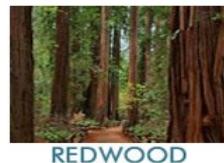




A non-profit club for retired men devoted to the promotion of independence and dignity of retirement

Luther Burbank Branch 17

Santa Rosa, CA



THE **REDWOOD BARK** NEWSLETTER

For Mar. 18, 2016 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: John French, sonomaink@yahoo.com 707-280-4120 or Marv Schouweiler, mschouweiler@att.net 707-484-3070

Luncheon Schedule

Board Meeting: 10:15 am

Social Hour: 11:00 am

Lunch: 12:00 Noon

Speaker: Paul Gullixson, editorial director for the Press Democrat newspaper.

Adjourn by: 1:30 P.M.

Please place your badges into the collection buckets when leaving the meeting.

Lunch Menu

Mixed greens with mandarin oranges, avocado, scallions and rice wine vinaigrette

Roasted onto (white fish) marinated in olive oil, lemon and basil, served with Italian salsa verde

Pasta with lemon pepper sauce, fresh roasted asparagus.

OR

Pasta with creamy lemon pepper sauce, tossed with seasonal veggies, fresh roasted asparagus.

All entrees served with:

Franco American sourdough bread with butter, coffee, iced tea and ice water.

Carrot cake with cream cheese frosting for dessert.



BIG SIR Jim Gurke's Message

ljgurke@gmail.com 707-843-3464

March arrives with a forecast of rain; all good for our beautiful Sonoma County home. For those of us who love to celebrate the ubiquitous Irish spirit we have Saint Patty's Day on the 17th.

Find that green beer if you can. Come the 20th, we celebrate spring equinox, meaning more daylight to golf, garden, hike, grill, or whatever else you fancy in the outdoors.

As your Big Sir I've been in meetings with our Area Governor, Ken Kronen; Secretary, Jim Macmillan; Bark editor, Jim Fenstermaker; and Little Sir, Dennis Mangan, about my duties and what lies ahead for Branch 17. We're a strong group, averaging well over 70 lunches per month. I trust that members are happy with the catering and speakers. But, I also welcome any comments you have about our lunch programs, being the glue that keeps our friendships alive.

As a reminder, we are still looking for a volunteer for the Assistant Secretary position on the Branch 17 Board. We have also learned that our Little Sir, Dennis Mangan, will resign in the near future for personal reasons. He expects to remain a Branch 17 member, but cannot fulfill the duties of Big Sir in 2017 due to anticipated absences from monthly meetings. Dennis is an outstanding Little Sir. Our Nominating Committee will seek to find a volunteer to step in as soon as possible. Look forward to meeting with you at the March 18 luncheon.



LITTLE SIR Dennis Mangan's Message

dfmangan@gmail.com 301-717-6234

Three signs of old age: the first is memory loss. And I can't remember the other four.

As we get older, we tend to forget things...like what day it is, where I left the keys to the car, what I had for dinner last night or someone's name. Memory loss is unavoidable ... and actually desirable. Some psychologists say memory loss is a natural way to avoid the pain and suffering associated with aging. Memory is complex, and begins to degenerate as time passes. This is why we forget things that occurred long ago. Memory gets distorted with time: what we think happened separates from what actually happened. Causes of memory loss include stress, depression, metabolic diseases, infection and some over the counter drugs. Fortunately, memory loss from many of these conditions is reversible. The best way to keep your brain fit is to keep using it. Challenging your brain with "mind games", reading, staying physically fit, reducing stress, getting enough sleep, and eating right keeps the brain active and strong. According to researchers, staying intellectually and socially engaged are probably the most important things you can do to help extend and maintain your cognitive abilities for a longer period of time in life. And, a benefit of memory loss: you're always meeting new friends. Take this as another good reason to be in SIR17.

Luther Burbank Branch 17 is in Area 13 of Region 10

The following is a list of your **2016** Officers and Directors

OFFICERS:**BIG SIR:** Jim Gurke**Email:**1jgurke@gmail.com**Phone:**

707-843-3464

LITTLE SIR: Dennis Mangandfmangan@gmail.com

301-717-6234

SECRETARY: Jim Mac Millanjmacmillan@ieee.org

707-569-1680

ASST. SECRETARY: (Vacant)

.....

