



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 January, 2024

Let's start the New Year with changes!

We have several new Members, Officers, and Directors, a new Newsletter Editor, and our Luncheon/Meeting location has moved back to the Epicenter, but into a different and bigger meeting room.

All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday, January 18th, at The Epicenter, 3215 Coffey Lane, Santa Rosa.

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 **Glenn Seime** at 707-537-5360 or email gseime@sbcglobal.net by noon on January 11th, 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 **Glenn Seime** per the above!

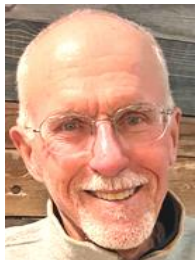
January 18 Lunch/Meeting Schedule

Social Hour: 11 am - Lunch/Meeting: 12 noon

Announcements: The Branch 17 BEC has approved **Member 2024 dues of \$25.00** to be paid to Treasurer John Gnam before the **end of January**. John's address is 3425 Castlerock Court, Santa Rosa CA 95404 or you can make payment at the January 18th Lunch Meeting.

January 18 Luncheon Menu - \$30

Rolls and butter, Caesar salad,
Fried Chicken with house made sausage gravy,
Mashed red potatoes,
Green beans,
Freshly baked cookies for dessert.
Water, lemonade, coffee or tea is included.
Other drinks available to purchase at the bar.



Big Sir Chris Nelle's Message
nelleval@hotmail.com 916-205-1717

Happy New Year fellow Sirs!
Wow 2024...as I've said before, there is so much to get used to as we get older. Such as the seemingly increased speed at which time travels. Wasn't it just a couple of years ago we braced for Y2K! Remember that? Well what can you say, as my wife says, "It is what it is!" Usually, right before she tells me to "Get over it." Well what do you say we embrace life with another year of experience under our belt and a renewed emphasis on staying active and using SIR to that end. And take a moment to reflect on some lyrics from a song* that Clint Eastwood says motivates him:

(continued on page 2, top left)



Little Sir Neil Wheeler's Message
nimwheeler@science-one.org 707-291-0271

Hello 2024! The year 2024 is one of change and being leap year it has an extra day, February 29th. There are many other changes coming including new officers, a new venue, a new (and hopefully more useful) website, new speakers, and many new members from Branch 76 merging with us. Make sure to welcome them and make some new friends!

We will start the year off on a musical note in January with local violin maker Andrew Carruthers, who will talk about the "Violinabox" (Violin-in-a-Box), which is violin made sequentially by 10 violinmakers in nine countries across the world using materials local to their homes.

(continued on page 2, top right)

Big Sir Message: (contd. from page 1)

Many moons I have lived
 My body's weathered and worn
 Ask yourself how would you be
 If you didn't know the day you were born

Try to love on your wife
 And stay close to your friends
 Toast each sundown with wine
 Don't let the old man in

Well, our vast experiences earned in the aging process has taught us the importance of handling change. To that end, as you know, we're going back to the Epicenter lunch site. While a lovely facility and convenient to many, Iron & Vine was difficult to work with and was going to be \$9 more for each lunch! From our previous engagement with the Epicenter and the latest negotiations they are a wonderful and accommodating organization to work with.

And, with this meeting we welcome our friends from Branch 76 who have joined us. WELCOME!! Many of us know many of them but as always take some time to meet and engage with fellow Sirs who you might not know...as I said in a recent column, we have some really interesting members with fascinating life experiences.

What to expect from my Big Sir reign? Very little if any change. What small tweaks will be done are in the spirit of brevity so we'll have more time to enjoy one another's company.

See ya...seek joy in your life!

*Some of you might remember my monetary inducements littered in my Little Sir columns, as a way of seeing how many read my messages. Well, here's another: I'll buy lunch for the 7th respondent who successfully names the song these lyrics are from and who wrote the song.

Little Sir Message: (contd. From page 1)

Since its completion the Violinbox has started touring the world collecting videos showing the diversity of violin music and the communities where it is made. Andy also built the "Redwood Violin" during the COVID pandemic, and you can see his TEDx talk about it online at: https://www.ted.com/talks/andrew_carruthers_the_redwood_violin

Finally, I would like to note a few things we are doing to address your comments and suggestions on the 2022 and 2023 member surveys:

- Members complained about not having the luncheon menu in advance. That has been resolved and the menu will be published online and in *The Bark* by the first of the month. Our Lunch Coordinator will also have the opportunity to choose from a selection of menus rather than the chef making the choice for us.
- In case you hadn't noticed, in response to member suggestions we began providing both the menu and the speaker information at the registration table this past fall.
- Several members suggested that a photo roster of members would be helpful with all the new members joining SIR Branch 17. By the time you read this an online version should be available in the member login area of our website. We hope to offer you a printed picture album of members for inspection at meetings by this spring. We are missing some members' pictures, so if we don't have yours, ask to get your picture taken at the next meeting.

