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Lunch Menu

June 2018 - \$22

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

July 2018 - \$19

Lamb shank
Salad with 1000 island dressing
Warm apple pie oatmeal crisp
Alternate: Fish & chips

Thoughts from fellow SIR Richard Fraher:

There are no more subtle changes in our lives. Technology is making quantum leaps from radios to beautiful flat screen living room movie theaters. No more black rotary-dial phones. Now cell phones with access to the world with virtually limitless information. Alexa will now bundle all of the above to play music, make phone calls, receive messages



and more. Self driving vehicles are coming to our roads. Our world is undergoing tremendous technological changes.

Shopping as a senior has changed. Now I shop at Ross and Lunardi's grocery store for Tuesday senior discounts. Sometimes for a reasonably priced senior meal I visit Denny's.

Recently I teamed up with another senior to play an outdoor basketball game against two tall, thin, and very energetic 14 year-olds. Life has changed. They were faster, jumped higher, had terrific balance and were incredibly accurate with their basket shots.

Before beginning to play these young players I proceeded with my usual rituals: i.e. 1) rub on sun screen to protect my sensitive skin from cancer

2) wear sunglasses to protect my eyes 3) wear athletic shoes with gel inner soles to help my feet feel more comfortable.

God Bless America



June 2018 Issue

Meeting: June 6, 2018

Next meeting: July 11, 2018

My world has changed-I move slower and the world moves much faster.

One of the more rewarding changes these last few years was joining the SIRS, especially having lunch with some great older fellows. They have such a wealth of information to pass on and such great stories to share. Joe (78) and Jeff (66) describe their many cruises and which cruise lines are the best. Joe also talks about his cabin on Cobb Mountain. Bruno (95) and Herman (94) talk about old San Francisco and their high school alma maters. Tony (72) plays the piano at senior homes. Life is changing for all of us seated at this table. These fellows are my monthly mentors. -- Life is good.

PS all ages are estimates.

Please Note !

Lunch is \$22 instead of the usual \$19 on this month's June 6th meeting day.

Mark your calendar – our July meeting will be on July 11 – Our caterers are observing the July 4th holiday and we must change our meeting day accordingly

Our luncheon speaker for June 6, 2018 is Tom Chapman, horse jockey and artist on the topic: "The Thrill and Drama of the Race - From Horseback to Portrayal"

Imagine careening down a track on a half-ton of horseflesh doing 40 MPH. Think of the jockey balancing himself motionlessly on top of his mount with no safety net. Visualize the bright colors of the jockey's silk and the flare of the horses' nostrils, the excitement of horse racing. For most of his career, Tom was a jockey racing primarily at Golden Gate Fields. Some would consider the world of thoroughbred horse racing as an art form and the riders who guide their mounts as artists. Tom developed a serious interest in capturing the horse race by use of painting. As a former jockey turned artist, many of his fans believed his riding feats were a work of art.

Because of his background in horse racing, and knowledge of horse anatomy, his paintings are accurately depicted. His medium is oil on canvas of all different sizes. He has taken a few private lessons to learn about color mixing and values, but for all practical purposes he is self-taught. Realism is the style he uses for the most part, but he has dabbled in impressionism also. He not only captures the grace and beauty of his subjects, but also the raw power and energy that any athlete must exude. His dramatic use of color, light, and shadow displays the excitement of horse racing at its best. Tom teaches oil and acrylics classes twice a week in his studio in San Carlos.

You are invited to contact Tom if you care to commission him to do a favorite animal, family portrait or just a favorite memory.

Membership Report - Bill Gipe

Membership and Attendance:

Active	115
Super Seniors	4
Branch 91 Transfers	7
Total	126

May 2 lunch attendance was 71, (64 + 7 Branch 91 transfers).

Branch 4 welcomes Roy Bava, Ernie Howe, Lou Masini, Augie Moller, Gene Rieland, Ray Yoshak, and John Valdez from Branch 91.

Please say hello to Branch 4's new members.

Special thanks to John Valdez for bringing his friends to Branch 4.

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.

Sunshine Report

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

June Birthdays Branch 4 remembers the June birthdays of Peter Aiello, Ed Arce, Jack Benjamin, Bob Bowen, Tony Braganza, Dave Carelli, Bob Eshoo, Sandor Halasz, and Herman Scholz.

Local Tours

Branch 4 local trip in late April was to the SF Paper Fair and the adjacent Arboretum. This post card & memorabilia free show at the County Fair Building returns on August 25 and 26.

Branch 4 plans a BART-able Oakland A's afternoon game in June or July. Details & a signup sheet will be at the June lunch or call 650-878-5746.

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 **May 8th Sharp Park tournament** had 19 players with some moderate weather. The course was in pretty good shape. Hole #6 had a swampy area, and hole #13 had some patches of long grass and flowers, with a ground under repair area too. Otherwise, not too bad. Bob Calhoun had a birdie on par-5 #9.

Next Sharp Park Tournament: Tuesday, June 12th, 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, badge 96 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 1015 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: 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

Normally meets every 3rd Wednesday at the Doelger Senior Center. We take lunch together at 12:00 PM (reserve a seat early!), then repair to Room 3 at about 12:45 PM. The next meeting will be June 20, 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. The badge number is hidden by popular request.

SIR Branch 1 has arranged a special SIR day for a production of the musical "Million Dollar Quartet"

If you can make the June 25 2:30 matinee at the Fox Theater in Redwood City, this will a memorable experience.

Big SIR emeritus John McGlothlin attended a previous show and advises:

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.

As mentioned on the cover of this Foghorn, the show reprises an historic recording session with **Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins.**

For special SIR pricing for the 2:30 June 24 matinee go online to broadwaybythebay.org/SIR or call (650) 579-5565 and identify yourself as a SIR.

Finally a joke I can tell to anyone without reservations – thanks to fellow SIR David Nigel:

Three old-timers are challenged to say what the greatest inventions of their lifetimes were.

The first says "the airplane-man has conquered the sky and can travel effortlessly in so little time."

The second says "the telephone, we can now communicate instantaneously over long distances">

The third says "the thermos bottle..."

"What?" say the other two.

"yes imagine – you can pour hot liquid in and it stays hot; you can pour cold liquid in and it stays cold – how does the thermos know?"

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San Francisco Branch 4



One Night, Four Rock & Roll Icons! In December 1956, in a small Memphis recording studio, four icons of music met—and had a jam-session that changed rock-n-roll forever. This June, audiences will be front and center as Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins turn the Fox Theatre into a historic night of music and soul in this Broadway smash. Million Dollar Quartet is a night of incredible live music, and fun for the whole family!

For special SIR pricing for the 2:30 June 24 matinee go online to broadwaybythebay.org/SIR or call (650) 579-5565 and identify yourself as a SIR.

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