



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. 18, 2018 Meeting

NEW LOCATION: meeting at **LEGENDS** in the Bennett Valley Golf Course, 33258 Yulupa Ave., 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

Meeting Schedule

Regular Board Meeting: **10:00am**

Social Hour: 11:00 am

Lunch: 12:00 noon

Speaker: Brian Farragher, Chief Executive Officer at the Hanna Boys Center.

Adjourn by: **1:30 pm**

Please place your badge into the collection buckets when leaving through the side door to the parking lot area!



BIG SIR Robert Reuther's Message

rareuther@yahoo.com 707-343-1134

*"Life is a journey,
not a destination."*

Attributed to Ralph Waldo Emerson

We just experienced our second meeting at Legends. We are still working on some of the fine points because everything is new. The feedback that the BEC has received so far is that the setting looking out the windows, and the acoustics are great. We have fewer hearing problems. The food has been abundant and of good quality.

The BEC is still working to improve the luncheon meeting because it is the only time when we are all together as a group. One suggestion is to go through the list of the activities and call the chair or representative up to the front and give a short report of what is going on. This might be more effective than passing the microphone around the room.

We will have new challenges such as our Holiday/Christmas party. Our Chair Bob Gaggero and Assistant Chair Frank Moreda will work out the details because we have a new room in which to hold the event. The Little SIR for December, Mark Burchill, is working on the entertainment. *(continued on page 3)*

Lunch Menu

Main Course: Deluxe burger bar with all the fixings, house chips and potato salad.

Beverages: Regular or decaf coffee, iced tea or water. Sodas are free but must be picked up at the bar.

Dessert: Cheesecake



LITTLE SIR Dennis Mangan's Message

dfmangan@gmail.com 301-717-6234

"Mamma always said life is like a box of chocolates. You never know what you're gonna to get."
Forrest Gump.

Over the past couple years, members have asked me how I select speakers for our luncheons. Speaker selection is one of the main responsibilities of the Little SIR. If the pick is a good one, everyone benefits from an interesting, informative and hopefully entertaining presentation. If the pick is a bad one, it can spoil an otherwise delicious lunch.

I especially try to get a speaker who will open our minds to something new. Last month's speaker, Steven Campbell, said we can "make our minds magnificent" by using modern neuroscience techniques (*see recap of his talk on page 6*). I had my doubts about Mr. Campbell. I've heard my share of snake oil salesman who claim to use "scientific facts" to sell their nonsense. Such pseudoscience is invading our lives through social media and news agencies who tantalize us with unsubstantiated advice. I feared the stuff Campbell was going to talk about would be hogwash. *(continued on page 3)*

Luther Burbank Branch 17 is in Area 10 of Region 3.
The following is a list of your 2018 Officers and Directors.

OFFICERS:

BIG SIR: Robert Reuther	Email: rareuther@yahoo.com ..	Phone: 707-343-1134
LITTLE SIR: Dennis Mangan	Email: dfmangan@gmail.com ..	301-717-6234
SECRETARY: Jim MacMillan	Email: jmacmillan@ieee.org ..	707-969-9830
ASST. SECRETARY: Jim Gurke	Email: 1jgurke@gmail.com ..	707-843-3464
TREASURER: Glenn Seime	Email: gseime@sbcglobal.net ..	707-537-5360
ASST. TREASURER: (<i>Vacant</i>)	Email:
IMD. PAST BIG SIR: Ted Scapeccia .	Email: tescape@sbcglobal.net .	707-539-5049

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

Email:**Phone:****DIRECTORS FOR ONE YEAR**

Barry Bialkoski
Mark Burchill
Bill Traverso

DIRECTORS FOR TWO YEARS

Gary Bondi
Rich Scudero
George Traverso

WEB MASTER

James MacMillan

BARK EDITOR

Jim Fenstermaker

PRESIDENT OF SIRINC.
Derek Southern

Chaplains' Corner:

(by Herb Percy)

"Stand tall, stand proud, know that you are unique and magnificent. You do not need the approval of others."

by Jonathan Huie

Standing tall means you should be proud of what we have accomplished whether it be big or small. I thought it would be fun to go back in history.

October 13, 1775, U S Navy was born after the second Continental Congress authorized the acquisition of a fleet of ships.

October 3, 1854, President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 21, 1879, Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at this lab in Menlo Park, New Jersey, keeping it lit for over thirteen hours.

October 1, 1908, Henry Ford's Model T, a universal car designed for the masses went on sale for the first time.

October 24, 1945, the United Nations was founded.

