

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



God Bless America



San Francisco Branch 4

SEPTEMBER 2010

SPECIAL ISSUE

George Rodriguez, Editor

Flor Mendoza, Asst. Editor

SONS IN RETIREMENT

A Luncheon Club

promoting the

INDEPENDENCE and DIGNITY
of RETIREMENT

Every friend is a potential member!

NEXT MEETING: SEPTEMBER 1, 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:

Richard Simonds

From AARP

Subject:

Senior Driver's Safety

M E N U:

SEP: BBQ Chicken

Blueberry Pudding

OCT: Roasted Pork Loin

Apple Pie

NOV: Turkey, Pumpkin 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.

**AN INTERESTING
FACT ABOUT
AUGUST 2010.**

**THIS AUGUST HAS
5 SUNDAYS
5 MONDAYS AND
5 TUESDAYS
ALL IN
ONE MONTH.
IT HAPPENS ONCE
IN 823 YEARS.**

From Big Sir Wayne Veatch



I want to tell you about my recent travels to Salt Lake City, Utah and Vallejo, California. Salt Lake City was the venue for the 35th annual Reunion of the Veitch Historical Society (the VHS), held from July 28 to August 1. This is an international organization, started by my father and his sister, consisting of several hundred of the tens of thousands of identified descendants of James Veitch, who emigrated from Scotland to the colony of Maryland, in 1651. I am the Secretary of the organization. The Vallejo Elks Lodge was the venue for the SIR Annual Meeting on August 2, with some 170 Big Sirs in attendance. Both of these organizations have a challenge: increase membership, to offset the annual loss of aging members.

Salt Lake City is a fascinating place, if you have an interest in genealogy. Mormons believe they will eventually join their ancestors and so are obligated to learn about their family and identify their ancestors. To make this

possible, they have a huge facility in Salt Lake City, the Family History Library, with floors of books, microfilm and computerized records, a very sophisticated database system and banks of computers, all for use by the public, at no charge. I did some research on how James Veitch made his way from Scotland to Maryland. If you wish to explore your family history, start with their free website, www.familysearch.org.

But I digress. We oldies in the VHS are trying to attract younger Veitch descendants and are looking at doing so with online communications, such as Facebook. We, the leadership of SIR, are exploring how to attract new members to offset the annual loss of about 4% of our members. We learned that the new recruitment campaigns are working. Over the last year, SIR had a net increase in membership state-wide of 73. Not great, but not a loss. How can we increase the membership of Branch 4? Two ideas discussed are easy for us to implement: (1) Invite a friend to the next meeting. Pick up an information brochure and a copy of the Foghorn to give to him. (2) Start a new Activity Group. I've just started a Vintage Car Group, with our first meeting in the parking lot right after our September lunch meeting. Bring an old and/or interesting car. Robert Fox has volunteered to start a Poker Group, with the assistance of Tom Mrakava. Think of another interesting Activity Group and be its leader. Interesting Groups will attract new members.

CLUB ACTIVITIES



SCOREBOARD AND TOURNAMENT SCHEDULES

Jack Major 415 566 2243 George Rodriguez 650 992 8321

Next Sharp Park Tournament:

Tuesday September 14, 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. Jack Major coordinates the match, so Branch 25 goes out first.

The **August 9th 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 October 24th , 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 September 28th, Rooster Run Golf Course, 2301 E Washington St, Petaluma 707-778-1211, hosts the nest shotgun tournament. Bus leaves the SSF Elks Club at 0630 for 0830 tee off. Bus rate \$60, drive \$55.

Upcoming Away Trips –

10/19 Mare Island, 11/30 Metropolitan.

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

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.

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.

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

September means "Back to School" and aren't we glad we don't have to get up early, eat a good breakfast, walk or catch a bus to school! Just because we are at an age where going to school is not the same as it is for younger folks it doesn't mean that we can't continue to learn, remember the old adage, you can't teach an old dog new tricks, well I believe you can. I received a catalog for classes at the College of San Mateo and this piqued my interest; I wanted to know what our local colleges are offering us.

This is what I found out: our local colleges offer senior citizen reduced tuition or no tuition and allow us to audit classes of our choosing. The more organized elder college may exist within a traditional college or be a separate entity. You can find more about going "back to school" at the following local educational institutions.

SFSU <http://www.cel.sfsu.edu/mature/eldercollege.cfm> Elder College provides the opportunity to take any regular university course on a space available, audit basis. Participants in the program have access to library and gym services without having to pay the usual university fees associated with these services. The cost of this program is \$55 per semester.

USF: <http://www.conted.usf.edu/seniors> OLLI-USF is a membership organization of older adults who join together to form a community of learners. There are no tests or grades. Check out our liberal arts courses, lectures, day trips, and computer training.

City College of San Francisco and the College of San Mateo offer reduced fees for courses. Contact these institutions for further information. Don't forget your local high's continuation programs. It's never too late to continue to grow intellectually, step up and expand your mind.

