

# FOGHORN

Branch 4 Monthly Newsletter

## 2017 Officers

**Big Sir: John McGlothlin**  
650 952 3673

**Little Sir: George Suter**  
415 665 1185

**Attendance & Membership**  
**Bill Gipe**  
650 878 5746

**Secretary: Paul Rosenberg**  
415 751 9039

**Treasurer: Bob Golton**  
415 661 8280

**Ex-Officio: Jerry Blumenthal**  
415 728 5573

**Region 5 Director:**  
**State President: John Dill**



**Issue Month:**  
**March 2017**

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

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

## LUNCHEON MENU: \$17

**MAR:** Corned Beef  
and Cabbage,  
House salad w/  
ranch dressing. Mint Ice  
Cream, Shrimp Louie Salad.

**APR:** Encrusted Basa Fish  
w/Mango Salsa, Cream Italian  
Salad, Apple Pie, Chicken Sand-  
wich 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: March 1, 2017**

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: Michael Barrington - (see below\*)**

**Topic: TBA**



Above is Big Sir John McGlothlin  
presenting a plaque of appreciation  
to Jeanne MacVicker as the guest  
speaker on February membership  
lunch meeting.



## John McGlothlin

**Big SIR's Musings**  
for March

A story worthy of a  
PBS Series.

A teenager is taken as a slave to another land, toils for six years and finally escapes, rejoins his family and decides what to do with his life. To achieve his goals, he returns to the land where he was enslaved, works to transform their people and becomes universally respected. Only in America, no, but certainly in Ireland!

It is hard to separate fact from fiction regarding Saint Patrick. The events attributed to him occurred in the late 400's or early 500's. Disregarding fables of ridding Ireland of snakes, using the Clover to illustrate the trinity, or the walking stick becoming a living tree, there remains a strong case Patrick did exist and made strong contributions to introducing Christianity to Ireland. One great result of the work of Patrick and other missionaries was the

dedication of Irish Monks, a few centuries later, who copied and preserved many early Christian documents which survived the Dark Ages. Patrick was one of the first foreigners from Britain to lose their heart to Ireland. For centuries, English kings sent overseers to Ireland only to find they became "more Irish than the Irish", rebels in their own right. As Ireland's attraction for the English continued, the Irish found ways, beyond rebellion, to counter:

- They conquered the English language. Irishmen like Shaw, Swift, Behan, Joyce and Yeats achieved new heights.
- Leaving Ireland through exile or necessity, the Irish invented modern politics in their new countries.
- Countries around the globe benefited from Irish educators, generals, (several) presidents and artists spreading Irish musical traditions.

How fitting the day marking Saint Patrick's death is celebrated as Ireland's national day and a day for Irish everywhere and others (like me) to celebrate the Irish.

## \*Meet our speaker

**Michael Barrington:**  
*Short Biography*

Dr. Michael Barrington, was born in Manchester in the UK. but has lived in the bay area for 30 years. As the president of MJB Consulting, he travels all over the world providing Monitoring and Evaluation Services to humanitarian organizations such as USAID, UNICEF, Oxfam, Save the Children etc. and has worked in more than forty countries. He is a former Catholic Missionary priest and ministered in Nigeria, Mexico and Brazil. He speaks six languages and academically considers himself to be "over engineered" having three Masters Degrees and a Ph.D. He spent a year living as a hermit. His book "**The Bishop Wears No Drawers**" is a memoir of his experiences in Nigeria where he lived for ten years, both during and after the civil war. He now lives in Concord with his French wife and a crazy American Eskimo dog and is a member of SIR 116 in Walnut Creek.



## George Suter Little Sir

For many seasons now, the San Francisco Playhouse downtown has expressed an unusual mission statement:

“Our theater is an empathy gym where we come to practice our powers of compassion. Here, safe in the dark, we can risk sharing in the lives of the characters. We feel what they feel, fear what they fear, and love what they love. And as we walk through our doors we take with us greater powers of understanding to make our community a better place, one play at a time.”

I believe empathy is an important quality to nurture, perhaps especially now, even especially here. As I move into the world of today, I find more and more things that appear strange and wrong to me. Maybe that's because the time we grew up in, the 1940s and early 50's, was a place radically different from today. The world has moved in unexpected directions, and I have not been quick to embrace it as it has become. Working my way into empathy for the people and things of today is not something that will occur without effort.

So how to do that? Clearly, it's to move into the actual world as often as possible, to keep your eyes open, and interact with it as often as possible. As I move around, I find there is a large reservoir of good will among the people I encounter. It's good to go to the theater, where encounters with the more radical of the new movements is possible and safer than, say, reading a newspaper, but we have another source of real experience – our SIR! How important is that monthly meeting to you? Please make sure that you attend and that you advertise us to people who have not been yet. Oh, and beyond that...

Range far and wide, come back and let us know what you find. We all need your eyes and ears, your take on what you're experiencing around you; in other words, your help in finding our communal way forward.



