

FOGHORN

Branch 4
Monthly Newsletter



2014 Officers

Big Sir: Paul Rosenberg
415 751 9039

Little Sir: Bud Sandkulla
650 342 5004

Attendance & Membership
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650 878 5746

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415 387 7176

Treasurer: Bob Golton
415 661 8280

Ex-Oficio: Ken Reed
Region 5 Director: Bob Fox
State President:
Maynard Rodland



Issue Month:
November 2014

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

Meet our speaker

Lorri Ungaretti is a native San Franciscan who began leading free walking tours with City Guides in 2001 and soon became involved in several local history groups. Over the past 12 years, she has developed a reputation for researching and writing about San Francisco's Sunset District. She has written a number of articles on subjects related to the western side of San Francisco and gives public presentations on the Sunset District. Lorri wrote and self-published a history of the Sunset: **Stories in the Sand: San Francisco's Sunset District, 1847-1964**. She has also written three books for Arcadia Publishing Company: *Images of America: San Francisco's Sunset District*; *Images of America: San Francisco's Richmond District*; and *Then & Now: San Francisco's Sunset District*

SONS IN RETIREMENT

A Luncheon Club promoting the Independence and Dignity of Retirement.

Every friend is a potential member.

Meeting Date: November 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

Speaker: Lorri Ungaretti

Topic: Writer/Author

LUNCHEON MENU:



NOV: Turkey with stuffing & mashed potatoes. Pomegranate Dressing Salad, Pumpkin Pie, BLTA sandwich with potato salad.

DEC: Holiday (Christmas) Luncheon. Make your reservation now. Seating is limited. Have Fun!!!

Note: Salad must be ordered one month in advance.



Paul Rosenberg, Big Sir

As our year comes to an end, we are putting together our annual holiday luncheon. As always, we would not be having a regular December meeting but, instead, we will be gathering at Dominic's at Oyster Point on Wednesday, December 3. The lunch will cost \$35 per person and will include a three course lunch and entertainment. There also will be a voluntary gift exchange. Send your reservations to Bud Sandkulla with choice of lunch. I expect a festive occasion and I hope to see all of you there.

As we close the year, we are grateful for the new members who have joined this year but saddened by the dozen or so members who have left our group. Make it a resolution to bring a friend to a meeting in 2015 and invite that friend to join us. We are a welcoming group and believe the more the merrier.

I am constructing a member survey for our November meeting. I would like your opinion as to our lunches and meetings, activities, and whether you would like to become active in our organization. I'd appreciate your comments.

Our luncheon speaker in November will be Lorri Ungaretti. Lorri has written three books about the Sunset District and one about the Richmond. Her fifth book of stories of some significant persons from the west side of San Francisco is to be published within the next few weeks. I've heard Lorri speak a couple of times and have learned something new to me each time. Lorri also leads tours of the Inner Sunset District each month.

In addition to our activities, some of the nearby SIRs branches support other activities such as an amateur radio club, chess club, collectables and stamps group, current events discussion group, digital imaging group, groups for fishing, genealogy, and gardening, and a stock study group. If there is significant interest, we can form our own group or, if only a few are interested, the clubs from the other branches would welcome us. A couple of members earlier indicated an interest in a financial or stock group but we could not find a qualified leader so, if there is a leader interested, let me know so we can form our own group. Of course, we are not limited by these categories of interest and I welcome any other ideas for activities. Let me know.

Some interesting November events: 11-2-1947 Howard Hughes' Spruce Goose flew one mile and never took to the air again, 11-4-1922 King Tut's tomb discovered, 11-4-1916 Walter Kronkite born, 11-5-1605 the Gun Powder Plot revealed and Guy Fawkes blamed, 11-6-1860 Abraham Lincoln elected president carrying California by about 600 votes and southern states began to withdraw from the union, 11-7-1917 Russian Bolsheviks overthrow the Alexander Kerensky government with Kerensky moving on to become a professor at Stanford, 11-9-1989 the Berlin Wall comes down, 11-11-1918 armistice ends World War I, 11-11-1938 Kate Smith performs God Bless America, the first time it was heard, 11-25-1863 British troops evacuate New York City ending the Revolutionary War, and 11-26-1789 President George Washington proclaims the first American holiday - Thanksgiving.



