



A non-profit club devoted to the promotion of independence and dignity.

Luther Burbank Branch 17, Santa Rosa, CA,

Website: <https://www.sir17.org>



The REDWOOD BARK Newsletter APRIL, 2023

All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday, April 20, 2023 at Iron & Vine, 3330 Yulupa Avenue, S/R

If you told the Phone Committee "YES" you plan to attend but find later that you will be unable to attend, you need to contact Al Petrie at 707-974-9193 or email alpetrie7@aol.com by noon Wednesday, April 12th to help keep our count more accurate. Also of importance is, if you are bringing a guest or if you originally said "NO" but changed your mind and decided to go after all, in either case, then please contact Al Petrie per the above!

April 20th Lunch/Meeting Schedule: Social Hour: 11 am, Lunch/Meeting: 12 noon,

The menu will be posted on our website sir17.org on April 13th.

Notice: Our lunch venue has changed to Iron & Vine (formerly Bennett Valley Grille) at the Bennett Valley Golf Course. To enter the building, please use the side entrance to the left.



Big Sir Gary Bondi's Message
gbond@sonic.net 707-539-2445

Greetings fellow Sirs and happy spring to all! Well, it's at least spring on the calendar, the weather just hasn't caught up yet. Can't complain about the rain though, it is what we have been looking for in the last three years. I trust none of you have experienced any serious damage from the wind and rain. I know we are all looking forward to the warmer spring and summer days ahead when we can get out there for all our outdoor activities.

I do have some news to pass along to you regarding COVID. I thought I would not have to deal with that word again but it lingers on. The State SIR has put together a new protocol for all branches that we are advised to put in place. Here are some details:

All activity chairs are required to notify the branch if and when anyone in their respective activity reports he or his guest has tested positive for COVID. As soon as they are aware, they should notify the Big Sir. Then, the attached letter will be sent to the entire membership:

Dear Branch 17 members and guests:

We hope this message finds you well. We are writing to inform you

(continued on page 2)



Little Sir Chris Nelle's Message
nelleval@hotmail.com 707-527-0576

Well, I'm three down with finding interesting speakers for our luncheons and literally stumbling across Professor Card was a real bonus. Hopefully you learned something new about labor economics that will allow you to sleep better!

Excluding our June picnic and our December Christmas program, I only need to fill seven more speaker spots. Here's a preview of coming attractions (or attractors):

April will feature Margie Pettibone from Catholic Charities to bring us up to date on our community's homeless issue.

May we've got Frank Allocco from University of San Francisco who has had a career in athletics and I understand is a tremendous motivational speaker. He has shared with me that his real claim to fame is being the Norte Dame QB who got injured in a game and was replaced by a kid named Joe Montana, hence he thinks he deserves the credit for having got Joe his start!

Then after the picnic in **June** we'll come back in **July** to hear from S/R Police Chief John Cregan.

September we have Maraskeshia Smith our S/R City Manager.

(continued on page 2)

Big Sir Message: *(continued from page 1)*

that one of the attendees **[at the recent event]** has tested positive for COVID-19. Out of an abundance of caution, we strongly advise all attendees to get tested for the virus as soon as possible.

Self-testing advice is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

We take the health and safety of our members and guests very seriously, and we want to ensure that everyone present **[at the recent event]** takes appropriate steps to protect themselves and others. We encourage you to monitor your symptoms closely and follow the guidelines of your local health authorities.

Thank you for your attention to this matter, and please do not hesitate to reach out if you have any questions or concerns.

Best regards,

SIR Luther Burbank Branch 17
SIRBr17@gmail.com
(707) 596-8027

Once the above letter has been sent, it is then up to the respective activity chair to inform any guests who may have attended. I know that the COVID era will officially be declared over sometime in May, however, like the flu, it won't go away. Hopefully this is the last time I will have to mention COVID and we will all remain in good health. Please contact me if you have any questions regarding this matter. That said, looking forward to continuing to enjoy all of our branch meetings and activities. Please join us at our April 20th meeting.

April Birthdays

Keith Hall Robert Reuther
Nicolas Stameroff George Traverso

Mike Heinzelman was the Birthday Boy winner for the month of **March!**

Little SIR Message: *(continued from page 1)*

My 2 ½ months of being your Little SIR has been very illuminating. Other than finding speakers my main duty is to attest to the submission of Forms 27 and 28 to State HQ. Rather than just ask "have they been submitted," I was told that I could check on line if they were sent in. So, I went to the SIRinc website and I was very deep into the site looking for where I'd find evidence that Forms 27 and 28 had been submitted until I realized I was in the wrong SIR website. I was deep in the Systemic Inflammatory Response Syndrome (SIRs) site.....want to vote again? How are you doing with random acts of kindness? Don't they make you feel great? Sort of like draining a 20-footer to save bogey, eh?

