



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

Luther Burbank Branch 17, Santa Rosa, CA,

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



The REDWOOD BARK Newsletter FEB. 2023

All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday, Feb. 16, 2023 at Iron & Vine, 3330 Yulupa Avenue.

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, Feb. 8th 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!

February 16th - Lunch/Meeting Schedule:

Social Hour: 11 am, **Lunch/Meeting:** 12 noon, The menu is posted on our website www.sir17.org

Program: California Institute of Regenerative Medicine (CIRM)

Notice: Our lunch venue changed to **Iron & Vine** (formerly Bennett Valley Grille,), at the Bennett Valley Golf Course. To enter, please use the same entrance to the left of the main entrance, as before.



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

Our first luncheon meeting for 2023 is now in the books and we are off to a great start! It attracted a record number of members as well as some guests. I hope those who attended were pleased with the new setup and the lunch menu. The room was spacious, view was great, the table settings were done very well and the tables were not crowded. There was plenty of space to mingle and enjoy some social time. We also enjoyed an entertaining, interesting program from our Sir member, **Fred McMane**. If you were unable to attend, we look forward to seeing you at our February meeting. Thanks to Glenn Seime for his work in getting us back to BV and for his and Al Petrie's efforts putting together each meeting. There is a lot of behind the scenes work in making it happen.

Now that we are in a new location, with much more space, fresh air and less crowding, there are still some things which we should still be aware of. We can't let our guard down, so, just a friendly reminder: our branch is still operating under the COVID-19 protocol. All Sir members, guests, spouses and/or

(continued on page 2)



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

As to a look towards coming attractions...February we will have a presentation from the California Institute of Regenerative Medicine (or CIRM). I don't yet have the name of the speaker but I've been promised one from CIRM after the originally booked Kevin McCormack, CIRM's Director of Patient Advocacy, died a few days before Christmas of a sudden heart attack. These are not ideal circumstances for a rookie Little SIR, but pale in comparison to the fate of poor Mr. McCormack.

CIRM is the product of voter approved Proposition 71 in 2004 when over 59% of Californians approved the stem cell research initiative. The initiative allocated \$3 billion to support stem cell research conducted by California-based institutions and/or businesses. With the passage of Proposition 14 in 2020, Californians voted to continue CIRM and put forth a \$5.5 billion bond funding to fill its coffer. To date, CIRM has funded over 1000 research projects across the State with 2500 peer-reviewed medical research discoveries

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Big Sir Gary Bondi's Message (continued)

partners must show proof of vaccination and sign liability waivers when attending any meetings or SIR sponsored events. With respect to our ongoing members, we have already secured that information. In addition, and we know you are all aware, if you are experiencing COVID, flu, or cold symptoms, or have been in close contact with someone who is, please follow the protocol and refrain from attending our events until you are symptom-free. We want to stay healthy, so that we can continue enjoying all SIR activities. All that said, I look forward to seeing everyone at our next meeting and welcoming those who will be attending at our new location for the first time.

Lunch Attendance Guidelines

What's different from Epicenter? Epicenter only charged us for our actual number of lunch attendees. **Iron & Vine** charges us for the missed meals when the actual number of attendees falls below the final count we give to them. The SIR Branch-17 will then charge those members who were absent after saying they would attend, beginning this coming March.

So, how will this work?

- Changes in planned attendance are OK if member notifies his caller (*who updates his call sheet*) before the final count which is due to **Iron & Vine** by noon on the second Wednesday of each month.
- After final the count, if YES is changed to NO, no charge to member if he notifies Al Petrie at 707-974-9193 or email alpetrie7@aol.com. Member is charged \$17 for his missed meal if Al is not notified. Sponsors are responsible for their guests under the same rules.

Important to note: members will not be charged when the total actual count is equal to or greater than the final count given to **Iron & Vine**.

In the interest of count accuracy, last minute member and guest adds after the final count is given to **Iron & Vine** are discouraged and need to be minimal.

Questions? Call Glenn Seime 707-537-5360 or email gseime@sbcglobal.net

Little Sir Chris Nelle's Message (continued)

which have resulted in 70 human clinical trials. Major advancements in finding improved treatments and possibly cures for things like cancer, heart disease, diabetes, Alzheimer's, Parkinson's, autism, ALS and more.

Stay tuned!!

