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### Lunch Menu

#### **August 2019**

Honey balsamic vinaigrette  
salad  
Calamari steak  
Coconut pineapple ice cream  
Alternate: Club sandwich

#### **September 2109**

House salad w Italian dressing  
BBQ Steak  
White cake  
Alternate: Ceviche salad

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Our **speaker** for the August  
lunch meeting is

**Steven Campbell, Sonoma  
State University Professor,**  
Educational Dean, and ex-  
hospital administrator, who  
will share the latest research  
on how the brain conforms to  
the messages we give it.  
Understanding this principle  
opens doors to create more  
success in our health,  
personal relationships and in  
our businesses.

As a member of the adjunct  
faculty at Sonoma State  
University, Steven teaches a  
psychology class entitled  
"Your Amazing Mind:



Rewiring Your Brain for  
Success".

About Steven's book-  
"Making Your Mind  
Magnificent – Flourishing at  
Any Age":.

"When I talk to you, you are  
talking to yourself three-times  
faster. When I stop talking,  
you talk to yourself six times  
faster. Research has  
discovered that your brain  
accepts what you are telling  
yourself, without question! No  
Arguments! So when you  
say, "No way, I can't do that!"  
your mind simply says,  
"Okay, you can't!" and then  
blocks out ways for you to do  
it.

If however, you say,  
"Absolutely, Of course I can  
do that!" the brain accepts  
that as truth, also without  
question. Not only that, your  
brain then endeavors to help  
you find a way to do it, and  
then gives you the energy to  
do so.

So when people ask what I  
have been doing for the last  
twenty years, I tell them that  
through the cutting-edge  
research that fills this book, I  
have been teaching college  
students, individuals and

### **God Bless America**



#### **Aug 2019 Issue**

Meeting: August 7, 2019

Next meeting: Sept 4, 2019

groups how make their minds  
their greatest champion for  
learning and growing and  
changing. This in turn has  
significantly increased both  
their quality of life and their  
success."

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### **Membership Report - Bill Gipe**

Membership and Attendance:

Active	117
Super Seniors (95+)	5
Total	122

July lunch attendance was 53  
with one guest.

Please pick up a SIR wallet  
card at the Badge Table.  
These cards are handy to  
spread the word about the  
SIR lunch and activities to  
your retired friends. SIR 2019  
roster books should also be  
available at the Badge Table  
if you haven't already picked  
up your copy.

**Sunshine Report** Branch 4 sends greetings to Bob Bowen, Juan Garcia, Herman Scholz, and all with challenges these days.

### Keeping in Touch

Please mention any SIR friends who you have missed at your table. We will try to contact them. Badge 044.

### Remembrance

Branch 4 notes the passing of longtime member Bud Howard.

### Local Summer Tours

A healthy (mostly) Branch 4 group visited Angel Island on July 19. The weather could not have been better. We hiked, took the tram tour, visited the up-dated immigration center and lunched at the Café.

**Don't forget the SIR Picnic on August 14. (see announcement on the back page)**

Any ideas for a future local SIR day trip? Please write your idea on the Badge Table local trip clipboard, or leave a message for Bill Gipe at 650-878-5746. There are two weekday afternoon BART-able Oakland A's games in September, Sept. 5 vs. Angels or Sept. 18 vs. Royals. Please sign up at the September lunch.

**Branch 4 remembers the August birthdays** of Mike Abeyta, Ron Appel, Don Appleton, Terry Kirchhoff, Rich MacDougall, Jack Major, Leonel Parra, Matteo Rizzo, and Peter Roosakos.

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**Golf: Jack Major 415-412-6654 (cell) and Ken Reed 415-810-3832.**

A 2019 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 **2019 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 **July 9th** match was played in slightly overcast (light fog) temperate conditions. Course conditions were fine, and the cart situation was much better, since we reserved 10 ahead of time. Results were too late for press time, but you should get an email of the winners, and details on the website.