I want to thank our new slate of officers for stepping up to the plate and helping keep our branch moving forward. Serving on our Board involves a commitment to Branch 4 but does not involve as much time as one would think. Consider attending a Board Meeting and seeing what you can do to help keep our Branch stay alive and thriving. We will be calling upon you in the next year.

Thank you George Rodriguez, for your effort in making our drawing a success. George is already looking at the success of our drawing to see how he can make the next one better. He is thinking that three prizes will be better than two. Who would disagree with that?

Editor's Note:

By George Rodriguez



Thanks to those who bought tickets for the raffle. This will help our branch with expenses, improving our finances. We apologize for missing some of our generous members during the ticket sale, and will be more diligent next time. The sale of tickets will be between 11AM and 11:55AM.

Congratulations to our first 2 winners. Get your tickets! Don't be left out!



Deborah Braver (right) of the Department of Corporations, State of California was presented a certificate of appreciation by Big Sir Wayne Veatch for being the guest speaker during the August membership meeting. The subject of her talk was about Seniors Against Investment Fraud (\$AIF) stressing on Affinity Marketing & Fraud and Common Investment Scams. The picture below is Gilbert Goo (center) a new member being inducted by Fred Dannecker (right), assisted by Membership Chairman Bill Gipe, (left).



Welcome Gilbert!

We encourage every member to invite friends to the meeting who could be potential candidates to join the membership.

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, Meyer Segal
Jackson Steuben*

BIRTHDAY GREETINGS-Chairman: Robert Hennig

September 2010 Birthdays:

*William Angelopoulos, Aron Aronovsky, Michael Ashe, Clark Benson, Henry Chiu, George Fenech, Richard Gedymin, Bill Gipe, Gilbert Goo, Spiro Jougantatos, Alex Koliopoulos, Harry Lew, Rush Manbert, Ted Theodosopoulos, and Glenn Whiteside
William Oberster (In Memoriam)*

ABSENTEE & SPECIAL DONOR LIST FOR AUGUST 2010

Membership & Attendance Chairman, William Gipe

Annual Donors:

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

Absentee Donors:

Peter Angelonides, Wm. Angelopoulos, Pete Bencharsky, Arturo Encabo, Nicholas Janakes, Athanasios Kastoris, Warren Lee, Jack Major, Jim Mayo, jim McCoy, David Nigel, Nick Rigas, Gene Roberts, Bill Robles, Art Rogers, Richard Soward, and Marios Statopoulos.

MONTHLY ATTENDANCE

Chairman: William Gipe

<i>Authorized Membership</i>	<i>250</i>
<i>Active Membership—AUGUST 2010</i>	<i>142</i>
<i>Addition (Gilbert Goo)</i>	<i>1</i>
<i>Deletions</i>	
<i>Active Membership—SEPTEMBER 2010</i>	<i>143</i>
<i>Open Active Numbers</i>	<i>107</i>
<i>Inductions Pending</i>	<i>01</i>
<i>Inactive Members (400 List)</i>	<i>19</i>
<i>Honorary Life Member(s)</i>	<i>01</i>
<i>(#406 Samuel Riskin)</i>	

Buy your raffle tickets early for a chance to win.

★ Proceeds will be for the benefit of our Branch. ★

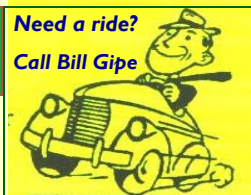
Members Present 08-04-10

83 or 58.4%

Bumper Sticker for Senior:

Retirement is the best medicine.

**Need a ride?
Call Bill Gipe**





California Sons in Retirement (SIRs)

July 12, 2010 by [Harry Hubinger](#) · [Leave a Comment](#)

First of a four part series about retirement.

Rob, our recently-retired fictional hero, is discovering the downsides of not devoting a full day, every day, to his boss and his long-time employer.

Retirement was great at first. He slept in a bit each morning and read the paper before getting dressed. The long “honey-do list” was attacked and admittedly the easier jobs went first. He laid out detailed plans on how to handle the minor remodeling he and his wife had discussed so many times. He found Lowe’s and Home Depot less crowded than he was used to on the weekends. He had always loved golf and long walks and now began to investigate how to enjoy them at his leisure. There was even a list of local attractions he’d always meant to visit, and they now appeared within the realm of possibility. He even enjoyed having lunch with his wife whenever she wasn’t off to one of her activities. The thought of volunteering flicked in and out as well. Unconsciously he even expected a call or two from his employer or old business associates to ask him to do a little part-time fill-in work to help plug that gigantic hole he must have left at work.

But oh – the six month anniversary was coming up, and things were not as rosy as he had hoped.

First and foremost, he was bored. The camaraderie and intellectual stimulation he had had at work was somehow missing. The major in-depth conversations about sports and politics he had enjoyed with fellow workers was now limited to his wife. He knew how she felt about most topics as she did about his opinions. You can go over this just so many times. They had had a great time on that trip to Europe but after three weeks together he was secretly glad to be home.