P.S. working to understand my role and especially the type of communications the Little SIR puts forth in the *BARK*, I've been reading past Little SIR columns. From exactly one year ago in the February 2022 *BARK*, Gary Bondi shared with us a random act of kindness he dished out on some unsuspecting policemen. This really resonated with me and especially the FGF (*feel good factor*) the issuer of these random acts achieves. If CIRM continues with it successes, we may live longer and require more positive stimulation than being a member of SIR can provide, so give "random acts of kindness" a try...boy does it make you feel good about humanity!

SAVE THE DATE

SIR Branches 17/176 PICNIC

Event Center at Windsor Golf Course
has been reserved for:

Thursday, June 15th, 2023

Price??? TBD

Tickets go on sale during April 20th
Luncheon/meeting

Volunteers are needed!

Contact Ted Scapeccia

707 529 0063

tescape4@gmail.com

Picnic Committee meeting: Thursday, March 2, 10-11:00

Picnic Committee meeting: Thursday, April 6, 10-11:00

Picnic Committee meeting: Thursday, May 4, 10-11:00

Picnic Committee meeting: Thursday, June 1, 10-11:00

Membership Dues: (Article by Al Petrie)

Your membership payment for 2023 was due in January. If you haven't already paid, **please** either forward a check in the amount of \$25.00 to me (*make payable to SIR 17*) or pay the dues at the February 16, 2023, lunch meeting at the **Iron & Vine** restaurant at Bennett Valley Golf Course. My mailing address is: 2188 Francisco Avenue, Santa Rosa, CA 95403.

Thanks, Al Petrie, SIR Branch 17 Treasurer, 707-974-9193 or Email: alpetrie7@aol.com



January Birthday Boy Steve Carey winner of a Free Lunch being congratulated by Big Sir Gary Bondi. (Photo by Rich Osborne)

Recruiting: (Article by Rich de Lambert)

Get in line to receive your medal for 2022! Our branch went off the charts due to your hard work. The year 2023 presents us with all kinds of opportunities. In the last year we have learned how important it is to get out and shake a lot of hands and meet potential members.

Nothing is easy, but we have a wonderful Branch Executive Committee (BEC) and a strong recruiting committee that includes Bill Grafeld and Tony Negri. With your help our branch can reach new heights and open opportunities for a branch our size that have not been available to us.



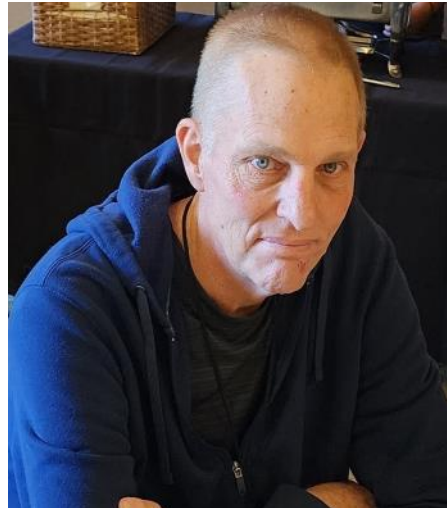
The state organization has also recognized us and is watching our branch. I am proud to be your recruiting chairman. Please work with me again for a successful year. We have a great committee, but they can't do it by themselves. If you have questions or can help out with our recruiting efforts, please contact me at richdelambert@gmail.com or call (707) 545-3490.



Our new digs (actually old, we returned following the Covid shutdown) (Photo by Rich Osborne)



Doing My Part pins awarded to: L/R) David Harris, Ken Fox, Tony Negri, Dean Lundgren, Gordon Boulton.
(Both photos by Rich Osborne)



Guests (left to right) John Acocella, Duane Peterson, Claude Schwarz



Your BEC hard at work

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.



SIR Branch 17, Member Profiles:

Glenn Andrade Badge #74

Where do you find interesting guys to talk to? SIR17 of course! Well, I just (virtually) met Glenn Andrade and had a wonderful conversation. What an active guy who lives by his motto, "Once you stop...it's over." He's down in Arizona right now and about a stone's throw away from the Mexican border. He'll be back up north soon though and we can look forward to talking more with him about aggregates, bridges, buses, olive oil, fishing, and recreational vehicles.

Glenn's early days were spent in the East Bay area on family-owned farmland where he quickly learned that dairy farming was hard work, no fun, and not to be his calling. Growing up, he described himself as a child who had no choice for being good, since he attended Catholic schools and his house was next to the church and surrounded on both sides by nun convents.

