

FOGHORN

Branch 4
Monthly Newsletter



Issue Month:
October 2014

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Treasurer: Bob Golton
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Ex-Oficio: Ken Reed
Region 5 Director: Bob Fox
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Maynard Rodland

LUNCHEON MENU:



OCT: Spaghetti and
Meat Balls, Caesar
Salad, Blueberry
Strudel, Tuna Melt with Curly
Fries

NOV: Turkey with stuffing and
mashed potatoes, Pomegranate
dressing salad, Pumpkin Pie
BLTA sandwich w/ potato salad

Note: Salad must be ordered
one month in advance.

SONS IN RETIREMENT

*A Luncheon Club promoting the Independence and
Dignity of Retirement.*

Every friend is a potential member.

Meeting Date: October 1, 2014

Elks Lodge (650) 589 4030 ext. 17
Stonegate & Hillside Blvd.
So. San Francisco, CA 94080

10:00AM Board Meeting
11:00AM Social-12:00 Lunch

Speaker: Walter M. Bortz II, M.D.

Topic: Aging and Longevity

Meet our speaker

Walter M. Bortz II, M.D., is a Clinical Associate Professor of Medicine at Stanford University School of Medicine and a graduate of Williams College and the University of Pennsylvania School of Medicine. Recognized as one of America's most distinguished scientific experts on aging and longevity. Dr. Walter Bortz's research has focused on the importance of physical exercise in the promotion of robust aging. Dr. Bortz has published over 130 medical articles and authored numerous books, including *We Live Too Short and Die Too Long*, *Dare to Be 100*, and *Living Longer for Dummies*.



Paul Rosenberg, Big Sir

Hello, SIRs:

Elsewhere in this Fog Horn is the information on our Holiday Luncheon. Please join your SIRs friends and bring a date. This promises to be a most festive occasion.

Thank you to all SIRs who have kindly suggested improvements for our meetings. I have referred the suggestions to our board and we will be taking action. So far, more of us want to continue salads than to stop them. Please look for the suggestion box at our next lunch and share your wisdom. We on your board like to think of ourselves as being in touch, but that is never true all the time. I am so happy that our lunches continue to turn out good numbers and that each lunch gives me a chance to keep up with friends. And enjoy an adult beverage.

Our outstanding data base chair, Jack Major, reports that we are now e-mailing more Fog Horns than mailing them. Your cooperation with this process enables your board to continue to request a two-dollar contribution rather than, as other branches have, to ask for a dollar more. I'm glad to be part of such a progressive group.

Last month I wrote about Admission Day and I hope you had a good one. I neglected to mention that September 13 was the 155th anniversary of the Broderick-Terry duel at Lake Merced. The History Guild of Daly City and Colma did a reenactment at the duel site five years ago for the sesquicentennial celebration. The day before the duel, David S. Terry resigned as chief justice of the California Supreme Court. David C. Broderick, however, remained in his position as United States Senator. As a result of the duel the former chief justice killed the US Senator. The duel was a fight for political supremacy as well as of honor. The chief justice represented the pro-south or Chivalry wing of the Democratic party and the senator represented the free soil or anti-slavery wing of the Democrats. Although the Chivs won the duel, California was solidly anti-slavery and was pro-Union throughout. California showed its patriotism under the leadership of Rev. Thomas Starr King who raised a quarter of all funds for the Union Sanitary Commission [becoming the American Red Cross] nationwide. So a quarter of funds came from well under ten percent of the nation's population!

I hope to greet as many of you as I can at our next lunch and please, please share your thoughts on our organization with me.



Bud Sandkulla, Little Sir

Lately there has been plenty of news about drones. Some of them are powered by four propellers and called Quad-copters. These hover craft are used for camera surveillance and package delivery as just a sample of what they will be capable of doing once they get up and running. Right now the Federal Aviation Administration (FAA) is in the process of establishing air space rules. By next year they might be flying around everywhere. Of course this will be a problem to reckon with. Let's hope there is more positive than negative reasons for these unmanned aerial vehicles (UAVs). Since these drones will be cost effective to purchase or build, within the reach of many, it will create a multi billion dollar industry.

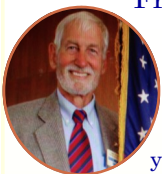
Amazon.com is gearing up to introduce self flying vehicles to carry merchandise from its on line store to customers in 1/2 hr. Google is building a fleet of package delivery drones. Google is competing with Amazon in package delivery and Amazon is in the process of competing with Google in online video, digital advertising and mobile computing in a battle that also involves Apple Inc. Looks like a bit of competition is brewing. Also, there is a bill being introduced in the state to stop paparazzi's from using drones to chase down celebrities. That's it for now and I'm sure there will be plenty more following soon.