The call from his employer and other business associates never came, or if they did he got the feeling that they really didn’t care about his opinion any more.

Golf presented its own problem. All the guys he used to play with on the weekends were unavailable during the week, and when he checked about joining them on the weekends he found the foursomes filled. When he wandered down to a local course he found he either played alone, there was no opening as a retired group filled the course, or he was matched with three others who dialogued among themselves and left him to wander along – sort of left out.

California Sons in Retirement (SIRs) - *Continuation*

Our hero Rob was bored. Sure he loved his wife, but with the exception of their kids and their house, they had begun to lead somewhat separate lives. There had to be some answer to this, and it came in a most unexpected way.

One early Tuesday morning he tossed his golf clubs in the car and headed for the local course. He had breakfasted by himself because his wife and three of her friends were off on an “adventure” in San Francisco, and he was left alone. The yard projects looked too painful to work on for the third day in a row; and besides, he was bored – so off to the course he went.

His heart sank a bit when he saw the parking lot loaded with cars – and well it should have. The pro behind the desk listed the first opening a full two hours away from his arrival time. With nothing else to do he left his name on the list and headed for the putting green to while away the time. Frankly, it was pretty full as well.

Rob’s curiosity peaked, and he asked the pro what was going on.

“Every Tuesday morning the SIR group takes up ten starting times from us.”

Rob wandered back out to the putting green and, screwing up his courage, asked one of the other “puttees” what the deal was.

“SIR stands for Sons in Retirement. There are over one hundred and fifty branches with over twenty thousand members in Northern California. There are no dues, it is non-political, there is no religious orientation – the sole purpose is to help retirees, or semi-retirees enjoy themselves. They play golf, go on local trips, play bridge, go fishing, play tennis, go bowling, travel overseas, have classes on computers, etc.”

Rob’s new-found friend handed him a SIR business card and invited him to this fellow’s SIR branch for lunch the following week. Rob was intrigued, but a little bit hesitant. He never thought of himself as a “joiner” other than maybe a service club or two. Well, maybe he’d go home later and think about it all. There had to be a catch somewhere, and he was sure he’d find it.

POSTMASTER:*If undeliverable—Please return to:**William Gipe**2323 Galway Drive**So. San Francisco, CA 94080***FIRST CLASS MAIL**

Place Stamps
Here.
Post Office will not
deliver mail without
postage.



*A Non-Profit Public Benefit Corporation For Retired Men Devoted
to The Promotion of Independence and Dignity of Retirement*

San Francisco Branch 4

Place address label here.

Non-Responsibility Clause: All tours and activities arranged for Sons In Retirement, Inc., its branches and committees, are for the convenience and pleasure of the members and their guests who desire to participate. However, Sons In Retirement, Inc., and its branches do not assume responsibility for the well-being or safety of the participants or passengers or their property in any manner pertaining to said tour and other activities. Members and their guests participate at their own risk and should not expect to hold Sons In Retirement, Inc., or any of its branches responsible in any way.

TIPS FOR A BETTER LIFE

Take a walk 10-30 minutes everyday, and while you walk, smile.

Sit in silence for at least 10 minutes each day.

Sleep for 7 hours.

Live with 3 E's: Energy, Enthusiasm and Empathy.

Play more games.

Read more books than you did in 2009.

Drink plenty of water.

Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.

Eat breakfast like a king, lunch like a prince, and dinner like a beggar.

Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.

Dream more while you are awake. Smile and laugh more.

Try to make at least 3 people smile each day.

Don't waste your precious energy on gossip.

Don't have negative thoughts about things you cannot control.

Instead invest your energy in the positive present moment.

Spend time with people over the age of 70 and under the age of 6.

Life is too short to waste time hating anyone.

Don't take yourself so seriously. No one else does.

Forget issues of the past. Don't remind your partner with his/her mistake of the past. This will ruin your present happiness.

Tips for a Better Life—Continued.

Realize that life is a school and you're here to learn.

Problems are simply part of the curriculum that appear and fade away like algebra class, but the lesson you learn will last a life time.

You don't have to win every argument. Agree to disagree. Don't compare your life to others. You have no idea what their journey is all about.

Make peace with your past, so it won't spoil the present.

Your job won't take care of you when you are sick.

Your friend will. Stay in touch.

Forgive everyone for everything.

What other people think of you, is none of your business.

However good or bad a situation is, it will change.

Get rid of anything that is not useful, beautiful or joyful.

Envy is a waste of time. You already have all you need.

The best is yet to come.

No matter how you feel, get up, dress up, and show up.

Don't over do. Keep your limits.

Your inner most is always happy. So be happy.

Do the right thing.

Call your family often.

Each day give something good to others.

Have someone you care about to read this. Have a nice day!

