

Branch 4
FOGHORN Monthly Newsletter

2014 Officers

Big Sir: Paul Rosenberg
415 751 9039
Little Sir: Bud Sandkulla
650 342 5004
Attendance & Membership
Bill Gipe
650 878 5746
Secretary: Stuart Ruth
415 387 7176
Treasurer: Bob Golton
415 661 8280
Ex-Oficio: Ken Reed
Area 1 Governor: Bob Fox
Reg. 5 Director:
Bob Fox
State President:
Maynard Rodland



Issue Month:
March 2014

George Rodriguez, Editor
Flor S. Mendoza, Asst. Editor

LUNCHEON MENU:

MAR. Corned Beef and Cabbage, House Salad w/ Ranch Dressing, Mint Ice Cream, Shrimp Louie Salad



APR. Italian Sausage w/ peppers and onions. Cream Italian salad. Italian Cream puff.

Note: Salad must be ordered one month in advance.

SONS IN RETIREMENT

A Luncheon Club promoting the Independence and Dignity of Retirement.

Every friend is a potential member.

Meeting Date: March 5, 2014

*Elks Lodge (650) 589 4030 ext. 17
Stonegate & Hillside Blvd.
So. San Francisco, CA 94080*

10:00AM Board Meeting

11:00AM Social-12:00 Lunch

Luncheon Speaker:

Geoffrey Goodale

Topic:

Healthy Sleeping and Aging

Meet our Speaker:

Geoffrey Goodale is a Health Science Specialist with the VA Hospital, Palo Alto California where he works as a research assistant on the Post-Traumatic Stress Disorder Apnea Clinical Study (PACS). The PACS protocol studies the relationships between PTSD, sleep apnea, certain genetic markers, and cognition in an aging veteran population. He began working in research while earning his Bachelor's degree from the University of Connecticut. He served from 2002-2009 as a Hospital Corpsman in the United States Navy.



Paul Rosenberg, Big Sir

Last month I wrote about activities from other branches that we might adopt here in our Branch 4. I have received support to start a domino group. The interest is from fellows who don't play the game but would like to get together for some competition and conviviality. Another couple of fellows are interested in a monthly poker game. There is a room in the back of our Elks Club that has a couple of poker tables. Maybe we could have a couple of games after our lunch. Please let me know if you would like to be a part of either group at my e-mail prose38@pacbell.net or by phone at 415-751-9039.

Your executive board is considering a picnic with another branch in August. Branch 91 has been doing an annual picnic for a number of years and would enjoy our joining in the activities. The picnic would include some bocci ball, some bingo, and food. We would participate instead of our spring fling lunch. Let me know what you think of this alternative.

If you should read this before the first or second of March, consider attending the San Francisco History Expo 2014 at the Old Mint at Fifth and Mission, catty corner from the massive Fifth and Mission garage.

Over fifty organizations will be present and many will have mini museums. The organizations run from the Art Deco Society to the Western Neighborhood Project and include such favorites as the Market Street Railway, the Guardians of the City, the Greek Historical Society of the Bay Area, and the USS Hornet Museum. Admission this year is five dollars. Saturday, March 1, hours are 11 am to 5 pm, and Sunday, March 2, hours are 11 am to 4 pm. I hope to see you there.

On the topic of history, last year was the 100th anniversary of the last horse car to run in regular service in San Francisco on June 3, 1913. Mayor Sunny Jim Rolph was at the reins of car 45 as this mode of transportation rode into the sunset.

Please continue to think about new activities for our branch. I hope to see all of you at our next lunch on Wednesday, March 5.

Editorials

Have you made your New Year's resolution yet? Are you keeping up with them? Try these, from William Arthur Ward.

Another fresh new year is here. Another year to live! To banish worry, doubt, and fear. To love, laugh, and give! This bright new year is given to me. To live each day with zest. To daily grow and to be my highest and my best! Once more to right wrongs. To pray for peace, to plant a tree, and sing some more joyful songs.

Bud Sandkulla, Little Sir



What's happening with all the pedestrians getting run down lately? I believe the pedestrians and cars are both guilty for some of the same reasons. Like the young lady crossing an intersection while texting without changing her pace from the sidewalk to the street and never took a peek to see if there was any vehicles coming. What if the drivers were also texting? On another occasion, a lady was crossing while talking on her cell phone, oblivious to her surroundings and again not paying attention to the potential traffic. What if the driver was also on a cell phone? I think you get the message from these examples. Is it due to the fact that in California the driver is required to yield or give the right-of-way to pedestrians? Does that mean people think they can just hop off the curb and put themselves into harms way without participating in their own survival? What happened to the basic rule we all learned about street crossing? Wasn't it stop, look both ways, then proceed when clear or when you know the driver will stop for you? Maybe we need to put up stop signs for pedestrians to remind them what to do before crossing. The moral of the story is, if both the driver and pedestrian are distracted at the same time, someone could get seriously injured. I believe that would be the pedestrian. So for the little bit of time it takes to walk across a street, ask yourself if it's OK to be distracted, or should I concentrate on crossing safely.

