



A non-profit club of Social Activities for men devoted to the promotion of independence and dignity.

Luther Burbank Branch 17

Santa Rosa, CA

New Website: www.sir17.org



THE **REDWOOD BARK** NEWSLETTER

For **April 2020**

Meetings are at **LEGENDS** in the Bennett Valley Golf Course, 3328 Yulupa Ave., Santa Rosa.

ALL CANCELED UNTIL FUTHER NOTICE!
No need to call anyone. Keep checking the website for updates!

April 16th Meeting Schedule CANCELED!

Board Meeting: **10:00 am**

Social Hour: **11:00 am**

Lunch: **12:00 noon**

Speaker: **Chris Smith, Columnist for the Press Democrat newspaper. CANCELED!**

Adjourn by: **1:30 pm**

Please place your badge into the collection buckets when leaving through the side door to the parking lot.

April; 16th Lunch Menu CANCELED!

Fix your own sandwiches--at home!

Beverages: Regular or decaf coffee, iced tea or water. Beer, wine and mixed drinks, and free sodas are available at the bar.

BIG Sir George Traverso's Message

geosan@sbcglobal.net 528-6987



We now live in a world that is immersed in health issues. The current health challenge that the coronavirus presents to the world is such a momentous example.

However, let me discuss an issue that is ever present. Environmental studies stress the importance of solving issues such as climate change and the effects of various carcinogens on the human body. These are only two science-related topics that affect all human beings. Longevity and the quality of life blend together in one's quest to "make the most" of one's presence on this tiny planet. These two subjects present the main concern and attention of my message to my fellow seniors.

My discussion on specific senior health issues such as depression and social detachment is focused on two senior classes: baby boomers and pre-baby boomers. I believe that we fall into these two categories. We, as seniors, are fortunate to have arrived at our station in life. Now, as we contemplate our purpose and position at this time it is natural to review, study and promote ideas on keeping us physically and mentally sharp.

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Little Sir Gary Bondi's Message

gbondi@sonic.net 539-2445



Greetings fellow SIRs! I hope this finds you all in good health. Hopefully, you, your family or friends have not been affected by the COVID-19 virus. Here I sit, sheltering in place! I know you are all following the stay home guidelines and are probably experiencing a little cabin fever by now. I know I am and I'm running out of things to do! I'm also tired of hearing nothing but bad depressing things every time I turn on the TV or pick up a newspaper. I find that listening to music is a nice distraction and that a little humor, during this crisis, may help offset some of that. So, I put together a list of a few songs that seem to fit the time. They certainly had a different meaning when they were recorded, but, how prophetic! I'm sure most of you music lovers will be familiar with the artists who recorded them. For what it's worth, here they are:

"U Can't Touch This" - MC Hammer

"Can't Feel My Face" - The Weekend

"Don't Stand So Close To Me" - The Police

"All by Myself" - Celine Dion

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**SIR Luther Burbank Branch 17 is in Area 10 of Region 3.
The following is a list of your 2020 Officers and Directors.**

OFFICERS:	EMAIL:	PHONE:	DIRECTORS:
Big Sir: .George Traverso	geosan@sbcglobal.net	707-528-6987	Gordon Boulthbee
Little Sir: Gary Bondi	gbondi@sonic.net	707-539-2445	Rich de Lambert
Secretary: Kurt Wehrmeister	kurtwehrmeister@gmail.com	630-461-2715	Ken Johnson
Asset. Secretary: Jim Gurke	1jgurke@gmail.com	707-303-0989	Chris Nolen
Treasurer: Glenn Seime	gseime@sbcglobal.net	707-537-5360	Paul Willihnganz
Asset. Treasurer: Al Petrie	alpetrie7@aol.com	707-545-7208	Elias Zegarra
Newsletter Editor: Jim Fenstermaker .	sirsbrn17@gmail.com	707-548-3346	WEBMASTERS: Dennis Mangan Jim Fenstermaker

Big Sir Message *(continued from page 1)*

I received my driver's license when I was sixteen and like most teenagers I could not wait to start. Since then, I have experienced numerous flat tires, breakdowns, scrapes and minor fender benders. Fortunately, nothing serious. During the past few years, I have attended classes that focus on senior driving habits. Driving a vehicle, especially with occupants, presents a major responsibility. The demands of senior driving forces us to be physically and mentally prepared for any situation.

