

MID-PENINSULA BRANCH #51

NO. 351

A non-Profit Organization  
For Retired Men



MAY 2005

Devoted to the  
promotion of independence and  
Dignity of retirement

LUNCHEON – 12 NOON – FIRST WEDNESDAY – UNIVERSITY CLUB, 3277 MIRANDA AVE. PALO ALTO

**MEETING MAY 4**

**SHIFTING PERCEPTIONS OF  
ALTERNATIVE MEDICINE**

Our speaker, Wallace Sampson, received his BA from UC Berkeley in 1952, and his MD from UC San Francisco in 1955. He served 2 years as a Battalion Surgeon in the US Army, then house staff and research training at Harbor General/UCLA and SF General/UCSF. He practiced internal medicine (hematology and oncology) in Sunnyvale and Mountain View for 30 years. He then headed the medical oncology division at Santa Clara Valley Medical Center for 5 years and retired in 1997 to form and edit the journal, The Scientific Review of Alternative Medicine. He represented Stanford University on The State of California Cancer Advisory Council for 20 years, and taught the US's first medical school course in analyzing unfounded claims of "holistic" and "alternative" medicine at Stanford.

**If you are unable to attend the May 4<sup>th</sup> meeting, call Ed Paar at 324-0571. Please call by SUNDAY (NOT LATER THAN 9PM) May 1st or earlier if possible. Please include your member number in your message.**

**LUNCHEON MENU MAY 4TH**

**ROAST BEEF  
GREEN BEANS  
ROASTED POTATOES  
GARDEN SALAD  
CRÈME BRULE**

**KNOW SOMEONE WHO NEEDS A RIDE?:**

There are some Sirs who are unable to attend meetings because they do not drive. If you are in this category, or know someone in this category and would like a ride from a nearby member, we can try to arrange that for you. Please contact Bob Jenkins at [bobjenkins1@comcast.net](mailto:bobjenkins1@comcast.net) or 650-424-4346.

**VOLUNTARY CONTRIBUTIONS:**

We are happy to announce that 70% of SIR Branch #51 members have made voluntary contributions during the first 3 months of 2005. A \$20 Voluntary Contribution amount was established by the Board for this year. It can be paid by check or cash (check preferred, made payable to SIR Branch #51). Payments can be made at the regular monthly luncheon meetings, at the University Club of Palo Alto. Checks can be mailed at any time to the Treasurer at the following address:

Robert Janopaul  
153 James Avenue  
Atherton, CA 94027

The suggested \$20 contribution applies to Active Members; however, a \$10 contribution from inactive Members would be welcomed.

**SIR SPORTS EVENTS:** All Sirs' day at SBC Park on Wednesday July 20<sup>th</sup> at 12:35pm. Giants vs. Atlanta Braves. \$33 – lower box, \$19 – View Reserved Seats and \$17 – Leftfield Bleacher Seats. A special Caltrain car for Sirs is confirmed. See the train schedule on the next page

All Sirs' day with the A's on Thursday, August 11<sup>th</sup> at 12:35pm. Angels vs. Oakland. Plaza Level Infield - \$13.

Art Lloyd (851-0998)

## TRAIN SCHEDULE FOR SIRS DAY AT THE

GIANTS: The rear half of the last car on the CalTrain special has been reserved for Sirs.

Lv. San Jose	9:56	Lv. Menlo Park	10:30
Lv. Santa Clara	10:01	Lv. Atherton	10:33
Lv. Lawrence	10:06	Lv. Redw. City	10:37
Lv. Sunnyvale	10:10	Lv. San Carlos	10:41
Lv. Mtn View	10:15	Lv. Belmont	10:44
Lv. San Antonio	10:19	Lv. Hillsdale	10:47
Lv. Calif. Ave.	10:23	Ar. San Fran.	11:25
Lv. Palo Alto	10:27		

1 ½ block walk on King Street to SBC Park.

RETURN: Special train leaves 15 minutes after the last out and operates non-stop to San Carlos then making all stops to San Jose.