.....

TREASURER: Stan Borgesstanborges@comcast.net

707-545-0699

ASST. TREASURER: Glenn Seime ...gseime@sbcglobal.net

707-571-7976

IMD. PAST BIG SIR: Herb Percy .dadpercy@yahoo.com

707-575-7787

Contact Branch 17 at our website: www.branch17.sirinc2.org
or email: sirsrbn17@gmail.com

DIRECTORS FOR ONE YEARJim Dale
Kent Richmond
Stephen Virtue**DIRECTORS FOR TWO YEARS**John French
Ted Scapeccia
Lance Thompson**WEB MASTER**James Mac Millan
BARK EDITOR
Jim Fenstermaker**AREA 13 GOVERNOR**

Ken Kronen

REGION 10 DIRECTOR
James Filippo
PRESIDENT OF SIRinc.
Donald Dill**February Attendance**

John French, Chairman
sonomaink@yahoo.com 707-280-4120

There were 71 members, two guests and one visitor, Area #13 Governor Ken Kronen that attended our February meeting.

Again, 8 members did NOT notify me that they were NOT going to attend.

Please be sure to notify me by Monday before the Friday meeting if you will NOT be able to attend!

**February Membership**

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

No new applications for membership were presented at this meeting.

Three members have requested to be inactive: Don Arrabit, Nick Kuhn and Al Odabashian. Two members have resigned: Jim Armstrong & Fritz Born.

The total membership now is **96** active members and **9** inactive members.

The February 19, 2016 General Meeting

Roy Johnston, an elder law attorney, spoke to us about the serious and prevalent problem of elder abuse. As we age, we become vulnerable to physical, mental and financial harm from caregivers, neighbors, relatives and even ourselves. Adding to this misery is the increasing number of scams trying to get our money and property. Roy encouraged us to take an active role in thwarting such abuse. Report cases of abuse to trusted family members, clergy or the police. Have your finances periodically reviewed by independent accountants to stop embezzlement and theft of your money.

Call 911 or the Sonoma County Adult Protective Services (707-565-5940) to investigate abuse, neglect and exploitation. We must all do what we can to end these nightmares for older adults.



Ken Kronen, Area 13 Governor, paid a visit to Branch 17 promoting more growth in membership, which we truly need. A lot of our members are getting up there in age. He also brought a proclamation and presented it to past Big SIR Herb Percy for all his work last year. Ken then gave us a little bit of detail about the new website he created for getting all the information about the 7 branches in area 13 into one easy to find and use area. To check it out, go to <https://sirarea13.shutterfly.com>. Click on the tab for branch 17 and watch a slow moving slide show of 17 pictures he took at this meeting. Very impressive!



List of the MARCH Birthday Boys!

Bill Archer
Mark Burchill
Jim Dale
John Gallagher
Marvin Mai
Mike Mouat
Jack Rosetti
Mike Heinzelman



March 18, 2016 - Guest Speaker: Paul Gullixson

The speaker for our March meeting will be Paul Gullixson, editorial director for the Press Democrat. Paul is an experienced and award-winning editorial writer and news reporter.



As an editor, Paul is responsible for deciding who and what gets published in the newspaper and online. Editorial pieces play an important role in public discussions about controversial social issues and help us to better understand the views of others. In addition to his work at the Press Democrat, he teaches journalism at Sonoma State University, leads a Boy Scout troop and travels with his family on church missions.

Paul plans to talk about "*The Death of Newspapers and other Myths*" and wants to have a very interactive session with us.

Come with your questions about the Press Democrat, news in general or why Donald Trump is getting so much media attention.

The Poem of the month!

The House Beside Of The Road
 Sam Walter Foss 1858-1911

**Let me live in a house by the side of a road,
 Where the race of men go by,
 The men who are good and the men who are bad,
 As good and as bad as I.**

Chaplains' Corner by Herb Percy

Just a couple of quotes to ponder as we are in the season of Lent.

