

Big Sir: Wayne Veatch
415 821 1806

Little Sir: Robin Jaquith
650 355 0805

Secretary: Eugene Roberts
415 731 5444

Treasurer: Lloyd N. Rinde
650 369 6383

Membership & Attendance:

William Gipe
650 878 5746

Ex-Officio:
Jack Major

Area I Governor:

Adolf "Guz" Lopez

Region 5 Director: John B. Mason

State President:

Floyd "Buck" Kendrick



**SONS IN RETIREMENT
A Luncheon Club
promoting the
INDEPENDENCE and DIGNITY
of RETIREMENT**
Every friend is a potential member!

God Bless America



San Francisco Branch 4

AUGUST 2010

SPECIAL ISSUE

George Rodriguez, Editor

Flor Mendoza, Asst. Editor

The nominees for 2011 Officers are:

Big Sir—Robin Jaquith

Little Sir—Robert Fox

Secretary—Eugene Roberts

Asst. Secretary—James Triggas

Treasurer—Paul Rosenberg

Asst. Treasurer—Lloyd Rinde

Directors:

Fred Dannecker

Thomas Sylvester

George Mourgos

Leonel Parra

Lloyd Rinde

George Rodriguez

Ex Officio—Wayne Veatch

Nomination is still open.

M E N U:

AUG: Calamari Steak

Pastry Cream Cake

SEP: BBQ Chicken

Blueberry Pudding

OCT: Roasted Pork Loin

Apple Pie

NOTE: Salads must be ordered one month in advance. When you pay for the current meal, please sign the salad sheet for the following month.

NEXT MEETING: AUGUST 4, 2010

Elks Lodge (650) 589 4030 ext. 17

Stonegate & Hillside Boulevard

So. San Francisco, CA 94080

10:30 Bd. Mtg. 11:00 Social 12:00 Lunch

Luncheon Speaker:

Deborah Braver of the Dept of Corporation

State of California

Subject:

S A I F—Seniors Against Investment Fraud

From Big Sir Wayne Veatch



Welcome to August, mid summer, which either means you are enjoying warm weather or, if you live in the western reaches of San Francisco, Daly City or Pacifica, freezing in the fog. But if it's foggy where you live, you are used to it and know you can take a day trip a few miles away, have all the sun you want then come back to your natural air conditioning. Not so, if you live where my brother-in-law does, Tucson, where 100 degrees is a cool summer day or New Orleans, where my son lives, where it may be only 90 degrees but, with the humidity, the "heat index" is over 100 degrees.

Have you taken the brief trip to Alameda to see the beautiful old Victorian homes? Many of the well-to-do of San Francisco built summer homes in Alameda, in the Victorian style of the late 19th century, so their family could escape the foggy weather of San Francisco. There are over a hundred of these beautiful homes still there, in very nice condition.

(Check out on Amazon or at your library "A Living Legacy: Historic Architecture of the East Bay" by Mark Wilson.) I'm reading a book, called Towers of Gold, about the history of Los Angeles and one of its early bankers, Isaias Hellman. He expanded his banking business in 1890 to San Francisco and built a Victorian mansion on the corner of Franklin and Sacramento streets. But he and his family moved to a luxury hotel in San Rafael for June, July and August, to escape the cold summers of San Francisco. Isaias, and many of his contemporaries, would take the ferry to San Francisco for work, dressed for the cool weather in his wool suit and waistcoat, then return to the sunshine of Marin County at the end of the day.

If you are taking a vacation to somewhere sunny this summer, have a great time. We'll miss you and the rest of us will try to keep our tables full and our activities active by inviting friends to join us. If you are sticking around, how about bringing one of your friends to the next meeting, as a prospective new member?

CLUB ACTIVITIES



In AREA 4 GOLF CLUB

SCOREBOARD AND TOURNAMENT SCHEDULES

[Jack Major 415 566 2243](#) [George Rodriguez 650 992 8321](#)

Next Sharp Park Tournament:

Tuesday August 10, 2010, first tee-off is 0930.

SIR members and their guests are invited. Sign up for tournaments at the golf table at the first Wednesday's lunch. Since there's breakfast, **check in one hour before your tee time, or risk being removed from the tournament.** Sharp Park fees are \$42 for green fees, cart, breakfast (at 0830), and prizes (\$3 each). This will be a combined tournament with Branch 4 and Branch 25. Jim Smith coordinates the match, so Branch 4 goes out first.

The **July 13th Sharp Park Tournament** was played under clear and breezy weather. The results were not available at press time, but will be updated on the web site, so click [here](#). If I have your email, you will be notified when new results are posted.

2010 Poplar Creek Tournaments are scheduled for 2/17, 4/20, 6/24, 8/18, 10/24, and 12/14. Prices are up \$2 from 2009. **Chronic no-shows** will be required to place a **\$20 non-refundable deposit** to sign up in the future.

