\$20
Cleveland B	68	Hall B	72	Porteus E	69			\$15
Garten B	71	Spindt C	72	Dinkey J	71			\$19
Grace R	72	Larson G	72	Killian J	76			\$5

Closest-to-Pin Contest:

Jones K	12-1			Dinkey J	26-8	2GB
Cleveland B	20-7			Enos J	30-8	1GB
Garten B	29-0			Parra A	32-4	1GB

Low Gross: Dick Wilson 84**Los Lagos Eclectic 1****January 17**

FLT 1	NET	FLT 2	NET	FLT 3	NET	FLT 4	NET	Prize
Jones K	60	Naughton M	57	Holman J	60	Parra A	60	22GC
Cioni J	61	Nakamoto R	62	Spindt C	62	Gikis B	61	19GC
Squellati D	64	Dixon H	67	Simpson D	66	Killian J	61	16GC
Cooke G	66	Thomson I	70	Gerich J	67	Reed J	68	\$8

Closest-to-Pin Contest:

Cioni J	11-11	Naughton M	19-2	Spindt C	34-3	Gikis B	13-3	2GB
Cooper J	53-0	MacIntosh J	24-8	Simpson D	40-9	Parra A	17-1	1GB

Low Gross: Joe Cioni 75

NOTE: This is a condensed issue of only 4 pages.
You can find the listing of officers and staff in the
2013 Membership Roster.



Trail Tips

Del Fillmore, Editor
974 Susquehanna Ct.
Sunnyvale, CA 94087

FIRST CLASS MAIL

Next Meeting
Wednesday, February 20, 2013
I.F.E.S. Hall, 432 Stierlin Road
Mountain View

SIR Branch 35 Activities - February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Tennis 8:00 a.m. Golf- Spring Valley 10:00 a.m.	5 Bowling 12:50 p.m.	6	7 Tennis 8:00 a.m. Biking 11:00 a.m. Golf- Los Lagos 9:00 a.m.	8	9
10	11 Tennis 8:00 a.m.	12 Bowling 12:50 p.m.	13 Trail Birds 10:00 a.m. CompuSIR 12:30 p.m.	14 Tennis 8:00 a.m. Golf- Callippe 9:56 a.m.	15	16
17	18 Tennis 8:00 a.m.	19 Bowling 12:50 p.m. Golf- Santa Clara 9:00 a.m.	20 Social Hour 11:00 a.m. Trail Bird Rehearsal Book Swap Luncheon 12:00 p.m.	21 Tennis 8:00 a.m.	22 Hiking 9:30 a.m. Trail Tips Deadline	23
24	25 Tennis 8:00 a.m. Golf- Los Lagos 9:00 a.m.	26 Bowling 12:50 p.m.	27	28 Tennis 8:00 a.m. Golf- Bayonet 10:00 a.m.		