October 4, 1965, Pope Paul VI was the first Pope to visit the United States.

October 1, 1979, Panama Canal Zone was handed over to Panama.

And so you see we have a lot to be thankful for in the month of October, especially for each one of us giving our contribution.

May the month of October be ever so blessed to you and your family and friends.

Always be a friend to yourself and to others!

Contact Herb Percy, email dadpercy@yahoo.com or call 707-971-7404 OR

assistant chaplain Mike Heinzelman, email mdheinz2@gmail.com or call 707-579-6615.

**AUGUST****Membership Relations:**

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

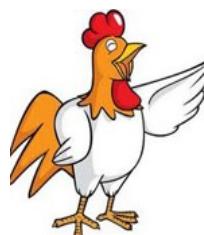
Summer vacations are now over for the most part, but they have taken a toll on our SIR attendance at our meetings. At our last meeting, held in the new Legends, we had 64 active members, two guests to become potential new members, and our speaker, Steven Campbell.

Our guests were: Carlos Rivas sponsored by #48 Gary Bondi and Kurt Wehrmeister sponsored by #90 Fred Rose.

Ron Schulz, who responded from the Press Democrat newspaper ad, was our newest inducted member at the September 20th meeting.

We will have three new members to be inducted in our October 18th meeting. They are: #167 Ken Johnson sponsored by #42 Romie Schneider, #166 Ken Tran who responded to our PD ad, and #92 Kurt Wehrmeister sponsored by #90 Fred Rose.

The "unexcused" member count this month has increased over last month to nine members. We now have 89 active members and seven inactive members and looking forward to adding three new members next month.

**Joke of the day!**

Don't Kiss Your Girlfriend
At The Gate
Love May Be Blind
But The Neighbors ain't!
Burma Shave

BIG SIR Message

(continued from page 1)

Mark your calendars now for December 20th. Tickets will be on sale at the October 18th and November 15th meetings.

If you have any ideas on how to improve our monthly meetings, please inform your BEC. We have a new time, a new place, and a new location. Your Board is working for continuous improvements, so that you will enjoy our monthly get-togethers. It's a great opportunity for communication and comradery.

LITTLE SIR Message (continued from page 1)

Much to my delight, his message about cognitive behavior therapy (CBT) was credible and supported by good solid science. The information about brain patterning is spot on, as is the stuff about nerve connections within the brain. Social science studies back his point about changing how you feel about something by changing the way you think about it.

The take home message is we can learn to overcome dysfunctional mental thoughts that block happiness, well-being and a healthy lifestyle. At our age, our brains are stuffed with beliefs from a lifetime of experiences that weigh heavy on our minds. CBT can be a powerful way of dealing with phobias, anxiety, depression, trauma, self-esteem issues, ADHD, and relational problems like poor communication or unrealistic expectations of your partner. Learn more about CBT by talking with a professional therapist. And remember, "Mamma was also right when she said, you're never too old to learn something new!"

List of the October Birthdays

Carlo Bottini	Don Coover	Charles Green
John Horwath	Don Malvestiti	Jim Park
Al Petrie	Kent Richmond	Ron Schultz
Bradley Smith	Tim Stewart	Ed White
	Bob Zeni	

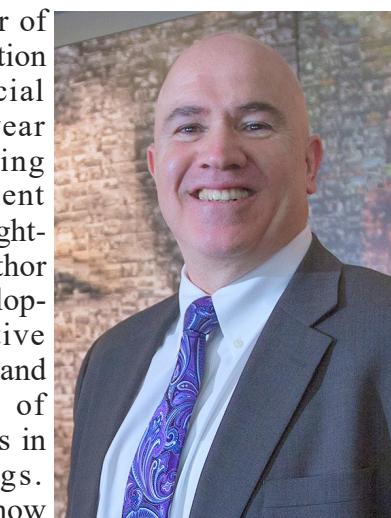


A special Thank You to members Gordon Boultbee, Dennis Mangan and many others for helping me by spotting all my errors in grammar, punctuation, spelling and any other boo-boos I have made before the final edition goes to press and you see it. Jim, the Editor

Oct.,18, 2018 speaker, Brian Farragher

Brian Farragher is the Chief Executive Officer at the Hanna Boys Center, a teen residential treatment center in Sonoma serving 8th through 12th grade students with at risk youth programs. The majority of Hanna's residents have experienced high levels of adversity and toxic stress, including abuse, neglect, household dysfunction, family strife and community violence. These experiences often result in strained relationships as well as academic and social problems. The boys who choose to attend Hanna must demonstrate a high level of motivation to create positive, permanent change in their lives.

