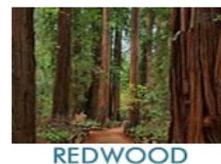




A non-profit club for retired men devoted to the promotion of independence and dignity of retirement

Luther Burbank Branch 17
Santa Rosa, CA



THE REDWOOD BARK NEWSLETTER For Oct. 17, 2014 Meeting

Monthly meetings are held on the 3rd Friday of each month at the Scottish Rite Center, 600 Acacia Ln., Santa Rosa, CA

For **Excused Absences**, **Guests Lunches** or **Alternate Lunch Selection**, please, you must call or email before 10:00 am on the Monday preceding the meeting for an excused absence, otherwise you will be charged for a meal.

Contact: Marv Schouweiler, mschouweiler@att.net 707-484-3070

or Lou Funk, loufunk@sbcglobal.net 707-539-9214

Meeting Schedule

Board Meeting: 10:15 A.M.

Social Hour: 11:00 A.M.

Lunch: 12:00 Noon Business & Committee reports.

Speaker: Billy Bartz from the Redwood Food Bank, will discuss the present, the future and who they serve.

Adjourn by: 1:30 P.M.

Bartenders: Don Malvestiti or Bob Vidalin

Greeters: Rotating by board members

Please place your badge into the collection bucket when leaving the meeting.

Lunch Menu

Bavarian Salad Plate

Butter lettuce, radish salad, tomato, house dressing
Oktoberfest plate with Bavarian Bratwurst & Nuernberger sausages, gravy, apple red cabbage and German Sauerkraut.

OR

Mushroom ravioli & asparagus furnished with a sun dried tomato sauce.

All entries served with baked bread and butter.

Chef's choice for dessert.

Coffee, iced tea, and ice water



BIG SIR Stephen Virtue's Message

stephenvirtue@sbcglobal.net

707-578-8638

The fundamental things apply...
as time goes by.

Herman Hupfeld 1894-1951.

Best wishes to you and yours...this October 2014 AD.

A special thank you to Past Big Sir Jim MacMillan for graciously assuming the responsibility of Webmaster of our Luther Burbank Branch 17.

Kudos and thanks also to Jim Fenstermaker and John Somerville for quietly co-opting Jim to do this. Our Website is now updated and serves as a useful promotional tool for our Branch, as a web link to State SIR and an archive of our monthly Newsletters.

Please remember to check with Mike O'Neill regarding joining or going to see The Veterans' Vintage Car Parade. Should be fun!

I am really looking forward to our next meeting: to seeing and once again catching up with all you guys; lustily and proudly celebrating the best of America once again by singing our National Anthem led by Al Odabashian, and enjoying an Oktoberfest meal by the incomparable Café Europe.



LITTLE SIR Herb Percy's Message

dadpercy@yahoo.com

707-575-7787

Great things are done by a series of small things brought together.

Vincent Van Gogh.

These words are so true especially as we now close out summer for another year and enter the season of fall/winter.

These months we focus on the upcoming holidays. Starting off with Thanksgiving and then Christmas.

This month at our SIR's October luncheon we all will have the opportunity of do a small part for our community. We have for our speaker, Billy Bartz, from the Redwood Empire Food Bank. Our speaker will tell us what the food bank does for our community and about all the participants including private citizens and the corporate involvement. If you would like to show your support, please bring a non-perishable item with you that you can put in the donation box.

Luther Burbank Branch 17 is in Area 13 of Region 10

The following is a list of your **2014** Officers and Directors

<u>OFFICERS:</u>	<u>Email:</u>	<u>Phone:</u>	DIRECTORS FOR ONE YEAR
BIG SIR: Stephen Virtue	stephenvirtue@sbcglobal.net	707-578-8638	Bob Gaggero Marv Schouweiler Bob Vidalin
LITTLE SIR: Herb Percy	dadpercy@yahoo.com . . .	707-575-7787	DIRECTORS FOR TWO YEARS
SECRETARY: Jim Fenstermaker	sirsbrn17@gmail.com	707-548-3346	Dino Boito James Gurke Kent Richmond
ASST. SECRETARY: John Sommerville	drycreekvi@comcast.net . .	707-217-7458	AREA 13 GOVERNOR
TREASURER: Stan Borges	stanborges@comcast.net .	707-545-0699	Richard Irwin
ASST. TREASURER: Bill Fulwider.	fulwiderbill@att.net	707-539-9679	REGION 10 DIRECTOR
IMMED. PAST BIG SIR: Fred Rose . .	fredricrose@comcast.net .	707-548-5797	James Filippo
			PRESIDENT OF SIR, Inc.
			Maynard Rodland

To contact Branch 17 go to our website: www.branch17.sirinc2.org or email: drycreekvi@comcast.net



September Attendance

Marv Schouweiler, Ass't to Lou Funk
mschouweiler@att.net 707-484-3070

At the September 19th meeting there were 90 members and 2 guests present. Our speaker was Dr. Carlotta Duncan and her assistant. Ten members failed to notify Marv that they would NOT be in attendance at the September 19th general meeting.

