

Big Sir: Robert Fox
415 753 2630

Little Sir: Ken Reed
415 810 3832

Secretary: Stu Ruth
415 387 7176

Treasurer: Paul Rosenberg
415 751 9039

Membership & Attendance:
William Gipe
650 878 5746

Ex-Officio:

Robin Jaquith

Area I Governor:

V a c a n t

Region 5 Gov: George Kranan

State President:

James Stedman



SONS IN RETIREMENT

*A Luncheon Club
promoting the*

**INDEPENDENCE and DIGNITY
of RETIREMENT**

Every friend is a potential member!

God Bless America

Happy Birthday



United States Army

San Francisco Branch 4

June 2012

Issue

George Rodriguez, Editor

Flor Mendoza, Asst. Editor

M E N U: \$17.00

JUN: BBQ Steak, Chefs Salad

Pinneapple Upside Down Cake

JUL: Bratwurst Sausage, Cobb Salad

German Chocolate Cake

**AUG: Calamari Steak w/ Lemon Butter
Sauce, Chicken Sandwich w/ fries,
Caramel apple oatmeal crisp**

**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: JUNE 6, 2012

Elks Lodge (650) 589 4030 ext. 17

Stonegate & Hillside Boulevard

So. San Francisco, CA 94080

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

No Lunch Speaker

Jokes Time

Join the Luncheon on June 14

PLAY TO WIN



Send in you reservation today

LAST CALL

From Big Sir Robert Fox



Isn't it great to be retired to pursue so many things you rarely had time for when you were under the yoke of your job for so many years. Take a moment to reflect when you were working and had an idle moment to daydream of what you'd like to pursue when you retired. If you have pursued it, great! If you haven't, why you

should look into what it might take to try it. Just do it!

About a month ago a guy was featured on 60 minutes named Kahn. Well, he has been developing a wonderful web site called Kahn Academy that is free. He has dozens of subjects you can pick from that range from astronomy to algebra and art to history. He receives millions from the likes of Bill Gates to further his development. Each topic is broken into small 15 minute modules you can review them at your leisure. Go in there and select

a subject that peaks your interest and try a few modules. Talk about adaptive learning. If you have a computer and the means to access the internet, give it a try. It will help keep your mind active.

Two events coming up:

Wine tasting at Bel Mateo bowling alley in San Mateo on May 24. Featured are 5 Cabernet Sauvignon's from as many countries. Email me at slyfox33@comcast.net.

Last call for you to sign up for **Ladies Day lunch on June 14 at the Elks Club in SSF.** Music, chow, a treat for the lady, bingo and lots of prizes. You have until Friday to get me your check. Do not miss it.

Quote for the month:

Minds are like parachute.

They only functions when they are open.

Sir James Dewar, Scientist (1877-1925)

CLUB ACTIVITIES



From Little Sir Ken Reed

Spring is ending and summer is almost here. The rains seem over and the wild flowers abundantly blooming. I've just finished a 4.6-mile walk as part of The Rites of Spring Race and am looking forward to getting outside even more, starting with our first SIR (spouses and friends welcome) Walk For Health on June 7th.

I'm now ready to Walk My Talk. A recent study indicates a 20% less chance of heart attack when you exercise (walk) 300 minutes

a week, and a 15% less chance if you walk 150 minutes a week. So I'm out of the house and walking on June 7th.

When: Thursday, June 7th, beginning at 10:00am.

Where: Land's End, San Francisco (couple blocks uphill from the Cliff House)

What: We'll walk the Coastal Trail and vicinity

How: Stroll, walk, or power walk (pick your own speed)

Why: For aerobic benefits and peace of mind

Food: Afterwards: Louis, Seal Rock Inn or Cliff House for lunch?

Bring: Walking shoes, layered clothing for unpredictable weather, water

The Land's End Visitors Center includes informational exhibits describing the area's rich cultural and natural history, park-related retail, a café, and restrooms. Visitors will be able to enjoy an interpretive experience that will complement the restoration work already completed. Free Parking.

Within WALKING distance: Sutro Heights Park, Palace of the Legion of Honor, USS San Francisco Memorial, West Fort Miley Batteries, and Lincoln Park Golf Course. You'll see hillsides of cypress and wildflowers, views of old shipwrecks, access to the epic ruins of Sutro Baths, pocket beaches, and a new Lookout Visitor Center.