HERE IS TO YOU!! HAPPY DAYS AND MANY MORE OF THEM!!!

Matteo Rizzo is being Inducted as new member by Fred Dannecker. He is sponsored by Bob Golton. Welcome to Branch 4.



Melvin J. Kranke is presented his life milestone achievement certificate for 100 years by our new Region 5 Director Bob Fox.

Congratulations!!



Bocce Ball
Champion
Harry Lieberman

The Golfer

Tournament Schedules
Branch 4

For Reservation
Please Call:

Jack Major
415 566 2243
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>.

2014 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 February 11th **Sharp Park** tournament results are available on the golf web site above and will be available on the golf table. It was cart-path only and two temporary greens due to the recent rains, but it had dried out pretty well. We had 22 players. Winners are: Group 1 (under 27 index) – 1st Rich Palmer, 2nd Bob Richter, 3rd Dennis Meixner; Group 2 (27 up) – 1st Jim McTiernan, 2nd Stuart Ruth, 3rd Jack Major; Closest to 8 – 1st Bob Richter, 2nd Rich Palmer; Closest to 15 – 1st Wil Uclusin, 2nd Jim Moore.

Next Sharp Park Tournament: Tuesday March 11th, 2014 - 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 \$45 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.

2014 Poplar Creek Tournaments are scheduled for Tues 1/21, Tues 2/18, Wed 4/23, Tues 6/17, Wed 8/20, Tues 10/21, Wed 11/19, Tues 12/16. We have 10 tee times for 40 players starting at 1015.

No-shows without notification will require a **\$10 contribution** to the commissioner's pocket fund at the next tournament.

The February 18th **Poplar Creek** tournament results were not available at press time. The results will be updated on the web site and copies will be available on the golf table.

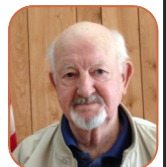
Next Poplar Creek Tournament: Wednesday April 23rd, first tee-off is 1015.

Sign up at the golf table or call Jack or Ken. Green (\$30) and prize fees (\$7) are \$37; optional cart fees are \$14 per player double, \$19 single, payable at the Pro Shop.

SIR Area 4 Away Golf Tournaments:

Jim Smith, 650-871-8855
430 Forest View Drive, South SF, CA 94080.

These tournaments are scheduled for Mondays starting in March. See the website or the golf table at the lunch. No bus trips this year, so arrange car pools if possible.



On **Monday March 24th, Sunnyvale Golf Club, 605 Macara Lane, Sunnyvale, 408-738-3666**, hosts the next tee time tournament, starting at 0900. Get your \$50 payment/foursome requests to Jim by 10 days ahead.

Upcoming Away Trips – April 28 Skywest – Hayward, May 19 – Metropolitan - Oakland. **Check the web site for updates!**



FREE GOLF LUNCHEON TO NCGA MEMBERS WITH THE AREA 4 GOLF CLUB, BRANCH 4 ON MAR 14, 2014 ELKS LODGE, SSF, SOCIAL 11AM—12NOON LUNCH
Call Jim Smith to reserve a seat.





From your Travel Chair, Wayne Veatch

Spring (?) is in the air, as we found out on our tour of the San Francisco Southeast Wastewater Treatment Plant on February 21. A very interesting tour for 15 SIRs and a couple of guests, seeing "where it all goes". You who missed this trip should consider coming on our mostly monthly local tours. Our tour for March will be on Friday the 21st. We'll tour the Hyde Street Pier (free with a Golden Age Passport), meeting at 10 AM at the pier, have lunch at Capurro's Restaurant (\$20 for the lunch special with drink and tip) then tour the Musée Mécanique on Pier 45 at the foot of Taylor Street (free admission). Close to the end of the F street-car line. We'll take signups at the March meeting or let me know by email that you will be coming.

We're looking at a trip by ferry from SF to Vallejo for April: Visit the amazing Victory military surplus store and the Vallejo Naval and Historical Museum, both walking distance from the ferry. The ferry ride is an hour, \$13.00 round trip for seniors; the museum costs \$3 for seniors. We'll catch lunch there - may be a plate of ribs at Gracies! This will be a fun day.