## Birthday Greetings

*George Suter, Chairman*

*Branch 4 remembers the  
March Birthdays of:*

Bob Calhoun, Vern Collins, Bob D'Elia, Juan Garcia, Pat Long, Dave Marconi, Jim McTiernan, George Mourgos, Ed Murphy, Jack Negrin, Don Nuti, Dan O'Leary, Ernie Pead, Bob Richter, Joe Sangiacomo, Jim Smith, and Woody Woodall.

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 **2017 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 **February 14<sup>th</sup> Sharp Park tournament** was cancelled due to rain the week before and the flooded course. We may not be playing there until spring if the rains keep up.

### Next Sharp Park Tournament:

**Tuesday March 14<sup>th</sup>, 2017 - 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 \$47 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 **2017 Poplar Creek Tournaments** are all scheduled for **Tuesdays** this year – 2/21, 4/18, 6/20, 8/29, 10/24, 11/28, and 12/19 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.

The **February 21<sup>st</sup> Poplar Creek tournament** results weren't available at press time.

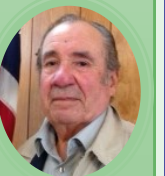
### Next Poplar Creek Tournament:

**Tuesday April 18<sup>st</sup> - first tee-off is 1015.** Sign up at the golf table or call Jack or Ken. Green (\$33) and prize fees (\$7) are **\$40**; optional cart fees are \$15 per player double, \$20 single, payable at the Pro Shop.

### SIR Area 4 Away Golf Tournaments:

**George Rodriguez**

The first 2017 Away Tournament is **Wednesday March 22 at Chuck Corica Golf Course**, Alameda, starting at 0830. A signup sheet was available at the February lunch, and will be at the March lunch too. The \$40 fee will be payable at the course. Jack Major and George Rodriguez are running the away golf tournaments temporarily.





**Bill Gipe**  
Travel Chairman  
[wgipe24@gmail.com](mailto:wgipe24@gmail.com).

The 2017 SIR Branch 4 local trips continued on February 23 with Little SIR George Suter's Mt. San Bruno nature hike to view Spring flowers. George will offer the same hike on March 23 at 10 am. Starting point is the main parking lot, north side of Guadalupe Canyon Parkway. After this rainy winter, Mt. San Bruno Park should have an especially abundant show of blossoming plants.

Any ideas for a future local trip? Please call 650-878-5746 or [wgipe24@gmail.com](mailto:wgipe24@gmail.com). Other Area and State SIR travel opportunities are on SIR website [www.sirinc.org](http://www.sirinc.org).

### Attendance & Membership Bill Gipe, Chairman



Branch 4 thanks all members who contributed their \$25 annual dues paying Branch membership (through Feb. 10) is 109 plus 9 Super Seniors (over age 95). It's not too late to pay 2017 dues at the Badge Table or by mail.

February lunch attendance totaled 74 members.

Please leave a message for Bill Gipe, if you will miss a lunch or have any membership questions, call 650 878 5746 or email: [wgipe24@gmail.com](mailto:wgipe24@gmail.com).

Remember handy wallet cards for potential new members at the Badge Table.

## Sunshine List:

Branch 4 sends greetings to Bob Bowen, Bob D'Elia, Scott Danielson, Bud Fields, John Gehring Don Nuti, Ernie Pead, Walt Prawicki, Antoon Van Arkel, Andy Ynostroza, and all those with challenges these days.

**Bocce Ball**—Roger Kelly and 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

Meet at 11:45AM every 3rd Wednesday 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.

**I'm Fine**

*(see page 4)*

## FIRST CLASS MAIL

Postage

**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*

## I'm Fine

### By Cardinal Cushing

*(Submitted by RECCSF member Con O'Leary)*

There's nothing the matter with me  
I'm just as healthy as can be.  
I have arthritis in both knees,  
And when I talk, I talk with a wheeze  
My pulse is weak, my blood is thin  
But I'm awfully well for the shape I'm in.

All my teeth have had to come out,  
And my diet I hate to think about.  
I'm overweight and I can't get thin  
But I'm awfully well for the shape I'm in.

And arch supports I need for my feet,  
Or I wouldn't be able to go out in the street.  
Sleep is denied me night after night,  
But every morning I find I'm all right.  
My memory's failing, my head's in a spin,  
But I'm awfully well for the shape I'm in.

Old age is golden I've heard it said,  
But sometimes I wonder, as I go to bed,  
With my ears in a drawer, my teeth in a cup,  
And my glasses on a shelf, until I get up.  
And when sleep dims my eyes, I say to myself,  
Is there anything else I should lay on the shelf?

The reason I know my Youth has been spent,  
Is my get-up-and-go has to-up-and-went!  
But really I don't mind, when I think with a grin,  
Of all the places my get-up has been.

I get up each morning and dust off my wits,  
Pick up the paper and read the obits.  
If my name is missing, I'm therefore not dead,  
So I eat a good breakfast and jump back into bed.

The moral of this as the tale unfolds,  
Is that for you and me, who are growing old,  
It is better to say "I'm fine with a grin  
Than to let people know the shape we're in.