Brian has a Master of Business Administration and Master of Social Work and is a 30-year veteran of managing residential treatment centers. He is a sought-after consultant, author and speaker on developing trauma-sensitive treatment programs and reducing the use of physical interventions in residential settings. Brian will discuss how the Boys Center has ramped up corrective steps to protect the teens from sexual misconduct, address employee concerns, and prevent a state shut-down of the facility.



article by (Dennis Mangan)

Calendar of SIR Events for OCT. 2018

- Any Monday **Golf** at BVGC
- Any Monday **Bowling**, Double Decker Lanes, R/P, 10 am
- Oct. 7 Last day to reserve for BNO
- Oct. 8 Columbus Day, observed
- Oct. 9 **Bridge Club**, Legends, BVGC, 10:00 am
- Oct. 10 **Boys' Night Out**, Sazon Peruvian, 6:00 pm
- Oct. 11 **Poker Fest**, Legends, BVGC, 12:30 pm
- Oct. 12 Old Farmers Day
- Oct. 16 **Wine & Beer Appreciation**, Mayo Winery, 11:00 am
- Oct. 18 **SIR Meeting/Luncheon, Legends**, 11:00 am
- Oct. 22 Last day to reserve for CNO
- Oct. 23 **Bridge Club**, Legends, BVGC, 10:00 am
- Oct. 24 United Nations Day
- Oct. 25 **Couples' Night Out**, Somewhere ??, 5:30 pm
- Oct. 27 American Beer Day
- Oct. 31 Halloween

ACTIVITIES:

Bocce:

(Article by Mark Burchill)

Four SIRs and a guest got together at Mark Burchill's backyard bocce court for the inaugural gathering of the SIR bocce group. The weather cooperated nicely, and a good time was had by all. We are still working to settle on a schedule. We plan to try some different bocce courts in Sonoma County.



If interested, then contact Mark Burchill, email at: SIRMarkB@sonic.net or call 707-542-2529

Bowling:

(Article by Mike Heinzelman)

If you have an interest in joining the SIR bowling league, or just want to see how Mike is progressing, come-on-down to Double Decker Lanes in Rohnert Park any **Monday at 10:00 am.**



Ask for the SIR bowling group. (*Remember, it's not a weekly commitment--just come when you can.*) Whether you are a good bowler or a beginner, you are welcome.

For more information call Mike Heinzelman at **579-6615** or email to: mdheinz2@gmail.com.

Boys' Night Out:

(Article/Photos--Dennis Mangan)

Our BNO was held at the Bear Republic Brewing Co. in Rohnert Park's Rogers Plaza. Fourteen guys gathered at a long table in the dining room as the sun set over Roberts Lake. Casey and her serving team did a wonderful job of bringing out the sandwiches, burgers, and pizzas. The table was decorated with tall glasses of beer with various shades of brown and yellow. As the bartender showed us, the crafted beers could be identified by their distinctive aromas.



(continued top right)

Boys' Night Out: (continued)

Conversations meandered with tales of rebuilding and renovating homes, terrible traffic, the success of the A's and downfall of the Giants, and hope for the 49ers. Our economic concerns included the cost of new stadiums, tickets for shows and concerts, and buying a house in our area. We drank a toast to each new problem but didn't solve much. Maybe next month.

Thanks again to Mark for herding the cats.

The next BNO will be held **Wednesday, October 10**, at the wonderful **Sazon Peruvian Cuisine** restaurant, 1129 Sebastopol Rd., Roseland. Be there by 6:00 pm. Visit: <https://sazonsr.com/> or call 707-523-4346 for more information.

Reservations are a must!

Contact Mark Burchill at: SIRMarkB@sonic.net or call 707-542-2529 by Oct. 7th.



"I want to let you know that I will be stepping down as coordinator of BNO, effective December of this year. I have been coordinating BNO for more than three years. It has been great fun. However, next year I will be sharing the Big SIR responsibilities with Dennis Mangan. I have learned from previous organizations I have led that I need to focus on the most important leadership position and shed others." **Mark Burchill**

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 who are thinking of joining the pool of players.

Bridge days scheduled this month for play at Legends Restaurant in Bennett Valley starting at 10:00 am on **Tuesdays, Oct. 9th and 23rd.**

Couples' Night Out:

The September CNO at the Gravenstein Grill in Sebastopol was attended by eight couples who greatly enjoyed their dinner. The much “thought to be restricted menu” was relaxed somewhat and most everyone was pleased with the additional choices. As usual, most things finely work out to the best.