COVID Waiver Reminder for Partners and Guests

With the annual picnic approaching, this is a good time to remind everyone, especially new members, that we require a signed Event Waiver and Release of Liability for Exposure to COVID-19 from all attendees at our outdoor events. (Indoor events require proof of COVID vaccination as well.) Members can download a copy of the waiver form from the Contact page of the branch website; by asking for a paper copy at the check-in desk at the monthly luncheon; or by contacting Gordon Boulton, at 707-584-8063; or email to: gboulton@aol.com. To return a signed copy to Gordon either scan it and email it; take a photo of it with your smart phone and email the photo; or return a paper copy to Gordon at a luncheon or other SIR activity. The waiver requirement applies to activities such as CNO, CIP, and wine tasting events as well. If we already have your partner's signed waiver on file, you are good to go! Gordon will bring a list to the April luncheon in case you are not sure of your partner's vax and waiver documents status. Or call him anytime!

Treasurer's Report:

Balance 3/1/2023	\$4,742.45
Balance 3/20/2023	\$4,756.37
Net Gain (Loss)	\$ 28.00

A copy of Treasurer's report Form 28 can be found on our website www.sir17.org



New Member Badge #131

Jim Richards

A Texas native, I was “born and raised” in a small college town, Commerce, out in “cotton, corn, and cattle country” northeast of Dallas. In 1970, I began my professional studies at the University of Texas at Austin, initially as a double-major in mathematics and music, and subsequently received a Ph.D. in music theory and composition from the Eastman School of Music in Rochester, NY.

Following a brief stint at Hastings College (NE), I accepted a faculty position at the University of Missouri-St. Louis. Little did I know this would become a career-long appointment—38 years. My principal assignment was to conduct the university orchestra and opera/music theater as well as teach graduate and undergraduate courses in orchestration and conducting. I eventually strayed into academic administration as music department chair, then as Dean of the College of Fine Arts and Communication, with a couple side trips into university development and with the artistic administration of the Saint Louis Symphony Orchestra.



My academic position proved to be an ideal match with an active career as a professional musician. My primary areas are orchestral conducting and violin performance. As a conductor, some peak experiences include leading performances of Orff’s “Carmina Burana” with the Nashville Ballet, conducting the off-Broadway premiere of the musical “Booth!”, and regularly guest conducting on the Saint Louis Symphony Discovery Series. As a violinist, I was a first-call principal player for the Bach Society of St. Louis, Fox Theater Orchestra, and Dance St. Louis Orchestra for approximately 35 years.

But by 2019, the time had come to put the demands (and rewards) of this hectic schedule aside. Having strong family ties in the Bay Area, I made the leap to the beauty, diversity, and cultural richness of Nor-Cal, moving to Santa Rosa after a short stop in Half Moon Bay. PLUS, my two daughters, residents of Cleveland, OH, and NYC, are much keener on visiting Dad in California than in St. Louis.

I appreciate being welcomed into the SIR Book Club and look forward to engaging in various activities and interests as I get better acquainted.



New Member Badge #066

Russell Dieter

I was born in Bakersfield, CA in 1933, but lived and attended grade and high school in Wasco, a San Joaquin valley town of 5000, where I picked cotton and potatoes in the summer. My family was middle class. I had three younger siblings. My sister Becky is the only one surviving. I was a HS janitor my four years of high school.

1950-1952: I attended Bakersfield College.

1952-1956: UCSF Pharmacy school in San Francisco for a BS in pharmacy. ROTC program.

1956-1958: First Lt., US Army Medical Service Corps, Fort Benning, GA.

I then decided to strengthen my liberal arts education by attending a year at Loyola, Chicago north shore campus and then a semester at Santa Clara University.

In 1960 I married Judy and began medical school at Marquette in Milwaukee, Wisconsin, graduating in 1964 with an MD degree and two sons, Mark and Chris.

After a year internship at LA County Harbor general hospital in Torrance, CA we moved to San Francisco in 1965 for a four year radiology residency at UCSF, and lived in university housing in Sutro Forest. I was a Palubinkas fellow in renal and abdominal angiography my last year.

Our daughter Suzanne was born 1968, then we moved to Santa Rosa in 1969 to join Jaffrey, Pennington and Miller Radiology Group, which provided radiology services for Santa Rosa Memorial Hospital. The Santa Rosa population then was about 50,000, and we loved life in Santa Rosa and Sonoma County.

After I retired in 1991, Judy and I toured the US and Europe. I now have a new favorite hobby, photography. I have a dark room, but now little used in the digital age. I use Adobe Lightroom Classic. I like to hike, read, eat and drink.

I saw a few familiar faces at the March 16th SIR luncheon meeting, and look forward to meeting more of the SIR group.





New Member Badge #045

Barney Hays

Barney Hays was born in a small hospital in the small mining town in Park City, Utah. Barney's grandfather was an engineer in the mines, (Silver & Nickel). Barney's father wanted no part of mining, so they moved to Alameda in California. After graduating from Castlemont High school he enrolled at San Francisco State. He was a part time student and worked running a restaurant until he was drafted. The Army thought Barney would be a good Chaplin's assistant and it turned out just great. Father Lavery was a Holy Ghost priest who was stationed in Korea for 18 months. My two years with him were very rewarding. After my two years I enrolled at California Berkeley and lived at home. My next step was management training at Montgomery Ward. After a couple of years I was promoted to Santa Rosa as a line manager. After two years I decided to go into business for myself. I started a plating shop and that lasted 35 years.



Publicity – SIR Apparel:

In recent years, many branches have gone inactive or were dissolved because they couldn't find new leaders. Statewide, the average age of the membership is approaching 80 years. We need to attract younger men to SIR who will be our future volunteers and leaders.

SIR State has hired a marketing and communications consultant to help boost SIR membership. The consultant has told us something we already know: SIR is largely unknown to the general public. While there are many things the Publicity Committee is doing to increase awareness of SIR, there is one thing you can do: **purchase and wear SIR apparel.** The official SIR apparel makes use of the same SIR brand and image that we use in all of our publicity efforts.



Some of our members have had problems ordering items from the online SIR ProShop (<https://sir.ourproshop.com>) and the shipping costs can be excessive on small orders. To help alleviate these problems we are looking into developing a paper orderform for a limited number of items and having the branch place a bulk *(continued at top right)*

Publicity – SIR Apparel:

order with free shipping. We will tell you more about this at the April luncheon.

We hope you'll help get the word out about SIR by buying and wearing SIR apparel in public, not just at SIR events.

(Article by Neil Wheeler)

Potluck Lunch: *(Article by Rich de Lambert)*

Spring has lifted its bright colors and it is time for a Potluck Lunch. Branch 17 has now opened its annual membership drive with a very informal lunch at Spring Lake. What a great time to bring a potential member or guest to meet our club. The afternoon of friendly faces and sunshine will make it a lovely day to meet with your fellow members and their partners and introduce potential members to SIR. A camp stove and gas grill will be available if you need to heat or grill something.

Our POTLUCK is scheduled from 1 to 3 pm on Tuesday, April 11th at the Lower Jack Rabbit Group Picnic Area near the boat ramp on the west shore of the

park. Come in the gate located at the South entrance at 5585 Newanga Ave. As you come in the gate turn left and drive 0.7 mile then look for the signs. There are plenty of parking spaces and restrooms near the picnic area. Parking is \$7.00 at the park entrance, but is free with a Sonoma Regional Parks Pass or your Disabled Person Parking Placard/Plates. For those of you without a pass, we suggest parking in CVS parking lot at Bethards and Yulupa and catching a ride with someone who has a pass. April 25th will be rain date in case it rains on the 11th.

Please bring a food dish to share and your own beverages. Come out for a good time and lots of food!

If you have questions please call me, Rich de Lambert, at: (707) 545-3490 or email me at:

richdelambert@gmail.com



The SIR Branches 17/176 Picnic

Thursday, June 15th, 2023

Outdoor Event Area at Windsor Golf Course

1302 19th Hole Drive, Windsor, CA

Catered By Charlie's at Windsor Golf Course

11 am Social Hour 12 noon Lunch Served

BBQ Chicken, Veggie Pasta, Chili Beans, Corn on the Cob

Salad, Bread, Butter & Dessert

Wine, Beer, Soft Drinks

Raffle & Music

All for Only \$40.00 per person!

Tickets On Sale at April 20th and May 18th Meetings
or

Purchase tickets by mail from:

Al Petrie, 2188 Francisco Ave., Santa Rosa, Ca 95403-8173

707-974-9193 / alpetrie7@aol.com

Purchase by mail deadline is June 1st.

Be sure to include mailing address and name(s) for name tags.

No tickets will be sold the day of the Event.

All members and guests will be required to have a signed SIR Event Waiver
and Release of Liability for Exposure to COVID-19 on file.

Contact Ted Scapeccia Br 17 Picnic Chair with questions.