Bud Sandkulla, Little Sir

Now that we are nearing the end of 2014, this will be my last Little SIR Foghorn article. I hope you got something good out of them, and maybe even a laugh or two. The November issue is the last of the year, since we don't publish one in December. Look for my Big SIR article come January.

So far the interest in the Holiday Lunch is coming along slowly. I'm hoping there will be a late minute surge of reservations, but please don't wait too long. The maximum occupancy at Dominic's is 180 and I hope we can at least reach 100 attendees. It's your presence that will make this event successful. Don't forget that there is no regular monthly lunch in December at the Elks Lodge. So check out the form in the Foghorn and send it in, you'll be glad you did. I'm positive you will enjoy the venue, decor, music, camaraderie, prizes (nobody will go home empty handed) and a great way to start off the Holiday Season.

In my last newsletter I mentioned that I would be traveling to Maine for two weeks. Now I know why Maine has the largest forest in the United States. While driving to our destination, that was pretty much all we saw, beautiful green trees lining the roads for miles. On several occasions we managed to hike some of the designated trails through the forests. I named them the R&R trails, which stands for "Roots & Rocks". Some of these trails were impossible to take a step without stepping on either a root or a rock. All in all, we hiked approximately ten miles over roots and rocks, and luckily we didn't trip or fall once. The footing was really unstable and would have been impossible if it wasn't for our hiking sticks. After taking in numerous points of interest in and around Acadia National Park we headed south to Camden for a five day cruise on a Windjammer sailing vessel. The coast of Maine is noted for Windjammer cruises that sail from some of the different ports. These boats were used for hauling cargo along the Atlantic coast and were converted into cruise boats when the cargo industry changed. Our boat was a double masted schooner carrying 28 passengers and 5 crew. It's an old wooden "Heritage" boat that typically the passengers help the crew hoist sails, pump bilges, way anchor, prep food, do dishes, navigate, steer, etc. The wooden stove is used for cooking, heating and making hot water for dish washing and the shower that requires pumping a pedal to make the water flow. Conditions are sparse and you might say it's like camping at sea. Meeting and getting acquainted with the crew and passengers as you sail around some of the many islands that the coast of Maine is famous for are some of the highlights of a Windjammer cruise. But the premier highlight is when we had a lobster bake on an island beach. That's tough to beat!

I assume everyone had a Happy Halloween and I would like to wish all of you have a Happy Thanksgiving, Happy Holiday Season and Happy New Year!!

HERE'S TO YOU!! HAPPY DAYS AND MANY MORE OF THEM!!!

Notice to Golfers:

The 2015 NCGA dues are now due by 12-15-14, or a late fee of \$10 will be charged.

Cost is \$46.



Mail to: **Jim Smith**
450 Forest View Drive
So. San Francisco, CA 94080



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>. No Gim-mies!

2014 Sharp Park Tournaments are scheduled for the second Tuesday of the month, starting at 0930. **Note: The November tournament is Wednesday 11/12.** 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 October 14th **Sharp Park** tournament results are available on the golf web site above and will be available on the golf table at the lunch.

Next Sharp Park Tournament: Wednesday November 12, 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. **We will be playing all 18 holes, as construction on 3 through 7 on the east side is complete**

2014 Poplar Creek Tournaments are scheduled for Tues 1/21, Tues 2/18, Wed 4/23, Tues 6/17, Wed 8/27, Tues 10/21, Wed 11/19, and 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 October 21st **Poplar Creek** results are available on the golf web site.

Next Poplar Creek Tournament: Wednesday November 19th 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 October 27th, we played Sunnyvale Golf Course. Results available on line soon.

Upcoming Away Trip - November 24th Crystal Springs. Check the web site for updates!

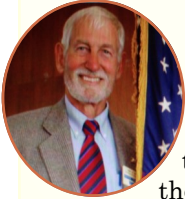
November 12th = Sharp Park (Wednesday)
November 19th = Poplar Creek (Wednesday)
November 24th = Crystal Springs (Monday)

If you lack flexibility, make some adjustments.

As we grow older, our flexibility lessens and our ability to turn and pivot may become more difficult. If you lack flexibility with your golf swing, try making the following adjustments in your setup to help you make a better turn. Narrow your stance, as this will help you to make an easier weight shift and also lets you use your legs better to gain speed in your swing. Flare out both feet a little so that you can turn your hips more and faster as you swing. These two little adjustments may go a long way to increasing your ability to make a full and free swing.