Fine-tuning our minds and bodies is basic to healthy senior living. Engaging in moderate exercise elevates the heart rate to increase blood flow to the brain. Swimming and walking are great examples of moderate physical activities important to seniors. Eating healthy and cooking meals together at home has proven to be beneficial for more than our stomachs. Doodling, painting and drawing are also important for our senior minds. In my *BARK* message several months ago, I wrote about Sir Winston Churchill who, upon his retirement, became an accomplished artist. Playing board games, brain teasing puzzles and card games are also ways to keep senior minds young.

We are fortunate that our SIR Branch 17 offers numerous activities and events that keep us physically and mentally alert. From golf to bowling to poker to Global Forum issues to bocce to wine tasting and more. Our group promotes many enjoyable programs. The monthly Boys Night Out and Couple Nights Out are additional events that encourage wonderful social enjoyment. Maintaining a positive social attitude and participating with the numerous physical activities make our SIR a great place to keep fit and young. I recently attended a SIR Town Hall meeting in Fairfield. As the gathering was ending, we received a farewell salutation: "Get Social and Live Long and Healthy." With great appreciation this message underscores my wish to you that we continue to strive with purpose and commitment.

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**IMPORTANT MESSAGE from your BIG SIR:
Gentlemen,**

These are unprecedented times. In reviewing this extraordinary situation, the cancellation of the April 16th BEC meeting and luncheon at Legends is appropriate and necessary, as per all the recommendations from our State SIR President, our California Governor and the many health officials.

I am sure that you share my concern. Our health and well being are in our shared interests. Meanwhile, I wish you and your families to be safe, be smart, stay healthy and we shall meet again!

**Respectfully,
George Traverso, Big Sir Branch 17**

Little Sir Message *(continued from page 1)*

"Virus Alert" - Weird Al Yankovic
 "I'm Not Sick, But I'm Not Well" - Blink 182
 "St. James Infirmary" - Louis Armstrong
 "You Give Me Fever" - Peggy Lee
 "Touch Too Much" - AC/DC
 "Rockin' Pneumonia and the Boogie Woogie
 Flu" - Huey "Piano" Smith

The list goes on, too many for here, but, if you want more of these fine selections, give me a call. I hope these will help ease your cabin fever. Good health to all and see you when we get through this!

Membership Attendance on March 19th

It was **CANCELED** due to the virus outbreak.

At the end of the February meeting we had a total of **82** members. Since then Romie Schneider has died and two members have turned in their resignations, leaving us with possibly now 79 members.

A New Monthly Feature, Member Profiles:

Badge #27 Terry Freeman

Bath twice a day to be really clean, once a day to be passably clean, once a week to avoid being a public menace. [Anthony Burgess](#)

The onset of the COVID-19 disease has changed how we feel about keeping ourselves and environment clean. I have never washed my hands or covered my coughs so thoroughly as I have over the past few weeks. When I talked with Sir Terry Freeman a few weeks back, COVID-19 was just a troublesome infection far away in China. Little did I realize that Terry formed a business around cleanliness so very relevant to protecting our health today. Let me explain.

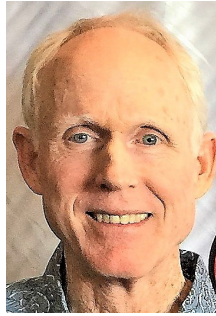
Let's talk dirty. I mean Terry loves to talk about smelly, decaying, smoky, dusty, moldy, gassy, dirty things! He reminded me that dirty air from the wildfires, fireplaces and cigarettes is not only unpleasant, it can really mess with your lungs. Remember how smoke in restaurants made the food taste bad? Well it was also damaging the tissues and exacerbating inflammation in patients with lung diseases. Clean air is critical in doctors' offices, hospitals, and surgical wards where you really don't want things floating around in the air, landing in open wounds. And consider electronics and medical equipment that need clean air pumped in to work properly.

Terry also described how workplace odors can make life miserable or dangerous. Imagine the stink in an autopsy room, filled with the fumes of formaldehyde and smells of a decaying corpse. Taking measurements of the airspace, Terry built equipment that you could roll into a room, turn on and filter out airborne toxic gasses, smells, spores, and particles. He designed negative airflow rooms at health centers so that patients with highly contagious diseases would not spread the microbes to other patients or healthcare workers. He determined how to remove mold from aging buildings and worked on cleaning up biological waste and debris created at crime scenes. As PJ O'Rourke humorously said, "Cleanliness becomes more important when godliness is unlikely."

