



Luther Burbank Branch 17

Santa Rosa, CA

New Website: www.sir17.org

THE REDWOOD BARK NEWSLETTER

For DEC. 2020

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

All members are invited to attend our next SIR Meeting on Dec. 17, using Zoom...

A link and password will be made available from BIG Sir George Traverso to you before the meeting.

December 17th Meeting Schedule via Zoom!

Social Hour: 11:00 am Please check in about 5 minutes early to be ready to avoid the last minute rush.

Program: William Crowley, Professor Emeritus, Geography, Sonoma State University

Lunch: 12:00 noon plus/minus as you are on your own, fix whatever you desire.

December 17th Lunch Menu

Fix your own sandwiches--at home!

Beverages: Your choice...

BIG Sir George Traverso's Message

geosan@sbcglobal.net 528-6987



With the conclusion of this remarkable, unforgettable and unusual year, we find ourselves on the threshold of an uncertain 2021.

I have always been an optimist. However, I must admit that the issues of this past year have strained my eternal optimism. Aside from this year's political and economic challenges that we currently face, we also endured the recent devastating fires that touched us on the local scale.

Like most of us, I became overwhelmed by the pandemic that arose in force in the early months of the year. Our "normal" social behaviors had changed drastically. Wearing masks and maintaining social distancing among other restrictions suddenly became the "new normal." Change and especially the disruption of lifestyles for so many of us leads to two words: cooperation and resistance. I choose the path of cooperation. I believe that science gives us the ultimate solution to cure this world-wide pandemic. I realize that most of us are suffering from the malicious "COVID-19 fatigue," but we must stay smart and not give up

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Little Sir Gary Bondi's Message

gbondi@sonic.net 539-2445



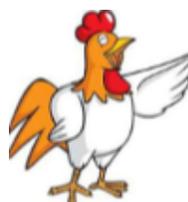
Gary has finished all of his chemo treatments for now. He is still weak from all of this but getting stronger everyday. He is still just not up to providing us an article this month, but is very hopeful to enlighten us with one in the new year.

He is very anxious to get back to meetings and being out and about, but all this will take time.

We all wish him the best, get better soon and we are looking forward to seeing you at the next meeting, when you are up to it. We miss you!

The Happiest of Holidays to you and your family.

Joke of the Month



ZEN Teachings:

If at first you don't succeed, then skydiving is not for you.

If you lend someone 20 bucks and you never see that person again, it was probably well worth it.

Good judgment comes from bad experience...and most of that comes from bad judgment.

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

OFFICERS:	EMAIL:	PHONE:	DIRECTORS:
Big Sir: .George Traverso	geosan@sbcglobal.net	707-528-6987	Gordon Boultsbee
Little Sir: Gary Bondi	gbondi@sonic.net	707-539-2445	Rich de Lambert
Secretary: Kurt Wehrmeister	kurtwehrmeister@gmail.com	630-461-2715	Ken Johnson
Asset. Secretary: Jim Gurke	1jgurke@gmail.com	707-303-0989	Chris Nolen
Treasurer: Glenn Seime	gseime@sbcglobal.net	707-537-5360	Paul Willihnganz
Asset. Treasurer: Al Petrie	alpetrie7@aol.com	707-545-7208	Elias Zegarra
Newsletter Editor: Jim Fenstermaker .	sirsbrn17@gmail.com	707-548-3346	
			WEBMASTERS:
STATE PRESIDENT	AREA 10 GOVERNOR	REGION 3 DIRECTOR	Dennis Mangan
Ed Benson	Robert Reuther	Dennis Pangburn	Jim Fenstermaker

this battle with this evil foe. Along with the recent advancements to find a safe vaccine, cooperation, intelligence and a clear optimism hold the key to solve this evil sickness. On a comical note: I am getting comfortable wearing a face covering because it hides my three-day stubble when I must go to a grocery store.

Before we leave 2020 my feeling of optimism must be addressed once more. December is traditionally a month of holidays sprinkled with good cheer. Yes, the hustle and bustle of traditional shopping and wrapping presents are the basic fun chores for most families. I shall miss going to Macy's this year and not seeing children sitting on Santa's lap with an expression of awe of excitement on their faces. Also, there are a few little people who become deathly afraid of sitting with a guy in a red suit and wearing an intimidating beard. As we aspire and yearn for "better days"...economically, politically and socially... I maintain that optimism is the core to the solution. Even during a non-pandemic year, winter presents a challenge to the individuals who are alone. A check-up phone call to a friend or a home bound person means so much to these individuals.

Spreading good cheer and wishing comforting thoughts form an important bond in the human psyche. I know Santa would agree. The jolly old man and I wish you and your families a very Happy and Healthy Holiday Season and our sincere HOPE for a wonderful 2021!

**A VERY MERRY
CHRISTMAS
and Happy New Year!**

Coffee Time!