Now that all of you have marked December 3rd on your calendars, I hope you will take time to fill out the enclosed flyer for the Holiday Lunch and send it in. Remember this is not our regular monthly luncheon but a special event and everyone is invited, so bring yourself, bring a friend, especially your wife and enjoy.

Thanks again to our expert committee members, you guys are super!

HERE'S TO YOU !! HAPPY DAYS AND MANY MORE OF THEM!!!

From your Travel Chair, Wayne Veatch -



I'm pleased to be back after some extensive travel and a week at a Boy Scout camp in the Sierras, causing me to miss the July and August meetings. I'm back for some time now, ready to encourage you to take some time off for travel and to enjoy our mostly-monthly local trips. Speaking of which, I hope you joined us on our combined Local Tour and Walk For Health to Coit Tower on Friday, September 26. We often do put these trips together minutes before the meeting each month, so please listen for our announcement in the meeting and watch for the email blast announcement. What will we do in October? Something interesting, I'm sure. We welcome your suggestions.

I continue to encourage you to take advantage of travel offerings listed in SIR Happenings and offered by other Branches in Area 1. I bring flyers to the meeting and remind you to check the [Area 1 Travel and Activities](#) link on our website, <http://branch4.sirinc2.org/> for details. (Thanks to Jack Major for doing such a good job keeping this website and these links up to date.) If you do sign up for any of these tours, please send me an email or call me and let me know how it went: veatch-law@gmail.com, 415-297-1807.

The Golfer

Tournament Schedules Branch 4

For Reservation
Please Call:

Jack Major
415 566 2243
Ken Reed
415 810 3832



A one-page summary of the local SIR golf rules has been published and is now available. Pick up a copy on the golf table or check the web site: <http://branch4.sirinc2.org/golf.html>.

2014 Sharp Park Tournaments are scheduled for the second Tuesday of the month, starting at 0930. **Note: The November tournament is Wednesday 11/12**, since Tuesday is Veterans Day, a holiday. Check the website for the current schedules and past results. Copies will be on the golf table at the lunch too. Make sure I have your email for alerts, lineups, and results.

The Tuesday September 2nd **Sharp Park tournament** results are available on the golf web site above and will be available on the golf table at the lunch. We moved this up to the day after Labor Day since they start aerating Monday September 8th.

Next Sharp Park Tournament:

Tuesday October 14th, 2014 - 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. There's **breakfast that starts at 0815**, so you want to get there early. At least, **check in one hour before your tee time**. The lineup will be sent out by email a few days before. Sharp Park fees are \$45 for green fees, cart, and breakfast, and prizes (\$4 each). Carts are allowed on most par 4's and 5's, depending on the ground conditions. **We won't be playing holes 3 through 7 on the east side due to construction, so the total holes will be 14.**

2014 Poplar Creek Tournaments are scheduled for Tues 1/21, Tues 2/18, Wed 4/23, Tues 6/17, Wed 8/27, Tues 10/21, Wed 11/19, and Tues 12/16. 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. The August 27th.

Poplar Creek tournament results are available on the golf web site above and were available on the golf table at the lunch.

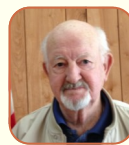
Next Poplar Creek Tournament:

Tuesday October 21st 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 \$14 per player double, \$19 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 starting in March. See the website or the golf table at the lunch.

No bus trips this year, so arrange car pools if possible.

The Monday 9/22 Foxtail - North Away trip was replaced with Santa Clara Golf Club. Results will be available on the golf table at the October lunch.

On Monday October 27th, Sunnyvale Golf Course, 605 Macara La, Sunnyvale CA, 408-738-3666, hosts the tee time tournament, **starting at 0900**. Get your \$50 payment/foursome requests to Jim by 10 days ahead.

Upcoming Away Trips - November 24th Crystal Springs. Check the website for updates!