707-529-0063 / tescape4@gmail.com

SIR Branch 17, Member Profiles:

Wayne Brigden Badge # 133

Wayne Brigden was inducted into SIR17 last July, and there's a nice bio of him in the August 2022 BARK newsletter. Yet, I started hearing rumors from our club members that Wayne was a man with an interesting background and "has lots of interesting stories to tell." I met with him after our March 16th luncheon and found out most of the rumors were true...he has much more to tell than what is written here!

Wayne knew he was going to become an engineer when he was 12 years old. He savored math and physics in high school and read engineering magazines for fun. The road to becoming an engineer was bumpy, but he never wavered. He needed training, money to build businesses, and opportunities to practice his craft.

His mom and dad gave him freedom as a young boy, allowing him to work on a prune farm away from home during the summers starting at the age of 13. He earned their trust by being responsible, staying out of trouble and being "a good kid." He also earned the respect of the people that ran the farm, and as a kid of 16, was charged with hiring other pickers. In Boy Scouts, he gained experience in auto mechanics and at 17 worked at a garage, earning money and more recognition as a responsible worker.



After high school, Wayne joined the Navy and went to electronics school on Treasure Island for nine months. Electrical technology stimulated his curiosity, and his engineering genes came alive! While serving aboard a ship for a couple years, he was surrounded by the equipment that fascinated him the most, including radar, receivers, transmitters, telemetry, and long-range navigation (loran) systems. His commanding officers were impressed with his capabilities, and although there should have been two electrical technicians on the ship, he often was the only one.

After being discharged from the Navy in 1956,

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Member Profiles:

(continued)

Wayne expanded his expertise in electronics by working for Consolidated Engineering in Pasadena on projects for the aerospace and oil industries, and earning an electrical engineering degree from Cal Poly. He was quickly becoming one of the leading experts in mass spectrometry machines that analyze gases. To make these machines more useful to science, he designed a much smaller yet very accurate version for NASA. Toward the end of 1964, Wayne took a job with the NASA Biomedical Field Team located at Edwards Air Force Base, where he designed instruments to record electrocardiograms, brainwaves, and respiratory gases of pilots in flight.

While working at home, Wayne "tinkered with other ideas." He designed and redesigned medical equipment, including a medical thermometer that could take a temperature in 30 seconds instead of three minutes, and telemetry equipment that eventually was sold to almost every hospital in San Francisco for ambulances to relay medical information to the doctors. Forming companies and contracting with companies that could market this equipment was hard work, both from engineering as well as business perspectives. He enjoyed the challenges but when money was tight, he went to work at Electro Engineering Works in Forestville to build power supplies for XEROX copy machines, including the first color copier.

Wayne was a rock star in the electronics field! He continued to build power supplies for CT scanners, dialysis machines, electronic scales, and backup units for computer server networks. In 1990, Wayne decided to go into business for himself and formed XZEL where he spent the last 12 years of his working life doing the same thing he had done for years: designing and building custom power supplies and transformers for other manufacturers.

Wayne tells three stories about being on Navy ships that lost control: when stranded on an ice flow in the Arctic, when his ship lost its anchor and drifted in Nagasaki harbor, and when he oversteered the ship while he was in the rudder room. He may have lost control of where he was headed those times, but, throughout his career, he never lost direction in wanting to be an engineer. He is a man who likes to solve complex problems...and a man who likes to tell stories. There's so much more to hear!

(Article by Dennis Mangan)

Activities:

Bocce:

(Article by Chuck Stark)



We are now meeting at 10:45 am at Julliard Park EVERY Friday to roll the pallino. We organize several matches depending on the turnout. We join with Branch 76 members also. We have had between five and seven Branch 17 members join in the fun during the last several weeks. The courts are not yet groomed, but they are still fun to play. We play from 11 am to approximately 12:30 pm, and players can opt in for lunch downtown afterwards if they desire. This is a friendly game, easy to learn and a good way to get to know other members. Join us as many Fridays as you want or can, there is no obligation to be there every Friday. As the group develops, we can periodically organize games at other venues also.

For questions or more information contact:

Chuck Stark at cstark@sonic.net
or call 707-799-3373

Bowling:

(article by Fred Rose)

If you have an interest in helping to get this activity going again so you also could enjoy it then contact our Activities Chair, Fred Rose at 707-548-5797 or fredricrose@comcast.net



Book Club:

(Article by Neil Wheeler)



Our book for April is **T. Rex and the Crater of Doom** by Walter Alvarez. Sixty-five million years ago, a comet or asteroid larger than Mount Everest slammed into the Earth, inducing an explosion equivalent to the detonation of a hundred million hydrogen bombs. This horrific chain of events is now widely accepted as the solution to a great scientific mystery: what caused the extinction of the dinosaurs? It is a saga of high adventure in remote

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Book Club:

(Continued)

locations, of arduous data collection and intellectual struggle, of long periods of frustration ended by sudden breakthroughs, of friendships made and lost, and of the exhilaration of discovery that forever altered our understanding of Earth's geological history.

