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State President - Don Dill
Editor – George Suter
Assistant Editor – Open

Lunch Menu

June: BBQ Pork Ribs, Caesar Salad,
Coffee Ice Cream w/Biscotti.
Alternate: Shrimp Avocado Salad

July: Chicken Marsala, Salad with
1000 Island Dressing, Warm Apple
Pie with Oatmeal Crisp.
Alternate: Fish and Chips

Thoughts from Our Big SIR John McGlothlin:

One of the significant days of June is the 14th, Flag Day, when we commemorate the day in 1777 when the “stars and stripes” was adopted as our national flag. June 14 is also celebrated as the birth date of the U.S. Army in 1775. Flag Day was officially recognized by Congress in 1916. A major force behind adoption was the Elks Club (our luncheon host) and their recognition dates from 1907!

For Californians, June 14, 1846 is also significant as the day Californian revolutionaries went to Sonoma and captured the Mexican Commandante, Mariano Vallejo, and set off the Bear Flag Revolt. Vallejo went on to become a U.S. Citizen, State Senator, donor of land for the early state capitol in Vallejo, and founder of Sonoma and Benicia. A submarine,



the USS Mariano Vallejo, was christened in his honor.

You can view the replica of our state flag at the Sonoma historical park (the original was lost in the 1906 fire). When you have an opportunity consider whether the hand drawn “grizzly bear” looks more like a pig. A historical tidbit - one of the designers of the Bear Flag was William Todd, nephew of Mary Todd Lincoln (some say Mrs. William Todd had more to do with making the flag).

Returning to our Army, June 6th 1944 is remembered as D-Day, the greatest amphibious landing in history. Our Army played an enormous role along with their British and Canadian counterparts and supported by all branches of our armed forces. A trip to the Normandy beaches will leave you in awe of the tremendous courage of soldiers who stormed the beaches, especially Rangers who scaled the cliffs and troops who parachuted or rode gliders to land behind enemy lines.

Last and not least, some important June Birthdays; in addition to the SIRs we recognize: Martha Washington (the first, First Lady), Nathan Hale, Scott Adams of Dilbert fame, President George H. W. Bush and Barbara Bush, and President Trump (all in order of birthday dates).

God Bless America



June 2017 Issue

Meeting: June 7, 2017

Next meeting: July 5, 2017

June Meeting Speaker is Dr. Chris Threatt

Dr. Threatt is a board certified urologist. He has over 15 years of experience in all aspects of urology.

Dr. Threatt is a Bay Area native, as he grew up in Berkeley and graduated from U.C. Davis. He graduated from the University of California, Irvine School of Medicine. He completed his internship in general surgery and went on to complete a urology residency program at Duke University Medical Center in North Carolina. He established Peninsula Urology Center, Inc. in Atherton in 2005. In 2015 he opened Sequoia Urology Center in order to bring new innovative urological technologies to Silicon Valley.

He will discuss with us the most common prostate problems men over 65 usually encounter and ways to combat them. sirinc.org

Help Wanted – Board Members

Each month, we feature one or more positions responsible for making our Branch run effectively

and meet your needs. Board Members are the voice of our membership, participate in decision-making at our board meetings, and bring your ideas, suggestions and concerns to the attention of the board and officers.

There is no cookie-cutter criteria for a board member. Life experiences are important as well as your experiences in different jobs, in other organizations and in SIR activities. SIRs who are new to the organization and SIRs who are experienced members each add their own perspective. We hope some board members will also be willing to serve in our officer positions, or as an assistant, or co-officers and activity chairs. However, this is not a requirement to join the board.

Opportunities occur as Board Members serve their terms and leave the board, or move into other positions, so there are places to fill. Talk to your table mates and see if you agree they want a voice in our governance. If so, remember, new ideas can make a difference!

If you want to learn more, talk to the Little or BIG SIRs, officers or activity chairs.

From Your Little SIR – George Suter

Over a month ago, I acquired a perfect little toy. It's a model airplane, weighing less than an ounce, yet capable of being flown under radio control for about 4 minutes at a time (doesn't sound like much, but in practice that's plenty.) It's not a toy for young children, being too fragile for rough handling, and needing a steady

hand on the controls. So I can't say I got it "for the grandkids." It's definitely intended for me alone. All it needs is a non-windy day and an open space about the size of a baseball field. It comes in a box with a handle that has everything needed for flight neatly and securely packed – airplane, batteries, radio, charger, and instructions. So what's the problem? Running out of the house the other day I spotted the box sitting in a corner, unused and, to my eyes at least, looking forlorn. I can't even find the time to kick back and hang out to play. I used to be so good at that, a long, long time ago. By the time you see me next, I promise to be able to report on how well that plane flies (if at all – I was a master airplane crasher back in the day). Have you been able to get out and play lately? If so, let me know what you did and how that worked out next time you see me. We SIRs have the opportunity, but we must make the time, and others might be interested in what you did.