SIR HAPPENINGS

The **November** 2023 edition of Newsletter 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.

Read and enjoy!

Map and directions to:



Epicenter (see map) 3215 Coffey Lane = intersection of Coffey Lane and Piner Road. The Victory House Restaurant is on your left as you enter the northeast door of the Epicenter. Poker players—Poker will be played in the Trophy Room...turn left when you enter the northeast door of the Epicenter.

Welcome to the Branch 76 members who will be joining us in January!



The above is the northeast entrance area to use for entering this complex.

There is a handicap ramp to the right of the entrance steps for those who do not navigate the steps very well.



There are plenty of parking spaces. The parking can be entered off of Piner Road, just to the east of the railroad tracks, OR from just a half block south of Piner Road, on the west side of Coffey Lane. Watch for the big signs about Epicenter.

January Birthdays

- | | |
|---------------|-----------------|
| Ron Adams | Steve Edelstein |
| Glenn Andrade | Blaise Cirelli |
| Morgan Beatty | Barry Bialkoski |
| Steve Carey | Bill Gunther |
| Chuck Josephs | Dennis Mangan |
| Bob Scheibel | |



Activities:

Use this link below to view the latest online Calendar of Events

<https://www.sir17.org/calendar-of-events.html>

Bocce:

Is currently discontinued as a Branch 17 Activity but may soon start again with the merger complete with Branch 76. Stay tuned!

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)



The Book Club will meet at 2:00 pm on January 24th at the home of Les Brodie. Our book selection for January is **Differ We Must: How Lincoln Succeeded in a Divided America** by Steve Inskeep. A compelling and nuanced exploration of Abraham Lincoln's political acumen, illuminating a great politician's strategy in a country divided—and lessons for our own disorderly present.

If you have any questions or would like to be on (or off) our email list, send an email to nimwheeler@science-one.org.

Boys' Night Out: (Article by Don Malvestiti)



By popular request we will be having dinner at the Washoe House, 3840 Roblar Rd, at the intersection with Stony Point Road. The diner is a turn-of-the-century roadhouse.

Dinner will be held on January 17, 5:30 PM social, 6 PM dinner.

If you are interested in attending this popular event, please respond to Don by January 12. Email at: malvestitidon485@gmail.com; or by phone at 707-539-0677 and leave a message if no answer.

Bridge:

Eight of us met in the Valley of the Moon Oak Club for bridge and lunch. If you have an interest in Bridge, contact:



Dean Lundgren 707-544-8088

mdlundgren@msn.com

James Park 707-578-4255

jimcpark38@gmail.com

Coffee Club

(Article by Rich de Lambert)



We meet at **9:00 am** on the 2nd and 4th Thursday of the month. On **January 11th** we will meet at, **Mac's Deli and Café**, 630 4th St, Santa Rosa, and on **January 25th** we will meet at **Café Frida Gallery**, 300 South A St, Santa Rosa.

Come join us for coffee, conversation, and something to eat! Guests and Partners are welcome so bring a friend. If you have questions, call me, Rich de Lambert, at (707) 545-3490 or email me at richdelambert@gmail.com.

Community Involvement Program:

(article by Bob Reuther)

We will be at the Redwood Empire Food Bank (REFB) on Thursday, January 4, 2024, from 10 am until noon. Consider joining us for the New Year. Friends and family are invited to be with us. This is a great way for members of Branch 76 to meet members of your new Branch 17. All are welcome to be with us. Fourteen Sirs, and two significant others boxed food for 352 families at the last outing. This provided 9,533 meals and 11,449 pounds of groceries. Several of us also made 3,200 food containers. We helped the less fortunate to have food on their tables for the Holiday Season. When you come to the REFB, they will provide you with a name lanyard and a card to be punched for attendance.

(continued on page 8 top left)

Community Involvement (continued) from pg 4)

Ten punches and you are entered into a monthly prize drawing. The Community Involvement Program Branch 17 Committee has started an additional prize drawing on every visit. Your attendance will automatically enter you for a prize. The winner for December 2023 was Sir Duane Peterson.

We hope that you can join us in our next volunteer activity at the REFB and experience the good feeling of helping others. Wear your SIR apparel so our Branch 17 is identified. Chairs are available for those who prefer not to stand. It is located at 3990 Brickway Blvd. in Santa Rosa.