We will discuss the book at our next book club meeting on Wednesday April 26th, at 2:00 pm. The meeting location will be announced later.

If you have any questions or would like to be on our email list, email me at njmwheeler@science-one.org or call me at (707) 291-0271.



Book Club Meeting on March 22nd. L/R: Hap Culp, Fred Rose, Dennis Mangan (on computer screen), Jim Richards, Fred McMane, and Frank Panza. (Photo by Neil Wheeler)

Boys' Night Out:

(Article by Don Malvestiti)

Our March 8th dinner was at the Riviera Ristorante.

On Wednesday, April 12th, the choice is the Washoe House, 2840 Roblar Rd., at Stony Point Rd. Social at 5:30 pm, 6 pm for dinner.

Let Don know if you are planning on attending by April 7th **NO EXCEPTIONS!**

Email at: malvestitidon485@gmail.com or call 707-539-0677 and please leave a message if no answer.

Hope to see a big turnout for our favorite spot!

As a reminder, all **GUESTS** as well as members **MUST** have a proof of COVID vaccine and a signed waiver to enable them to attend.



Bridge:

If you have an interest in helping to get this activity going again so you also could enjoy it or if you have any questions, then contact either Co-Chair.



Dean Lundgren at mdlungren@msn.com
or call 707-544-8088.

James Park at jcpark38@sbcglobal.net
or call 707-578-4255

Coffee Club:

(article by Rich de Lambert)



Eleven of us met at Mac's Deli & Cafe on March 23rd. The Coffee Club will continue on the 2nd and 4th Thursdays at 9:00 am. On **April 13th** we will be at **Café Frida Gallery**, 300 South A St. On

April 27th we will be at **Panera Bread**, 885 Hopper Avenue. In May we are planning to have the Coffee Club back in the park again!

Come join us for coffee, great conversation, and breakfast if you're hungry. Guests are welcome, so bring a friend. If you have questions, contact me, Rich de Lambert, call **707 545-3490**. or email: richdelambert@gmail.com

See the Calendar of SIR Events for the changing locations.

Sunshine Report:

We need your help to tell us before the monthly meeting if any of our members are sick or if some member has died. All you need to do is call Kurt Wehrmeister, at **630-461-2715** or send him an email to: kurtwehrmeister@gmail.com.



Joke of the Month



Definitions:

Committee: A body that keeps minutes and wastes hours.

Dust: Mud with the juice squeezed out.

Handkerchief: Cold storage.

Community Involvement Program:



In case you haven't heard, members of SIR are now involved with a great volunteer activity, and you are invited to join in. Not only is our branch involved, but it is open to other branches as well. The Redwood Empire Food Bank is the largest California Food Bank and serves Sonoma County and all the way to the Oregon Border. In February alone they served 38,100 households, packaged 245,368 pounds of produce, and relied upon 1,846 volunteers.

If you are looking for an opportunity to serve those in need in your community, this is a good way to do it. Your physical ability is not a problem—chairs and tables are available for workers who need them. This activity is open to all: your spouse, partner, neighbors, or children.

We hope that you can join us in our next volunteer activity at the Redwood Empire Food Bank and experience the good feeling of helping others. Wear your SIR apparel so our Branch 17 is identified. The date is set for **April 6th** from 10 am to noon. Just tell us (George, Rich, Barry, or Bob) that you are coming so we can inform the Food Bank of our number. The Redwood Empire Food Bank is located by the Airport at 3990 Brickway Blvd., in Santa Rosa.

In the future we plan to be at the Food Bank every first Thursday of the month from 10 am to noon. If you can't make it on the 6th, plan for next month. You can find us on the www.sir17.org website under the first Thursday of each month. All the information related to time and place is on that site. We are also planning other volunteer activities in the future. If you have any ideas, tell us. Watch for future announcements.

Don't forget to bring used eyeglasses and hearing aids to the next monthly meeting. We will give them to charitable organizations to be used by the needy. There is no need for someone not to see or hear when those unused eyeglasses or hearing aids are only collecting dust in a dresser drawer.