Rich de Lambert believes now is the time to bring it back to life again, but since we cannot meet in person we sure can meet on Zoom, which we have been doing for our BEC and General "Luncheon" meetings.



Rich is offering a donated prize each week to a member who attends this Coffee Time Zoom meeting. Call Rich for more details as to how the drawing is decided and who is providing the many donations.

He also wants to remind all of you to invite a prospective new member to join these Zoom meeting so they can see how much fun we have and will become interested in joining us. If they do join, you will be rewarded with a gift at their induction!

This is a FREE program, as you bring your own coffee to the table along with whatever treats you desire. Dress is as casual as you desire but pants are required, especially if ladies might be present!

This is designed to still be able to get to know each other while we cannot meet in person. There are no set agendas, no speakers, just friendly talk and swapping stories of what has been happening along with sharing some "family type" jokes.

For more information contact Rich de Lambert at richdelambert@gmail.com or call him at 545-3490.

To obtain the meeting number and password to join the Zoom fun session contact Big Sir George Traverso at geosan@sbcglobal.net

SIR Branch 17, Member Profile: Glenn Seime, Badge #76

When talking with Glenn Seime, three things stand out: his work ethic, the number of times he has moved, and his commitment to the welfare of others. Glenn's early years in Charleston, WV and Wilmington, DE were relatively uneventful. However, Glenn's home life changed dramatically when his parents divorced before he was eight years old and his mother took him and his brother to Audubon, IA. Not only is Audubon the home of Albert the Bull, the world's largest gender-correct bull (Google it, you've got to see this monument to the beef industry!), but it is also the site of a one-bedroom apartment where he lived with his mom, brother, great-aunt, great-uncle, and great-grandmother for a year! To most of us, six in a one-bedroom apartment would be way too much family time, but Glenn says he really enjoyed the situation. He particularly liked his great-uncle who bought him a pool table (where did he put it?) and welcomed Glenn's friends over to play (where did they fit?). Glenn's great uncle also cut down a set of golf clubs and taught him to play golf, a sport he still enjoys today. Yet it wasn't the golf so much as the clubhouse that Glenn liked, since there he learned to play slot machines and drink whiskey and 7-Up soda!



After Glenn's mom remarried, he moved into his stepfather's house on the outskirts of Audubon. Contrary to his mild-mannered dad who was an accountant, his stepdad was a no-nonsense ex-military guy who worked in commercial concrete. Glenn worked for him after school and on weekends, and instilled Glenn with a strong work ethic. "I don't ever want to see you sitting around! If you're done with your work, get up and run around the block." To this day, Glenn is a man in motion and rarely sits around...unless he's playing poker...or drinking whiskey.

Glenn's brother was a super athlete in track and encouraged Glenn, who was overweight, to play a sport. Knowing Glenn's physique now, it's hard to imagine him playing tackle in football, but he did. He says he slimmed down in his senior year and played end but was kicked off the team when caught smoking.

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Member Profiles: *(continued)*

This gave him more time to hang out with his buddies. He enjoyed playing poker, driving around (a.k.a., cruisin') the town square, getting beers, and chasing pretty girls in other towns. Wait, does this sound like American Graffiti?

Glenn, as we know, is a "numbers guy" having been our Assistant Treasurer and Treasurer for many years, so it was no surprise that he ended up going to college, majoring in engineering initially and subsequently accounting. Although he had other offers, he chose to go to the University of Iowa because "it was a better party school." Nevertheless, Glenn's work ethic kept him focused and after he graduated, he took a job for a company based in Chicago with facilities in Ohio and Indianapolis. He spent a year in each location as part of his training, and then another year in Indianapolis.

In 1969, he moved to San Francisco and became a stockbroker, and scratched out enough earnings to support himself and his unemployed roommate and make ends meet...barely. It was there that he met and then married a TWA flight attendant. When the stock market went south a few years after that, he became a financial analyst at Fairchild Semiconductor and then Hewlett Packard. When HP offered him a position as division controller in Sonoma County, he was thrilled because he wanted to be closer to good abalone diving (a favorite hobby despite having grown up in Iowa). Later on, he moved to management positions in facilities and administrative services (hey, he's a numbers guy!). After retiring from Agilent (later renamed Keysight) in 2002, he devoted himself to building a house in the country, traveling with his family, spending time with his son and taking care of his aging mother.

In 2014, with the encouragement of Roy Thuestad and Fred Rose, Glenn joined SIR17. Despite mistakenly thinking SIR17 was just a golf club, the lunches turned out to be fun and he said it boosted his "guy social life!" Glenn has been an active member of our BEC and has worked hard on finding venues and food services for our luncheons. He is disappointed that COVID-19 has wrecked our SIR17 bi-weekly poker games and that Legends has closed. Yet he looks forward to finding a new place for our lunches, not wearing masks when we meet, and getting together again in person for Boys Night Out. As always, Glenn is committed to the welfare of SIR17 and we are grateful...thanks Glenn!

