

Big SIR – George Suter
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Ex-Officio: John McGlothlin
State President – Derek Southern

Editor – George Suter
Assistant Editor – Open

Lunch Menu

April 2018 - \$19

Pork medallions with mushroom sauce
House salad with 1000 Island Dressing
Apple pie
Alternate: Chicken Salad

May 2018 - \$19

Chicken enchiladas
House salad with raspberry vinaigrette
Vanilla flan
Alternate: Fruit salad with yogurt & granola

*Thoughts from your Big SIR
George Suter:*

A frequent refrain on the golf course is “are we having fun yet?” well, yes, if you think about it, that’s what we’re here for. One of the core pillars of SIR is organizing “fun activities and events” leading to “lifelong friendships”. Without the fun who will even show up? I draw your attention to one of the fun shows of the 80’s.: Remember the refrain “Making your way in the world today takes everything you’ve got. Taking a break from



all your worries, sure would help a lot. Wouldn't you like to get away? Sometimes you want to go where everybody knows your name and they're always glad you came; you want to be where you can see our troubles are all the same; you want to be where everybody knows your name.” A locale, interesting people, and a team of scriptwriters – oh – we don't have any of those do we? That's where you come in.

Your scriptwriters are the members you see prancing around with a microphone at the front of the room. If doing that's not to your taste, you can join the men who stand up when the committee chairs are called; they are the ones who “script” the computer club, the bocce ball sessions, the health walks, the visits to interesting sites, or put together the golf tournaments. Ask them if you can understudy them so you can learn how it's done. More work is done by the greeters and membership personnel who man the front desk.

Joining these men may seem like a chore looking at it from the outside, but have you thought what such a commitment could mean for you? The way you get to know

God Bless America



April 2018 Issue

Meeting: April 4, 2018

Next meeting: May 2, 2018

people is by learning their names, so the next time you see them you can greet them by name (as the song says “where everybody knows your name”). Badge 016 The way you do that is by being in contact with them more often casually, and perhaps more than once a month. The golfers do this with several games a month. The bocce ball players the same. The computer club is a circle of friends that bats ideas around in a casual club-like setting. The walkers tend to come out for the monthly Walks for Health that are also a great opportunity for conversation

Our expectations of our fellow SIRs are:

- We are friendly
- We participate
- We help when asked (the SIR response “I’ll give it a try”)

*Our luncheon speaker for April 4, 2018 is Dr Horace Hines on “**Geology from the Pacific to the Rockies**”*

Our speaker will describe how the major geologic features from the Pacific Ocean to the Rockies were formed. Have you ever wondered why there is a coastal range followed by the Great Valley and then the Sierras? Why is the descent from the Sierra summit down to Reno steeper than the rise from the Sacramento Valley to the summit? How were the rounded Sierra granite mountain tops (like Half Dome) formed? What created the Great Basin where rivers go to die? What forces created the Rockies? This is where we will find the answers!

Dr Hines holds a doctorate in bio-physics from the University of California.

Membership Report - Bill Gipe

Branch 4 thanks all members who have supported their SIR branch with 2018 dues and contributions, including those who have pledged their support. Please see the Badge Table.

Members:

Active *	119
Super Seniors	4
Total	123

* Includes pending

Branch 4 remembers Fred Dannecker and Willie Low, longtime SIR friends.

March 7 attendance was 60 members (2 guests).

1. Branch 4 was pleased to welcome new member John Hoskins, who is a retired attorney and volunteers at Año Nuevo State Park.

Do you know a retired friend who would enjoy the SIR lunch

and activities? Please invite them to a lunch. You'll find handy SIR wallet info cards on the Badge Table.

Sunshine Report

Branch 4 sends greetings to Ernie Braun, Bud Fields, Pablo Magat, Jack Negrin, Don Nuti, Dan O'Leary, Ted Tukloff and all those with challenges these days.

April Birthdays

Branch 4 remembers April birthdays of Stan Falk**, Bob Fox, John Ghiglieri, Mike Keller**, Roger Kelly, Tony Marotto, Aldo Ramon, Ken Reed, Mike Robinson, and Rolf Rosander.