That is what learning is. You suddenly understand something you've understood all your life, but in a new way.



Doris Lessing

Life is very interesting if you make mistakes.

George Carpenter

May your Lenten journey be one of contentment and renewal as we ponder what our Lord has done for us!

Remember to make a friend, not just an acquaintance.

Contact Herb Percy, email dadpercy@yahoo.com or call 575-7787 OR assistant chaplain Mike Heinzelman email mdheinz2@gmail.com or call 579-6615.

ACTIVITIES:

Annual Summer Joint 17 & 176 PICNIC:

Our picnic for this year will be held

on **Thursday June 16th** at the

Villa Chanticleer picnic grounds in Healdsburg.

Please mark your calendar to save the date!

Social hour from 11:00 am to 12:00 noon,

EAT shortly after 12:00 noon.

Lunch includes: Tossed green salad, Tri Tip steak, chili beans, corn on the cob, rolls, wine, beer and soft drinks. All for only **\$20.00** Tickets will be sold at the **May** meeting. Volunteers are always welcome to help.

Bob Gaggero and Frank Moreda, Picnic Chairmen

Bowling Beat El Nino, Go Bowling!

Wondering what to do on these raining Mondays when the golf course is too wet to play. How about joining us for a round of bowling? Everybody is welcome. We have good bowlers, not so good bowlers (me). But the handicap system levels the playing field. And you can come or not come on each Monday. We don't form teams or need to call a sub when we can't make it. Just come and have fun.

We bowl every **Monday** from 10:00 AM until noon at the Double Decker Lanes in Rohnert Park.

If you are excited about bowling, but would like to discuss a possible different date and/or time, then see Mike at the January meeting, call him at **707-579-6615**, or send an email to him at mdheinz2@gmail.com.

Boys Night Out

Wednesday February 10th was an interesting dinner at **Brasa Churrascaria & Brew Pub**, which is an authentic Brazilian rodizio style restaurant where skewered fire-roasted meat is served table side. In the Southern Pampas of Brazil the “Gauchos” (cowboys) roamed the land, caring for their herds. Each night they would build bonfires for warmth, and to cook their evening meals. From these fires rose traditions of the “Churrasco” or barbecue. The Gauchos mastered the art of slowly cooking savory cuts of beef, chicken, pork, and lamb on large skewers, rotisserie style, over an open flame.

For **March 9th**, Mark has planned to go to **Haku Sushi (Japanese) Restaurant**, 518



Seventh St., (in the Brickyard Shopping Center) Santa Rosa.

Come at 6:00 pm to enjoy a cocktail before ordering some of your favorite sushi or choose from a very large menu of many other delicious items.

For more information and to see their menu go to:

hakusushi518.eat24hour.com

So, if you are thinking about going, then get your reservation in **NOW**.

RSVP Mark Burchill before Monday March 7th.
email: MarkNick@sonic.net or call 542-2529.

RESERVATIONS ARE A MUST!

Hope to see lots of SIR members there!!!

Bridge

Bridge is an important activity with many of our members not only within our own branch but with participation of members from other branches in our area. Bridge activities are coordinated by chairman Al Black, email to rosaridge@comcast.net or call 707-578-3210.

We welcome new and interested members to think of joining the pool of players.

Bridge days scheduled this month for play at Legends Restaurant Bennett Valley starting at 10 AM on **Tuesday March 8th and March 22nd**.



Couples Night Out

On a rainy evening on Wednesday February 17th we gathered at **Cricklewood** in Larkfield. for a very delightful dinner that included salad tossed with ranch dressing, sourdough French bread with butter, an entree with your choice of baked potato, rice pilaf or fresh steamed vegetables, coffee, tea or soda. What a deal!

For **March 16th** the chosen spot is the ever popular **Kirin Restaurant** at 2700 Yulupa Avenue, in the Bethards shopping center. 525-1957.

Kirin has been open at this location since 1985, so they must be



doing something right. They serve Mandarin and Sichuan style Chinese dinner, along with beer and wine. You can choose from mild to very hot and spicy entrees and as either an individual dish or a combination plate. If you are a Chinese food lover and have never tried Kirin's then you owe it to yourself to try the place—you will not be sorry!