Next Poplar Creek Tournament:

Wednesday August 18th, first tee-off is 1030.

The tournament starts at 1030 for 40 golfers. Sign up at the golf table or call Jack or George. Green (\$30) and prize fees (\$7) are \$37; optional cart fees are \$13.50 per player double, \$18 single, payable at the Pro Shop.

SIR Area 4 Away Golf Tournaments:

Jim Smith, 650-871-8855,

430 Forest View Drive, South SF, CA 94080.

These tournaments are scheduled for Tuesdays.

On Tuesday August 31st, **Napa Golf Course at Kennedy Park**, 2295 Streblov Drive, Napa, 707-255-4333, hosts the next shotgun tournament. Bus leaves the SSF Elks Club at 0630. Bus rate \$60, drive \$55.

Upcoming Away Trips

9/28 Rooster Run, 10/19 Mare Island, 11/30 Metropolitan.

Check the web site [SIR Branch 4 Golf](#) for updates!

PINOCHLE: [George Samoulides 415 564 5384](#)

Our games start at 1:30PM on the **2nd and 4th Mondays** of each month. We meet at the Holy Trinity Christopher Community Center, 999 Brotherhood Way, in San Francisco. Join us in the games or for a cup of coffee and fellowship.

COMPUTER CLUB: [Jerry Blumenthal 415 681 1208](#)

Meeting at 11:45 every 3rd Wednesday of the month at the Doelger Senior Center, Westlake-Daly City. All those interested in computer are welcome to attend.

BOWLING / BASEBALL: [Joe Jacinto 415 681 8719](#)

Come at the Classic Bowling Center, 900 King Drive, Daly City, **every Thursday afternoon;** sign in at 12:30PM practice at 12:45 and play begins at 1PM. \$12 for three games. Join the fun and enjoy the afternoon with us.



**From Little Sir
Robin Jaquith**

What I remember most about the summer, and August particularly, is our summer vacations. Two weeks we spent as a family away from home. It was mostly spent along the shores of Lake Tahoe before the vacation home and building boom hit 'The Lake'. It was a peaceful time and a time my brothers and I got to see our parents in a different way. The stress of making ends meet and coping with the everyday issues that come from being a family somehow just didn't seem to be there. What wonderful times those were.

Now that I am older and on a vacation that lasts 365 days. I don't think of a vacation the way I used to. My wife and I travel but we think of it as travel and not as a vacation, how lucky we are. But as August approaches I can't help but think what we are going to do on our vacation this year. Well it didn't take much time for me to realize that a summer vacation is a summer vacation. A time to get away with family and friends and that is exactly what we will be doing. We don't go to The Lake anymore but have a new special place in the California Gold Country where we will continue the tradition of a time when there is little stress and not coping with everyday issues. I hope your "summer vacation" will be one that is special to you and your family.

At our last luncheon we announced that we are going to institute a raffle for our lunchtime fun. So bring an extra buck or two so that you won't be left out. From the money we collect 50% will go into our general fund, to help defray some of our expenses, and the remaining will go to you, that is if you are the lucky winner. Tickets are \$ 1 for 1 ticket or \$5 for 6 tickets. You can every buy more and increase your odds. There will be two numbers drawn with the first number getting 40% of the pot and the second number drawn getting the remainder. GOOD LUCK!

Not trying to compete with Lee but here is a little senseless humor for August.

A skeleton and seal went into their local tavern for a little libation. The bartender asked what the two would have. The skeleton asked for a beer and a mop and the seal responded "anything but a Canadian club."

Asst. Editor's Note:

By Flor S. Mendoza



The active membership of our Branch is declining, while the monthly expenses are going up. Therefore we are reminding some of our members who missed a lunch meeting to see Bill Gipe for their \$2 contributions to enable our branch to cover most of our expenses such as: postage stamps, printing of the newsletter & birthday cards, drawing tickets for free lunch, including speakers, bar fees, Xeroxing, certificates, prizes, bingo, stationary, and also the quarterly assessment fee of the State Board. When you sum-up these expenses, analysis indicates that the \$2 contributions from the membership are still short to break even. Let's support our Branch and before we drain all the funds from the treasury, this is the time for us to get involved into fund-raising event. Your views and or opinion is sincerely appreciated.

Election of our new officers for 2011 is underway. We will support our officers and more so to our Branch. Invite a friend to be recognized at the lunch meeting.

Wishing you all a very nice day.