Barry Bialkoski and Bob Reuther, Co-Chairs

Rich de Lambert and George Traverso, Co-Vice Chairs

Couples' Night Out: (Article by Fred Rose)



Save Thursday, **April 27th** for the next CNO at **La Gare French Restaurant**, 208 Wilson Street, Santa Rosa.

Dinner 6:30 pm

We will try for outdoor seating if possible and weather permitting.

RESERVATIONS

REQUIRED by April 21st.

CONTACT: Fred at fredricrose@comcast.net or call 707-548-5797



GLOBAL FORUM: (Article by Marvin Mai)



According to the member survey last year, Global Forum is one of the more popular Branch 17 activities and our success has led other Branches to consider the same activity. Area 16 representative Jay Gordon is planning on attending our March 24th Zoom meeting to be able to pass on our program workings to other branches. Our success is due to the attendance and open mindedness of everyone participating.

The current events of the world today make for stimulating conversation and thought. What's going to happen with President Xi's visit with Mr. Putin? What will spring bring to

the conflict in Ukraine? What about the challenges faced in the Congo? Saudi Arabia and Iran suddenly starting to cooperate and what's that mean to all of the middle east? There's too much to cover in this column and even during our bi-weekly meets.

We meet in person on the 2nd Friday of the month and via Zoom on the 4th Friday.

The April 14th meeting will be at the home of Little Sir Chris Nelle at 3187 Montecito Meadow Drive. **Attendance is limited to ONLY 10**, so you need to reserve your spot with an email to: nelleval@hotmail.com and also to Marvin at: maimarvin57@gmail.com



Golf: Mondays at Bennett Valley



Rain, rain and more rain is the golf story for the past two months. The most exciting thing is that the Golf Committee is actively planning new tournaments at other venues in addition to our weekly Bennett Valley competition. Please see Art Applying's Travel Golf article for updates.

As a general rule we won't hold a competition if the course requires cart path only use of power carts. We're also working with course management about tee times and sign ups for guys who want to play each week. We've reintroduced the weekly sign up sheet. And we anticipate that guys who missed a previous round will now need to call into the clubhouse to assure BV that you plan to play the upcoming week. More details on that in the near future.

Lastly, I encourage you to sign up for Bennett Valley's email distribution. They're much more comprehensive than in the past. Below is small sample of information gleaned from their latest email.

"Aeration to the BV greens will begin Monday, April 10th through Wednesday, April 12th. The recovery time will hopefully only be a few days instead of the normal two weeks.

During this time, only nine holes will be open at a time. For those playing 18 holes, you would play the same nine holes twice. Tee times will ONLY be available during these times on those 3 days.

6:35am - 8:24am

10:40am - 12:31pm

2:47pm - 4:20pm"

Golf Committee Chair: Jim Gurke

1jgurke@gmail.com or call 707-303-0989

Hiking Group: (Article by Stew Lauterbach)



Email stewlauterbach@gmail.com to be added to an email list for a hiking group to help us create a list.

All hikes start at 9 am.

The following list is for April:

- 7th Shiloh Ranch Regional Park, 5750 Fought Road, Windsor.
- 14th Hood Mountain Regional Park, North Pythian Road parking lot, Santa Rosa.
- 21st Helen Putnam Regional Park, 411 Chileno Valley Road, Petaluma.
- 28th Sonoma Valley Regional Park, 13630 Highway 12, Glen Ellen.

POKER:

(Article by

Mike O'Neill)



Our next game will be on April 13th at Epicenter. Start time is 12 noon and the game will run until 3 or 3:30 pm. All seats are already FULL! We have one new player, Ron Tonelli, joining us in April. I did not play in

March, so I am not sure who the "big winner" was. If you would like to play in the future, then please contact Mike O'Neill at:

Mikeo46@sbcglobal.net

TRAVEL GOLF:

(Article by Art Appling)



Due to all the rain delays, travel golfers will now have two dates in April. First we are at Oakmont's Valley of the Moon course on **April 5th** and then one week later on **April 12th** we are at Petaluma's Rooster Run.

As of this writing date there are openings for both April dates. so sign up immediately.

Hopefully, **May** takes us on a rare overnight trip to Lake County for two days of golf at Hidden Valley Lake course with the stay over at Twin Pines Resort Hotel and Casino. The hotel and course are offering some pretty attractive pricing so we need you to sign up immediately as space is limited.

June takes us to San Rafael to play Peacock Gap. In **July**, we hope to travel to Napa and play the Chardonnay course.

August we are staying close to home playing Fox-tail North in Rohnert Park.

September we are booked for the Windsor course.

October always brings special weather to the North Bay, so perhaps a trip to Bodega Bay. We understand this course is not for everyone, but it is hard not to consider this gem which is right in our back yard.

