



Branch 35 web site: www.sirinc2.org/branch35/

July 2020

— NEXT MEETING —

3rd Wednesday, July 15, 2020

Social Time 11:45am

Business 12:30pm, Speaker 12:45pm

VIA ZOOM WEBINAR

Zoom instructions will be sent via email before the meeting.

PROGRAM

Speaker: Amy Tollafield, Stanford Continuing Studies

Topic: "Study Opportunities during Shelter-in-Place"



Since 1988, Stanford University has provided opportunities for community members to take courses from Stanford professors, staff and guest lecturers. The mission of Stanford Continuing Studies is to share the rich educational resources of Stanford University with adult students, to nurture a vibrant learning community,

to nourish the life of the mind, and to promote the pleasures of intellectual exploration. This program offers 550 courses per year and engages with 16,000 students.

Our speaker is Amy Tollafield, who is responsible for student services for Stanford Continuing Studies. She will talk about study opportunities that you might explore during this time of sheltering in place.



The Big Sir Says . . .

Remaining Social in SIR



In 1958 Damian Reynolds founded Sons-In-Retirement for active, mature men who would gather to socialize in activities and while eating lunch and listening to interesting speakers. He never foresaw the country and his organization would come under the grips of a virus so viral that senior men (and women) would fear for their lives and avoid each other.

July will be the fifth month that Santa Clara County has been sheltering-in-place. We are reminded that without good health nothing else matters. We are told we are "vulnerable" because of our age and pre-existing conditions. So, SIR closed down activities, cancelled lunch and learned the phrase "Stay a Social Distance from Others". **Now we must discover how we can remain a social organization when we can't meet together in person.**

In April we learned a new verb "ZOOM". Our families and friends encouraged us to "Zoom" with them to share weekly events and celebrate birthdays and anniversaries. Our Book Club led the way holding their monthly meetings using Zoom. They were followed by our bocce ball and hiking groups and golf foursomes. So, how can we get others to remain social?

In May, Branch 35 was the first SIR branch to hold a Virtual Branch Meeting with over 190 attendees including curious managers from other branches. We learned that gathering such a large throng in one "room" discouraged communications. So, at our June meeting we split over 160 participants into rooms with fewer members to encourage a better social experience.

The virus has shown real staying power - so meeting in one room again in 2020 is unlikely. **Our challenge is to find a way to reach out to our members who are not joining us on Zoom and encourage them to become social again.**

Please take the challenge and contact a member you have not seen lately. Help them to become social in a new way. **Let me know what works so I can share it with others.**

Stay Safe, Stay Healthy and Stay at a Physical Distance from Others,

Andy

650-906-3474 (mobile)

adanver@ix.netcom.com

JULY 2020 ROSTER

Active Members: 332

Net Monthly Change: 0

In Memoriam

Don Boeckling,
Former Director of Trail Birds

Larry Wright,
Former Luncheon Host

NEW MEMBERS

INDUCTED VIA ZOOM ON JUNE 17, 2020

Jean Mordo (Barbara) 650-279-8461
530 Lassen Street jeanmordo@gmail.com
Los Altos, CA 94022 United Tech., Scotts, Knight-Ridder
Bowling, Computers, Tennis, Fishing, Book Club, Investments, Poker

JULY ANNIVERSARIES: 10+ YEARS

Ron Grace	20	Klaus Jaeger	19
Arnie Satterlee	20	Fred Shigemoto	18

JULY BIRTHDAYS

Ken Allen	Keith Howell	Art Rinsky
John Brown	Armond King	Skip Ross
Al Bush	Chris Leach	Jon Saxe
Joe Cioni	Mike McHenry	Fred Shigemoto
Carl Clemm	Brad Metheany III	Tom Smith
Ken Cole	Bill Monroe	Capp Spindt
Jim Davis	Carl Moyer	Man Tran
Ben Director	Jim Narva	Ian Wall
John Erving	Ken Newton Jr.	Peter Wong
Justin Go	Rich Pattison	Bill Young

June Virtual Branch Meeting Drawings

June Birthday: Arden Anderson

Zoom Attendee Award: Mark Sarjaent

HIKING

DELL SMITH 650-968-5006
dellnmolly@sbcglobal.net

There will be no SIR hike in July.