Active member #172 Ed Dermott transferred to inactive status. Total membership for Branch 17 is now 123 active members and 7 inactive members.



September Membership

Doug Weber, Chairman
zzzweber@aol.com 707-545-3188

One application was submitted and approved by the BEC at the Sept. 19th meeting.

Carl Mitchell, sponsored by Baer Rambach, is scheduled to be inducted at the Jan. 2015 meeting.

Two other new members that were approved previously and have NOT been inducted at the last several meetings will be informed to reapply.



Bill Lee, Badge #104 is a new member, has transferred from Branch #176. Bill has been married to Wanda since 1971. Bill retired in 1994 from B. F. Goodrich Co. in the finance

and administration departments. He does NOT have a computer. Bill enjoys exploring new eating establishments, is interested in history, enjoys walking and being with other SIR members.

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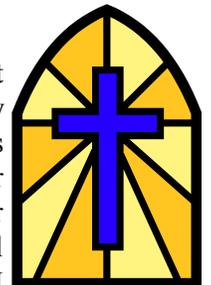
Chaplains' Corner by Herb Percy

Thank you for the e-mails I received this past month expressing sympathy for the death of my daughter-in-law's grandmother and my mother's illness. As I have written in the Chaplains Corner in the past, it is important to share with each other when families have challenges so that we can all be praying for them. Please contact me so that I can include you or your family in the upcoming Chaplains Corner.

My encouragement is that we all become optimist that sees opportunities in every situation or difficulties that we can be the strong shoulder for someone!

Make a friend and not just an acquaintance.

Contact either Herb Percy at 575-7787, email: dadpercy@yahoo.com OR assistant Mike Heinzelman at 546-9633, or email him at: mdheinz@sonic.net.



The program for Sept. 19th was by Dr. Carlotta Duncan seen below (center) with Dennis Mangan (left) and her assistant Maureen Reyes (right).



Dr. Carlotta Duncan is the Director of Scientific Advancement at the Buck Institute for Research on Aging in Novato. The Buck Institute, founded in 1999 with a large donation from the oil-rich estate of Beryl Hamilton Buck, conducts world-class research on a range of conditions that affect aging adults, including cancer, dementia, and neurological disorders. The Buck Institute is the first research center in the country to fulfill the challenge of a 1991 National Academy of Science report calling for the establishment of centers of excellence focused exclusively on aging research.

Dr. Duncan arrived in San Francisco after getting her PhD in neurology in Sydney, Australia. Her interests in medicine stem from her grandfather, a renowned physician, who pioneered the use of cortisone to treat chronic arthritis and performed the first total hip replacement. After advanced training in science, Dr. Duncan moved into science administration.

Dr. Duncan overviewed several Buck Institute research projects. A new wing of the Buck Institute, supported by the California Institute for Regenerative Medicine (CIRM), is devoted to using stem cells to build new tissues. She told of the discovery that stem cells from skin can be transformed into the six different types of cells in the eye. Microscopic “eyes” can be formed from these cells in tissue culture dishes, and give hope that a treatment can be found for the dry form of macular degeneration. New tests are helping diagnose Alzheimer’s disease during the early formation of harmful deposits called plaques in the brain. Clinical studies are underway to see if rapamycin, a transplantation drug used to suppress the immune system, can slow or prevent age-related diseases and conditions.

Dr. Duncan ended her talk by inviting everyone to visit the Buck Institute www.buckinstitute.org and see the laboratories where these studies are being done. Tours are given on Thursday mornings at 10:30 am. To reserve a date, please call (415) 209-2245.

This article was written by Dennis Mangan

The program for **October 17th** meeting will be by Billy Bartz of the Redwood Empire Food Bank and will discuss the present, the future, where and who they serve.

Redwood Empire Food Bank has moved from their facilities on Industrial Drive to a new large complex at 3990 Brickway Blvd. off Airport Blvd.



If you would like to show your support please bring a non-perishable item with you to do your small part in helping replenish their inventory. You can put in the donation box at the door.

Future program presentations planned:

Nov. 21, Installation of new Officers /Directors for 2015 and a Special Veterans Day program

Dec. 19, Special Christmas Luncheon with the Ladies

Jan. 16 Help Herb celebrate his birthday!

List of the October Birthday Boys!