Let one of the committee members, George, Rich, Barry, or Bob, know that you are coming so we can inform the REFB in advance. 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.

"Helping others is a key to your own happiness." Anonymous



Barry Bialkoski and Bob Reuther Co-Chairs

Rich de Lambert and George Traverso Co-Vice Chairs

Couples Night Out (Article by Fred Rose)



Thursday, January 25th, is the date. Time and place is to be determined. CNO is always on the fourth Thursday of the month, unless there is a holiday (Thanksgiving perhaps?). The preferred time is 7 PM, however that may not work with the restaurant so we adjust, sometimes as early as 5:30 PM. Times between 6 PM and 7 PM are usually not available because that is the busiest time for most restaurants.

If you have a suggestion, now is the time to put it forward. I am always interested in new ideas. So let me know at fredricrose@comcast.net

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GLOBAL FORUM: (Article by Marvin Mai)



As we say goodbye to 2023 and try to look into the future of 2024 it's hard to anticipate how our global events will take shape. That's what makes Global Forum a special happening as we try to maintain our nonpartisan discussions and help each other understand what's going on around the world and why it matters. Our guiding principle laid out by the original founder of GF (Chuck Avers) in the late 1990s was that we do not talk national or local politics and only global or international affairs.

Our in-person meetings on the second Friday of the month have a limit to the number of attendees since most homes cannot accommodate more than 8-10 comfortably and still have a meaningful discussion. The monthly Zoom is unlimited and even though you may not want to speak, you're welcome to join in and just listen to the discussion and get a feel for how we operate.



The January 12th 10 a.m. meeting will meet at the home of Chris and Nancy Nelle, 3187 Montecito Meadow Drive, Santa Rosa. There's room for eight attendees so reserve your seat by emailing Sir Chris at: nelleval@hotmail.com or phone, 707-527-0576.

The Zoom meeting will be on January 26 at 10 a.m. Email Marvin Mai at: Maimarvin57@gmail.com to be added to the attendees and receive the Zoom link information.

Sparkling Wine Tasting (Article by Bill Traverso)

Just in time for Valentine's Day, our SIR tasting group will be having a tasting of five very special sparkling wines produced by the highly awarded J Winery, on Wednesday, February 7th, at 11 AM.

The winery is located at 11447 Old Redwood Highway (next door to the Rodney Strong Winery) close to Windsor. We were able to obtain a special tasting price of **\$35.00** (the normal price is \$50.00).

(contd. Page 6 top left)

Sparkling Wine Tasting: (contd. from page 5)

Those who wish to go to a no-host lunch, can do so at the nearby River Vine Restaurant in the Vintners Inn near Highway 101 and River Road.

Please make your reservation with either George (geosan@sbcglobal.net) or Bill Traverso (yinselr2@pacbell.net) for the tasting by Thursday February 1. There is a limit of 12 tasters.

Golf:

(Article by Bob Nadell)



2024 is just around the corner and your Golf Committee looks forward to a good new year of friendly competition. We will hold steady with our Monday morning start times and will supplement with travel golf destinations at various times throughout the year. You will be or already have received the information document regarding rules and policy decisions for our branch. This document has been through five revisions and we have hopefully produced a strong, clear guide that keeps us compliant with each other. Please review these guidelines regularly and help each playing partner to play by these rules. It is up to each golfer to help keep their partners in compliance. If you note an issue, bring it up at the next tee box and get it resolved quickly.

We have an outstanding Golf Committee and look for your feedback for continual improvement. Contact any committee member with questions or comments.

Jim Gurke: Club Representative; Morgan Beaty: Handicap Chair; Bill Brooks: Membership Chair; Bob Nadell: Club President.

HIKING GROUP: (Article by Gordon Boulton)



If you would like to join us, get on the hiking activity email list by contacting Stew Lauterbach, at: stewartlauterbach@gmail.com.

Poker Update: (Article by Mike O'Neill)



We had a good game in December. Seven players. What was fascinating was that at the end of the game, four players broke even, one lost \$8 and two won \$4 each. Not bad for a couple of hours of friendly poker.

Our next game is scheduled at Epicenter from 12 pm to 3 pm on January 11th. Reservations are required. With the merger of Branch 76 and all the new members, we are looking into possibly having two games. Same day, same place. We have enough room, just need a few more players.

Contact Mike O'Neill at:

Mikeo46@sbcglobal.net with questions.