Come at 6:00 pm and get ready to enjoy the evening.

As always: **Reservations are a MUST!**

Contact Fred Rose at fredricrose@comcast.net or call 707-548-5797 **by Monday March 14th** to reserve your place at the big table.

Hope to see lots of SIR members there!!!

Computers

Five SIR members have met to discuss various computer problems. The new Windows 10 was the most talked about subject with more information to be gathered before the next meeting.



What are your goals or interests? Basic or advanced operations, photo editing, spreadsheet creation and uses, word documents, printing problems, PDF files, or how to protect your computer from all the bad things out there or other ideas.

If interested, to find out when and where the next meeting will be, send Jim Fenstermaker an email to: sirsrbn17@gmail.com or call him at 707-548-3346.

Fishing

(Article written by Ted Scapeccia)

Now that the dust has somewhat settled, I can report on the signups for this year's fishing trip out of Porto Bodega Harbor. So far we have two from our branch, Branch 17 and two from Branch 76. Several SIRs from the Oakmont branch have joined us in the past, and I expect to see them again.



Those currently signed up for the trip from Branch 17 are Assistant Fishing Chair Don Salazar and Assistant Treasurer Glenn Seime.

With that said, it looks like the trip is on, so we will proceed to select a date, which historically has been sometime in mid July. Once again we try to book the

Miss Anita since our past trips with them have been so successful. The focus of the trip will be bottom fishing for cod since it is expected that salmon will be few and far between this summer.



If you have any interest in joining in on the fun, if you have any suggestions for a fishing experience, then please contact me about questions you might have.

Ted Scapeccia at tescape@sbcglobal.net or call 529-5049 Fishing Chairman or Don Salazar at 545-0873 Assistant Fishing Chairman.

Garden Club

(Article written by Lance Thompson)

We meet at 11:15 am in the Board meeting room to share our gardening interests.

The date for the docent tour of the Quarry Hill Botanical Gardens is April 26, 2016 at 10:30 am. Cost is \$15.00 each. Be sure to bring your wife or 1 guest.

There are 3 tour carts for 12 persons (2 carts are covered). With one guest this limits us to 6 or 7 SIR members. I have made reservations for the 10:30 am tour. I now need firm commitments for the tour at the March meeting.

If we have sufficient interest in an afternoon tour, it could be possible, but Quarry Hill requires a non-refundable advanced deposit, so I would also need firm commitments.

A signup sheet and a brochure will be on each table at the March general meeting.

For more info go to <http://www.quarryhillbg.org>

Any questions, contact **Lance Thompson** at:
lance@pon.net or call 707-527-3438.

GLOBAL FORUM

(Article written by Tom Johnson)



Are you interested in discussing world events? The monthly GLOBAL FORUM provides a place and a group interested in all that is going on around us. Discussions range from the impact of oil prices on the world economy to the impact of history on current and future events. We do not always agree, but we enjoy exploring our diverse information and opinions over coffee and refreshments.

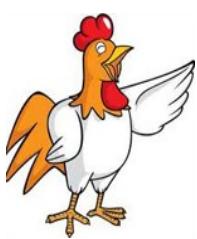
Adu and Sally Ebrahim open their home to all SIRs interested in exploring our global environment. You are invited to join the monthly confab. We meet from **9:30 to 11:30 am** on the second **Friday** of the month at the Ebrahim home: 3576 Lake Park Drive (just off Bicentennial one block north of the Lucky/Home Depot complex). Our next gathering will be **Friday March 11th**.

Should you have any questions, please email Adu at aebra@aol.com, or if you do get lost, then call him at **566-4786** for more directions.

We hope to see more of you members there for our discussion!



Joke of the day!



In the hardware store, a clerk asked, "Can I help you find anything?"

"How about my misspent youth," joked my husband.

The clerk shot back, "we keep that in the back, between world peace and winning the lottery tickets."