(Article by Dennis Mangan)

Recap of Nov. 19, Luncheon Guest Speakers

Our Branch 17 members that became our “guest speakers” at the November Zoom luncheon were:

Gordon Boulton, Rich de Lambert, Ken Johnson, Marvin Mai, Ted Scapeccia, Paul Willihnganz and Bob Zie.

All of these members are veterans from various branches of the military. They told us about some of their many stories during their tour of duty in the many different conflicts over the years. It was very interesting to listen to the different things they all had experienced and we want to “Thank them for their Service!”

An eight minute video, *Soaring Valor*, also was shown. It was a tribute to several WWII veterans that were able to attend the outing to New Orleans to visit the WWII Museum which most of them had never seen. It was a very touching video.

Our Future Meetings, via Zoom

less the lunch!

The 2020 **regular meetings** for now will be held on our usual dates of the third Thursday of each month, starting at 11:00 am.

Dec 17,

The **BEC meetings** will be held on the first Thursday of each month, starting at 10:00 am.

Dec 3,

All members are invited to attend all of the meetings. If you are not sure how to join a Zoom meeting, please contact Big SIR George Traverso at geosan@sbcglobal.net or call 707-528-6987

Zoom December 17th meeting

The speaker for the December 17th meeting will be **William Crowley**, a Professor Emeritus, Geography, Sonoma State University.

William will talk about his many travels around the world and show a few of his better slides.

William has been teaching for 38 years, mostly at Sonoma State, but also some in Europe. For many years he taught classes in Wine Geography.

William retired in 2007 and enjoys being involved in Rotary during his retirement while living in the Rincon Valley area of Santa Rosa.



List of the **December Birthdays**

Gary Bondi

James Gurke

Ken Johnson

Bob Ost

Dan Schell

Tom Sparrowe

Lloyd Von Der Mehden

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

ACTIVITIES:

Since the health department has placed restrictions on gatherings we have been unable to get together for our meetings and most of the following of our activities have been on **HOLD**, until we receive new instructions.

Bocce, Bowling, Boys' Night Out, Bridge, Camera Club, Couples' Night Out, Free Comedy, Picnic, Poker Fest, Travel Golf, Wine, Beer and Spirits

All just waiting to restart again soon--hopefully!

GLOBAL FORUM:

(Article by Marvin Mai)



We have continued our “virtual” meetings via Zoom and have had some wonderful wide-ranging discussions.

With the recent news about vaccines, assassinations and peace negotiations, there's always many global issues to tackle. We hope to continue to explore our look at America in the world and critical countries and allies. The upcoming Brexit is also an area that we'll continue to look at and how that will affect the U.S. and our EU allies.



If you'd like to be included in the next Zoom meeting on **Friday, Dec 11th at 10:00 am** for the Global Forum meeting, then contact Marvin at maimarvin57@gmail.com or give him a call at 545-2224. He needs to know who is going to attend so he can send you an email with the “link” and any others instructions.

Below is the schedule of dates for SIR Branch 17 Zoom Global Forum discussions slated for every **2 weeks** in 2021.

Time: **10:00 AM** Pacific Time.

January 8, January 22,

February 12, February 26

GOLF:*(Article by Roy Thuestad)*

As you are probably aware, we took a step backwards last month regarding COVID-19 restrictions. State SIRinc has officially disbanded, on a state-wide basis, all "in-person" SIR activities, including Golf. In the past we were guided by our local health officials and branch SIR Officers. Now, we will not receive the "all-clear" to re-open until we hear directly from the State SIRinc Executive Leadership... bummer. On the bright side, we've been shut down for so long that this technical change won't seem so bad. Regardless of restrictions, life goes on.

If you want to maintain an official handicap with the NCGA, you will need get your annual dues in to John Weaver at 7425 Witter Road Sebastopol, CA 95472. Make your check of \$39 payable to SIR Golf 17/76.

Bennett Valley will still hold open our regular Monday morning tee time, so give them a call to get your name on the list.

From all of us at
SIR Golf,
Happy Holidays!



Roy, John,
Jim, Bob & Bill.