Keep your calendars open for the fourth Friday in future months. Whenever SIR activities can resume, we will schedule a hike. In the meantime, we are continuing the fourth Wednesday Zoom session hosted by Peter Thurston.

SIR Hikers Coffee

Wednesday, July 22 11:00am – 12:00pm

To Join Zoom Meeting - Click this link:

<https://us02web.zoom.us/j/84771246495?pwd=dVg1MGhhR3B4M01KeWg2RXJ4MFhsZz09>

Or enter this information into your Zoom client program or app:

Meeting ID: 847 7124 6495

Password: 016390

Dial In on Phone: +1 669 900 9128

BOCCE BALL

NORM PASS – SCHEDULE/
CANCELLATIONS 408-737-7639;
normpass@sbcglobal.net

FRED SCHWALBACH – PLAYER
DEVELOPMENT 408-257-9713;
fpschwalbach@aol.com
JOHN RICHARDSON - SUPPORT
650-996-7787; jlr@rcgc.com

Every Friday, 10:00 am to noon. Wives and guests are welcome. Location: The two Bocce Courts in Cuesta Park, Mountain View accessed from Cuesta Drive, using the turnoff and park entrance at Menalto Dr. Parking is near the tennis courts and restrooms. The Bocce Courts are next to the lawn area by the parking lot.

Now that Shelter-in-Place restrictions still apply, though being modified, the following new developments apply for our Bocce Ball playing and players:

Thanks to the effective effort of Ron Schoengold and Norm Pass, a proposal for how Bocce could be played with teams was prepared and presented to the BEC by Peter Thurston. **The BEC approved it on June 10.** Ron has invited Bocce players to participate following these rules at his own court. We also will play according to these rules at Cuesta Park in Mountain View. Playing at both sites will involve the sharing of the balls between players and at Cuesta Park, if the second court is being used there, care will be required to maintain that the required social distancing between players using both courts is maintained. Advance scheduling for court use and arrangement for the bringing of play equipment will be necessary. **Drop-in participation will not be allowed.** Each bocce court will be able to accommodate two teams, with four participants maximum per court. Should you have questions about the rules, you may direct them to Ron or Peter. Norm, and Peter will assist in scheduling for use of the facilities and designation of who will be bringing the playing equipment.

Our first experiences following this new format for play has taken place at Cuesta Park in June, and Bob Roy, Hal Toppel, Hank Pastorelli and Peter Thurston were able to enjoy two Friday morning sessions there.

With play on courts now resuming, the Bocce Ball Zoom Coffee on Fridays is cancelled.

BOWLING

BOB TAGGART 650-321-2654
chtaggart@earthlink.net
DOUG ANDERSON 415-407-4000
marktinti@aol.com

Prizes: Alan Gaudie

Bowling is postponed until we receive an OK from SIR - and when Homestead Bowl reopens – probably in September at the earliest.

Plans to reestablish the bowling league will be submitted to SIR 35 for approval, shortly.

TRAVEL

LARRY GARDNER 650-776-1970
larry_gardner@xanda.com

SEE THE JULY TRAVEL BULLETIN ON THE WEBSITE

<https://www.afar.com/magazine/is-international-travel-still-banned-and-when-will-it-resume>

This web site gives a current picture of international travel. The pictures of many beautiful places you cannot travel to right now do not help quench our desire to travel, but will have to do for now.

Stay healthy and safe until we can again travel the world.

DINING IN

ALAN GAUDIE 650-964-6510
alangaudie@yahoo.com

We are planning to activate at least one group in July with the COVID-19 rules in mind. Contact Alan to join.

INVESTMENTS

JIM DUNAWAY 408-255-9244
jedandled@sbcglobal

We will meet on Wed., July 1 at the Los Altos branch of First Republic Bank. at 1PM. Please bring some info about a favorite investment or one on your watch-list. Also, think about things you would like to discuss or investigate in future meetings.

