

Big SIR – George Suter
(415) 665-1185

Little SIR – Stuart Etzler
(415) 819-8503

Secretary – Stuart Ruth
(415) 387-7176

Treasurer – Robert Golton
(415) 661-8280

Ex-Officio: John McGlothlin
State President – Derek Southern

Editor – George Suter
Assistant Editor – Open

Lunch Menu

May 2018 - \$19

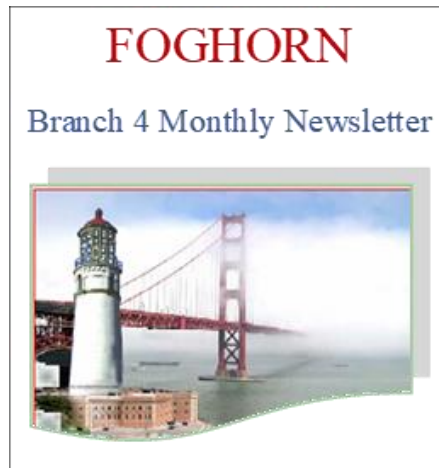
Chicken enchiladas
House salad with raspberry
vinaigrette
Vanilla flan
Alternate: Fruit salad with
yogurt & granola

June 2018 - \$22

Pot roast with mushroom sauce
Caesar salad
Coffee ice cream
Alternate: Shrimp avocado
salad

Thoughts from your Big SIR George Suter:

To continue the subject of having fun from the last issue of the Foghorn. While it's true that we (as retirees) now have a lot more time to have fun, it is also possible that we may have forgotten how to have fun over the long years we have spent raising families, making money, doing things other people wanted us to do. So the question arises – what do YOU really want to do? Pondering this question for a while and



turning it every which way in my mind, I have come up with these few thoughts:

The first is that having fun doesn't "just happen". If it does, that's nice and you have to recognize it and go with it, but it's better when you've planned for it. For instance: having scheduled and thought out what you might need to make the event happen

Then be aware that what you think of as fun might be viewed as chores by other people. I really like one-on-one guided tours by knowledgeable people. I also like to give those tours. This is apparently not everybody's cup of tea.

I like to have a purpose, even a made-up one, for being in a large group.

In this context, I have had fun in the past, and a lot of it has been in the company of SIRs. The SIRs, for their part, seem to be having fun as well. They're talking and laughing, and they keep coming back. So what's the secret?

In a word – it's participation.

Just make sure you show up for our monthly lunch to begin with. It has all been arranged for you,

God Bless America



May 2018 Issue

Meeting: May 2, 2018

Next meeting: June 6, 2018

all you have to do is come. The speakers have been good, and I have always liked the food. We have enough in common to make our fellow SIRs approachable and entertaining. Before you know it, you've forgotten your troubles, your aches and pains, and you're smiling again. That's almost the definition of fun.

Likewise, the activities in the Foghorn are worth supporting. Again, most of the planning has been done, and you'll probably get to see something new. It may even be worth while to try something you think you may not like, just for the pleasure of being with people who have a different perspective.

Active participation is better than just being there and receiving what's on offer.

What I'm saying is that when you share something you can do that you like to do, it just ratchets up your pleasure. And if things go wrong, you pick yourself up and ... You know the rest.

We are here at SIR because mostly this is a place where we can be in a group that will cut you some slack. Right now we need the ability and the skill you have acquired over the years. I want you to share it. In fact I'll probably be asking you personally next time I see you.

Our luncheon speaker for May 2, 2018 is Rich Nederostek speaking on "A Professional Fireworks Show": an explanation of the types of fireworks used and the planning and execution of the show

Rich is a professional pyrotechnician licensed by the State of California. He has been involved in the professional fireworks industry for over 20 years. As an independent contractor for Pyro-Spectaculars, the second largest fireworks company in the United States, he is responsible for producing, planning, and executing fireworks displays in the San Francisco Bay Area. Rich has executed fireworks displays for private, commercial, and city/county events. Most notably, he has been responsible for large computer-controlled displays for the San Francisco Giants, the Oakland A's, and July 4th and New Year displays for the City of San Francisco.

Membership Report - Bill Gipe

Active *	112
Super Seniors	4
Total	116

* Includes pending

April lunch attendance was 71 members and 1 guest (prospective member).

Do you know a retiree who would enjoy SIR lunch and activities? Please pick up a SIR wallet card at the Badge Table. This card provides info about Sons in Retirement. Branch 4.

Thanks to our members for their 2018 dues and contributions.

Sunshine Report

Branch 4 sends greetings to Bud Fields, Pablo Magat, Jack Negrin, Don Nuti, Dan O'Leary, David Solomon, and all with challenges these days.

May Birthdays

Branch 4 remembers the May birthdays of Jeff Chinn, Alex Christ, Elmer Eckart, Bud Fields, John Hoskins, Dan Machado, Steve Machado, Issac Mejia, and Rich Palmer.

Local Tours

Branch 4 April tour included the SF Paper & Memorabilia Fair in Golden Gate Park. A return visit to the Park's Arboretum is planned for May. Details & a sign-up sheet will be at the May lunch.

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 **April 10th Sharp Park tournament** was cancelled due to predicted rain and wet conditions. We hope May brings drier weather, so the course can be maintained

Next Sharp Park Tournament: Tuesday, May 8, 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.

The **April 17th Poplar Creek** tournament was held in great weather, starting in the 50's, but warming up quickly. We had 24 players. Results will be available by email and on the website.

**Next Poplar Creek
Tournament: Wednesday
June 27th** - first tee-off is 1015.
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
gblumenthal@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

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

The next CyberSirs meeting will
be on Wednesday, May 16,
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. (like Badge 038)

Stand by for updates. Sign up
for the tournaments at the golf
table at the 1st Wednesday
lunch.

**Review of "The Music Man" -
Broadway by the Bay by John
McGlothlin**

On March 25th, Joanne and I
attended The Music Man at the
Redwood City Fox Theatre. The
production by Broadway by the
Bay included a special
promotion for SIR. Thanks to
Frank Schwarz, Branch 1 for
arranging this!

version but very solid acting,
dancing and singing. The show
is about kids and their music and
the younger actresses and
actors were excellent and
enthusiastic; they made the
show. Sets were well done.

Several Broadway by the Bay
productions have included SIR
promotions including "Smokey
Joe's Café" (music of Lieber and
Stoller) and "Singing in the
Rain". **Next up in June is the
"Million Dollar Quartet"** (an
informal recording session at
Sun Records with Elvis, Carl
Perkins, Jerry Lee Lewis and
Johnny Cash). Sun Records
was the Oakland A's of the
recording industry discovering
and developing major artists
before having to sell them off to
bigger labels. Stay Tuned!

The Fox is a lovingly restored
venue in Downtown Redwood
City. There is no elevator so
some may prefer the ground
floor. Also, the seats in the
center of the balcony rows are
tight. More room at the ends or
on the ground floor.

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.

eat at the Center you must place
your lunch or purchase tickets
early to stake out a table.

Overall, a very good show. No
Robert Preston, who left such a
mark on the original Broadway

POSTMASTER:

If undeliverable—Please return to:

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

Postage



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

San Francisco Branch 4

All activities arranged for or by, Sons In Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Incorporated, and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities