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Editor – George Suter
Assistant Editor – Open

Lunch Menu

October: Veal Parmesan, Caesar Salad, Italian Cream Puff.

Alternate: Tuna Melt with Curly Fries

November: Turkey with stuffing, mashed potatoes, salad w/pomegranate dressing, pumpkin pie. Alternate: Barbeque pork sandwich with French fries

***Thoughts from Your Big SIR
John McGlothlin:***

Picking up from my September Big SIR report, we have made progress on working with our caterers to assure they are insured. We are fortunate to have SIRs with legal experience and qualifications. Some no longer practice and, wisely, do not dispense legal opinions and advice though they do contribute opinions regarding what sort of advice SIR needs. We also benefited from insights from SIRs who worked within the Insurance Industry and shared their experiences.

The result is we have a much better agreement and a plan to share it with our caterers. As I



mentioned, five North Peninsula SIR Branches, including ours, work with California Catering. When we are finished, we will have an agreement covering all five branches.

We also learned there was another serious incident where a SIR driving to a golf tournament and transporting others was involved in an accident with a fatality. Like the catering tragedy, another sad situation. I don't have additional specifics for this incident yet.

The entire matter of insurance and liability for incidents is receiving attention it should have received some time ago including important advice regarding how to handle tragic situations such as vehicle accidents and food poisoning. If such situations occur, the best response is to direct anyone hurt or damaged to the insurance carrier and to notify the carrier (if the incident involves a SIR event, you should also contact our State insurance coordinators Craig Hoffhines, 916-624-0113, or Angelo Coero, 916-472-6650). They can handle questions of liability and

God Bless America



October 2017 Issue

Meeting: October 4, 2017

Next meeting: November 1, 2017

compensation. Well-intentioned comments that “___’s” insurance will take care of the matter may create confusion in the long run and more bad feelings.

On to happier topics. I just received the flyer for the SIR Theatre Day, Nov. 12th. Broadway by the Bay will present “Singin’ In the Rain” at Redwood City’s Fox Theater. Discounted tickets are \$46 and \$38 AND include a presentation by the cast. Watch for the flyer AND many thanks to Branch 4 for arranging this event!

Not to be outdone, Little SIR George Suter has put together our Holiday Luncheon for December 13th. at the Yacht Club at Oyster Point. This is a new venue, very close to Dominic’s where we frolicked last year. George reports the new venue is excellent and I’m certainly looking forward to a great time!

October Speaker – Ruby Jacques on human trafficking and its remediation

Ruby Jacques is a retired public servant and has been involved in social justice issues for many years. Her involvement with Bay Area Anti-Trafficking Coalition (BAATC) began 7 years ago. Ruby is on the Board of Directors of BAATC and on the Advisory Board of Freedom House (an aftercare home of restoration). Ruby and her husband lead and train volunteers on how to staff information tables at different events, both for BAATC and Freedom House, as well as speak to different groups as needed. The goal they share is to educate as many people as possible on the subject of human trafficking and how they can be part of the solution.

Thoughts from your Little SIR – George Suter

I encountered the following advice for pilots in a previous life: STEPS TO KEEP YOUNG AND FLY FOREVER:

- (1) Live in British Columbia or Alaska beside a river filled with wild salmon - catch and eat
- (2) Twice a day, hike to the top of a nearby mountain to pick wild blueberries - eat
- (3) Plant a vegetable garden, fruit trees, and a vineyard. Drink one glass of red wine a day. Cut out sugar, processed foods, chemicals, and pesticides

(4) Eat less food than you think you need. Drink more water than you think you need

(5) Live with someone you adore, who mentally stimulates you

(6) Make love to that person once or twice a day (suggested minimum)

(7) Be part of a support community (SIR?)

(8) Believe in something greater than yourself

(9) Do brain-training exercises once a day or challenge yourself to learn something difficult

(10) Take a nap every day

(11) Let go of resentment and frustration. Just let them go. Life is too short and they are killing you.

In similar humorous vein, fellow SIR George Rodriguez found the following advice for golfers: “When you look up, causing an awful shot, you will always look down at exactly the moment when you ought to start watching the ball if you ever want to see it again.” Also: “It’s not a gimme if you’re still away”.

Membership Report - Bill Gipe

Active members	129
Super Seniors	5
Total	134
Sept. 6 attendance =	75

Remember SIR wallet cards are available at the Badge Table. Also,

extra copies of the Foghorn are available. Please look for 2018 SIR dues envelopes at the Badge Table. Thanks for your support.

Branch 4 sends greetings to Claude Blakeslee, Bud Fields, Harry Lieberman, Jack Negrin, Don Nuti, Ernie Pead, Meyer Segal, and Jim Smith. Branch 4 remembers all members with challenges these days.

Travel Report - Bill Gipe

Branch 4 has local trips almost every month. In September, Branch 4 visited the Oakland Aviation Museum on Friday Sept. 22. For October's local trip Branch 4 members & guests will visit the Computer History Museum in Mountain View. Details & signup sheet will be at the lunch or call 650-878-5746 for information. Remember sirinc.org website has many SIR long distance travel options.

Birthday Boys: Branch 4 congratulates our October birthday boys: John Gehring, Dan Herran, and Stu Ruth.

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>.

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 September 12th Sharp Park tournament course conditions were decent, but a bit dried out on 14,16, and 17. We had only 20 players, so no buffet breakfast. Results are out on the website above.

Next Sharp Park Tournament: Tuesday October 10th, 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.

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. Badge Number 113. No-shows without notification will require a \$10 contribution to the commissioner's

pocket fund at the next tournament.

Next Poplar Creek Tournament: Tuesday October 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; optional cart fees are \$15 per player double, \$20 single, payable at the Pro Shop.

SIR Area 4 Away Golf Tournaments: The most recent Away Tournament was Tuesday September 26th at Chuck Corica Golf Course, Alameda, starting at 0830. Results are on the website. Fees are \$45 including green, cart, warm up bucket, and prize fund. We have spaces for 24 players.

Stand by for updates. Sign up for the tournaments at the golf table at the 1st Wednesday lunch.

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 (415) 728-5573 or glblumenthal@gmail.com

Meets every 3rd Wednesday at the Doelger Senior Ctr. 11:45 AM. All

those interested in computers are welcome.

The Center no longer allows pre-assigned tables, if you will eat at the Center you must place your lunch or purchase tickets early to stake out a table.

Notify Gerry if you plan to attend the club meeting only (no lunch).

The next CyberSirs meeting will be on Wednesday, October 18, 2017.

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.

Wine Tasting – Bob Fox – Host

Members from our branch as well as Branch 118 meet monthly. We rotate selecting 5 wines to expand our knowledge of wine. Additionally, we meet every three months for dinner at a different restaurant.. If you are interested in this activity, contact Bob Fox.

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.

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San Francisco Branch 4



SIR Xmas Party fast approaching
Wednesday December 13, 2017
at the Oyster Point Yacht Club – lunch, presents,
songs, and good cheer
Pencil in the Date! Resolve to come