BIKING

JIM LUNT 408-252-6804
jamesdlunt@yahoo.com

2nd Thursday of each month -- July 9, 11:00 AM

Wives and guests welcome Rain cancels ride; Helmet mandatory

NEW RIDE SAWYER CAMP TRAIL - This ride has more ups and downs than your normal rides but most of the riders can make up to the top. I am one of those that finds out each time how bad a bicycle is as a walking stick. **Meeting Place:** 950 Skyline Drive, Half Moon Bay (best to GPS this Address)

Directions: From southern peninsula, take I-280 N, continuing past the HMB turnoff. Exit on Bunker Hill Drive - Exit 34, then turn left across the overpass, then take the first right onto Skyline Blvd. Continue on Skyline Blvd about a mile to an open entrance fence showing "Sawyer Camp Trail, 950 Skyline Blvd" on the left side of the road. Find a convenient parking spot along Skyline Blvd. and unload bike. Enter through the gate to find trail information, benches and bathrooms to our waiting group. Sawyer Trail is flat prior to the dam. The San Andreas trail involves hill climbing so you may have to ride/walk a short distance up and then enjoy a long ride on a flat, paved trail to lunch at Lunardi's Market.

The SIR approved protocol will be followed.

To ride or for info, contact me (see above), or Gordon Tong gordy6850@gmail.com

GOLF

JOE CIONI, GOLF CHAIRMAN
516-448-6721, jacioni@yahoo.com

SIGN-UP with John Gerich by	Fri Jul 10	for the following	
Seascape (SCP) (Cart)	Mon Aug 3	10:00	\$50
	Garten 408-253-5860	xonon1(at)comcast.net	Hall
Callippe Preserve (CPR) (Cart)	Thu Aug 6	9:56	\$54
Double Points	Wilson 408-996-0689	rd.wilson(at)comcast.net	Barkey
Santa Teresa (SNT) (Cart)	Mon Aug 10	10:00	\$71
\$4 range balls	Ososkie 408-238-4342	JCOSoskie(at)sbcglobal.net	Nakamoto
Crystal Springs (Cart)	Thu Aug 13	9:30	\$45
	Cioni 650-393-5711	jacioni(at)yahoo.com	Rittweger
Poppy Ridge (PPR) (Cart)	Mon Aug 17	9:30	\$57
	Vanderwerf 760-224-0836	philly631@yahoo.com	Barkey
Chuck Corica South (CCS)	Thu Aug 20	10:20	\$45
	Cioni 650-393-5711	jacioni(at)yahoo.com	
The Villages (VLG) (Cart,Range)	Mon Aug 24	10:00	TBD
SIRs invitational shotgun	Barnhart 408-960-6674	terry.b2007(at)sbcglobal.net	
Crazy Horse Ranch (CHR) (Cart)	Thu Aug 27	9:30	\$65
Shotgun	O'Meara 408-251-5402	Omearatimo(at)gmail.com	
Bridges (BRI) (Cart)	Mon Aug 31	9:30	\$49
	McGrath 408-307-8056	richard.mcgrath@yahoo.vcom	Bush

Crazy Horse Ranch (no prizes)		Par 72	June 25, 2020
Palmer Flight	Net	Nicklaus Flight	Net
Miles Les	67	Wong Peter	74
Low Larry	68	O'Meara Tim	76
McGrath Richard	70	Tran Man	79
Manetta Robert	73		
Schutz Paul	73		
Low Gross: Richard McGrath and Robert Manetta tied at 79			

Heiman Aces the 13th at Sunnyvale

Dick Heiman, a new member of Branch 35, scored the second hole-in-one of his 20-year golfing career on June 18. Playing with **Bruce Karney**, **Dave Squellati** and **Joe MacIntosh**, Dick was the first to tee off on the 161-yard 13th hole. The flag was in the front-left of the green, and his high arching 5 hybrid landed front-right and took a surprisingly strong bounce to the left. Karney declared that it had rolled to within 8 feet of the hole, while MacIntosh said that he thought it had landed short of the green. Karney's and MacIntosh's shots were well short of the green, but Squellati hit a fine shot that was right on line with the flag. Joe and Dave were in carts; Bruce and Dick were walking. Joe told Dave that he thought Dave had gotten a hole in one. Dave was jubilant when he saw the ball in the cup, but Bruce was sure that it was Dick's ball. Bruce was the first to reach the flag to discover that Dick was the lucky golfer. His shamrock markings were quite distinctive!



