

**Big Sir** – George Suter  
(415) 665-1185

**Little Sir** – Stuart Etzler  
(415) 819-8503

**Secretary** – Stuart Ruth  
(415) 387-7176

**Treasurer** – Robert Golton  
(415) 661-8280

**Ex-Officio:** John McGlothlin  
**State President** – Derek Southern

**Editor** – George Suter

**Assistant Editor** – Open

---

### Lunch Menu

#### **September 2018 - \$22**

BBQ steak  
House salad with Italian dressing  
Yellow cake  
Alternate: Shrimp salad

#### **October 2018**

Fish & chips  
Cesar salad  
Banana foster  
Alternate: Chicken sandwich & fries

---

**Featured Speaker of the day – Dan Devone – Sports announcer. Topic “Reflections”**

### Membership Report - Bill Gipe

Membership and Attendance:

Active	120
Super Seniors	4
Total	124

August 1 lunch attendance was 70 members and one guest.



The Badge Table has available wallet size business cards. These cards are handy to spread the word about the Branch 4 lunch and activities.

### **Sunshine Report**

Branch 4 sends greetings to Bud Fields, Tom Heafey, Harry Lieberman, Pablo Magat, Dan O'Leary, Jack Negrin, Don Nuti, Ray Yoshak, and all with challenges these days.

Branch 4 remembers Constantine Konstin, who brightened SIR lunches for many years

**September Birthdays** Branch 4 remembers the September birthdays of Bruno Andreatta, Pete Carrillo, Stu Etzler, George Fenech, Bill Gipe, Bob Golton, Spiro Jouganatos, and Bud Sandkulla.

---

### **Local Tours**

Branch 4 plans to take the Graton Casino Bus on Monday September 17 from the Serramonte Center stop (Callan Blvd.entrance) at 8:30 am. Return bus from the casino in Rohnert Park leaves at 3:30 pm (5 pm Serramonte arrival). Bus transportation costs \$15,

### **God Bless America**



### **September 2018 Issue**

Meeting: Sept 5, 2018

Next meeting: October 3, 2018

---

payable to the driver. More details and a sign-up sheet will be at the SIR lunch.

**Golf: Jack Major 415-412-6654 (cell) 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 **2018 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 **August 14<sup>th</sup> Sharp Park tournament** results were available after

press time, so we'll have August's report next month.

**Next Sharp Park Tournament: Tuesday, September 11<sup>th</sup>, 2018 - first tee-off is 0930.** SIR members and their guests are invited. 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 **\$50** for green fees, cart, and breakfast (\$44), and prizes (\$6 each). No cart saves you \$13. Carts are allowed on most par 4's and 5's, depending on the ground moisture.

The **2018 Poplar Creek Tournaments** are all scheduled for **Tuesdays or Wednesdays** this year – Tue 2/20, Tue 4/17, Wed 6/27, Tue 8/28(changed), Wed 10/24, Wed 11/21, and Tue 12/18. 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: Tuesday August 28<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. Prize merchandise vouchers can't be used for cart rentals during tournaments.

**SIR Area 4 Away Golf Tournaments:** The Away Tournament was Crystal Springs on Tuesday July 24<sup>th</sup> with 20 players. We played from the Golds, rather than the White/gold Combo holes, which were still a challenge. Birdies include **Woody** and **Bob Calhoun** on par-3 hole 11, Hole 11 was a surprise closest, since the crew didn't get the closest signs out on the front 9 in time. Results are out on the website.

Stand by for updates. Sign up for the tournaments at the golf table at the 1<sup>st</sup> 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 in September because of SIR's Lunch. Badge #050

**Computer Club - Jerry Blumenthal - Chair (415) 728-5573** or [gblumenthal@gmail.com](mailto:gblumenthal@gmail.com)

Normally meets every 3rd Wednesday at the Doelger Senior Center. We take lunch together at 12:00 PM (reserve a seat early!), then repair to Room 3 at about 12:45 PM. The next meeting will be September 19, 2018.

**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.

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. The badge number is hidden by popular request.

---

### **A brief squawk from your Big SIR George Suter**

Sons in Retirement is all about making friends. By this stage of life, we all probably know how to do that, but it happens that, over the years, we may have gotten rusty on making **NEW** friends. To help you along, I'm going to pass on, verbatim, from the September issue of Popular Mechanics (How to Make Anything) their advice to Millennials on How to Make Friends:

- (1) Find places you enjoy - the gym, a maker space, a house of worship, a house of pancakes.
- (2) Pay attention to the people you see there repeatedly.
- (3) Ask for a spot, a jigsaw, the syrup. Say "My name's [your name], by the way."
- (4) Remember their name. Use it next time.
- (5) Repeat until you're comfortable enough to ask if they want to grab a quick drink.
- (6) Don't send a text the next morning.

It just sounds too simple doesn't it? At least up until the "Remember their name" part.

E-mail me what you think – I'll add it to the next newsletter.

For you contrarians out there, the same issue of Popular Mechanics has advice on How to Make an Enemy:

- (1) Constantly undercut them in meetings.
- (2) Steal their spouse.
- (3) Ignore their text for more than 24 hours.
- (4) Make fun of their mom, children, alma mater, or face.
- (5) Correct their grammar.
- (6) Publicly question their conspiracy theory.

(7) Unfollow them on Instagram.

(8) Cut off their hand, feed it to a crocodile, and brag all over Neverland.

(9) Take literally anything from Liam Neeson.

---

***Thanks to Rich Palmer for this eye-opening exercise***

Is a gallon of gas expensive at \$3.90 a gallon? Maybe, but try these other prices on for comparison. One gallon contains 128 oz. How much does your favorite beverage cost by comparison?

15 oz can of Starbucks Double Shot Coffee Drink @ \$3.09 = \$26.37 per gallon

24 oz bottle of Corona Extra @ \$2.99 = \$15.95 per gallon

20 oz bottle of Diet Coke @ \$1.99 = \$12.74 per gallon.

16 oz bottle of Snapple Fruit Punch @ \$1.00 = \$8.00 per gallon.

Of course you don't drink these by the gallon right? And that's a good thing too.

***Bill Gipe and Terry Kirchhoff*** attended the A's game on Wednesday August 15. How's that for a fun afternoon?

## And this from ***Nick Fesunoff:***

### **And then I don't feel so bad**

To be sung to the tune from sound of music; These are a few of my favorite things

#### **Botox and nose drops and needles for knitting, Walkers and handrails and new dental fittings, Bundles of magazines tied up in string, These are a few of my favorite things.**

Cadillac's and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache, when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

**POSTMASTER:**

*If undeliverable—Please return to:*

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

Postage



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

*San Francisco Branch 4*

All activities arranged for or by, Sons In Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Incorporated, and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities