

Big Sir – Stuart Etzler
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Little Sir – Stuart Ruth
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Secretary – Pete Gandell -
(415) 981-6551

Treasurer – Robert Golton
(415) 661-8280

State President: Ed Benson

Editor: George Suter
(415) 665-1185

Lunch Menu

October 2019

Caesar salad
Prawns
Bananas foster
Alternate: Broiled chicken
sandwich with fries

November 2019

Pomegranate dressing salad
Turkey with stuffing; mashed
potatoes
Pumpkin pie
Alternate: Chinese prawn salad

Our **speaker** for the October
lunch meeting is:

John Lehman

Who will lead us through a
music trivia quiz in which we
will compete by table.

Some of you may remember
the meeting, it seems like
years ago now, in which John
set up the same competition
by table to name singers,
movies songs appeared in,
the year in which a song hit
the charts and other trivia
items and the fun we had. I
never saw our group livelier,



and the smiles were wide that
day.

John has kept himself busy in
the South Bay as office and
marketing manager for
SarahCare of Campbell, an
adult day activity center,
where he has given twice
weekly “vintage music for
memory” sessions since
August 2012.

John is an amateur
musicologist and collector
since 1960, and has every
original popular recording
from 1890 to the present.

A Vietnam era veteran, John
spent 35 years prior to 2005
in high-tech. John was a part-
time and full-time caregiver
from 2005-2018. He started
giving music entertainment
sessions in 2004 and has
given over 150. He delivers
this “Reminiscence” therapy
to SarahCare and some
residential centers.

With USC Alzheimer’s
researchers, he created a
successful research program
of object and word tests to
measure the impact of two
hours of vintage music
immersion every week on
cognitive memory.

God Bless America



October 2019 Issue

Meeting: October 2, 2019

Next meeting: Nov 6, 2019

Membership Alert

2020 Branch 4 Officer Election

At the October 2 lunch we will
hold an election by acclamation
for the following unopposed
2020 branch officers. You must
be present to vote.

Big SIR: Stuart Ruth
Little SIR: George Suter
Secretary: Pete Gandell
Treasurer: Bob Golton

Any member wishing to place
another name in nomination,
contact current Big SIR Stuart
Etzler before the end of the
Executive Board Meeting on
October 2, 2019

Membership Report - Bill Gipe

Membership and Attendance:

| | |
|---------------------|-----|
| Active | 115 |
| Super Seniors (95+) | 5 |
| Total | 120 |

September 4 meeting attendance 69 members and 1 guest.

Branch 4 welcomed guest David Andreatta

Birthday Boys

Branch 4 remembers the October birthdays of Bob Arata, John Cooney, Bob Fontes, John Gehring, Dan Herran, Dave Ocampo, Stu Ruth, and Ted Wright

Sunshine Report Branch 4 sends greetings to Ernie Braun, Bud Sandkulla, Herman Scholz, and all members facing challenges.

Keeping in Touch

Please mention any SIR friends who you have missed at your table. We will try to contact them.

SIR Local Trips

See the Foghorn and sign-up sheets at the meeting for monthly Branch Local Trips and Tours

Golden Gate Fields "SIR Day at the Races" is scheduled for Friday **October 18**. Cost is \$41 per person and includes buffet lunch. Big SIR Stu Etzler says "This is one of the best things we do – don't miss it!"

Any ideas for a future local SIR day trip? Please write your idea on the Badge Table local trip clipboard, or leave a message for Bill Gipe at 650-878-5746..

Golf: Jack Major 415-412-6654 (cell) and Ken Reed 415-810-3832.

A 2019 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 **2019 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 **September 10th** match was played in ideal conditions. Course conditions were fine, and the cart situation was good er, since we reserved 10 ahead of time. Results were too late for press time, but you should get an email of the winners, and details on the website.

Next Sharp Park Tournament: Tuesday, October 8th - 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 a half-hour before your tee time.** The lineup will be sent out by email a few days before. Sharp Park fees are **\$54** - \$22 green, \$13 breakfast, \$13 cart, \$6 prizes. No cart or breakfast saves you \$13 each.

The **2019 Poplar Creek Tournaments** are all scheduled for **Tuesdays** this year –2/19, 4/23, 6/18, 8/20, 10/22, 11/19, 12/17 – starting at 1015.

The Tuesday **August 20th Tournament** results were printed for September lunch golf table and were emailed and available on the website.

Next Poplar Creek Tournament: Tuesday October 22nd - first tee-off is 1015. Sign up at the golf table or call Jack or Ken. Green (\$33), prize fees (\$7), and golf fund replenishment (\$5) are **\$45**; optional cart fees are \$33 double, \$23 single, payable at the Pro Shop. Prize merchandise vouchers can't be used for cart rentals during tournaments.

SIR Area 4 Away Golf Tournaments: Crystal Springs results for the September 17th match will be emailed, and available at the October lunch.

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 the first Wednesday of the month because of SIR's Lunch. To keep you posted on conditions, make sure Roger or Charley have your email address.

Computer Club - Jerry Blumenthal - Chair (415) 728-5573 or glblumenthal@gmail.com

Generally meets every 3rd Wednesday at the Doelger Senior Center.

Walk for Health - Ken Reed -

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 Foghorn, if you see a number that just doesn't belong in the context and it's yours, claim your 6 free tickets for the raffle

Savvy Senior Travelers by Rick Steves (really? THAT Rick Steves?)

Savvy travelers know it's never too late to have a happy childhood. Looking for a fountain of youth? I've long noticed that older travelers seem younger than average in their appearance, attitudes, and energy levels. Travel is an excellent way to stay young in spirit — and many senior adventurers are proclaiming, "Age matters only if you're a cheese" as they plan their next trip (and the one after that).

When to Go

If you can travel whenever you want, it's smart to aim for shoulder season (April through mid-June, or September and October). This allows you to avoid the most exhausting things about European travel:

crowds and the heat of summer, and it saves money, too.

Travel Insurance

Seniors pay more for travel insurance — but are also more likely to need it. Find out exactly whether and how your medical insurance works overseas. (Medicare is not valid outside the US except in very limited circumstances; check your supplemental insurance coverage for exclusions.) When considering additional travel insurance, pay close attention to evacuation insurance, which covers the substantial expense of getting you to adequate medical care in case of an emergency — especially if you are too ill to fly commercially.

Flying

If you're not flying direct, you might consider checking your bag to avoid lugging it to a connecting flight through a huge, busy airport. (Be sure to keep medications and other important items in a smaller carry-on bag for the plane and any layovers.) If you're a slow walker, request a wheelchair or an electric cart when you book your seat so you can easily make any connecting flights. Since airplanes' lack of legroom can cramp your style, book early to reserve aisle seats (or splurge on roomier "economy plus," or first class). Stay hydrated during long flights, and take short walks hourly to minimize the slight chance of getting a blood clot.

Packing

When you pack light, you move effortlessly through Europe. To lighten your load, take fewer clothing items and do laundry more often. Fit it all in a

rollaboard suitcase or a carry-on that converts to a backpack. Figure out ways to smoothly carry your luggage, so you're not wrestling with a big bag or several bulky items. For example, if you bring a second bag, make it a small one that stacks neatly (or attaches) on top of your wheeled bag. A small notebook or your phone's notes app is handy for jotting down facts and reminders, such as your 215 hotel-room number or Metro stop. (Your phone's camera can take visual notes, too.) Recording these things will help keep your mind clear and uncluttered. Carry an extra pair of eyeglasses if you wear them, and bring along a magnifying glass if it'll help you read detailed maps and small-print schedules.

Medications and Health

It's best to take a full supply of any medications with you and leave them in their original containers. Finding a pharmacy and filling a prescription in Europe isn't necessarily difficult, but it can be time-consuming. Plus, nonprescription medications (such as vitamins or supplements) may not be available abroad in the same form you're used to. Pharmacists overseas are often unfamiliar with American brand names, so you may have to use the generic name (for example, "atorvastatin" instead of "Lipitor"). Before you leave, ask your doctor for a list of the precise generic names of your medications, and the names of equivalent medications. (to be continued – unless someone sends me something better)

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