Because of social distancing rules, no high fives or beers were shared, but Dick was able to take a selfie with the foursome



L to R: MacIntosh, Squellati, Heiman, Karney

Les Miles Shoots the Round of the Month

Competitive golf resumed on June 25 at Crazy Horse Ranch and **Les Miles** had the round of the month with his net 67, which was 2.7 strokes "under." Congratulations, Les!

TENNIS

SYD JACOBSEN 408-738-3233
sljacob@att.net

SIR Tennis remains cancelled until Santa Clara County opens courts for doubles play.

Member Profile

RON NAKAMOTO 408-440-2330
ron.nakamoto@yahoo.com

This monthly article highlights one of our branch members. We hope that you enjoy knowing a little more about your fellow members and the interesting life they have had. If you have someone you would like to nominate or if you would like to help author an article, please email ron.nakamoto@yahoo.com.

IAN THOMSON



My working career was centered in two areas of technology. The first was early space systems designs and second was a medical information computer system for use by hospital staff and medical professionals. I finished up my career as a CFO for a research think-tank in the field of learning in schools and corporate environments.

I was born in 1938 in Chicago, Illinois to immigrant parents from Scotland. I was a member of a family with three children, an older brother and a younger sister. My childhood home was in Elmhurst, Illinois (15 miles West of Chicago). We were a 'blue-collar' family with my father working as a machinist in Chicago and my mother a housewife.

Other than school, my childhood was filled with sports, scouting, family events and work. My early dream was to get a college degree and I knew that I would have to pay for most of it myself. To that end, I had jobs since I was nine years old saving all that I could for college. (In my younger years my older brother would get jobs such as newspaper delivery and we both did the work.) Selling Good Humor ice cream in the summer, mowing lawns, shoveling snow, delivering mail, caddie for golfers, working at a greenhouse, survey chain gang, helping to inventory, pack and move a large company were many of the types of work I did.

I attended Northwestern University School of Engineering and signed up for a co-op program which included alternate quarters of work and school. I was the first engineering student to co-op with Goss Printing Press Co. Three years later Goss had 14 students in the co-op program from several universities. The work experience included drafting, gear design, assembly work of the large presses, press assembly design, and special parts design. This type of school/work program provided me with a BSME degree and 24 months of engineering work experience. Upon graduation in 1961, I was hired by Goss as a full-time design engineer.

I met Diane at the local tennis courts in the summer between my freshman and sophomore years at college. She was a senior in high school in our hometown of Elmhurst, Illinois. She also went to Northwestern University in the School of Journalism (not just by chance).

We planned to get married right after graduation and made our wedding and honeymoon plans. Everything was on plan until I received my Selective Service Draft Notice the day before our wedding. I spent the morning of our wedding day working with an Air Force recruiter to get myself qualified for the Air Force Officer School. Our honeymoon to Florida was cancelled as I spent the next three

days taking mental and physical exams for the Air Force. Diane, meanwhile, was in the motel writing thank you letters for our wedding gifts. Three years later we did take a honeymoon to Florida. I fought off three more Army Draft Notices as the Selective Service was not giving up, so finally, I enlisted in the Air Force and was sent to Texas for basic training. Soon after I reported, I received a telegram which told me that I was assigned to Officer Candidate School. I finished Basic Training and then went through OCS and was commissioned a 2nd lieutenant in May 1962. Luck was now on my side as my first assignment was as a Research & Development Officer at Wright Patterson Air Force Base in Dayton, Ohio for the Air Force Aero-Propulsion Laboratory.

My R&D work at Wright Patterson included managing aerospace companies developing space electrical power systems from solar, gas, liquid fuel and nuclear energy sources. Our objective was to find materials and technology that would stand the rigors of space, were light weight for launch, and were able to produce adequate electrical power for the payload. (*Editor's note: On October 4, 1957, the Russians had launched Sputnik and the space race was on. The nation, at this time was at the very early stages of space technology and development.*) I directed the design and construction of a large vacuum chamber for Wright Patterson that included an airlock for human access. This facility would be used for research projects that required a large vacuum and temperature environment to simulate space. My biggest project was the design and prototype construction of a 45-foot diameter parabolic solar collector creating up to 2,000 degrees at its focal point with full power testing of a turbine generating up to 15 kilowatts of electrical power. The test facility was in the mountains above Denver Colorado. This was the ASTEC (Advanced Solar Turbo-Electric Concept) Project.