Tickets are valid on all return trains the same day up to the last departure from San Francisco (4<sup>th</sup> and King) at 12:07 am.

Purchase tickets in advance (senior day pass is round trip) as Caltrain is a proof of payment system and tickets are not sold aboard the train.

Questions: Art Lloyd at [arthurlloyd@webtv.net](mailto:arthurlloyd@webtv.net) or 650-851-0998.

BIRTHDAY WINNERS: Lucky winners of the birthday drawing were: Bill Robertson and Norv Steel



### MAY BIRTHDAYS

KEN ANDERSON	BOB OBER
CHUCK DAISS	ED PAAR
ALEX FLORENCE	LES SCHERLING
DICK FULLERTON	BOB TUTHILL
TONY LIDGATE*	NEWMAN WALKER
ART LLOYD	BUD WILSON
AL MORRIS	GEORGE YOUNG

\* Inactive

### MEMBERSHIP CHANGES

#### New Members, Welcome!:

Alexander M. Wilson (Bud/Beverlee) 26875 Nina Place, Los Altos, 94022. 650-941-0197, Utah International. Dominoes, Fishing, Travel. Sponsor: George Cilker.

Brian F. George (Brian/Carolyn) 3501 Murdock Dr., Palo Alto, 94306. 650-494-0561 Beckman Coulter, Co. Computers, Photography, Tennis. Sponsor: Dick Fullerton.

Martin Rayl (Marty) 60 Mansion Court, Menlo Park, 94025. 650-293-9848. ABB, Inc.

### LAST MEETING

The April speaker was William L. Scotty McLennan, Dean of Religious Life at Stanford. He spoke of the diverse backgrounds of members of the Stanford Community and how religion provides a strong sense of identity which can be divisive in such a community. His work includes bringing together people with these diverse ideas and attempting to promote cross-understanding among those of different backgrounds, how promoting discussion between Christians and Muslims, between evangelical and main-line Christians, and between Hebrews and Palestinians make them understand both themselves and each other better. His work includes teaching courses in ethics in the Business School and the religious basis of ethical principles and their application in everyday life.

### ACTIVITIES



INDOOR BOWLING: The team of George Falkenthal (35), Bill Finkemeier (51) and Don Rogers (5) is 1 ½ games ahead of Charlie Piozet (5) and Emmett Murphy.(51).

#### HIGH ROLLERS WERE:

High Game, Scratch	Charlie Piozet (5)	210
High Series, Scratch	Charlie Piozet (5)	566
High Game, Handicap	Charlie Piozet (5)	258
High Series, Handicap	Hal Knowlton (51)	667

We need more bowlers, so come join us. We BOWL, at the Palo Alto Bowl Thursdays at 1:00 pm. It's a 100% league, so come and establish an average. It's only \$12.00 each week. We're MUCH better than the "SOAPS" and you're with a good bunch of GUYS enjoying the sport.

HAL KNOWLTON (494-0957)



**TENNIS:** Our tennis group meets Mondays and Thursdays at Rinconada Park in Palo Alto. Please be there by 8:00 am when doubles teams will be formed. Later arrivals will play as sets are completed. We welcome all tennis players of whatever level.

BILL KAMIN (322-4300)



**GOLF:** The following months' schedules are:

APRIL

MAY

05 Tue Poplar Cr.	10:30	03 Tue Sunnyvale	10:30
13 Wed Crystal Sp.	10:00	11 Wed Los Lagos	10:00
20 Wed Coyote Cr.	10:00	18 Wed Shoreline.	9:30
27 Wed Santa Clara	10:00	25 Wed Spring V.	10:00
		31 Tue Poplar Cr.	10:30

**MARCH LEADER BOARD**

<u>Low Gross</u>		<u>Low Net</u>	
1. Mike Shimizu	75	1. Art Lewis	59
2. Roger Murray	77	2. Tony Hanley	60
3. Roy Deffebach	79	3. Roger Murray	61
4. Don Peterson	80	4. Don Peterson	62
5. Dick McElyea	81	Mike Shimizu	62

All of the golf courses we play require a player count 7 to 14 days prior to play date. Please call me should your play no-play commitment change. Golfers must be at the clubhouse one hour before tee time.

