

2015 Officers

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650 342 5004

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415 333 5615

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650 878 5746

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FOGHORN

Branch 4
Monthly Newsletter



God Bless America



Issue Month:
February 2015

George Rodriguez, Editor
Flor S. Mendoza, Asst. Editor

LUNCHEON MENU:

Feb: Meat Loaf, House Salad with Italian Dressing, Tapioca Pudding, Fruit Salad with Cottage Cheese

Mar: Corned Beef & Cabbage, House Salad with ranch dressing, Shrimp Louis Salad, Chocolate Ice Cream

Apr: Encrusted Basa w/ Mango Salsa, Cream Italian Salad, Chicken Sandwich w/ potato wedges, Strawberry Cream Puff

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: February 4, 2015

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: Ron Sheffield

Topic: Space Telescope



Director Bob Fox presented the plaque of appreciation to Paul Rosenberg in recognition of his superior and outstanding performance as 2014 Big Sir. Congratulations!!



Bud Sandkulla, Big Sir

Did you enjoy our last speaker, Gail Turner Bauer, as much as I did? What a resume and a very courageous person to fly cross country encountering the situations she had to go through. I know I wouldn't have had the guts to do what she did.

I hope some of you had more success in giving out the SIR cards to possible new members than I did. I had a couple of turn downs but I'm still trying and hope you do the same. Can't win them all but we need to keep at it until we reach our quota for the year. By the way, the cards will be available at the badge table for those that need to replenish their supply and also for those that missed January's hand out.

I hope to have a questionnaire to hand out at our February lunch that I would like everyone to be part of. It will be a list of 58 activities that you might be interested to participate in. Read it over and circle the ones that appeal to you or add new ones to the list. Don't forget to write your name and phone number so I can contact you and other parties that are interested in the same activities. Place the completed questionnaire in the box marked "**QUESTIONNAIRE**" that

will be on the table at the back of the lunch room. If two or more people are interested in the same activity I will contact those parties and help start up a new group. Hopefully this will create more choices to keep us occupied and active. The experts say it's also good for our health and that's a good thing .

Have a Happy Valentines Day and remember your loved ones with a hug and a kiss!

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

Gail Turner Bauer, the Pink Baroness, was presented a plaque of appreciation by Big Sir Bud Sandkulla for being the guest speaker at our January meeting. She is an eloquent speaker. Listening to her experience in building a plane in her garage then flying it over to Half Moon Bay, to Reno and also even cross country was very inspirational. It was very nice for Gail to come and share her talents.





From your Travel Chair, Wayne Veatch -

I hope the New Year is going well for you and you are planning on getting off the couch and out sometime this year. Meanwhile, as we wait for the weather to warm (except for those of you who are waiting for some snow to fall somewhere nearby), we persist with our monthly local tours. In fact, after taking a poll of the Usual Suspects, we have decided to make these local tours on the third Friday of each month, so we can expect them at that same time. On Friday, January 16 we gathered at the Elks Lodge and drove (carpooling) to the Hiller Aviation Museum in San Carlos. Remember our speaker at the last meeting - Gail Turner, who built her airplane in her living room in Belmont and flew it from San Carlos? Her son, Willie, a pilot as well, VP of Operations at the Museum, arranged for a tour for us. We finished off with lunch in San Carlos.

Our plan for February is a tour of the San Francisco Cable Car Museum on February 20. We'll coach you on how to get there on MUNI, at a Senior fare and avoiding the tourist-rip off \$6 cable car fare. Afterwards we'll have lunch in nearby Chinatown. A fun day, locally.

I continue to encourage you to take advantage of travel offerings listed in SIR Happenings and offered by other Branches in Area 1. Check the [Area 1 Travel and Activities](http://branch4.sirinc2.org/) link on our website, <http://branch4.sirinc2.org/> for details. (Thanks to Jack Major for 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:

veatchlaw@gmail.com, 415-297-1807.

Meet our Speaker - Ron Sheffield

Ron helped build the Hubble space telescope in Sunnyvale from 1985 to 2009. That includes making all of the Hubble's components serviceable on-Orbit, verified the fit and function of all Hubble interfaces. The slide show will include the construction and testing of the Hubble prior to launch, the second servicing mission that made corrections that should extend the life of the Hubble by 5 to 10 years. Lastly the presentation will show the top Hubble discoveries including recent discoveries of space.



Little Sir, Hank Gomez

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>.

2015 Sharp Park Tournaments are scheduled for the second Tuesday of the month, starting at 0930. 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 January 13th **Sharp Park tournament** results are available on the golf web site above and will be available on the golf table at the lunch.

**Next Sharp Park Tournament:
Tuesday February 10th, 2015 -
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 \$46 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. **Heavy rains may cause cart path only play.**

2015 Poplar Creek Tournaments are scheduled for Tues 2/17, Wed 4/29, Tues 6/30, Tues 8/18, Tues 10/20, Wed 11/18, and Tues 12/15. 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 February 17st 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.

Upcoming Away Trips – to be scheduled. Check the website for updates!

Senior Moments: by George Rodriguez



In Canada 1977, according to the Toronto Sun, one driver filling out a claim form explained his mishap this way. I thought my window was down but I found out it was up when I put my head through it.

In the late 1980's the town of Grantham New Hampshire sought to clear up the confusion that two streets with similar names, Stoneybrook Drive and Stoneybrook Lane caused it's residents. But the Grantham Town Council forgot the point of renaming them in the first place, dubbing them Old Springs Drive and Old Springs Lane.