Terry was in the business of scrubbing. He removed dirt, grime and gore from our world. He helped to make us safer and healthier. Although he likes to talk dirty, you will find Terry one of the nicest, cleanest guys in our club. Maybe he can clean up my potty mouth that follows a bad golf shot? Please welcome Terry Freeman to our SIR Branch 17!

(Article by Dennis Mangan)

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We are sad to inform you that our member
Romie Schneider
passed away on March 4, 2020.
We send our condolences to his family.

At the present time his services have been postponed until a time to be determined later.

The Poem of the month for April

Always Marry An April Girl

by Ogden Nash

Praise the spells and bless the charms,

I found April in my arms.

**April golden, April cloudy,
Gracious, cruel, tender, rowdy;**

April soft in flowered languor,

April cold with sudden anger,

Ever changing, ever true --

I love April, I love you.

GLOBAL FORUM: (Article by Marvin Mai)



Possible topics this month include: world-wide pandemic; will the domestic issues in China limit its global expansion; will Turkey, with its increasing intervention in Syria, strain its alliances with NATO and especially the United States.



CANCELLED!

Couples' Night Out: (Article by Fred Rose)



March 26th was **CANCELLED**, like most other activities. Possible this will happen now on April 23rd at **La Gare French Restaurant**, 208 Wilson Street.

Cocktails at **5:00** pm, order dinner at **5:30** pm.

CANCELLED!

ACTIVITIES:

Bocce:

(Article by Chuck Stark)



Every member will be receiving a separate email with a short survey regarding how interested you are in participating in our Bocce group. Depending on the number of responses, I will choose a casual lunch spot to hold an organizational meeting. From there we can plan events from April through October, near or far, with or without a meal. If we have members of the Santa Rosa League, I would appreciate a call or email to learn about availability of the Julliard Park courts.

Suggestions or questions please contact: **Chuck Stark** at: cstark@sonic.net or call 707-571-0207.

Bowling:

(Article by Mike Heinzelman)



If you have an interest in joining the SIR bowling league, or just want to see how Mike is progressing, come-on-down to Double Decker Lanes in Rohnert Park any **Monday at 10:00 am**. Ask for the SIR bowling group.

(Remember, it's not a weekly commitment--just come when you can.)

Whether you are a good bowler or a beginner, you are welcome!

For more information call Mike Heinzelman at 579-6615 or email to: mdheinz2@gmail.com

CANCELED!



Boys' Night Out:

(Article by Don Malvestiti)



All restaurants this year will be picked from the "Best of Sonoma County"

Apr - Best overall, Gravenstein Grill

May - Latin Jun - Sushi

Jul - Outdoor dining, Aug - Burgers

Sep - Indian Oct - Craft beer

Nov - Seafood Dec - Nothing at this time.

CANCELED!

List of the April Birthdays

Robert Reuther

George Traverso

We will celebrate all birthdays whenever we are back to our regular meetings again, but when that will be is????

HAPPY BIRTHDAY!

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Bridge:

Bridge is an important activity with many of our members not only within our own branch but with participation of members from other branches in our area. Bridge activities are now coordinated by **Pete Mc Grath**, at: pmcgrath@sonic.net or call 579-8133. for the 2nd & 4th Tuesdays, OR Jim Park at: jepark38@sbcglobal.net or call 578-4255 for the 1st & 3rd Tuesdays.



Bridge days scheduled this month for play at Legends Restaurant in Bennett Valley starting at **9:00 am on Tuesdays, April 7th & 21st**, at **10:00 am** on **14th & 28th**. If in doubt, contact Mike Heinzelman at mdheinz2@gmail.com or call Mike at 579-6615.

CANCELED!

Camera Club:

(Article by Rich Osborne)



We have selected Quarryhill Botanical Garden, for our next outing on **Friday, April 3rd** to meet there at 10:30 am to photograph spring flowers followed by a potluck picnic lunch on the grounds. Food items will be discussed when we get closer to the date. Everyone is welcome, all men and ladies interested in photography, so please come join us!

richosborne@outlook.com or 303-304-9262

Please leave a message if he does not answer.

CANCELED!

Free Comedy!

(Article by Mark Burchill)



Kingpins of Comedy is a free comedy show the second Tuesday of every month. It's held in the lounge at Double Decker Lanes in Rohnert Park.

There are usually five comedians, in a show lasting about 90 minutes. There is no admission fee, drinks are very inexpensive, but they usually ask for a tip for the comedians.



The **April** show will be on the **14th** at 8:30 pm.