My military assignments were important and exciting but when I was offered an early-out of the Air Force I took it and immediately moved onto an R&D job with Lockheed in Sunnyvale. I continued my work on space vehicle power systems, systems integration and design. I was a member of Lockheed's Definition Phase of the Apollo Application Program. The purpose of this program was to design a space vehicle system using Apollo Program hardware and vehicles. It was the start of the program to launch the NASA Skylab which did launch into earth orbit in May 1973.

In 1966, President John F. Kennedy had announced a policy to move aerospace technology into commercial products and services. In 1967, I became part of a Lockheed development team to use



ASTEC project in the news



Skylab 1973 - 1979

computer technology for the health care industry. Our studies proved that a computer centric, patient medical records system, was safer (eliminate 30% errors found in medication orders and delivery), faster (first introduction of network communication with the hospital staff, doctors and administrators), and would in the end save money by increasing productivity of hospital staff. The result of this effort was the design and development of the first comprehensive medical information system. The system was based on a medical record data base networking hospital admission, doctor medical orders, test results, diet, pharmacy, charting, discharge and patient billing. The first installation of this system was in El Camino Hospital of Mountain View starting in May 1971. This system became a showplace site for visitors from around the world. The Lockheed Hospital Information System R&D project was sold by Lockheed to Technicon in May 1971. *(Editor's note: By the early 80s other hospitals had implemented similar health information systems. By the 90s the world, led by the Japanese had centralized HIS for medical and administrative needs and expanded it to Picture Archiving and Communications (PAC) to evolve to today's Electronic Health Records system.)*

Because of my military and government contracting experience in the Air Force, I became one of the few Technicon employees with specialized knowledge in government contracting, a prerequisite for any government business. I worked on and later was awarded a contract to install a system in William Beaumont Army Medical Center (WBAMC), El Paso, Texas. This became my project to manage and with a great installation team we accomplished this in ten months including a one-month acceptance test period getting a perfect score on all test protocols. In my first meeting with the Commander of WBAMC he told me that, "Nowhere in my job description does it say that I have to install a medical information system in 'MY' hospital." He did assign a great officer to be my point of contact for him. (Note: The success of the installation and early operation of the system earned the Commander a promotion to the rank of General and a new duty assignment to Hawaii.) Along the way, I earned a Master's in Business Administration from Santa Clara University in 1971 while working at Lockheed.

Life and job were good until I was told that my next Technicon job was either in Atlanta, Georgia or Rockville, Maryland. I refused and exited the company. Life was good again when I found a CFO position with The Institute for Research on Learning (a non-profit think-tank) started by Stanford University School of Education and Xerox Palo Alto Research Center (PARC). My experience with government contracts, funding, accounting rules, policies, contract negotiations, and how to bid and submit qualifying proposals made me ideally suited for this research institute's pursuit of government funded research work. I worked until Diane and I both decided to retire on the same day in July 1999.

Diane and I have a family of three children and six grandchildren. Our daughter is a schoolteacher with a BA and master's degree in Children's Literature. Our oldest son is an executive in a high-tech manufacturing company and also has a BSEE and MBA. Our youngest son is a medical doctor and is also a nationally recognized diabetes expert. Our children were very active in school, sports and scouting. Diane and I were always involved parents volunteering as coaches, troop leaders, and sometimes as just supportive parents on the sidelines or in the bleachers. Our vacations included car camping, backpacking, and skiing. We often took "best friends" along

with our own family which added to the adventures. I give most of the credit to Diane for the quality and integrity of our children. Once in a job interview, I was asked what in my life was I most proud of and my answer was my three children.

Retirement started with hiking trips and boat cruises. We also loved to take car trips that took us to the backroads of America and Canada. We joined a local hiking group that explored most all of the Bay Area trails. I love macro-photography and soon began to identify and photograph wildflowers. I have now identified about 540 different species just in the Bay Area. My collection also covers desert and Sierra flowers. I have shared my pictures with many of my hiking friends and often point out flowers as we hiked.