I hope you will check out the travel offerings by Area 1 and the State by visiting our Branch 4 website, <http://branch4.sirinc2.org/>. If you do sign up for any of these trips, please send me an email or call me and let me know you have done so: veatchlaw@gmail.com, 415-297-1807.

Bocce Ball—Harry Lieberman—Charlie Leach
*Meets on Wednesday s at Doelger Senior Center
 1st Wednesday 9:30—11:00
 Other Wednesdays 10:00—12:00 (Wives Welcome)*

Computer Club—Jerry Blumenthal (415) 728 5573
Meeting at 11:45 every 3rd Wednesday of the month at the Doelger Senior Center, Westlake, Daly City. All those interested in computers are welcome to attend.

Pinochle—George Samoulides (415) 564 5384
Games are on the 2nd & 4th Mondays of each month. All SIRs are invited to join in the fun. We start at 1:30pm. Call George for further information. Hope to see you there for some fellowship and fun.

Senior Tennis—Harry Lew (415) 333 2984
*We play at Balboa Park on Mondays and Thursdays, from 10 AM-12 Noon; and at Glen Park on Wednesdays and Fridays from 10 AM to 12 Noon.
 Call Harry for information.*

SIR Happenings is now in its ninth year of publishing, and readership is growing. Enjoy reading SIR Happenings, the State Newsletter, and find out about all the fun things that are going on throughout our organization. You can easily find Happenings on the SIR State Website: sirinc.org. *Badge 011*

Rewards for Branch 4

When you make a purchase at Office Depot, give them the Rewards No.1738924784 and Branch 4 well get the credit. A win-win situation! This will help defray our monthly expenses.

Pull Tabs: Save your tab tops from aluminum cans and give them to Joe Sangiacomo or Walt Prawicki. They are for Ronald McDonald House. Walt Prawicki thanks all those who have supported this worthy cause.

Sunshine Committee

Shut-Ins Chairman: (Vacant)

Branch 4 asks for any data changes for 2014 roster. Please call: Bill Gipe at 650 878 5746 for any changes for updates.

Statistics:	Active
Membership Feb. 2014	193
Add 1 New Member	1
From Inactive to Active	1
Resignation/Moved	0
To: Inactive	0
Deceased	0
Total for March 2014	195
Total (Inactive) Revised	35

Branch 4 welcomes the new member: Matteo Rizzo #73
Sponsored by Bob Golton

Read the Foghorn and look for your Badge #. If you see it, call Paul Rosenberg, Ken Reed, or George Rodriguez. You will get 5 free raffle tickets.

Birthday Greetings
Jim Parsons, Chairman



LEE APPEL, VERNON COLLINS, AL DELCLAUX, JUAN GARCIA, PHIL GRAVITT, BUBBY GUTIERREZ, ERV KESSLER, PAT LONG, DAVE MARCONI, JIM McTIERNAN, GEORGE MOURGOS, JIM MULHALL, ED MURPHY, JACK NEGRIN, NICK NICHOLSON, MARIUS NUNGESSER, DON NUTI, DAN O'LEARY, ERNIE PEAD, BOB RATTO, BOB RICHTER, JOE, SANGIACOMO, JOSEPH SEBASTINELLI, JIM SMITH, WOODY WOODALL

Membership and Attendance
Bill Gipe, Chairman



Branch 4 thanks: Susan Scurich sent a special donation. Annual donors in Feb. include Peter Angelonides, Elmer Eckart, Harry Lew, Paul Nocero and Richard Soward. Missed meeting donors include Charles Leach, John Lombard, Chris Manitsas, Jim Mayo, John McGlothlin, Jim McTiernan, and Howard Stillman.

FIRST CLASS MAIL

Postage

POSTMASTER:

If undeliverable—Please return to:

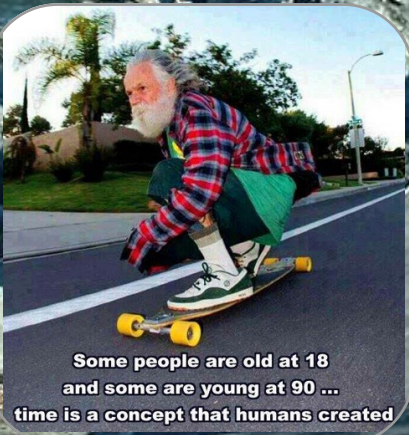
Bill Gipe
2323 Galway Drive
So. San Francisco, CA 94080

Address Label



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

San Francisco Branch 4



Some people are old at 18
and some are young at 90 ...
time is a concept that humans created

WALK
FOR
HEALTH