(** - have you renewed your membership for 2018?)

Local Tours

The Vintage Paper Fair will be at the SF County Fair Building, Golden Gate Park, 9th Ave. & Lincoln Way on Saturday April 28. Just meet at the entrance 10 am. This largest Northern California post card & memorabilia show has free admission. More details will be at the lunch.

Watch for meeting announcements and sign-up!

Big SIR George Suter will lead a walk into San Pedro Valley Park on Thursday April 19 at 10 AM.

Directions: Take Highway 1 south to Linda Mar (about 7 miles South of the Highway 1/280 interchange in Daly City). Turn east onto Linda Mar Boulevard. Follow Linda Mar

Boulevard unit it ends at Oddstad Boulevard. Turn right on Oddstad. Proceed on Oddstad one block to the park entrance.. Fill out the information at the entry Kiosk (no fee for seniors during the week, but the tag should be on your dashboard). My cell phone number is (415) 314-6768 and my phone will be ON.

We'll hike for 2 hours up the Mountain (1,000 feet up, but a gentle slope on a broad dirt path) and back down, enjoying the California native plants to be seen there. With luck the celebrated waterfalls will be active, though if you are not a Californio, you may wonder what the excitement is about. The falls are celebrated mainly for their rarity in the locale and their seasonal nature.

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 **March 13th Sharp Park tournament** was cancelled due to predicted rain and wet conditions..

Next Sharp Park Tournament:

Tuesday, April 10th, 2018 - 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 **\$50** for green fees, cart, and breakfast (\$44), and prizes (\$6 each). 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 8/21, Wed 10/24, Wed 11/21, and Tue 12/18. Tee times start at 10:15 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 April 17th - first tee-off is 10:15. 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 next Away Tournament is to be scheduled.

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 First Wednesday because of SIR's Lunch.

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

Meets every 3rd Wednesday at the Doelger Senior Center. 11:45 AM. All those interested in computers are welcome.

The Center no longer allows pre-assigned tables, if you will eat at the Center you must place your lunch or purchase tickets early to stake out a table.

Notify Gerry if you plan to attend the club meeting only (no lunch).

The next CyberSirs meeting will be on Wednesday, April 18, 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.

Unsung Heroes – By Bob Fox, SIR Programs Chair

There are a few members of our branch that consistently go the extra mile to keep our factory running and have done so for three or more years:

Jack Major runs the most popular activity - golf. It requires a lot of his time. Additionally,

Jack assists speakers to set up their presentations on our projector.

Ken Reed is our Barnes and Noble keeper of the book swap. Additionally, Ken runs the monthly Walk for Health. Lastly he assists Jack Major with golf and runs the annual Clutter Auction.

Bill Gipe is Mr. volunteer for anything that needs doing. He is the Membership Chair keeping tabs on the healthy, the sick, and those who have passed away. He also assists in scheduling day trips.

George Rodriguez runs the raffle, says invocation at the start of the lunch, helps publish the Foghorn and has been an active Director with the Board Executive Committee (BEC).

Bob Golton keeps the books on the BEC as our Treasurer and is currently on his third term.

Stu Ruth is serving on the BEC as our scribe for his third term.

David Nigel has been our greeter; giving us our badges, and collecting dues. Additionally, David subs as a lunch speaker when the scheduled speaker can't make the engagement.

These are a few of the men you should meet and know by name – We all owe them a lot.

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

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San Francisco Branch 4

From SIR Anthony Ramirez: Balboa High School 90th Birthday Celebration. Balboa High School invites Alumni and Friends to a “Come Back to Bal” day on May 5, 2018. The celebration will be an all-day affair with music, dancing, a tour of the hallowed halls to include the magnificent Hall of History Museum, the Leonoudakis Center for Innovation and Design, the Dr Shirley Thornton Teen Clinic, and the Athletic History Museum in the Gym. Find the details at <https://www.balboaalumni.org/balboas-90th-birthday-celebration.html>. To get tickets click on “Download File” at the bottom left of the announcement.

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