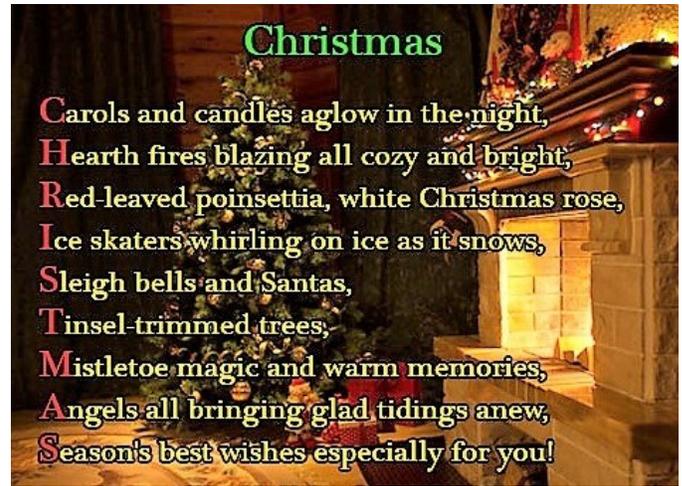
Until next time, Good Golfing,

Roy Thuestad

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The Poem of the month for December**Christmas**

Carols and candles aglow in the night,
Hearth fires blazing all cozy and bright,
Red-leaved poinsettia, white Christmas rose,
Ice skaters whirling on ice as it snows,
Sleigh bells and Santas,
Tinsel-trimmed trees,
Mistletoe magic and warm memories,
Angels all bringing glad tidings anew,
Season's best wishes especially for you!

**Copper Stops Microbes
including Coronaviruses**

From *Clostridium difficile* to MRSA to the COVID-19 virus, many of the microbes that makes us sick can survive for days on metal and plastic surfaces.

Long known to have antimicrobial properties, copper was used in ancient time to sterilize drinking water and treat wounds. In a new study, researchers found that nearly 90 percent of the samples taken from traditional hospital beds had unsafe levels of bacteria, despite regular cleaning and disinfection. But beds made with copper rails, footboards, and controls had an average of 94 percent fewer bacteria.

Moving to copper would reduce the risk of hospital acquired infections, which strike two million Americans annually and kill nearly 100,000. Installing copper would also save hospitals the \$30,000 it costs to treat each infection.

Bill Keevil, PhD, a professor of environmental health care at the University of Southampton, speculates that if copper surfaces were put in buses, airports and other communal areas, it could help stop the spread of SARS-CoV-2, the strain of coronavirus that causes COVID-19. According to one report, the strain survived for up to three days on plastic and stainless steel but just four hours on copper. *Reprinted from News from the World of Medicine published in Readers Digest.*

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

Jim, the Editor

Fellow SIR Leaders,

On October 9, the Department of Public Health updated its [guidance](#) (please click to see the document) to allow limited, outdoor social gatherings of no more than three households for duration of under two hours. This new guidance effectively prohibits SIR-sponsored meetings, activities and events. The new guidance applies to all California counties, regardless of their current risk classification or risk tier. State regulation is of a higher tier than County or City, and must be obeyed.

It is, therefore, the directive of the SIR Executive Committee, based upon the current California Department of Public Health requirements, that there will be no in-person SIR-sponsored meetings, luncheons or events of any kind until further direction is received from SIR State Executive leadership.

For the purposes of this directive, a meeting or event shall be considered SIR-sponsored unless it is organized and sponsored by an identifiable third party. Should the sponsoring third party sponsor a private activity, luncheon or event, it is important to note that it too must comply with all California and applicable county directives. Of course, since the private activity, luncheon or event is not approved by SIR or any SIR-affiliated organization, it would not be covered by SIR insurance.

This directive is disheartening to all of us, but SIR must obey the law. The State Executive Committee also directs all Branches to immediately rescind any previous in-person activity, luncheon or event approvals previously granted, and, make their members aware of this State Regulation through Branch-wide emails, bulletins or other means.

As my term as President ends, I wish I had better news for you. It appears, however, that effective vaccines may be on the horizon. With your help, SIR will overcome these setbacks. Please engage your members through non-traditional means and prepare for the future when COVID 19 is finally behind us and a degree of normalcy returns.

Best regards and stay safe,

Ed Benson, SIR State President

A New Way To Use VICKS VapoRub

During a lecture on Essential Oils, they told us how the foot soles can absorb oils. Their example: Put garlic on your feet and within 20 minutes you can 'taste' it.

Some of us have used Vicks VapoRub for years for everything from chapped lips to sore toes and many body parts in between. But I've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it, aren't sure why. To stop night time coughing in a child (or adult as we found out personally), put Vicks VapoRub generously on the soles of your feet, cover with socks, and the heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly.

Just happened to tune in A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good, due to the chemicals in them. This method of using Vicks VapoRub on the soles of the feet was found to be more effective than prescribed medicines for children at bed time. In addition it seems to have a soothing and calming effect on sick children who then went on to sleep soundly.

My wife tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes. So she went from; every few seconds uncontrollable coughing, she slept cough-free for hours every night she used it.

If you have grandchildren, pass this on. If you end up sick, try it yourself and you will be amazed at how it works.

TRY IT THE NEXT TIME YOU GET A BAD COLD.

THE ONLY THING YOU CAN LOSE IS YOUR **COUGH!**



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.