The October 25th location has not been selected at this time, so those “regulars” will receive an email from Fred once the choice has been made. If you have not been to a CNO and should you decide that you would like to try one, please contact Fred at the listings below.

Reservations are a must!

Contact Fred Rose: fredicrose@comcast.net
or call 707-548-5797 to make your reservations by
Monday, October 22th or sooner if possible.

Hope to see lots of new faces to attend!

Fishing:

(Article by Don Salazar)

If you are interested in arranging some outing,
please call Don Salazar at **707-545-0873**,
I do NOT have an email.

Garden Club Announcements:

We meet at one of the tables to share our gardening interests at 11:30 am at our new **Legends** meeting place on **Thursday, October 18th**.

I am stepping down as heading up the Gardening Club as I now have another SIR responsibility. We are looking for a member who would have time to organize one or two outings during the year.

If anyone would like to help me with other outing suggestions please feel free to do so.

Any questions, contact **Lance Thompson** at:
lance@pon.net (please put SIR in the subject heading) or call 707-527-3438. (Article by Lance Thompson)

GLOBAL FORUM:

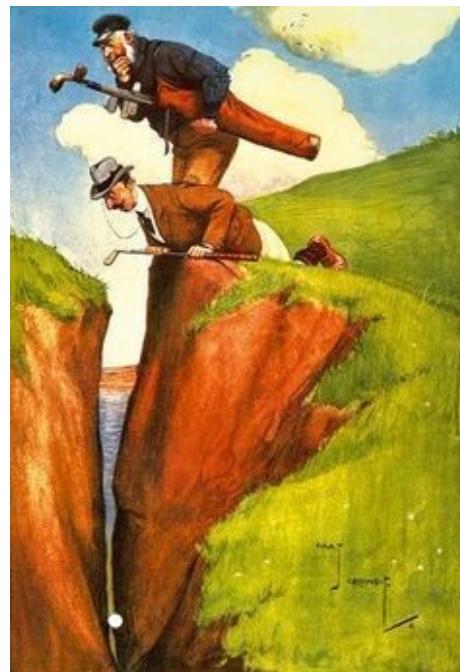
(Article by Tom Johnson)

The Global Forum will **NOT** be meeting in October, but is planning to resume meeting in November. Enjoy your “fall break” and get ready to discuss lots of new topics in November.



GOLF:

And you thought this game couldn't get any worse.



Come join us for a fun day of golf.

The place to be is the Bennett Valley Golf Course - The time to be there is Monday mornings starting at 8:30.

Hope to see you all out there.

Until next time, Good Golfing,
Roy Thuestad

707-975-4406 roymond@comcast.net

POKER FEST:

(Article by Steve Edelstein)

We are looking to add **four** more players to start a **second** game. We have three players that are willing to play twice a month. We would be willing to help you learn how to play. It's fun and good way to meet your fellow SIR members



The new date is **Thursday, October 25th** from **12:30 pm to 4:00 pm**, at **Legends** in the Bennett Valley Golf Course.

Contact Steve Edelstein by email at:
1hatisland@gmail.com or call 707-206-8084.
Please leave a message, I will return your call.

TRAVELING GOLF: *(Article by Roy Thuestad)*

Our final Travel Golf event of the season is coming up soon and will be at the **Oakmont West Golf Course**. This course is familiar to you all and is just a hop, skip, and a jump from our home course at BVGC. Signup sheets will be at BV during our weekly Monday games, or contact John Weaver direct at: jlweaverj47@gmail.com.

Looking forward to seeing you all out at Oakmont West.

TRAVEL GOLF SCHEDULE:

Thursday, Oct. 11th @ 9:30AM
@ \$52.00/player

*Payment due date: Friday Oct. 5TH.
Make checks payable to SIR Golf 1776.
C/O John Weaver, 7425 Witter Road,
Sebastopol, CA 95472-4729*



If you want to show your skills at the State Individual Tournament down in Monterey, there are still openings and they're looking for a few good men. Just fill out the application form and get it in to the State ASAP.

<http://www.golf.sirinc2.org/Downloads/2018/Bayonet%202018%20Flyer.pdf>

<http://www.golf.sirinc2.org/Downloads/2018/Bayonet%202018%20Entry%20Fill-in%20Form.pdf>

Wine , Beer & Spirits Appreciation:

Our next outing for our wine appreciation group! **SAVE THE DATE**, Tuesday, **OCT. 16th** at 11am. We will be going to the **Mayo Family Winery** tasting room, located at 13101 Arnold Drive, just west of Hwy. 12 at the turn off for Glen Ellen.

