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**Treasurer** – Robert Golton  
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**Editor:** George Suter  
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**Lunch Menu**

**January 2020**

Caesar Salad,  
Chicken Cacciatore,  
Italian Cream Puff  
Alternate: Shrimp Salad

**February 2020**

House Salad w/ Italian  
Dressing,  
Veal Parmesan,  
Brownie a la Mode  
Alternate: Chef Salad

NOTE: Meal cost is \$20 in the new year.  
Up from \$19 last year.

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Our speaker for the  
**January 8** meeting will be

**Chester Santos**

an expert in assisting people  
on memory retention. He has  
been doing this for years .

**Memory Fun 101.** Memory is  
absolutely fundamental to  
learning. Improving one's  
memory has a profound  
positive impact on one's  
career and personal life. In  
this fun and entertaining  
presentation, U.S. Memory  
Champion, Chester will teach  
attendees the basics of  
memory improvement. We  
will learn a number of



memory boosting methods.  
We will be shown how to  
utilize both sides of the brain  
in order to make information  
stick and become  
unforgettable. We will  
participate in enjoyable  
exercises and actually be  
able to feel our memory ability  
improving throughout the  
presentation. We will leave  
this interactive session with  
sharper minds and a solid  
foundation in exercises and  
techniques that will benefit us  
for the rest of our lives.

Lastly, Chester will offer  
subsequent learning  
experience classes to anyone  
seeking further teaching.

**Membership Report - Bill  
Gipe**

Membership and Attendance:

Active	115
Super Seniors (95+)	4
Total	119

November lunch attendance: 68  
members and 2 guests.

Please note an updated list of  
eligible SIR Seniors and Super  
Seniors will be available in  
January.

**God Bless America**



**January 2020 Issue**

**Meeting: January 8, 2020 (!)**

Next Mtg: February 5, 2020,

**Birthday Boys**

Branch 4 notes the January  
birthdays of Rich Fraher,  
Peter Klein, Bill Lippincott,  
Pablo Magat, Donald Ray,  
Lloyd Rinde, David Solomon,  
Rich Soward, Marios  
Stathopoulos, Ray Steward,  
Wil Uclusin, and Brian Weiss.

Branch 4 remembers the  
passing in 2019 of Juan  
Garcia, Bud Howard, Mel  
Kranke, Jack Negrin and  
former members Merton  
Jones and Lou Ravano.

**Sunshine Report** Please  
keep the Badge Table  
informed or call 650-878-  
5746 with a message.

Branch 4 sends greetings to  
Ernie Braun, George  
Mourgos, Lloyd Rinde, Bud  
Sandkulla, Herman Scholz,  
and all with challenges these  
days.

## SIR Local Trips

In 2019 Branch 4 local tours included Angel Island, Ano Nuevo Preserve, Golden Gate Fields, Peninsula Museum of Art, Presidio Visitors Center, SF Botanical Gardens, 027 San Bruno Mountain Park, and Salesforce Transit Center Gardens.

Please watch for Local Tour announcements in the Foghorn, at the lunch, or call 650-878-5746. Hope you and guests can join the local tours in 2020. Any ideas? Please leave your suggestions with Badge Table or call..

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

A 2020 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 **2020 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 **December 10<sup>th</sup>** match was played in surprisingly good conditions. Course conditions were fine, and the cart situation was good, since

we reserved 6 ahead of time. We had just 9 players, others expected rain. Wil Uclusin took 1<sup>st</sup> and closest to hole 8, Dennis Meixner 2<sup>nd</sup>. Stuart Ruth was 2<sup>nd</sup> on hole 8, prospects Jim O'Shea and Dan Linehan were closest to hole 15. Details on the website.

**Next Sharp Park Tournament: Tuesday, January 14<sup>th</sup> - 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 **\$55-** \$24 greens as of 10/1, \$13 breakfast, \$13 cart, \$5 prizes...No cart or breakfast saves you \$13 each.

The **2020 Poplar Creek Tournaments** are all scheduled for **Tuesdays** except June this year –2/18, 4/14, Wed. 6/17, 8/18, 10/20, 12/15 – starting at 1015.

The Tuesday **December 17<sup>th</sup> Tournament** results were too late for press time but were emailed and available on the website.

**Next Poplar Creek Tournament: Tuesday February 18<sup>th</sup> - 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:** Stand by for months with no Poplar Creek, plus others,

**Note: The \$39 2020 NCGA dues close out mid-January – after that it's plus \$10.**

**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 second Wednesday of next 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](mailto: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.

From your Editor George Suter.

I'm finding that I spend a lot more time reading than I once did. Many of the best books I have read recently were suggested by my fellow SIRs. A quick list of some of the best are:

- A Gentleman in Moscow – novel by Amor Towles (recommended - Rich Soward) – A member of the Russian aristocracy is confined to a hotel in Moscow. He manages to live a life on his own terms, subverting the constraints imposed on him. He succeeds in one spectacular, unexpected coup by the exercise of

courage and cleverness.

- The Sunday Philosophy Club (Isabel Dalhousie Mysteries Book 1) by Alexander McCall Smith (recommended – Stu Ruth) – An eccentric thinker goes about solving an “accidental” death in Edinburgh, Scotland.
- Pines (the Wayward Pines Trilogy Book 1) by Blake Crouch (recommended - David Solomon) A baffling mystery that develops into a harrowing and thought-provoking dénouement.

Send me your favorite with a brief description. And do your fellow SIRs a favor.

Guilty pleasures – I have read all 15 volumes of a series by Robin Cook. The protagonists are two New York City coroners who find that their work leads them to break-open cases of malfeasance that are very up-to-date (medically speaking). Also all 18 volumes of the Joe Picket novels by CJ Box (!) about a Wyoming game warden who gets in some amazing scrapes. (this last recommended by David Solomon, who has never recommended a book I didn't like). If you should get hooked on either, I can send you a sequential list of all the titles – this should be a help, because the stories are more enjoyable if read in order.

### **Big SIR Stuart Etzler Inducts 2020 Officers at Holiday Luncheon**



Left to right: 2019 Big SIR Stuart Etzler, 2020 officers-elect: Bob Golton – Treasurer, George Fenech – Assistant Treasurer, Jack Major – Assistant Secretary, George Suter – Little SIR, Stuart Ruth – Big SIR. Not present: Pete Gandell – Secretary.

Photo credit: SIR John Cooney

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