Bill Kroen's Golf Tip-A-Day, Wednesday October 1st

Badge 060



From your Travel Chair, Wayne Veatch -

Is summer over? Are you settling in for the November and December holidays with the family? Are you planning that big cruise or Europe vacation for next year? Whatever your plans for the next several months, we hope you will get "out and about". We're still enjoying our mostly-monthly local tours. On Friday, October 31 we will (or did, if you are reading this after Oct. 31) again combine our local tour with Ken Reed's Walk For Health, this time walking from the Ferry Building to The Ramp for lunch along the Embarcadero. (Call or email me if you wish to join us.) We often do put these trips together minutes before the meeting each month, so please listen for our announcement in the meeting and watch for the email blast announcement.

I continue to encourage you to take advantage of travel offerings listed in SIR Happenings and offered by other Branches in Area 1. I bring flyers to the meeting and remind you to check the [Area 1 Travel and Activities](http://branch4.sirinc2.org/) link on our website, <http://branch4.sirinc2.org/> for details. (Thanks to Jack Major for keeping this website and these links up to date.) If you do sign up for any of these tours, please send me an email or call me and let me know how it went: veatchlaw@gmail.com, 415-297-

Bocce Ball—Harry Lieberman—Charlie Leach
Meets on Wednesdays 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. *Badge #119*

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.

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.

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: The latest edition of SIR Happenings has just been posted on the SIR website:
<http://sirinc.org/sirhappenings/>

I hope you enjoy reading our latest edition.
Don MacGregor, Editor, SIR Happenings.

Walk 4 Health—Ken Reed 415 810 3832
Meets on the last Friday of the month at a variety of locations at 9:45AM. The walks are scenic, fun and full of camaraderie. An email sent monthly as to the current location. Guests welcome.

DOMINO GROUP, Chairman Frank Moriconi

Join us after lunch meeting at the Game Room, Elks Lodge, and play an hour and a half.. Call 415 931 7127

BIRTHDAY GREETINGS
Jim Parsons, Chairman



TONY AGUSTIN, HANK ALBERT, BERN CAMPBELL, FRED DANNECKER, ARTURO ENCABO, IRV JARKOVSKY, JACK LEWKOWITZ, RUSS LINDQUIST, ROBERT LIU, BUD LOUGHRAN, JIM MOORE, JOSEPH OLIVER, SAKEE POULAKIDAS, HENRY RATTI. MEYER SEGAL, GEORGE SUTER, GRANT TEAKLE.

Membership and Attendance
Chairman: Bill Gipe

Branch 4 thanks John Lombard, Bill Angelopoulos for missed meeting contributions

October 1, 2014 attendance totaled 102 active members and 1 guest.



Membership Statistics: Active

Membership Sep 2014	186
Add 1 New Members	0
From Inactive to Active	0
Resignation/Moved	0
To: Inactive	0
Deceased	0
Total for Oct 2014	186
Total (Inactive) Revised	39

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

San Francisco Branch 4

Who is who in Branch 4



Mel Kranke
Medical
Photographer
101 years old.

“Always enjoy life with everything that moves.”



Albert J. Gardi, Dentist
97 1/2 years old

“Two or three meals a day only. Don't eat between meals and no night snacks either.”



Walter M. Bortz, MD,
84 years old, is professor of Medicine, Stanford University.

He is being presented a Plaque of Appreciation from Big Sir Paul Rosenberg as guest speaker last meeting. His topic was about aging & longevity.

From the Editorial

Around this time of the year, I would like to take this opportunity to extend my sincere thanks to all those who in one way or another, have helped me put all together the articles in the newsletter throughout the year.



*My best wishes to you and your loved ones for a wonderful Thanksgiving, and a very peaceful and joyous “**Holiday Season**”.*

Flor S. Mendoza

A Glass of Milk, Paid in Full.

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk. He drank it slowly, and then asked, “How much do I owe you?” “You don't owe me anything” she replied. “Mother has taught us never to accept pay for a kindness.” He said, “Thank you from my heart.”



As the boy left the house, he not only felt stronger physically, but his faith in God and humanity was strong also. He had been ready to give up and quit.

Years later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. The boy a doctor, was called in for consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to his clinic determined to do his best to save her life. From that day on he gave special attention to the case. After a long struggle, the battle was won. The doctor requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words: “**PAID IN FULL WITH ONE GLASS OF MILK**”.