Out of high school, Glenn went to a startup sand and gravel company that supplied light weight aggregate for many of the buildings in San Francisco. After earning business degrees in San Jose, he was ready for something new and joined the Golden Gate Bridge, Highway and Transportation District where he purchased buses, paint, and other bridge supplies for over 13 years. His expertise in procurement led to his next job buying buses and supplies for AC Transit, a public transit agency serving the western portions of Alameda and Contra Costa counties. He retired in 1999 but kept buying buses for other transit companies for two more years.

As a member of the Petaluma Elks Club, Glenn and Marsha, his wife of 43 years, joined their recreational vehicle (RV) travel club. They drive around and visit all parts of the USA, and enjoy meeting people and established friendships on these trips. Glenn also enjoys golf, fishing, woodworking and reading US history. Don Salazar, his fishing and golfing buddy, has traveled with Glenn and says "He's always a nice guy and a good companion."

Glenn has been a coach for youth basketball and baseball teams. An additional hobby is growing 120 olive trees and making olive oil. He harvests the olives and then

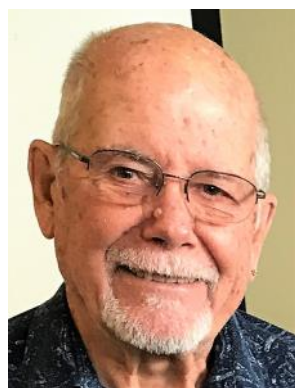
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rushes them to a mill in Sebastopol where they have 24 hours to make oil before it spoils.

Glenn joined SIR17 over 18 years ago after transferring from SIR Branch 76. The fellowship, activities and speakers keep him interested in our club. Like many of us, he found we often tend to sit with the same guys at the luncheon. He encourages us to try to meet with more members and take full advantage of the diversity within our club. I'm sure glad I got to meet Glenn as part of this interview, maybe I'll be lucky to sit next to him later this Spring.

(Article by Dennis Mangan)

90th Birthday for Ken Johnson



This last month was a very special year for me because I was able to return to my hometown of Minneapolis and celebrate Christmas and my 90th birthday with my family.

To help celebrate my birthday, my wife Dayle reached out to several SIR members and many other relatives and friends, asking them all to send me a birthday card. Her goal was to reach 90 cards to help celebrate my 90th birthday. Your response to her request and the many others who Dayle wrote to resulted in me receiving over 114 birthday cards! Many thanks to those of you who helped make this a very special holiday and birthday celebration.

Ken Johnson

We are sad to inform you that our member

Bob Ost

passed away on January 22, 2022.

We send our condolences to his family.

Bob was born on December 24, 1950. He was the principal of Ost Engineering, Inc., a structural/civil engineering and building code consulting firm for over 25 years. He joined SIR Branch 17 on February 20, 2020, sponsored by Bob Reuther. Unfortunately due to health concerns he was not able to attend any luncheon meetings in 2022. His interests included bocce, chess, horseshoes, and poker. An obituary or information about a memorial service has not yet been published in the Press Democrat.

Activities:

Bocce:



As we move into 2023, we have new opportunities. Fred Rose has coordinated with Branch 76 which is playing Bocce every Friday at 11 am at Julliard Park in Santa Rosa. We are invited to join them. They are playing recreationally now, but plan to join the Santa Rosa Bocce League in March. This is a great opportunity for Branch 17 bocce players to get organized and develop our own schedule or routinely join with Branch 76 players. Let's meet at Julliard Park on every Friday at 10:45 am to get started for the new year. For questions or more information contact:

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

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

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Fred Rose at fredricrose@comcast.net

or call 707-548-5797



The Chow Line at Iron & Vine at BVGC

A special Thank You to members Gordon Boultee 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

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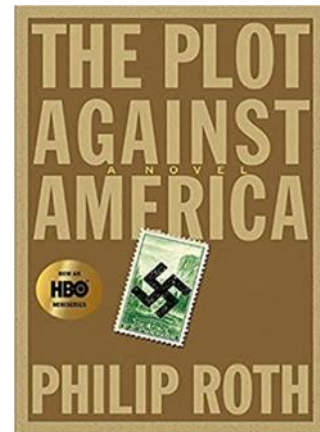
Book Club:

(Article by Neil Wheeler)



Our book for February is ***The Plot Against America*** by Philip Roth. This book is alternative history fiction, where FDR loses the 1940 election, and the new President is Charles Lindbergh. We will discuss the book our next book club meeting on Wednesday February 22nd, at 2 pm at the home of Frank Panza. Please let me know if you will be attending.