BIRTHDAY GREETINGS

Jim Parsons, Chairman



BOB ARATA, JOHN CANDAU, BOB FONTES, JOHN GEHRING, ROBIN JAQUITH, JIM MAYO, DAVE OCAMPO, ANDY REID, RED ROGERS, STUART RUTH, TED WRIGHT

Badge #114

Season's Greetings
Paul Rosenberg, Big Sir

Happy Holidays
Bud Sandkulla, Little Sir



WHEN:

DECEMBER 3 (Wed)

11-12:00 No Host Cocktail

WHERE:

DOMINIC'S at Oyster Point

360 OYSTER POINT BLVD. SSF

Information about the Holiday (Christmas) Luncheon at Dominic's

11:00am Check-in, no host bar available: 11:45am Music by Branch 4 Group
12 noon Eat Time & Music by Na Kupuna Ukulele Group
Entrees: Tri-Tip, Mushroom Sauce w/ Red Roasted Potatoes & Veg.
Chicken Ala Marino, Grilled then baked with diced tomatoes, fresh basil & Jack cheese w/ Rice & Veg.
Stuffed Petrale Sole, Baked with Dungeness crab & shrimp, served with a light lemon butter sauce w/ Rice & Veg.
Stuffed Portobello Mushroom (Vegetarian) Fresh whole Potobello Mushroom filled with seasonal vegetables served with Vegetarian demi-glaze. Includes:
House Salad, Spring mix & endive with candied walnuts, sliced fresh apples, crumbled bleu cheese, served with a balsamic vinaigrette. Bread with Butter, Dessert & Coffee

There will be a gift exchange for those that want to participate.
There will be a raffle for prizes. All Branch 4 Members, wives & guests are welcome to this event. Cost is \$35.00 per person. Make checks out to SIR Branch #4. Mail to:

Bud Sandkulla, 1230-Cortez Avenue, Burlingame CA 94010

Direction: From the North Bay:

Take 101 South to Oyster Point Exit. Follow Oyster Point Blvd. 1.5—2 miles to Dominic's at Oyster Point, 360 Oyster Point Blvd. (Other Rte) Take 280 South to 380 East and merge onto 101 North. Then follow direction from the South Bay.

From 920 Stonegate Dr. So. San Francisco: Go onto Hillside Blvd., Continue onto Sister Cities Blvd., continue onto Oyster Point, destination will be on the right.

Direction: From the South Bay: Take 101 North to Oyster Pt Blvd, Turn left at the light on to Dubuque Ave. Turn right at the light on to Oyster Pt. Blvd. Follow Oyster Pt Blvd. 1.5—2 miles to Dominic's at Oyster Point, 360 Oyster Point Blvd. (Other Rte.) Take 280 North to 380 East and merge onto 101 North (move 101 down by North).

TEAR OFF

TEAR OFF



\$35 / person HOLIDAY (CHRISTMAS) LUNCHEON—DECEMBER 3, 2014

Please send in your reservation no later than November 15, 2014
with your check payable to: SIR BRANCH 4, and mail it to:

Bud Sandkulla, 1230 Cortez Avenue, Burlingame, CA 94010



LUNCHEON MENU CHOICES

- ___ Tri-Tip with Mushroom Sauce , w/ Roasted Potatoes and vegetables
- ___ Chicken Ala Marino, Grilled then baked w/ diced tomatoes & Veg. basil & jack cheese & rice
- ___ Stuffed Petrale Sole, Baked with Dungeness Crab & Shrimp, w/ lemon butter sauce & rice
- ___ Stuffed Portobello mushroom (vegetarian) filled with seasonal vegetables.

Names: _____ & _____ Tel. No. _____

___ Yes, we will bring a gift for the gift exchange.

Total Amount

FIRST CLASS MAIL

Postage

POSTMASTER:

If undeliverable—Please return to:

Bill Gipe
2323 Galway Drive
So. San Francisco, CA 94080

Address Label



A Non-Profit Public Benefit Corporation
for Retired Men devoted to the Prom-
otion of Independence and Dignity of
Retirement.

San Francisco Branch 4



September Birthday Celebrants



Branch 4 SIRs
made a farewell trip
to the famous
Candlestick Park



1



2

Picture No. 1, SIR Hank Gomez graciously accepts a Certificate of Recognition from Region 5 Director, Bob Fox for a Milestone Lifetime Achievement Award as Super Senior. **Congratulations!!!**

Picture No 2, Big Sir Paul Rosenberg, presented a plaque of appreciation to Joe Galiardi for being an inspirational guest speaker last month.

MEMBERSHIP AND ATTENDANCE Bill Gipe, Chairman



Branch 4 thanks John McGlothlin, Mike Valenzano, and Doug Bishop for missed meeting contributions. Thanks to Chris Ramos and Dave Nigel for annual & special contributions.

Sept. 3, 2014 meeting attendance was 101 active and 1 guest. Branch 4 welcomed Rich Fraher, guest of Stu Ruth.

Membership for August & September 2014 (no changes)
186 active, and 39 inactive.