Membership Report William Gipe

Branch 4 thanks all members who paid 2017 dues or made contributions. Please remember to pick up a SIR wallet card or an extra Foghorn at the Badge Table. These are perfect to give to a retired friend interested in SIR lunch and activities.

The May 3 lunch attendance was 79 members and 2 guests. Branch 4 active membership is 128 with 6 Super Seniors (over age 95). B094adge One new member's induction is pending.

Branch 4 inducted and welcomed Case Verploegh, sponsored by

George Suter. Case was president of ACRO Graphics.

Sunshine List:

Branch 4 sends greetings to Claude Blakeslee, Ernie Braun, Bob D'Elia, Bud Fields, Don Nuti, Ernie Pead, Hank Prawicki, Stu Ruth, Antoon Van Arkel, and Andy Ynostroza.

In Memoriam

Branch 4 remembers two Super Seniors who passed in April: Ed Murphy and Irv Jarkovsky.

Birthday Greetings:

Branch 4 remembers the June birthdays of Peter Aiello, Ed Arce, Bruce Barichievich, Jack Benjamin, Bob Bowen, Tony Braganza, Dave Carelli, Bob Eshoo, Sandor Halasz, Charlie Hoenich, George Kallas, and Herman Scholz.

Golf: Jack Major 415-566-2243 and 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](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 May 9th Sharp Park tournament course conditions weren't too bad, and the weather was fine. Holes 4 and 6 were a bit squishy, holes 7 and 10 had high grass on parts of the fairways.

Otherwise, playable. We just had 4 groups for 15 players.

Next Sharp Park Tournament: Tuesday June 13th, 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 April 18th Poplar Creek tournament results are out there on the web page. The weather turned out just fine, sunny with no squalls passing over and no wind to speak of. There were just a few wet areas, so the course was in fine shape.

Next Poplar Creek Tournament: Tuesday June 20th - 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: The second 2017 Away Tournament was Wednesday May

24th at Chuck Corica Golf Course, Alameda, starting at 0830. The results weren't available at press time, but are now out there on the web page.

Bocce Ball - Charley Leach and Roger Kelly - Co-Chairs

Meets every Wednesday at the Doelger Senior Center 10-12 AM. No Bocce Ball on First Wednesday because of SIR's Lunch.

Computer Club - Jerry Blumenthal - Chair

Meets every 3rd Wednesday at the Doelger Senior Ctr. 11:45 AM. All those interested in computers are welcome.

Pinochle - George Samoulides - Chair

Games are on the 2nd and 4th Mondays of each month. All SIR's are invited to join in the fun. Call George for further information. Hope to see you there for some fellowship and fun.

Walk for Health - Ken Reed - Chair

Meets on the last Friday of the month at a variety of locations at 9:45 AM. The walks are scenic, fun, and full of camaraderie. An email is sent monthly as to the current location. Guests welcome.

Tours – Bill Gipe - Chair

Branch 4 local tour is scheduled for Friday June 16 to AT&T Park at 10:30 am. Tour includes visit to a dugout, clubhouse, field track, indoor batting cage, press box, and a luxury suite. We'll learn about the construction of this San Francisco landmark. Optional nearby lunch will be at noon. Senior tour cost is \$17 + \$3 advanced ticket fee.

Signup at June lunch or call 650-878-5746.

Any suggestions for future local trips are always welcome.

Interested in an away trip with SIR travel? These out-of-town travel opportunities are detailed on the SIR website, www.sirinc.org.

Look for your badge number in the Fog Horn, if you see a number that just doesn't belong in the context and it's yours, claim your 5 free tickets for the raffle.



Smoky Joe's Café; the Music of Jerry Lieber and Mike Stoller, Promotion for SIR!

“Sons In Retirement Theater Day” - June 11th 2:30 matinee. Special pricing; \$46 Orchestra, \$38 Balcony.

Deadline for ordering tickets is June 1st. This this will be a very enjoyable event and a fantastic recruitment tool, so being friends and neighbors to this wonderful, great musical performance.

To order, contact www.broadwaybythebay.org/sir. This event includes a special post-performance session with the cast!

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San Francisco Branch 4