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



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 fredricrose@comcast.net or call 707-548-5797.



A Valentine Word Scramble

1. EVOL _____
2. RSDAC _____
3. KPIN _____
4. ASTEHR _____
5. CUPID9 _____
6. ENSTO _____
7. DRE _____
8. OREDCAET _____
9. DYCAN _____
10. UARBREFY _____

Can you figure out what each word is?

(Answers on bottom of page 9.)

Boys' Night Out: (Article by Don Malvestiti)



We had one of the biggest groups for BNO since before the lockdown.

Eighteen SIR members enjoyed a casual dinner at the Union Hotel Restaurant.

Our February dinner is planned for the **SEA Thai Bistro**, 2350 Midway Drive on **Wednesday, February 8th**, meet at 5:30 pm for social and 6:00 pm for dinner.

Contact Don if you will be attending by Feb 3rd at malvestitidon485@gmail.com or call 707-539-0677 and please leave a message if no answer.



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 mdlundgren@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)



Twelve of us met at Sonoma Bagel & Deli on January 26th. Coffee Club will continue in February on the **2nd and 4th Thursdays at 9:00 am**. On February 9th we will return to Sonoma Bagel & Deli, at 515 Hahman Drive in Montgomery Village and on February 23rd we will be downtown at Mac's Deli & Café, at 630 4th Street.

Come join us for coffee, great conversation, and food if you're hungry (*all of our current venues serve coffee and breakfast items*). Guests are welcome so bring a friend. If you have questions, contact me, Rich de Lambert, at (707) 545-3490 or email to: richdelambert@gmail.com.

Community Involvement Program:



The weather was wet, and travel was not advised, but 11 of us braved the weather and worked at the Redwood Empire Food Bank on January 5, 2023, from 10 am until noon. We bagged oranges for those in need. Hunger does not stop with the weather.



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 February

2, 2023, 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 near the Airport at 3990 Brickway Blvd., Santa Rosa.

In the future we plan to be at the Food Bank every first Thursday of the month from 10 am until noon. If you can't make it on the 2nd, 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 that is needed 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



Pictured above L/R: Gary Bunas of Branch 92, Gordon Boulton, Wayne Brigden, John Gnam.

Couples' Night Out:

(Article by Fred Rose)



February Couples' Night Out is set for Thursday, **February 23rd** at Kirin Restaurant at 2700 Yulupa Ave., S/R. (CVS Shopping Center, Bennett Valley) Order Dinner at 6 pm.

There will be separate checks!

Reservations are Required

Call Fred at 707-548-5797
Leave a message if no answer, or send him an email at: fredricrose@comcast.net



GLOBAL FORUM:

(Article by Marvin Mai)



During our meetings, we continue trying to determine the key outlooks and implications for dynamic and impactful geopolitical trends around the world, such as:

*The Western-led global order's efforts to manage the difficult diplomatic tensions between countries.

*The continuing Russian invasion of Ukraine and its impact on the economies and food and gas supplies of nations that rely heavily on Ukraine and Russia.

*China's growth and influence in the developing world, especially in South and Central America.

*US-Iran nuclear talks, their weapon sales, and expanding influence in the Middle East.

We have a wide range of perspectives that always exposes us to a variety of opinions and knowledge and it's always enlightening and great fun.

We will meet **Friday, February 10th** at 10 am at the home of Marvin and Pat Mai, 4743 Woodview Drive.

Reservations are going to be required: we've grown too large to host in one room. Attendance will be limited to the first 7 members who respond to the email invite. (24 are on the Global Forum roster)

The monthly **Zoom** will resume on **Friday, February 24th** at 10 am. If you'd like to join the Zoom meeting, send Marvin an email at maimarvin57@gmail.com or call him at: 707-545-2224.



Golf:

(article by Jim Gurke)

Jim must be vacationing, as we have not heard from him.

See if you can identify either of these courses that some of you have played on over the past several years.



Hiking Group:

(Article by Stew Lauterbach)



I will be there on the Feb. 3rd hike, but will be out of the country for the rest of the month.