The winery just won seven gold medals at the recently concluded Harvest Fair.



They will share some of their fine vintages with us and give brief talk on the history of the winery, the Family, the grape varieties and other interesting information regarding their wines. *(continued above)*

Wine , Beer & Spirits Appreciation: *(continued)*

The cost of the tasting will be \$10, payable at the winery. After the tasting we will gather for lunch, on our own, at a nearby restaurant, location, yet to be determined.

We will be sending a follow-up email with additional information. Spouses, friends and guests are welcome and we encourage their attendance. If you plan to attend, please contact Gary Bondi at gbondi@sonic.net, or cell phone 707-217-5858.

We would appreciate your response by Oct. 10th as we will need a head count for the winery and restaurant. Looking forward to another fun/social get-together and hoping many of you will attend. Fine wines and good food!

Recap of the September 20th speaker

Steven Campbell, a teacher, professor and author, was our keynote speaker at the September 20th luncheon.

Steven introduced us to cognitive behavior therapy (CBT) as a way to start thinking in a more positive and productive way. The information he presented is based on the wildly popular area of neuroscience that deals with the multiple connections in our brains that build patterns out of what we experience. He gave us a terrific example of how we can read words, even if most of the letters are scrambled, by recognizing the first and last letter of the word.

He explained how we can change how we feel about a person, issue, or event by modifying our belief through CBT. He warned that although change might take some time, the new beliefs developed can greatly increase our happiness.

For those who would like to learn more, Steven invited us to listen (via Internet streaming) to his two-hour radio program each Wednesday at 9 am titled Making Your Mind Magnificent on KOWS 107.3. *(article by Dennis Mangan)*





BRANCH 17 ANNUAL CHRISTMAS PARTY



Thursday December 20, 2018 at the Legends, Santa Rosa.

No Host Cocktail Hour starts at 11:00 am in the Legends bar area. Drinks are special priced by showing your SIR name badge. Sodas are free!

A SIT-DOWN SERVED Lunch to start around 12:00 noon.

This will NOT be a buffet like our regular meeting lunches have been.

The Christmas Committee has planned a great party for our members and their guests. You may choose either prime rib or salmon. Either entrée comes with bread, butter, dessert, wine, coffee and water.

At the bottom of this page is a form to send 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 then be mailed to you.

SEND FORM BELOW TO:

Stan Borges, 2011 Stone Wood Drive, Santa Rosa, CA 95404-2536

TO ASSIST STAN WITH THE SEATING ARRANGEMENTS,

PLEASE RESERVE A TABLE FOR YOUR GROUP.

Prime rib ____ or Salmon ____ at \$35.00 per person = \$_____ Cr # _____

Your Name: _____ Badge # _____

Names of persons in group, (tables of eight)

FIRST COME, FIRST SERVED

THE CUTOFF DATE FOR TICKET PURCHASE IS DECEMBER 9, 2018

ADVANCE RESERVATIONS ARE REQUIRED!

NO TICKETS WILL BE SOLD AT DOOR



Hope to see you all there, Bob Gaggero, Chairman



The Poem of the month!

Let America Be America Again

by Langston Hughes

Let America be America again.
 Let it be the dream it used to be.
 Let it be the pioneer on the plain
 Seeking a home where he himself is free.
 (America never was America to me.)

Let America be the dream the dreamers dreamed--
 Let it be that great strong land of love
 Where never kings connive nor tyrants scheme
 That any man be crushed by one above.

(It never was America to me.)

O, let my land be a land where Liberty
 Is crowned with no false patriotic wreath,
 But opportunity is real, and life is free,
 Equality is in the air we breathe.

(There's never been equality for me,
 Nor freedom in this "homeland of the free.")

Would you like to try some "home grown" honey?

Well, you are in luck as SIR member, John French, will be bringing some of his pure local, treatment free, spring honey from his backyard apiary for you to SAMPLE. It is straight from the hive, then filtered three times before bottling. Email John at sonomaink@yahoo.com for info.



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.

NEW & REVISED BAR INFORMATION

Water, iced tea, and coffee are all available on the table in the meeting room and are included in your lunch price.

For all other drinks, go to the main bar and show the bartender your SIR badge.

For \$5.00 you can purchase: any well liquor drink, house wines by the glass or any draft beer.

For only \$3.00 you can purchase a can of Coors light beer.

Any sodas are FREE, but you must go to the BAR to get them.

NOTE:

Legends happy hour prices change occasionally. If they decrease, we are charged the lower price. If they increase, we are guaranteed not to pay more than the above prices.