Golf

I happened to look back at last year's golf roster and noted that we had 63 members in our golf club. This year we've dwindled down to 56, and during these winter months we struggle to get 50% participation. As these warm spring days start to stir those cabin-fever juices, come out into the light, and join us for a fun filled day at the Bennett Valley Golf Course...*it sure beats mowing the lawn.* When you do come out, bring a friend or a neighbor with you, it's a great way to boost our membership and to show off what SIR is all about.

Not currently a member of our golf club but interested in playing? Contact John Weaver jlweaverj47@gmail.com or myself and we'll set you up with a tee time and membership.

Interested in playing different courses around the Bay? Check in with our Travel Golf Chairman, Jim Jones j_rjones@att.net

Our State SIR Golf group has a whole line up of tournaments to pick from. Check out their web site for entry forms and scheduling. <http://www.golf.sirinc2.org>

Until next time, Good Golfing

Roy Thuestad roymond@comcast.net 975-4406

Traveling Golf

(Written by Jim Jones, Branch 76)

The 2016 Traveling Golf schedule has been set, contracts for almost all of the courses have been signed and the required deposits have been forwarded. The signup booklet has been completed and its debut was this last Monday at the Bennett Valley GC, where nine members have signed up for the first course on the SIR 1776 Travel Golf tour.

The Rooster Run GC in Petaluma is the first of nine courses we will be playing. There are 32 slots reserved for March 17, 2016, at 9:00 AM, in hopes that our group will enthusiastically endorse this renowned course. As many of you already know, Rooster Run is noted for its inviting yet challenging layout, its superb and meticulous maintenance and its well known reputation of being the "best playable" in Sonoma County when weather conditions ground others as unplayable. Rumor has it that Rooster Run took its name from our SIR mascot.

Traveling Golf: *continued*

But here again, those starting that rumor also had a hand in declaring the sighting of "Big Foot" in the Russian River Brew Pub one late Friday evening following heavy celebrating.

The second course on our 2016 "Tour de Bay Area" will be the Boundary Oaks GC in Walnut Creek. This outing, like last years, will honor a former member of Branch 17, the notable Fred Reich, who now resides in the Walnut Creek area. This superb course, which in its layout and narrow tree lined fairways resembles our own Bennett Valley GC, is a sheer delight to play. Fred will again be joining us this year along with his son, Richard Lyons, who will record our festive outing. We have 20 slots reserved for our April 21 9:40 AM tee time. So don't be shy, fellow SIR..."Stand up, Step up and Sign up!", as the phrase goes at the local Armed Forces Recruiting Center. You've got what it takes to play Boundary Oaks GC with Fred Reich

As the remainder of the courses are secured, we will keep you informed of our ongoing progress. The blossoming, yet **tentative** schedule for 2016 is as follows. The price indicated includes green fees, cart and prize fund:

| | |
|--------------------|--|
| March 17 @ 9:00 AM | Rooster Run GC, Petaluma, CA at \$48.00/player |
| April 21 @ 9:40 AM | Boundary Oaks GC, Walnut Creek, CA at \$48.00 |
| May 19 @ 10:00 AM | Windsor GC, Windsor, CA at \$49.00 |
| June 7 @ TBD | Rancho Solano, Fairfield, CA @ \$TBD |
| July 28 @ 10:30 AM | Fountain Grove GC, Santa Rosa, CA @ \$86.00 |
| Aug. 17 @ 10:00 AM | Harding Park GC, San Francisco, CA @ \$142.00 |
| Sept. 15 @ 9:30 AM | Links at Bodega Bay, Bodega Bay, CA @ \$51.00 |
| Oct. 20 @ 9:45 AM | Blue Rock Springs East GC, Vallejo, CA @ \$45.00 |
| Nov. 17 @ TBD | Sonoma Golf Club, Sonoma, CA @ TBD |

(All above prices are per player.)

As both Bob and I continue working with the remaining courses for scheduling and rates, we are required to commit to tighter booking, rate and payment obligations, all of which will require a change to our SIR 1776 travel golf policies, as well as player payment schedules and player obligations. Please have your payments to either Bob or Jim NO LATER THAN the Monday one week prior to scheduled play. Remember, payment is by CHECK ONLY and MUST BE ON TIME!

"March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path." - Khalil Gibran

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.