February 3: Foothill Ranch Regional Park, 1361 Arata Ln., Windsor. We will hike the perimeter trail, about three miles, and mostly fire roads with short relatively steep single track decent.

Feb. 10: Shiloh Regional Park, 5750 Faight Rd., Windsor. Mostly fire roads, multiple trails with fabulous views.

Feb. 17: Spring Lake Regional Park. Use the entrance to the campgrounds and then go to park at the east border. From there hike into Anadel. There are many routes to choose.

Feb. 24: Crane Creek Regional Park, 5000 Pressley Rd., Rohnert Park. As a relatively small park, one can easily hike a few miles on the multiple trails and view sites.

Note: all hikes to start at 9 am.

POKER:*(Article by Mike O'Neill)*

We are back in business. Our Poker game in February will be held on the 9th at **Epicenter**. That's correct, Epicenter. They continue to offer us the use of the Trophy Room for free. All we have to do is each buy lunch and a beverage and provide a generous tip (20%). Our game will be from 12 until 3 or 3:30 pm. If you know any other members who would like to play, have them contact me. Mikeo46sbcgloba.net

TRAVEL GOLF:*(Article by Art Appling)*

Gentlemen,

Due to the wet conditions we are going SOUTH for our next "Travel Golf" event.

February 8th we tee it up at Foxtail (North Course) way down South in Rohnert Park. We hear

the course drains well, but anticipate carts will have to stay on cart paths unless there is major drying between now and play day.

March 2nd we are back at Oakmont's "Valley of the Moon" course. Sign up is by email so if you are not getting the notices then let me know so we can get you on the email list.

April's location is not yet booked but Rooster Run in Petaluma is being explored.

Contact Art at: art4747@msn.com



Picture taken by Bill Traverso at the spirit tasting event in Vallejo. L/R: The bartender, George Traverso, his friend, Gary Bondi, Gordon and Tamara Boultee.

Answers to Word Scramble on page 6
1. love 2. cards 3. pink 4. cupid 5. notes 7. red
8. decorate 9. candy 10. February

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 Cypress Point Picnic Area at Howarth Park and often go out 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 and Spirits: *(Article by George Traverso)*

Everyone enjoyed a very informative Spirit event for our January gathering at Savage and Cooke Distillery in Vallejo. Many thanks to all the attendees who participated in the tasting, tour and lunch. A special "shout out" goes to Bill' son,

Tom, who organized the event and to the several tour guides who gave us a wonderful understanding of the production and appreciation of the styles of whiskies. Various styles of corn, rye and wheat blends were tasted, sniffed and twirled in our glasses with an educational tour from water, mash cooking to barrels and finished product.

Bill and I are planning the next wine event on **Wednesday, March 1st** at **Bacigalupi Vineyards and Winery**, 4353 Westside Road, Healdsburg with a tasting, tour and box lunch.



More information will be available as to the time and cost.

Plans are in the works to host our wine, beer and spirits events on the first Wednesday of every other month beginning in March. Bill and I look forward to plan fun and educational events in 2023 and hope you will join us!

SIR Luther Burbank Branch 17

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

| Officers: | * Voting Members | Email | Phone |
|----------------------------|-------------------------|--|--------------|
| *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@aol.com | 707-328-4627 |
| *Treasurer: | Al Petrie | alpetrie7@aol.com | 707-974-9193 |
| *Asst. Treasurer: | John Gnam | musicmed@sonic.net | 707-528-0592 |
| <hr/> | | | |
| Directors: | * 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 |
| <hr/> | | | |
| RAMP Chairs: | | | |
| Recruiting: | Rich de Lambert | richdelambert@gmail.com | 707-545-5490 |
| Activities: | Fred Rose | fredricrose@comcast.net | 707-547-5797 |
| Member Relations | George Traverso | geosan@sbcglobal.net | 707-528-6984 |
| Publicity: | Neil Wheeler | nimwheeler@science-one.org | 707-291-0271 |
| <hr/> | | | |
| Membership Chair: | | | |
| Gordon Boulton | | gboulton@aol.com | 707-584-8063 |
| <hr/> | | | |
| Newsletter Editors: | | | |
| Jim Fenstermaker | | sirsbrn17@gmail.com | 707-548-3346 |
| Rich Osborne | | richosborne@outlook.com | 303-304-9262 |
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| Web Masters: | | | |
| Dennis Mangan | | dfmangan@gmail.com | 301-717-6234 |
| Neil Wheeler | | nimwheeler@science-one.org | 707-291-0271 |
| Jim Fenstermaker | | SIRSRBN17@gmail.com | 707-548-3346 |
| <hr/> | | | |
| State Officers: | | | |
| President: | Dave Gonzales | yogonzo@yahoo.com | 916-587-3538 |
| Area Representative: | Robert Nadell | nadellb@sbcglobal.net | 707-978-2636 |

Correct time to drink water?