When Winston Churchill was asked "Remember me?" by someone who escaped his memory, he would reply, "Why should I?"

Two elderly guests, Martin and Chris, attended a party given by a business associate to mark his daughter's engagement to a man she had been living with for three years, were grumbling about the decline in moral standards.

'All these people sleeping together before they're married,' Martin muttered indignantly. 'I didn't sleep with my wife before we were married. Did you?'

'I don't know,' answered Chris thoughtfully. 'What was her maiden name?'

Bocce Ball—Harry Lieberman—Charlie Leach
Meets on Wednesdays at Doelger Senior Center
1st Wednesday 9:30—11:00
Other Wednesdays 10:00—12:00 (Wives 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 computers are welcome to attend.

Pinochle—George Samoulides (415) 564 5384
Games are on the 2nd & 4th Mondays of each month. All SIRs are invited to join in the fun. We start at 1:30pm. Call George for further information. Hope to see you there for some fellowship and fun.
Badge 227

Pull Tabs: Save your tab tops from aluminum cans and give them to Joe Sangiacomo or Walt Prawicki. They are for Ronald McDonald House. Walt Prawicki thanks all those who have supported this worthy cause.

Senior Tennis—Kristian Nergaard (415) 932 6345.
We play at Balboa Park on Mondays, Wednesdays, Thursdays and Fridays from 10 AM-12 Noon. Please call Kristian for more information. Email nergaard@comcast.net

SIR Happenings: The latest edition of SIR Happenings has just been posted on the SIR website:
<http://sirinc.org/sirhappenings/>
I hope you enjoy reading our latest edition.
Don MacGregor, Editor, SIR Happenings.

Walk 4 Health—Ken Reed 415 810 3832
Meets on the last Friday of the month at a variety of locations at 9:45AM. The walks are scenic, fun and full of camaraderie. An email sent monthly as to the current location. Guests welcome.

DOMINO GROUP, Chairman Frank Moriconi
Join us after lunch meeting at the Game Room, Elks Lodge, and play an hour and a half.. Call 415 931 7127

Membership Statistics:	Active
Membership Dec 2014	186
Add: New Members	0
From Inactive to Active	1
Resignation/Moved	0
To: Inactive	1
Deceased	1
Total for Jan 2015	183
Total (Inactive) Revised	40

Support
Branch 4
Buy raffle tickets
for a chance to
win cash prizes!!



BIRTHDAY GREETINGS
George Suter, Chairman



Branch 4 wishes Happy Birthday to Julio Apodaca, Bob Arata, Peter Ashe, George Bacigalupi, Claude Blakeslee, Carl D'Alessio, Ed Damonte, Bill Davalos, Kenford Dong, Dave Donnelly, Pete Gandell, Merton Jones, Mel Kranke, John Lombard, Willie Low, Flor Mendoza, Dave Nigel, John McGlothlin, Donald Nuti, Jessie Pilare, and Hank Prawicki.

Bill Gipe, Chairman

Membership & Attendance Committee



Branch 4 thanks Bob Richter for his generous special donation at the January meeting. Thanks for 2015 annual contributions received from Mike Abeyta, George Bacigalupi, Bruce Barichievich, Jerry Blumenthal, Bob Bosch, Ernie Braun, Dave Carelli, Vern Collins, Ed Damonte, Dave Donnelly, Jerry Dirscoll, Elmer Eckart, Stu Etzler, George Fenech, Nick Fesunoff, Bob Fontes, Bob Fox, Pete Gandell, Juan Garcia, Bill Gipe, Bob Golton, Hank Gomez, Bob Hennig, Charles Hoenisch, Bud Howard, Robin Jaquith, George Kallas, Roger Kelly, Terry Kirchoff, Bill Leisering, John Lewkowitz, Harry Lieberman, Pat Long, Steve Machado, Jack Major, Tony Marotto, Dennis Meixner, Jim Moore, George Mourgos, Kristian Nergaard, Don Nuti, Dan O'Leary, Leonel Parra, Chris Ramos, Ken Reed, Bob Richter, Lloyd Rinde, Matteo RIZZO, George Rodriguez, Paul Rosenberg, Bud Sandkulla, Joe Sangiacomo, Herman Scholz, Jim Smith, David Solomon, Rich Soward, Tom Sylvester, and Wayne Veatch. Thanks for missed meeting contribution: Bud Fields.

FIRST CLASS MAIL

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POSTMASTER:

If undeliverable—Please return to:

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



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

San Francisco Branch 4

Address Label

How To Stay Young

1. *Try everything twice. "On one woman's tombstone she said she wanted this epitaph" "Tried everything twice. Loved it both twice.*
2. *Keep only cheerful friends. The grouches pull you down. Keep this in mind if you are one of those grouches!"*
3. *Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots of time the HIM/HER.*
4. *Enjoy the simple things*
5. *Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. An idle mind is the devil's workshop' and the devil's name is Alzheimer's!*
6. *The tears happen: Endure, grieve, and move on. The only person who is with us our entire life is ourselves. LIVE while you are alive.*
7. *Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.*
8. *Cherish you health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.*
9. *Tell the people you love that you love them, at every opportunity. I love you my special friend.*

Cont'd. How to Stay Young

10. *Don't take guilt trips. Take trip to the mall, even to the next country, but NOT to where the guilt is...*
11. *Forgive now those who made you cry. You might not get a second chance. Remember! Lost time can never be found.*