Just show up at the visitors center, call 415-810-3832 or email for more info or directions. See you on June 7th.

There is still time to reserve your seat for Ladies Day Luncheon on June 14th. See Big Sir Bob Fox for more info.

We have many SIRs eligible for Senior SIR awards. Some awards were presented earlier this year and more to follow in June & July. If your name is included later in this issue, we hope you can make the June Luncheon to receive your award.

ANTIQUÉ CARS: Wayne Veatch 415-821-1806

We meet immediately after the monthly luncheon meeting in the parking lot. At our last meetings, we viewed and discussed Wayne's 52 Studebaker, Tony Ramirez's 36 Buick and Jim Moore's 68 Plymouth Roadrunner. All who are interested in older cars are welcome.

BOCCE BALL: Harry Lieberman Charlie Leach

Meets on Wednesdays at Doelger Senior Center

1st Wed 9:30 -11; Other Wed 10-12; 4th Wed. Wives are welcome

COMPUTER CLUB: Jerry Blumenthal 415 728 5573

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.



**SCOREBOARD AND
TOURNAMENT
SCHEDULES**

Jack Major 415 566 2243 Ken Reed 415 810 3832

2012 Sharp Park Tournaments are scheduled for the second Tuesday of the month, starting in February at 0930. Check the website for the current schedules and past results: [SIR Branch 4 Golf](#)

Copies will be on the golf table at the lunch too. Make sure I have your email for alerts, lineups, and results.

The **May 8th Sharp Park tournament** had 24 players, and the results were emailed and copies will be on the golf table.

Next Sharp Park Tournament:

Tuesday June 12th, 2012 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). It looks like it will be **cart-path-only** for the foreseeable future.

2012 Poplar Poplar Creek Tournaments are scheduled for

**Tues 2/21, Tues 4/24, Tues 6/19, Wed 8/22, Wed 10/24,
and Tues 12/18.**

We have 10 tee times for 40 players starting at 1015.

No-shows without notification will require a **\$10 contribution** to the commissioner's pocket fund at the next tournament.

Next Poplar Creek Tournament:

Tuesday June 19th, first tee-off is 1015.

Sign up at the golf table or call Jack or Ken. 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 Mondays this year. See the website or golf table at the lunch.

On **Monday June 25th, Napa Golf Course** at Kennedy Park, 2295 Streblov Drive, Napa CA 94558, hosts the next shotgun tournament. Bus leaves the SSF Elks Club at 0630 for 0830 tee off. Bus rate \$60, drive \$55.

Upcoming Away Trips - July 30th Foxtail - North, August 27th Mare Island, September 24th Blue Rock Springs. Check the web site [SIR Branch 4 Golf](#) for updates!

GLEE CLUB: George Rodriguez (To be announced)

ATTENTION!!!

If you want to get a notification of when the Foghorn is available, email Jack Major at jemajor@pacbell.net to set up our email list.



From your Travel Chair
Wayne Veatch

Your Travel Chair will be traveling in China as you read these words, not to return until after the June meeting. Notwithstanding, as part of our continuing program of local trips, your Little Sir, Ken Reed, will lead a walking trip on June 7, either to the new Lands End park area, along the Embarcadero or wherever you and he decide to go. Keep the date open - Ken will announce details at the June meeting. Note that this is not a "tour" as much as it is an opportunity for an aerobic walk in an interesting area. Meanwhile, as you know, SIR offers many extensive trips, cruises and international travel. Please see details on the Travel link on our own Branch 4 website, <http://branch4.sirinc2.org/>, Dan Miller's Branch 90 Travel page, <http://sir90.org/travel/travel.html> and the State SIR page, <http://sirinc.org/siractivities/>, click on Travel. Please let me know if you do join any of these trips, so I know what interests you and can coordinate you with the people offering the trip. Now is the time to travel, as the weather has improved.

The following are the SIR members that are eligible for the Presidential Awards. We hope they are able to attend the June Luncheon to receive their awards. Please RSVP to Bill Gipe at 650 878 5746 or Ken Reed at 415 810 3832.