Bob Bailey	Jim Phipps
Carlo Bottino	Allen Pisenti
Joel Butler	Fred Reich
Don Coover	Kent Richmond
Charles Green	Bob Sinai
John Horwarth	Bob Zeni
Ed Ledu	*Ed White
Don Malvestiti	* inactive



We await your contributions to the **“Suggestion Box”**. Feel free to email in your comments/suggestions/new ideas for the good of improvements for SIR Branch 17. Please address your comments to our new Growth Coordinator Fred Rose. Send your email to: fredricrose@comcast.net.



ACTIVITIES

Boys Night Out

Our dinner in September was at Sazon Peruvian Cuisine Restaurant on Sebastopol Road.



Very busy, owner and staff very friendly. Most of us had the special which was a pastry filled with beef, chicken or pork. John had the

Sea Bass and seemed pleased. I had steak slices and vegetables prepared in a wok served on French fried potatoes. Very interesting and good.

Our next Boys Night Out will be an Oktoberfest at Café Europe in St. Francis shopping center at Calistoga Road and Sonoma Hwy 12.



The date is **Wed. Oct. 8th at 6:00 PM.**

RESERVATIONS ARE A MUST!

Contact **Fred Rose** at fredricrose@comcast.net or 548-5797 by Monday **October 6th** if you are planning to attend so he can adjust the reservations.

Hope to see you there! (Article written by Fred Rose)

Bowling

When was the last time you went bowling? Has it been too long? SIR bowling happens every Monday morning at Double Decker Lanes in Rohnert Park adjacent to the golf course. We start at 10 A.M. and finish before Noon.



Don't think you are good enough? Wrong!! This is casual bowling, no teams, but we maintain handicaps and have a very small prize fund each week. We have good bowlers, and not so good bowlers, but we have fun and we get a little exercise. Try it. You do NOT need to make a commitment to bowl EVERY week. Just come on out and bowl.

The Bowling Activities Chairman is Jim Armstrong; call him at 707-322-7603 or email army4344@yahoo.com

Bridge



Bridge days scheduled for play this month at Legends Restaurant Bennett Valley starting at 10:00 AM are on Tuesday October 14th and 28th.

We continue to share this activity with other great players and personalities from other SIR Branches. Great fun and fellowship!

September featured two tables only on both of the scheduled play dates. Arrabbit leads overall YTD standings.

If you wish to play, you should contact Al Black by email at rosaridge@comcast.com or call 707-578-3210 to book your spot. Sign-ups open on Monday 9 PM and close Thursday 9 PM first-come first served during the week before each play date.

SIR Branch 17 Annual CHRISTMAS PARTY

Friday December 19, 2014 – Scottish Rite Center

No Host Cocktail Hour at 11:00 AM

Lunch served at 12:00 Noon

The Christmas Committee has planned a great party for our members and their guests. You may choose either New York Steak or Salmon. Each entrée is served with salad, potatoes, French bread and butter, dessert, wine and coffee.

At the bottom of this page is a form to send to our treasurer to reserve a seat for you and your guests. Simply complete the form, detach it, send it along with your check and a self-addressed, stamped envelope to Stan Borges. Make checks payable to: SIR BRANCH #17. Your tickets will be mailed to you.

MAIL FORM BELOW TO:

Stan Borges, 2011 Stone Wood Dr., Santa Rosa, 95404

TO ASSIST STAN WITH THE SEATING ARRANGEMENTS, PLEASE RESERVE A TABLE FOR YOUR GROUP.

New York Steak _____ or Salmon _____
at \$30. 00 per person = \$ _____

Your Name: _____

Names of persons in group, (tables of eight)

FIRST COME, FIRST SERVED
PLEASE RESPOND BEFORE DECEMBER 1, 2014

Hope to see you all at the lunch. Thank you.
Bob Gaggero, Chairman Christmas Committee

Couples Night Out

Our Couples Night Out is a new monthly event, which is intended to bring SIRs couples together for an evening of enjoyment and dining at a local restaurant which is noted for its experience, cuisine and affordability. This club meets every second Monday of each month at a restaurant of choice. Our dinner in August was with the Healdsburg Wine and Food Club.



This month we will be dining at **La Gare** restaurant at 208 Wilson Street in Santa Rosa's Railroad Square,

a truly premier restaurant. Established over 30 years ago, this family owned restaurant still boasts its founding principles of fresh local ingredients, top French and European cooking techniques, and making everything in the restaurant from scratch. And, they are "Gluten-Free" friendly. The cost per person will depend upon the individual's menu and beverage selections. Whenever possible, couple's tabs will be arranged. For those who wish to bring their personal favorite wine to this occasion, there is a corkage fee.

If you would like to join us on our next fun outing at **La Gare** on Monday **October 13th**, please notify Jim Jones @ j_rjones@att.net or 539-2027 by Monday October 6th.

Reservations are a must. You can visit La Gare's website at www.lagarerestaurant.com.