Branch 4 Spotlight



Alex and Penny Koliopoulos recently celebrated their 60th Anniversary. Penny was born and grew up in San Francisco, Alex was born in Hanford, California and moved to San Francisco. Both were graduates of Commerce High School. Penny retired from AAA,

where she was a claims adjuster. Alex retired from the Teamsters. They have 2 children and a granddaughter. Alex joined the Air Force in 1941. He went to flight school, and became a radioman and top turret gunner in a B-24 Liberator Bomber. He was with the 376th Bomber Group, 515th Squadron, known as Satan's Kids, and flew 19 combat missions in Europe. On one of the flights over Austria his ship was heavily damaged by anti aircraft fire. They were able to fly back to allied territory, but had to crash land. Not everyone in the plane made it out alive. Alex received a head and leg injury. When he recovered and was able, he flew two more combat missions. Eventually he was transferred stateside for training in a B-29. When the war ended, he was discharged.

Happy Anniversary Alex and Penny!

Spending over half a century in love with one is surely a wonderful gift of married life.

Anyone who has any suggestion, article, or message to publish, please send it to:
George Rodriguez, Editor (650) 992 8321

SUNSHINE COMMITTEE

*Shut Ins: Chairman: Lee M. Appel (415) 221 6664
Charles Blake, Bill Cooper
John George, Leo Juarez
Art Rogers, Jackson Steuben*

BIRTHDAY GREETINGS-Chairman: Robert Hennig

August 2010 Birthdays:

*Donald Bierey, Douglas Bishop, Edward Gigli
John Major, Vrej Mekhalian, Leonel Parra
William Roberts, William Robles, Nick Rocco
Peter Roosakas, and Robert Scholten*

ABSENTEE & SPECIAL DONOR LIST FOR JULY 2010

Membership & Attendance Chairman, William Gipe

Annual Donors:

*Henry Albert, Charles Gochez, Joe Jacinto, Leo Juarez
Ray Langlois, Henry Ratti, & Joe Sangiacomo*

Absentee Donors:

*Andrew Banis, Charles Blake, Ronald Brown,
George Fenech, Amon Howard, Constantine Konstin,
Charles Leach, Pable Magat, Sakee Poulakidas,
Donald Price, Lloyd Rinde, Rolf Rosander,
Gilbert Travis, and Wayne Veatch.*

MONTHLY ATTENDANCE

Chairman: William Gipe

Authorized Membership	<u>250</u>
Active Membership—JULY 2010	142
Addition (Ken Reed)	1
Deletions (Richard Hurley)	1
Active Membership—AUGUST 2010	<u>142</u>
Open Active Numbers	108
Inductions Pending	0
Inactive Members (400 List)	19
Honorary Life Member(s) (#406 Samuel Riskin)	01

MEMBERSHIP ROSTER CHANGES

ADD TO MEMBERSHIP— Ken Reed (Fusako) retired Manager, AT&T

CHANGES/DELETE— Richard Hurley, moving to East Bay.

Members Present 07-07-10

76 or 52.8%

Bumper Sticker for Senior:

Retirement is the best medicine.

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Call Bill Gipe**





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San Francisco Branch 4

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William Gipe

2323 Galway Drive

So. San Francisco, CA 94080

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The Secrets of Old Age

Before middle age—Do not Fear!

After middle age—Do not regret!

Enjoy Your Life While You can.

Do not wait until you cannot even walk just to be sorry and to regret. As long as it is physically possible, visit places you wish to visit. When there is an opportunity, get together with old classmates, old colleagues and old friends.

The gathering is not just about eating; it's just that there is not much time left.

Money kept in the banks may not be really yours. When it is time to spend, just spend, treat yourself well as you're getting old.

Whatever you feel like eating, just eat! It is most important to be happy. Food which are good for health—eat often and more but that is not everything.

Things which are not good for health—eat less once a while but do not abstain from them totally.

Treat sickness with optimism. Whether you are poor or rich, everyone has to go through the birth, aging, sickness and death. There is no exception, that's life.

Do not be afraid or worried when you are sick.

Settle all the outstanding issues before hand and you will be able to leave without regret.

Let the doctors handle your body, GOD handle your life, but be in charge of your own moods.

The Secret of Old Age—continued.

If worries can cure your sickness, then go ahead and **worry.**

If worries can prolong your life, then go ahead and **worry.**

If worries can exchange for happiness, then go ahead and **worry.**

Our kids will make their own fortune.

Look After Four Old Treasurers.

1. Your old body—pay more attention to health, you can only rely on yourself in this.
2. Retirement Funds—money that you have earned, it is best to keep them yourself.
3. Your old companion—treasure every moment with your other half, one of you will leave first.
4. Your old friends and classmates—seize every opportunity to meet up with your friends. Such opportunities will become rare as time goes by.

Everyday you MUST smile and laugh.

Running water does not flow back. So is Life.

Make it happy!

Life ends when you stop Dreaming, Hope ends when you stop Believing, Love ends when you stop Caring, and Friendship ends when you stop Sharing.