ROGER MURRAY (329-8832)



**LAWN BOWLING:** Free instructions in lawn bowling are given each Tuesday and Thursday at 12:30 pm at the Palo Alto Lawn Bowling Club at the corner of Churchill and Cowper Streets. For an appointment, call:

ED WALKER (493-7908)



**COMPUSIR:** Meetings are held the second Wednesday of each month, at the Palo Alto Elks Lodge at 12:30. The speaker for April 13th will be Jen Clausen who is the User Group Representative for *Smart Computing* User group Program. The presentation will include information on their logo for use on web sites, their

publications *Smart Computing* and *Computer Power User* and information on how to generate web site traffic. They also provide FREE Tech Support. On Wednesday May 11, the speaker will be Gary Sasaki on *The Digital Home: An Industry in Transition*. A strategic analysis of Key Trends, Companies and Technologies through the lens of CES 2005

JIM DINKEY (493-9307)



**SIRS ON BIKES:** SIR Area #16 bike rides regularly start at 11:00 am the 2<sup>nd</sup> Thursday of the month. On April 14<sup>th</sup>, we will ride the flat Foster City Bay Trail for about 10 miles from Oracle to the Poplar Creek Golf Club at Coyote Point for lunch. Then back (approximately 20 miles round trip). It might get a bit windy, so besides your helmet bring a jacket or windbreaker. Directions: Get off Highway 101 at Marine World Parkway (now called just Marine Parkway or Ralston). Turn left at Oracle Parkway and make an immediate left onto Island Parkway. There is a tree-shaded parking lot with restrooms near this intersection. If the parking lot is filled continue past it and over the creek and past some construction to 401-501 Island Parkway and park in the Oracle lot.

**FUTURE TRIPS:**

May 12 Los Gatos Creek

Jun 9 Hellyer Park – Coyote Creek

Jul 14 Alameda Creek – Coyote Hills (Fremont)

PETER BARBA (949-4191)



**FISHING:** The first salmon trip of the year is scheduled for April 14<sup>th</sup> (not April 7<sup>th</sup> as previously reported). The fishing reports are not good so maybe that trip will be cancelled. Bottom fishing season will open in July and continue through December.

KEN LIDDICOAT [cirlelt@netzero.net](mailto:cirlelt@netzero.net) or (948-4828)

**NON-RESPONSIBILITY DECLARATION:** All activities arranged for or by, or sponsored by, Sons in Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Inc., 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.

## BRANCHES 5, 35 & 51 TRAVEL NEWS



May 4 – 12. 9 Days. MESAS, CANYONS & PUEBLOS – THE ANCIENT SOUTHWEST. \$1950pp dbl. Joe Ames. 408-736-8387 escort.

IT'S NOT TOO LATE – LAST CHANCE!

July 20, 1Day. ALL SIRS DAY with the GIANTS and the BRAVES. Art Lloyd 650-851-0998 for tickets.

Aug. 11. 1 Day. ALL SIRS DAY with the A'S and the ANGELS. Art Lloyd 650-851-0998 for tickets.

Sep. 28 – Oct. 11, 14 Days. JOURNEY of the CZARS – A Cruise on Lakes & Rivers of Russia. \$3030 – 5385 pp dbl. Joe Ames 408-736-8387. Escort. SIGNUPS COMING IN!

Nov. 2-3. 2 Days. RENO and the BOB NEWHART SHOW. \$121pp-dbl. Joe Ames 408-736-8387 Escort

Dec. 30 – Jan 9. 11 Days. CALIFORNIA & MEXICAN COAST NEW YEAR'S CRUISE. \$1605 – 2035PP DBL. Joe Ames 408-736-8387. Escort. GOOD CABINS LEFT – SIGN UP NOW!

Call Escorts for complete information and reservations for the trips.

JACK CHALKLEY  
570 PINECREST DR.  
LOS ALTOS, CA 94024