**Next Sharp Park Tournament: Tuesday, August 13th - first tee-off is 0930.** SIR members and their

guests are invited. There's **breakfast that starts at 0815**, so you want to get there early. At least, **check in a half-hour before your tee time**. The lineup will be sent out by email a few days before. Sharp Park fees are **\$54** - \$22 green, \$13 breakfast, \$13 cart, \$6 prizes...No cart saves you \$13.

The **2019 Poplar Creek Tournaments** are all scheduled for **Tuesdays** this year - 2/19, 4/23, 6/18, 8/20, 10/22, 11/19, 12/17 - starting at 1015.

The Tuesday **June 18th Tournament** results were emailed and available on the website.

**Next Poplar Creek Tournament: Tuesday August 20th** - first tee-off is 1015. Sign up at the golf table or call Jack or Ken. Green (\$33), prize fees (\$7), and golf fund replenishment (\$5) are \$45; optional cart fees are \$33 double, \$23 single, payable at the Pro Shop. Prize merchandise vouchers can't be used for cart rentals during tournaments.

**SIR Area 4 Away Golf Tournaments:** Crystal Springs was played on May 28th, and Tilden was played on Tuesday July 23rd. Crystal Springs or Metropolitan coming up in September.

Stand by for updates. Sign up for the tournaments 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 the first Wednesday of the month because of SIR's Lunch. To keep you posted on conditions, make sure Roger or Charley have your email address.

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

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.

**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 6 free tickets for the raffle

**From your fellow SIR Bob Calhoun:**



How would you like to take college level courses with no required homework assignments, no papers, and no exams? Just

taking courses for the fun of it — and at a very reasonable cost?

I'm talking about OLLI-S.F. (Osher Lifelong Learning Institute). It's an organization of adults age 50+ which is affiliated with San Francisco State University. Virtually all the classes are taught at S.F. State's downtown campus at 835 Market Street, above the Westfield Center — very easy to access by BART or Muni (Powell Street Station).

Courses generally meet once a week for two hours for a six week session. The professors are all experts in their fields, skilled educators, and enthusiastic about teaching older learners. Classes are small — no more than 50 students and usually smaller, with lots of discussion for those who wish.

I know I'm not the only SIR member who enjoys this remarkable opportunity. I've seen other SIR members at various courses and workshops. I've personally taken courses in film history, European history, San Francisco architecture and history, art, astronomy, and many other subjects.

The new Fall session runs from August 12 to September 23. The available courses are:

— The Summer of Love: The Golden Age of San Francisco Rock

— Notable San Francisco Journeys — walking history and architecture tours

— Tales of Historic San Francisco and San Franciscans

— Writing Picture Books

— Milton's Paradise Lost

— Photography and Music — An Intersection of Art Forms

— Mozart: 4 Flavors of Opera

— Space Psychology — Keeping Sane in Insane Places

— "The Subject of Me" — Reading Personal Essays

— Life in the Computer Age: The Good, the Bad and the Inevitable

— Write From the Heart

Information about OLLI membership is available at <http://olli.sfsu.edu> or by calling 415-817-4243. A fuller description of Fall classes can be accessed at <http://olli.sfsu.edu/courses>.

You can also ask me at one of our luncheons or on the golf course.

One last thing: OLLI also offers lots of mini courses that meet for only one day (usually a morning or afternoon). Information about these can also be obtained at <http://olli.sfsu.edu> or by calling 415-817-4243.

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Retirement.

*San Francisco Branch 4*



## Branch 4 Picnic

Don't delay – sign up! For the August 14, 2019 SIR picnic at Flood Park, Menlo Park. We will be at the “Oak Shelter” Area- From 10am to 3pm for a lunch catered by California Catering (our luncheon caterer)

**Fee is \$30 per person.** Send check, names, number of attendees to Stu Etzler, 450 Taraval Street #222, San Francisco, CA 94116 or talk to him at the August 7 meeting

Directions: **From the North:** Take US 101 - South, Exit No. 406 for CA-84 E/Marsh Rd., (Dumbarton Bridge) turn right into Marsh Rd,

go .5 mile, turn left onto Bay Rd, go .7 mile, Flood Park on your left.

Note: Turn into the entrance and park near one of the two short walkways leading into the Oak Shelter Area.

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