As a young boy my mother got me interested in my family history. Diane and I have taken several trips to discover, firsthand, our family history in the U.S. and Scotland. I have collected copies of records for birth, death, marriage and census for my entire family documenting a Family Tree of over 15,000 individuals. Diane's family has roots back into Scotland's gentry (Lindsay Clan) who served the Scottish Royalty. We have visited several of her castles in Scotland which has been great fun. I found that the first immigrant to the U.S. in her family came from Scotland to Virginia in 1644. Genealogy is fascinating and a deeply personal experience.

I joined SIR Branch 35 in 2002 and have been active in golf and hiking. I started the hiking group and was the leader for ten years until my health started to limit my participation in this activity as well as golf. I am currently recovering from the effects of radiation and chemotherapy treatments received in 2018 but do look forward to attending our monthly meetings and visiting with friends.

To SIR, I say thanks for all the good times and wonderful new friends over the years!

Coffee with the Boys

During our "shelter in place" time, Zoom has become a sort of social lifeline for many of us. I have set up a recurring weekly time for Coffee with the Boys on Zoom to stay in touch with several of my SIR friends. We just check in like we would if we were car-pooling to a golf outing or having a cup of coffee at Starbucks. We share projects we are working on around the house, books we are reading, movies we are watching or opinions we want to share. All it takes is one of us to sign on to Zoom and schedule the meeting. Invitations are sent to anyone you want to invite. Included in the invitation is a link. When it is time to join the meeting, participants just click on the link and they are connected to the meeting. This can be done through a computer or smartphone. If the call is less than 40 minutes, it is free. Try it and stay in touch with your fellow Sirs.

Stan Barkey, Little Sir

Beginning to use Zoom

Zoom is one of a number of web-based applications which make it easy to communicate over the internet both visually (video camera) and/or verbally (microphone). It runs on a desktop, laptop, tablet and smartphone. The bigger your display, the newer your computer and the faster your internet connection the better your experience.

There is great Zoom documentation on the internet. Zoom has lots on www.zoom.us and so does YouTube www.youtube.com (search for “How to use Zoom”). For a quick overview of Zoom functions find/click [Zoom – SUPER-EASY-GUIDE.pdf](#) which is available on the Branch 35 website.

It easiest to use Zoom if you create a FREE “Basic” account at Zoom.us which downloads the Zoom application to your device. Once you have a FREE “Basic” account you should go to your “PROFILE” and **edit your full desired name** (Joe Jones) so that others know who you are and Branch 35 can check you in as attending one of our sessions. It’s nice if you can **add a picture** that best represents you to others when your camera is turned off.

To make the Zoom screen take up your whole display click on “Full Screen” in the upper right hand corner. To return from “Full Screen” hit the ESC key.

To change how your participants appear on your display you can select “Speaker” mode (the speaker becomes dominate and everyone else is smaller and to the right side) or “Gallery Mode” (multiple participants appear in the same size with usually up to 25 per screen). To select the desired view click on the desired label in the upper right hand corner of the display. The label shows the mode you want to move to.

To best watch a presentation with Zoom make the presentation and the speaker appear side by side (you can change the size of each by sliding the divider left and right). To setup side by side click on the yellow “View Options” button on the top of your screen and towards the bottom of the now visible selections click on “Side x Side”.

There is so much more you can do with Zoom but this will get you started. For answers to frequently asked question go to the Branch 35 website or click here [Zoom FAQs & Guidance](#).

Between 65 and Death

Jerry Belden sent this in and it is too good to pass up. It is too long to print the whole thing so this is Part Two. Part One was included in the June Trail Tips.

Many of us are between 65 and death. An old friend sent me this excellent list for aging, and, I have to agree, it's good advice to follow ... particularly item 19 (which you can read in Part Three in the August Trail Tips).

08 – Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

09 – **Always** stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10 – Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11 – Never use the phrase *In my time*. Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12 – Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13 – Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14 – Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

MOVIE REVIEWS

Feel The Beat.