If you are interested in joining our Sir group and their partners (*this is a co-ed activity*) at these free comedy shows, please contact Mark Burchill at SirMarkB@sonic.net for more details.

CANCELED!

Picnic Planning is currently on HOLD!

Annual Branches 17/176 Picnic

Wednesday, June 17, 2020

Outdoor Event Area at Windsor Golf Course
1302 19th Hole Drive, Windsor, CA.

Catered By

Charlie's at Windsor Golf Course

11:00 am Social Hour Lunch served at Noon

**BBQ Chicken, Veggie Pasta, Chili Beans, Corn on the Cob,
Salad, Bread & Butter and Dessert**

Wine, Beer, Soft Drinks included

Raffle, Music, Bingo

All for only \$30.00 Per Person

Sign up at the May 21st Luncheon

OR

Sign in by mailing payment to:

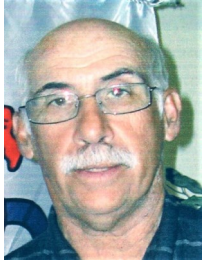
Al Petrie, 2188 Francisco Ave., Santa Rosa, CA 95403-8173
707 974 9193 or alpetrie7@aol.com

Be sure to include name(s) for name tags

Sign in by mail deadline is Monday, June 1st.

NO TICKETS WILL BE SOLD THE DAY OF THE EVENT

Questions? Contact Br 17 Picnic Chairman Ted Scapeccia
707 529 0063 or tescape4@gmail.com

POKER FEST:*(Article by Steve Edelstein)*

Come try your hand at a game of poker. It's fun and a good way to meet your fellow Sir members. The date this month is **Thursday, April. 9th**, from **12:30 pm to 4:00 pm**, at **Legends** in the Bennett Valley Golf Course.

Please call Steve to confirm this date for sure.

Contact **Steve Edelstein** by email at:

1hatisland@gmail.com

or call **206-8084**.

CANCELED!



A special Thank You to members Gordon Boulton and others for helping me by spotting all my errors in grammar, punctuation, spelling and any other boo-boos I have made before the final edition goes to press and you see it.
Jim, the Editor

GOLF & Travel Golf:*(Articles by Roy Thuestad)*

Golf is now in hibernation mode. Think of courses that you've dreamed of playing and we'll get you there. When the COVID-19 clears be ready to travel.

Roy Thuestad

roymond@comcast.net

CANCELED!

Joke of the day

Quotes from the late Will Rogers:
Never miss a good chance to shut up.
If you find yourself in a hole, then stop digging.

At this time in our life, while everything is being turned upside down, it is time to reflect on our lives. I found the following article on the website of Ronstadt.wordpress.com that I believe is very interesting.

Life on the Back Nine and then it was winter

Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday when I was young, just married and embarking on a new life with my mate. Yet, in a way, it seems like eons ago, and I wonder where all the years went. I know I lived them all. I have photos and glimpses of how it was back then and of all my hopes and dreams. But here it is, the **Back Nine** of my life and it catches me by surprise. How did I get here so quickly? Where did the years go and where did my youth go? I remember seeing older people through the years and thinking they were years from me.

The **Back Nine** were so far off, I could not fathom or imagine fully what it would be like. Many of my friends are retired and gray. They move more slowly. I see old people now. Some are in better and some are in worse shape than I, but I see the great change. They are not the people I remember as young and vibrant, but they are like me: Their age is beginning to show and we are now those old folks we used to see and never thought we'd be.

Yes, I have regrets. There are things I wish I hadn't done. Things I wish I had done. Yet, indeed, there are many things I'm happy having done. It's all part of life. So, if you're not on your **Back Nine** yet, let me remind you, it will be here quicker than you think. Whatever you would like to accomplish in this lifetime, do it soon. Don't put things off too long. Life goes by so quickly. Do what you can today, because you can never be certain that you'll see the **Back Nine**. You have no promise that you will live all the seasons of your life.

So live for today and say all of the things you want your loved ones to remember and hope they appreciate it and love you for all the things you have done for them in the years past.

Life is a **gift** to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Be happy! Have a great day every day!

Remember. **It is health that is real wealth**, and not pieces of gold or silver. May you always have **love** to share, **health** to spare and **friends** that care!

For today, stay inside, stay safe at 6' from others and wash your hands!

NON-RESPONSIBILITY DECLARATION

All activities arranged for, or by, or sponsored by, SONS IN RETIREMENT, INC., and its Branches, are for the convenience and pleasure of the members and their guest who desire to participate. SONS IN RETIREMENT, INC., 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.