Don't be left out of another great get together of good food, good wine and good friends. Hope to see you there!
(Article written by Jim Jones)

Fishing

Ted has gone fishing this month and will be able to tell you a big fish story next month!

If you are interested in joining the fun, contact Ted Scapeccia at tescape@sbcglobal.net or call him at **529-0063** or call Don Salazar at 545-0873 to get your name on the list.

Garden Club



Contact our Garden Club chairman, Vern Calsy, by calling him at 707-545-0932, or send him an email at vecandjfc@sbcglobal.net for more information, or better yet attend a brief meeting of interested gardeners generally held at 11:15 A.M. in the Board meeting room prior to each regular meeting.

GLOBAL FORUM

We met as scheduled on September 12. Alluding to racial challenges in the US, we heard of an incident in Papua New Guinea where white mine foremen abused a newly married biracial couple. We followed with a discussion of terrorist motivations and then the appeal of various religions. Some expressed interest in writing autobiographies as a means to pass on individual experiences and wisdom. What is free thinking?



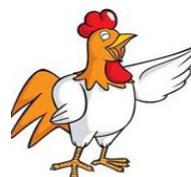
Bring your issues for discussion. Expect to talk and listen for about two hours. Chuck Aver's house: 1520 Briarfield Pl., off Highway 12, up Los Olivos Rd, 1/2 mile to second right turn. Cheers!

Next meeting is Friday, Oct. 10th at 10:00 AM.

Veterans Day Parade in Petaluma, on Tuesday November 11th will be featuring lots of older classic cars in addition to all of the usual entries. If you are interested in, riding in, furnishing a car or even driving one, please see Mike O'Neill at the Oct. meeting to sign up. You can contact him at mikeo46@sbcglobal.net or call 707-527-8202 for more details. (Photos by Mike O'Neill)



Joke of the day!



I told my kids that I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. So they unplugged my computer and threw out all of my wine.

Golf

The Golf Club has a current membership of sixty-nine SIR members from our combined 17 and 76 branches. The course that we call home is the Bennett Valley GC, the premier municipal course for all of the North Bay. This meticulously maintained tree lined course offers numerous challenges for the golfer with almost any handicap. On warm summer days, forty plus SIRs can be found sharing a friendly and sometimes mildly competitive game of golf. During the colder months of the year, our numbers dwindle slightly, but there are those of us dedicated to the game and we savor the brisk and sometimes wet winter weather just to get in one more game. As one of our more cerebral players was overheard saying the other day while on the course, "Although golf does not require great physical stamina, the coordination involved in accurately and consistently hitting a ball hundreds of yards to a small hole in a patch of manicured grass is a testament to human evolution, perseverance and dedication."

If you are currently not a member of our golf club and you are interested in playing, please contact Jim Jones at: (707) 539-2027 or j_rjones@att.net.

Our club, along with our sister Branch 76 club, meets every **Monday** at the Bennett Valley Golf Course, except on holidays, when golf is rescheduled to Tuesday. For the month of October, we will be playing on the **6th**, **13th**, (Shotgun) **20th**, and the **27th**. As always, allow enough time to be there should Bennett Valley have cancellations and advance our scheduled tee times even further.

Go to <http://www.sirstategolf.com/index.html> to check out the SIR website where you can find tournament entry forms and schedules of upcoming local and state wide tournaments. Contact John Sommerville at 707-217-7548 or email at drycreekvi@sbcglobal.net for information about SIR State competition and events.

OTHER GOLF EVENTS:

Foxtail North GC, Oct. 16, Contact Frank Morabito, SIR Branch 66 Golf Chair, 542-0372

Bodega Bay GC, Oct. 23.

Poppy Hills GC, Oct. 27-28. SIR State Individual Championship and Open Play. (Article written by Jim Jones)

Traveling Golfers

We went off to Eagle Vines this past Wednesday, and the word of the day was "HOT". The grapes seem to love it, but it sure was tough on us golfers. As it can happen out in Napa Valley, the fog burned off early and the mercury climbed straight up to 98. With a beautiful club house behind us and a panoramic view of the course ahead, we ventured out onto the first tee. Lakes, streams and sand traps, seemed to gobble up golf balls like mythological monsters. In the end, our low net of 77 testified to our struggle.

Our last scheduled outing of the year is coming up on Thursday October 23rd at 9:00 am. Mark it on your calendar. October is always the best month of the year to spend a day out near the ocean, so Bodega Links should prove to be a memorable finale. Fifty-five dollars gets you: green fees, shared cart, hot dog lunch at the turn, prize fund, and if we can muster 16 players, we'll have a complimentary round of golf for a twosome as the CTP prize. So get off your couches, grab your clubs, and let's go have some fun at Bodega.

It's good for Travel Golf, it's good for SIR.

Until next time, Good Golfing.

Roy Thuestad



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.