

FOGHORN

Branch 4 Monthly Newsletter

2016 Officers

Big Sir: Jerry Blumenthal
415 728 5573

Little Sir: John McGlothlin
650 952 3673

Attendance & Membership
Bill Gipe
650 878 5746

Secretary: Paul Rosenberg
415 751 9039

Treasurer: Bob Golton
415 661 8280

Ex-Oficio: Bud Sandkulla
650 342 50004

Region 5 Director: Bob Fox
State President: John Dill



Issue Month:

August 2016

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

**Last Chance to
Sign-up for the
Picnic on Aug. 17th
See page 4**

LUNCHEON MENU: \$17



**AUG: Prawns,
House Salad with
Raspberry Dressing,
Chef's Salad, Sherbet.**

**SEP: BBQ Steak, House Salad
with Italian Dressing, Shrimp
Salad, Chocolate Eclairs.**

**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: August 3, 2016

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: Dr. Katherine McDermont
Certified Chiropractic Neurogloist

Meet our Speaker: See Page 2

**Holiday (Christmas)
Luncheon
December 7th (Wed)
Seating capacity is limited.
Reservation Slip
Coming Soon!!!**

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



Jerry Blumenthal, Big Sir

Annual SIRs Picnic

**August 17, 2016, Flood Park,
Oak Shelter Area, at 215 Bay
Road (just east of the Bayshore
Freeway at Marsh Road) in Menlo Park from
10 AM to 3 PM.** Make your plans, bring your
spouse or friend, have a good time as we join
with SIRs Branch 91 for our annual picnic. The
cost will be \$25 a piece which includes Danish,
Donuts and Coffee at 10 am, a catered Barbe-
que Lunch with Beer, Wine, Soft Drinks and
Water. Other activities include Bocce Ball and
Sepo in the morning, and Bingo and Raffles in
the afternoon. Reserve your spots early by
email or phone to Jerry Blumenthal
(gjblumenthal@gmail.com) or 1 (415) 728-
5573) then mail Jerry your check (made paya-
ble to **SIR's Branch 4**), or bring it to our August
3, 2016 Meeting. The **last** day to sign-up and
pay your money will be **August 3, 2016**, as I
need to let the organizers know the final
count, and send in the Branch payment, by
August 4th. **Come and Have a Great Time
with Our Fellow SIRs!**

Recruitment of New SIRs

Calling All Members! Calling All Members!

Be on the lookout for potential new SIRs. Do

you know men who might be interested in
joining SIRs Branch 4? Does your wife know
ladies who would like to get their husband
out of the house, so the ladies can get to-
gether and go out for lunch by themselves?
Do you know someone who is about to retire
or recently retired? Do you have friends who
like to play golf, bocce ball, take group trips
and local tours, or any of our other activities?
Give them the opportunity to join us and
become our friends, too. Contact Bill Gipe at
1 (650) 878-5746 or at wgipe24@gmail.com
to get the information you need to answer
any questions, and get the ball rolling. Let Bill
know if you are going to invite someone to
lunch, so he can meet and welcome them.

Branch 4 Officers for 2017

I would like to thank the nominating com-
mittee, SIRs Bud Sandkulla, Jack Major and
Ken Reed, for their prompt action preparing a
slate of officers for next year. Branch 4 elect-
ed our officers for 2017 at the July Meeting.
Your vote and support for our branch officers
is what keeps our branch going.

John McGlothlin – Big Sir, George Suter –
Little Sir, Paul Rosenberg - Secretary, John
Major – Assistant Secretary, Bob Golton –
Treasurer, George Fenech – Assistant Treas-
urer, Bill Gipe – Membership Chairman, and

Charlie Leach – Recruitment Chairman.
Consider working to make our branch better.
Volunteer to work on one or more of our
many committees or activities, become a
committee or activity chairman, and eventu-
ally become a branch officer. Your branch
needs a few good men!