November is not booked, however the committee chair is thinking there might be interest in a trip to Monterey for two nights and three days of golf. This has been done outside of SIR in the past and was well received. Your thoughts are being solicited. Any questions, contact: Art Appling, Chair

Art4747@msn.com or 707-538-1769

Walking Group

(Article by Richard Lundblad)



The walking group meets every Tuesday morning at 10 am, that is weather permitting. We have been meeting lately at the north end of Yulupa Avenue at the Flat Iron trail head and go for coffee afterwards.

Come join us and bring a friend! If you have any questions or would like to be on our email list, email me at richardlundblad@gmail.com or call me at (707) 888-8386

Wine, Beer & Spirits:

(Article by George Traverso)



**ON THE ROAD AGAIN,
THE WINE ROAD THAT IS!**

Hello Wine Aficionados. We have a real treat for us on **Wednesday, May 3rd**. The event will be at the **Mauritson Winery** at 2859 Dry Creek Road, Healdsburg, from 11 am to 1 pm +.

The winery has a rich history dating back to 1868. Owner Clay Mauritson is the sixth generation of this wonderful winery which has robust reds and beautiful white wines. Remember, this is a co-ed event, so bring wives and or lady friends and any prospective SIR members to Mauritson. The price of \$55.00 includes tasting, tour and box lunch. Payment for the event can be made on the day of the event directly to the winery.

A description of box lunch choices is below and will be from Costeaux French Bakery in Healdsburg. Unfortunately, we must limit the attendance to this event to the **first 22** respondents...so please make your reservation and lunch choice by **Wednesday, April 26th** to me at 707-528-6987 or email at geo-san@sbcglobal.net My cousin Bill will be in Italy on another wine road.

CHOICES OF BOX LUNCHES:

- A:** Black Forest Ham on Multi-Grain bread, Jarlsberg Cheese, Lettuce.
- B:** Dry Salami on Ciabatta Roll, Pesto, Tomato, Lettuce, Jarlsberg Cheese.
- C:** Roasted Turkey on Croissant, Avocado, Lettuce, Tomato.
- D:** Veggie on Multi-Grain bread, Grilled Vegetables, Roasted Red Bell Pepper, Goat Cheese, Pesto, Lettuce, Tomato.

SIR Luther Burbank Branch 17

The following is a list of your **2023** Officers and Directors.

<u>Officers:</u>	* Voting Members	<u>Email</u>	<u>Phone</u>
*Big Sir:	Gary Bondi	gbondi@sonic.net	707-539-2445
*Little Sir:	Chris Nelle	nelleval@hotmail.com	707-527-0576
*Secretary:	Terry Freeman	terryfreeman32@yahoo.com	707-235-7066
*Asst. Secretary:	Steven Saulsberry	stevensaulsberry@comcast.net	707-328-4627
*Treasurer:	Al Petrie	alpetrie7@aol.com	707-974-9193
*Asst. Treasurer:	John Gnam	musicmed@sonic.net	707-528-0592
<u>Directors:</u>	* Voting Members		
*Wynn Bailey		wynn.bailey@gmail.com	707-894-9114
*Barry Bialkoski		barryb64@comcast.net	707-584-8412
*Rich de Lambert		richdelambert@gmail.com	707-545-5490
*Bill Grafeld		billgrafeld@yahoo.com	707-953-6462
*David Harris		dharris95405@gmail.com	707-539-7049
*Neil Wheeler		nimwheeler@science-one.org	707-291-0271
<u>RAMP Chairs:</u>			
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Activities:	Fred Rose	fredricrose@comcast.net	707-548-5797
Member Relations	George Traverso	geosan@sbcglobal.net	707-528-6987
Publicity:	Neil Wheeler	nimwheeler@science-one.org	707-291-0271
<u>Membership Chair:</u>			
Gordon Boulton		gboulton@aol.com	707-584-8063
<u>Newsletter Editors:</u>			
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<u>Web Masters:</u>			
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Neil Wheeler		nimwheeler@science-one.org	707-291-0271
Jim Fenstermaker		sirsbrn17@gmail.com	707-548-3346
<u>State Officers:</u>			
President:	Dave Gonzales	yogonzo@yahoo.com	916-587-3538
Area Representative:	Robert Nadell	nadellb@sbcglobal.net	707-978-2636

A special **Thank You** to members Gordon Boulton and the many others for helping us by spotting all the errors in grammar, punctuation, spelling and any other boo-boos that have been made before this final edition goes to press and you see it.