Senior SIRs Over 90

Super Senior SIRs Over 95

- | | | |
|------------------|------------------|---------------|
| Albert Benjamin | Gregory Pantages | Albert Gardi |
| Andrew Ynostroza | Nicholas Janakes | David Krow |
| Art Caponera | Robert Hennig | Melvin Kranke |
| Ernest Pead | Robert Killian | |
| Frank Hanly | William Kneebone | |
| George Norris | | |



Danny Sink (left) and Greg De Rosa (right) were the guest speakers at the May 2, 2012 general membership meeting. The subject was all about the highlights of the forthcoming "USGA" US Open Golf Tournament at The Olympic Club in Daly City this month.

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



BIRTHDAY GREETINGS-CHAIRMAN

Jim Parsons

SIR Branch #4 Birthdays in June include:

Peter Aiello, Andrew Banis, Bruce Barichievich, Albert Benjamin, Robert Bowen, David Carelli, Belmon Cordova, Leroy Forster, Charles Gochez, George Kallas, Robert Killian, Ford Long, Herman Scholz, Thomas Sylvester, and Vincent Unsinn.



On a Sunday Chronicle, Carl Nolte profiled two surviving members of the Golden Gate Bridge construction project. One is Branch 4 member Frank Hanly (Badge 403).

At the 75th anniversary of the completion of the Golden Gate Bridge, Branch #4 recognizes Frank Hanly (403) who worked on the project."

Congratulations for a Milestone!!!

MEMBERSHIP & ATTENDANCE CHAIRMAN:

SIR Branch #4 thanks members for annual, special, and missed meeting contributions. In May Branch #4 received a generous special contribution from David Krow and Marios Stathopoulos. An annual contribution was also received from Robin Jaquith. Both Al DelClaux and Charles Leach made a missed meeting contribution.

Branch 4 welcomes new member Frank Diokno.

Branch 4 notes Ralph Giannini's move out of the area.

SUNSHINE COMMITTEE

Chairman, (Vacant)

Jon Lucero, Lee Appel

Members Present May 2, 2012

Attendance at the May 2nd meeting included 133 active members, 2 inactive members, 1 inductee, and 1 guest.
Active attendance is 64.5%

★ Buy your raffle tickets early for a chance to win. ★
★ Proceeds will be for the benefit of our Branch. ★

"Laughing is good medicine."



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Retired Men Devoted to The Promotion of
Independence and Dignity of Retirement
San Francisco Branch 4**

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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.

**Laugh
for the
day!!!**

Husband Are Husbands

A man was sitting reading his papers when the wife hit him around the head with a frying pan. "What was that for?" the man asked. The wife replied "that was for the piece of paper with the name Jenny on it that I found in your pants pocket." The man then said, when I was at the races last week, Jenny was the name of the horse I bet on, the wife apologized and went on with the housework.



Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon regaining consciousness the man asked why she had hit again. Wife replied..."Your horse phoned".

Marriage Humor

Wife: What are you doing? Husband: Nothing... Wife: Nothing...? You have been reading our marriage certificate for an hour.' Husband: I was looking for the expiration date.' Wife: Do you want Dinner? Husband: Sure!! What are my choices? Wife: Yes or No.'

Stress Reliever

Girl: When we get married, I want to share all your worries, troubles and lighten your burden. **Boy:** It's very kind of you, darling, but I don't have any worries or troubles.' **Girl:** "Well that's because we aren't married yet."



Son: Mum, when I was on the bus with Dad this morning, he told me to give up my seat to a lady.' **Mum:** "Well, you have done the right thing." **Son:** "But Mum, I was sitting on Daddy's lap."

Badge 219

REWARDS FOR BRANCH 4

When you make a purchase at OFFICE DEPOT, Give them the Rewards #1738924784 and Branch 4 will get the credit. This is a win win situation! This will help defray expenses. Thanks!

SIR HAPPENINGS is now in its eighth year of publishing, and the readership is growing. Enjoy reading SIR Happenings, the State Newsletter, and find out about all the fun things that are going on throughout our organization. You can easily find Happenings on the SIR State Website: siring.org.

Please save the tabs from aluminum soda pop cans and bring them to the SIR meeting. Give them to Joe Sangiacomo or Walt Prawicki. They are for the Ronald McDonald House, for community charitable works. Thank You!

*Please clip and mail today.***To: SIR Branch 4,****c/o Bill Gipe, 2323 Galway Drive, So. San Francisco, CA 94080****Enclosed is my contribution in the amount of \$_____ for** **Missed meeting donation** **Annual Donation** **Other (specify)****Name: _____ Badge No. _____**