Friendship Day

Friendship Day is a **day to honor and cele-
brate our friends. Good friends can be one
of the great joys in life and this is a great
occasion to let your friends and your fellow
SIRs know how much they mean to you. In
the United States and many other countries
Friendship Day is celebrated on the first
with friends Sunday in August. Anyone who
has a close friend, they want to honor, can
celebrate the day. It is a good reminder that
we should treasure our friends. The best
way is to spend a day, is to hang out with
your friends. Let them know what their
friendship means to you. Have a group re-
union by getting a group of friends together
for a party.**

**Congress made Friendship Day an official
observance in 1935. In 1997, Winnie the
Pooh was named the official Ambassador for
Friendship to the World by the United Na-
tions**



Little Sir, John McGlothlin Reports

This month, I want to start a discussion about our Speakers Series. The purpose of our monthly program is to provide us with interesting, valuable and often entertaining information. Since I was inducted as a SIR, I have enjoyed a variety of speakers, some controversial, some entertaining and all interesting.

The above comments are MY judgements. They are almost as important as YOUR judgements. My primary goal over the coming year is to continue to make our meetings pleasant and useful for you. To do this, Bob Fox, who spends a great deal of time and energy finding and scheduling speakers, and I need your help. Bob has tapped into a great reservoir of speakers. Many of you also have great ideas and contacts. One example is Bud's recruiting Nicole Sandkulla to share her knowledge of water conservation. Another, even closer to home, is Dave Nigel's recounting his experience living in the Philippines.

We need feedback. We've worked to schedule speakers to keep our luncheon flowing. Can we do better? We have adopted a 20-minute timetable so speakers do not interfere with other lunch events. Is 20 minutes OK, or should some speakers be given more time to develop their topic? What makes your luncheon most enjoyable?

Our sound system is bad. I tried to find a word that was "softer" but bad fits best. We're working on this, however, ideas are always welcome!

Finally, I want to give an update on the San Bruno Community Foundation (SBCF) that was created after the 2010 explosion and fire. SBCF recently awarded 6 scholarships to assist students with college expenses. One of our SIRs advised the selection committee. SBCF also launched a community grants program for local nonprofits with applications due September 30th.

HOSPITAL BILL

A man suffered a serious heart attack while shopping in a store. The store clerks called an ambulance when they saw him collapse to the floor.

The paramedics rushed the man to the nearest hospital where he had emergency Open heart bypass surgery.

He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard. Loaded with several forms, and a pen. She asked him how he was going to Pay for his treatment.

"Do you have health insurance?" she asked.

He replied in a raspy voice, "No health insurance."

The nun asked, "Do you have money in the bank?"

He replied, "No money in the bank."

Do you have a relative who could help you with the payments?" asked the Irritated nun.

He said, "I only have a spinster sister, and she is a nun."

The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect. Send the bill to my brother-in-law."



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>.

The 2016 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 July 12th Sharp Park tournament results are available on the golf web site above and will be available on the golf table at the lunch. The course was in good condition, except for 16 which had a tundra-like fairway and a temporary green. The canyon greens, holes 4 through 7, were back in play and in nice shape. Results are now on the web site.

Next Sharp Park Tournament:

Tuesday August 9th, 2016 - 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.

The 2016 Poplar Creek Tournaments are scheduled for Tues 2/16, Tues 4/19, Tues 6/21, Wed 8/24, Tues 10/18, Wed 11/16, and Wed 12/14. Tee times start at 1015 with a 40 player limit. **No-shows without notification** will require a \$10 contribution to the commissioner's pocket fund at the next tournament.

Next Poplar Creek Tournament:

Wednesday August 24th -first tee-off is 1015. Sign up at the golf table or call Jack or Ken. Green (\$33) and prize fees (\$7) are \$40 as of 1/1/16; optional cart fees are \$14 per player double, \$19 single, payable at the Pro Shop.

SIR Area 4 Away Golf Tournaments:

The first 2016 Away Tournament was held Tuesday July 26th at 1000, at Chuck Corica Golf Complex (Earl Fry course). Results are on the web site. Make future tournament checks out to SIR Branch 4 Golf, and send check to:

Jim Smith

430 Forest View Drive
South San Francisco, CA 94080.



MEET OUR SPEAKER

Dr. Katherine McDermont is a board certified Chiropractic Neurologist. The title of her talk is Emerging developments for rehabilitation of Vertigo, Peripheral Neuropathy, traumatic head injuries, innovative methods for mitigating fall risk and Parkinson's. She works at a multi-disciplinary practice serving patients with complex neurological conditions including post-concussion syndrome and cerebral palsy. A few of her modalities include electrical stimulation, ultrasound, and cryotherapy.