Walking Group: (Article by Richard Lundblad)



The walking group meets every **Tuesday morning at 10 am**, that is weather permitting. Exact meeting places to are TBD but we have been leaving from Cypress Point 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,

contact me at richardlundblad@gmail.com

or call me at 707-888-8386

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. *Bob-the-Editor*

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 Science of Aging: Pupils Get Smaller As We Age



I've been to many BNO and CNO dinners and have noticed that a lot of us have a hard time reading the menu – the light is dim and we can't make out the writing. I usually blame it on the restaurant trying to provide a warm, romantic ambiance (is that really needed for our BNO?). We've also heard that some of our members will not drive at night because they can't see well and the bright lights are glaring. The problem is that our pupils are getting smaller, weaker, and less responsive to light. That's why studies have shown people in their 60s need three times more light for comfortable reading than those in their 20s.

The human pupil, the opening where light enters the eye, is surrounded and controlled by two tiny muscles in the iris, the colored part of your eye. The sphincter muscle closes the pupil in a circular motion, while the dilator muscle opens the pupil by pulling the iris radially. With age, these muscles lose function, resulting in either too much light or not enough light getting inside the eye. Improving the strength and function of the iris muscles is not something that can be achieved through targeted exercise or training, as they are not skeletal muscles like those found in the arms or legs.



Eye drops and surgery might be helpful depending on the severity of the condition. However, maintaining

overall eye health through regular eye exams, a balanced diet rich in nutrients that support eye health, and avoiding activities that strain the eyes can contribute to optimal eye function. If you have specific concerns about your iris or overall eye health, it's best to consult with an eye care professional for personalized advice. Until then, have a flashlight handy when you go to a restaurant.

(Article by Dennis Mangan)

Travel with SIR:

Travel News from State SIR—

We recognize that for many SIR members or branches it's difficult, if not impossible, to organize a cruise or major travel adventure. Therefore, as a benefit to its members State SIR occasionally organizes cost-effective trips which we will promote and you can sign up and join without the hassle of having to make all the arrangements yourself.

This one is time-critical to get a great discount!

Today's offering is for a river cruise from
Prague to Budapest in November 2024

Dates: 11/6 thru 11/20

Pre-trip to Dresden and Berlin US departure date: 11/1/24. Pre-trip Warsaw and Krakow departure date: 11/1/24. Post-trip to Budapest return date: 11/23/24 A link for more information:

<https://www.gct.com/trips/river-cruises/europe/romantic-blue-danube-budapest-to-prague/2021/itineraries?year=2024&jobcode=010-1514>

Cheers, Milt Smith

SIR State Travel Chair 925-285-2897



SIR Luther Burbank Branch 17

The following is a list of your **2024** Officers and Directors.

<u>Officers:</u>	* Voting Members	<u>Email</u>	<u>Phone</u>
*Big Sir:	Chris Nelle	nelleval@hotmail.com	916-205-1717
*Little Sir:	Neil Wheeler	njmwheeler@science-one.org .	707-291-0271
*Secretary:	Terry Freeman	terryfreeman22@yahoo.com ..	707-235-7066
*Asst. Secretary:	Steven Saulsbury ..	stevensaulsbury@comcast.net	707-328-4627
*Treasurer:	John Gnam	musicmed@sonic.net	707-528-0592
*Asst. Treasurer:	Mike Rogalski	retiredinsoco@me.com	707-575-5090
<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	707-545-3490
*Bill Grafeld		billgrafeld@yahoo.com	707-953-6462
*David Harris		dharris95405@gmail.com	707-539-7049
*Marc Perl		mperl@comcast.net	707-595-3264
*Kurt Wehrmeister		kurtwehrmeister@gmail.com ..	630-461-2715
<u>RAMP Chairs:</u>			
Recruiting:	Mike Requarth	mikereq1@yahoo.com	707-322-7839
Activities:	Fred Rose	fredricrose@comcast.net	707-548-5797
Member Relations	George Traverso ..	geosan@sbcglobal.net	707-528-6987
Publicity:	Neil Wheeler	njmwheeler@science-one.org .	707-291-0271
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Dennis Mangan		dfmangan@gmail.com	301-717-6234
Neil Wheeler		njmwheeler@science-one.org .	707-291-0271
<u>State Officers:</u>			
President:	Dale Decker	daledft@gmail.com	209-573-0833
Area Representative:	???	???	???

Do We Have Your Correct Contact Info? If you have had a recent change in your address, phone number or partner status check the roster on the branch website, ask to see a paper copy at the monthly luncheon, or contact Membership Chair Gordon Boulton at: gboulton@aol.com or call him at 707-584-8063, to see if we have it. We use the information to send you *The BARK* newsletter, send out dues notices, to find out if you are coming to the luncheon, etc.