This wonderful film is for our children and grandchildren who discover dance as a passion and maybe even an avocation. This film is also for the parents and grandparents who have sat through many recitals to support their little darlings in their pursuit of dance. April (Sofia Carson) is from small town Wisconsin. She is trying to make it big in NYC as a dancer.

After some success, her Broadway career comes to an abrupt end and she returns to her hometown. Reluctantly she agrees to teach a class of young dancers for a local competition. The troupe of dancers are a bunch of misfits, but of course she pushes them to get better and after some calamities they gel as a dance ensemble and they make their way to the national championship contest in Atlantic City. The film is a tried and true formula and great fun. It's a movie you can sit down and watch with the whole family and you should. Rated G and available on Netflix. It is a Peggy's Pick.



"I thought we agreed—no dressing up for video chats."

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Big Sir.....	Andy Danver	650-948-1692
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Director (Nominations).....	Peter Thurston	650-776-5713
Director (Activities).....	Joe Mullen	650-941-8254
Director (Social).....	Stan Scardino	650-743-6819

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Assistant.....	Syd Jacobsen	408-738-3233
Car Pools.....	Tom Taboada	408-867-4640
Historian/Photographer.....	Frank Crossman	650-493-9182
Luncheon Host.....	Terry Barnhart	408-960-6674
Luncheon Revenuer.....	Jerry Belden	650-207-6280
Medical Emergency Response Team.....	Dave Ogle	650-704-2130
Membership Data Base.....	Richard Blackborow	408-255-4066
New Member Orientation.....	Dave Ogle	650-704-2130
Membership Roster.....	Jerry Belden	650-207-6280

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Bicycling.....	Jim Lunt	408-252-6804
.....	Gordon Tong	408-997-0822
Bocce Ball.....	Gil Eakins	650-400-5813
.....	Norm Pass	408-737-7639
.....	John Richardson	650-996-7787
Book Club.....	Jerry Belden	650-207-6280
.....	John Lehner	408-735-8149
Book Swap.....	Timothy Topole	650-793-0838
Bowling.....	Bob Taggart	650-321-2654
.....	Doug Anderson	415-407-4000
Bridge.....	Mark Levi	650-965-2786
Dining In.....	Alan Gaudie	650-964-6510
Golf.....	Joe Cioni	650-393-5711
Hiking.....	Dell Smith	650-968-5006
Investments.....	Jim Dunaway	408-255-9244
Tennis.....	Syd Jacobsen	408-738-3233
Trail Birds.....	David Skurnick	650-473-9263
Musical Introductions.....	Bob Simon	650-948-9054
Musical Introductions.....	David Skurnick	650-473-9263
Pianist.....	Don Cameron	650-968-9103
Travel.....	Larry Gardner	650-941-7020
Wine Group.....	Dan Zemanek	650-810-6556

WELL & COMFORT WISHER: Death or illness of a fellow Sir should be reported to **Don Lintz (408-245-3332 or donlintz(at)comcast.net)**. He will express concerns of our Branch and communicate memorial announcements immediately among members via e-mail.

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.

SIR Branch 35 Activities - July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Investments First Republic Bank 1:00 p.m.	2	3 Bocce Ball 10:00 a.m.	4 
5	6 Golf- Moffett Field 9:30 a.m.	7	8	9 Golf- Monterey Pines 9:32 a.m. Biking 11:00 a.m. Sawyer Camp Trail	10 Bocce Ball 10:00 a.m.	11
12	13 Golf- Cinnabar Hills 9:30 a.m.	14	15 ZOOM MEETING Social Time 11:45 a.m. Business 12:30 p.m. Speaker 12:45 p.m.	16 Golf- Coyote Creek 9:30 a.m.	17 Bocce Ball 10:00 a.m.	18
19	20 Golf- Lake Chabot 9:30 a.m.	21	22 Hiking 11:00 a.m. ZOOM COFFEE	23 Golf- SkyWest 9:30 a.m.	24 Bocce Ball 10:00 a.m.	25
26	27 Golf- Las Positas 9:30 a.m.	28	29	30 Golf- Laguna Seca 9:30 a.m.	31 Bocce Ball 10:00 a.m.	