Bill Gipe Travel Chairman



Local tours coordinated by Wayne Veatch have been a feature at Branch 4 over the years. Everyone thanks Wayne for organizing all these wonderful day trips to visit so many interesting places and exhibits.

With suggestions from members, let's continue these SIR day trips. At the last meeting Bud Sandkulla suggested a visit to the old SF Auto Row on Van Ness Ave. The Academy of Arts classic cars museum is in a former showroom, and it's open to the public on Tuesdays 11 am to 1 pm. Tentative plans are for a visit during August. Details and signup sheet will be at the August SIR lunch. Please contact Bill Gipe, 650-878-5746 or wgipe24@gmail.com.

Bocce Ball

Our Sir's Branch have been invited to play in an Bocce Tournament On July 29 at the Doelger Senior Center . The Participants are Daly City Fire Dept, Daly City Police Dept., The Doelger Senior Center Team and our Branch Four Sirs.

This is a new experience for us so all I can tell you we will have fun and play up to our potential.

The time time is 9-12 AM on July 29 and I've been told by the people at Doelger that they would like to have a County Fair atmosphere with food and drinks. More information will be provided later with the results in the Tournament.

Charley Leach and Harry Lieberman - Bocce Co-Chairs



Birthdays Greetings George Suter, Chairman

Branch 4 remembers
August birthdays of:



Mike Abeyta, Ron Appel, Douglas Bishop, Bob Gardner, Terry Kirchhoff, Rich MacDougall, Jack Major, Leonel Parra, Lou Ravano, Matteo Rizzo, Pete Roosakos, Bob Scholten, and Antoon Van Arkel.

Attendance & Membership Bill Gipe, Chairman

Branch 4 membership total is 158, including Super Seniors (over age 95). In July, 90 members and 1 guest attended lunch.

Thanks to Fred Dannecker for inviting Jim Eli to join Branch 4. Remember to pick up a SIR wallet card at the Badge Table. Please consider giving a SIR card to any retiree who you think will enjoy SIR lunch and activities.



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 (Summer Off)

Next meeting will on September 21, 2016 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.

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.

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.

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.

Sunshine List:

Branch 4 sends greetings to Bud Fields, Ford Long Don Nuti, Wayne Veatch, Tom Sylvester, and all with challenges these days.

FIRST CLASS MAIL

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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 Promo-
tion of Independence and Dignity of
Retirement.

San Francisco Branch 4

Tear Off

Tear Off



Branches 4 & 91 - 3rd Annual Picnic - \$25 Wednesday, August 17th

*A Catered BBQ Lunch includes
Beer, Wine, Soft Drink and Water*

Flood Park, Menlo Park
We will be at the
"Oak Shelter" Area- From 10am to 3pm
Danish, donuts, and coffee at 10am
Bocce Ball Tournament starts shortly afterward
Sepo (Peruvian Coin Toss Game) also
starts shortly after arrival.
After lunch, Bingo and Raffle Prizes will follow.

Mail your reservation
with your payment of
\$25/person to:



*Jerry Blumenthal, Big Sir
1763 23rd Avenue
San Francisco, CA 94122*

Name _____

Direction: From the North: Take US 101 - South, Exit No. 406 for CA-84 E/Marsh Rd., (Dumbarton Bridge) turn right into Marsh Rd, go .5 mile, turn left onto Bay Rd, go .7 mile, Flood Park on your left.

From the South: Take US 101 - North, Exit 404B for Willow Rd-West, take the Clover leaf onto the overpass. Go .2 mile, turn right onto Bay Rd, go 1.3 miles, Flood Park will be on your right.

Note: Turn into the entrance and park near one of the two short walkways leading into the Oak Shelter Area.