Jim & Rich, the Co-Editors

Calendar of SIR Events for April, 2023

- Golf** at BVGC every *Monday* morning
- Walking Group**, every *Tuesday* morning at 10 am
- Bocce**, every *Friday* morning at 10:45 am,
- Apr 5 *Wed*, Travel Golf, Oakmont's Valley of the Moon, 9 am
- Apr 6 *Thu*, Community Involvement, Redwood Empire Food Bank, 10 am to noon
- Apr 7 *Fri*, Hiking, Shiloh Ranch Regional Park
- Apr 11 *Tue*, Potluck in the Park, Lower Jack Rabbit Group Picnic Area, 1 to 3 pm, Parking \$7.
- Apr 12 *Wed*, Trave; Golf, Petaluma's Rooster Run
- Apr 12 *Wed*, Boys' Night Out, Washoe House, 5:30 pm social, 6 pm dinner
- Apr 13 *Thu*, Coffee Club, Café Frida Gallery, 9 am ,
- Apr 13 *Thu*, Poker, **Epicenter**, 12 noon to 3 pm +
- Apr 14 *Fri*, Hiking, Hood Mountain Regional Park
- Apr 14 *Fri*, Global Forum **in-person** meeting, 10 am home of Chris Nelle, 3187 Montecito Meadow
- Apr 20 Thu, SIR BEC** meeting, Iron & Vine, 9:45 am
- Apr 20 Thu, SIR Lunch/Meeting**, Iron & Vine, 11 am
- Apr 21 *Fri*, Hiking, Helen Putnam Regional Park
- Apr 25 *Tue*, Potluck rain date

Calendar of SIR Events, *(continued)*

- Apr 26 *Wed*, Book Club, 2 pm, location TBD
- Apr 27 *Thu*, Coffee Club Panera 9 am
- Apr 27 *Thu*, Couples' Night Out, La Gare Restaurant, 6:30 pm dinner
- Apr 28 *Fri*, Hiking, Sonoma Valley Regional Park
- Apr 28 *Fri*, Global Forum **Zoom** meeting, 10 am

Poem for April

Daisy Time

By Marjorie Pickthall

See, the grass is full of stars,
 Fallen in their brightness;
 Hearts they have of shining gold,
 Rays of shining whiteness.
 Buttercups have honeyed hearts,
 Bees they love the clover,
 But I love the daisies' dance
 All the meadow over.
 Blow, O blow, you happy winds,
 Singing summer's praises,
 Up the field and down the field
 A-dancing with the daisies!

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.



FIRST CLASS MAIL

Address Correction Requested

SOCIAL ACTIVITIES FOR MEN

SIR Branch 17
 4776 Rincon Creek Way,
 Santa Rosa, CA 95409-3411



Post-
age

Picture of SIR members working in the Community Involvement Program at the Redwood Empire Food Bank on March 2, 2023



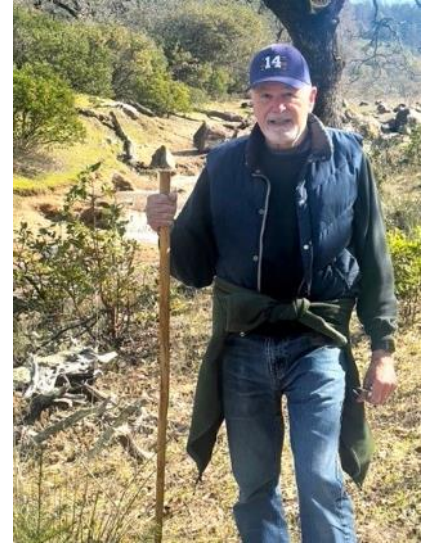
L/R: Gary Bunas from Oakmont Branch 92, Gordon Boulton, Dennis Mangan, Jim Taylor, Bob Reuther, Rich de Lambert, Wayne Brigden, & Ken Johnson. *(Photo by Charlene Bunas)*

Pictures from the Hiking group



Lake Ilsanjo in Trione-Annadel State Park on March 3, 2023

Left: Stew Lauterbach
Right: Gordon Boulton
(Photos by each other)



Below is the view from in the Foothills Regional Park, on the Alta Vista Trail, looking west towards the Sonoma County Airport on March 17, 2023



Photos by Gordon B.)

Stew Lauterbach looking over the valley below.



Pictures from CNO on March 23rd at La Rosa Tequileria & Grill



Picture from Poker on March 9th



L/R: Fred Rose, Glenn Seime, Steve Edelstein, Les Brodie, Ted Scapeccia, Marv Schouweiler, Rich de Lambert
(Photo by Gary Bondi)