From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body.

2 glasses of water after waking up helps activate internal organs.

1 glass of water 30 minutes before a meal helps digestion.

1 glass of water before taking a bath helps lower blood pressure.

1 glass of water before going to bed avoids stroke or heart attack.

Pictures from the past!



Can you identify any of the people or places?



Calendar of SIR Events for Feb, 2023

- Golf** at BVGC every **Monday** morning
Walking Group, every **Tuesday** morning at 10 am
Bocce, every **Friday** morning at 10:45 am
- Feb 2 Community Involvement, Redwood Empire
 Food Bank, 10 am to noon
- Feb 3 Hiking, Foothill Ranch Regional Park, at 9 am
- Feb 8 Travel Golf, Foxtail (North Course)
- Feb 8 Boys' Night Out, SEA Thai Bistro 5:30 pm social
- Feb 9 Coffee Club, Sonoma Bagel & Deli, 9 to 10 am
- Feb 9 Poker, **Epicenter**, 12 noon to 3 pm +
- Feb 10 Hiking, Shiloh Regional Park, Windsor, at 9 am
- Feb 10 Global Forum **in-person** meeting, 10 am
 at the home of Marvin and Pat Mai
- Feb 16 SIR BEC** meeting, Iron & Vine, 9:45 am
- Feb 16 SIR Luncheon/Meeting**, Iron & Vine, 11 am
- Feb 17 Hiking, Spring Lake Regional Park, at 9 am
- Feb 22 Book Club, home of Frank Panza, 2 pm
- Feb 23 Coffee Club, Mac's Deli, 4th St. 9 to 10 am
- Feb 23 Couples' Night Out, Kirin, 6 pm
- Feb 24 Hiking, Crane Creek Regional Park, at 9 am
- Feb 24 Global Forum **Zoom** meeting, at 10 am

Calendar of SIR Events, (continued)

- Mar 1 Wine, Beer & Spirits, Bacigalupi Vineyards
 Mar 2 Travel Golf, Oakmont's Valley of Moon

Poem of the Month**When February Feels Like May**

By: **Ilene Bauer** (reprinted from website)

When February feels like May
 And skies are blue instead of gray,
 We flock outdoors, but do not know
 Which way our clothing needs to go.

Winter jacket? Much too warm;
 Lots of beads of sweat will form.
 Sweater? Sweatshirt? Poncho? Fleece?
 Doubts won't let me leave in peace.

Short-sleeved shirt and if I do,
 Does that mean I'll get the flu?
 Tights or socks or do I dare
 Go out with feet and toesies bare?

I'm obsessing, I admit.
 There are reasons, though, for it.
 Temps today are just a tease
 For tomorrow we will freeze.

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.

The **February** 2023 **SIR HAPPENINGS** Newsletter

edition of is now available to view online.

This is an informative newsletter produced by SIRinc with articles re-published from many of the SIR Branches throughout the state. There are lots of very interesting articles to browse. Look especially at page 14 and 15 which are reprints of some articles from our Branch 17. In all the 71 pages, there are all kinds of consumer tips on various subjects that I am sure you will learn something. Most are reprints from various sources.

To view this free newsletter go to www.sir17.org under the Home tab, click on the "**BARK News**" tab, now scroll down to near the bottom of the page. Click on the SIR Happenings State SIR Newsletter, the underlined area. This should now open to the SIRinc website where you can choose the most current edition. Click on your choice and your PDF program should open the file for you to look at. You might be asked to open or save this PDF file. It is best to select "Open." You can always save if you want, for later reading. Read and enjoy!

February Birthdays

Jim Fenstermaker Terry Freeman
 Barney Hays James MacMillan
 Rich Osborne

**Joke of the Month****Getting Older:**

Sometimes it takes me all day to get nothing done.
 One minute you're young and fun.
 Next, you're turning down the stereo to see better.
 I'd grow my own food if only I could find some bacon seeds.