



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

Luther Burbank Branch 17, Santa Rosa, CA,

Website: <https://www.sir17.org>



The **REDWOOD BARK** Newsletter MARCH 2023

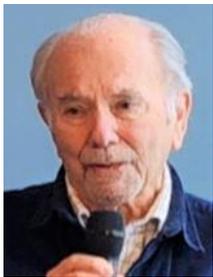
All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday, March 16, 2023 at Iron & Vine, 3330 Yulupa Avenue, S/R

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 **Al Petrie** at 707-974-9193 or email alpetrie7@aol.com by noon Wednesday, March 8th 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 **Al Petrie** per the above!

March 16th Lunch/Meeting Schedule: Social Hour: 11 am, Lunch/Meeting: 12 noon,

The menu will be posted on our website sir17.org on March 9th.

Program: Notice: Our lunch venue has changed to **Iron & Vine** (formerly *Bennett Valley Grille*) at the Bennett Valley Golf Course. To enter, please use the entrance to the left.



Big Sir Gary Bondi's Message
gbond@sonic.net 707-539-2445

I know we are only in our third month of the 2023 Branch year, but in this issue of the *BARK*, I would like to address some items relating to the 2024 year. It is never too early to plan for the future! The reason I bring this up now has to do with our leadership team for 2024. I will give you a little background as to why that is important now as each SIR branch needs a leadership team. We are a sub-corporation of State SIR, Inc. and as such, we are required to comply with all rules and regulations of the State charter and other corporate regulations. In that regard, we conduct the business of our branch as would any corporation. We have a Branch Executive Committee, Big Sir, Little Sir, Secretary and Treasurer. We conduct BEC meetings each month, record, maintain and submit minutes of every BEC meeting to State SIR. We keep accurate financial records; submit a financial report to the BEC at each meeting as well as to State SIR. As you can see, the business side of our branch requires the help and support of our members. We are fortunate to have so many members step up and give their time to help in these endeavors.

(continued on page 2)



Little Sir Chris Nelle's Message
nelleval@hotmail.com 707-527-0576

Well, I hope Melissa King speaking about the California Institute for Regenerative Medicine answered all of your questions and gave you satisfaction that your tax dollars are being spent for worthwhile endeavors. Actually pretty exciting stuff about the kind of research going on to potentially rid us of the harsh realities of our health.

In March we'll stay the course of exercising our brains and hear from Professor David Card of UC Berkeley. Professor Card is the 2021 Nobel Laureate in Economics, a prize he shared with two others. I've heard him speak recently and unlike my experiences with Econ profs, I wasn't put to sleep! And before you gear up to hear about inflation and/or interest rates, Prof. Card is a labor economist and I'll ask that he give a layman's explanation of his research that got him the gold medal, namely: the impact of increasing minimum wages on employment; and, the impact on wages with the influx of low skilled immigrants. He really enjoys Q&A so I would like to ask that you send to me an email (nelleval@hotmail.com) with your questions, in advance,

(continued on page 2)

Big Sir Message: (continued from page 1)

Some of our fellow SIR branches are not able to fill some leadership positions and are unfortunately not able to continue. That brings me to why I am talking about 2024 at this time. Our branch, as well as other branches, has a nominating committee. It is made up of past Big Sirs and this year they are Gordon Boulton, George Traverso and Dennis Mangan. Their task is to seek out members willing to fill leadership positions that will be expiring at the end of this year. In the next couple of months, they will be contacting members to ask if they would be willing to help in a position and fill any expiring terms. We realize not everyone would want to accept a role, but be assured no matter how you participate, all of you contribute to the success of our branch. I ask if you are approached, you will consider joining the leadership team. We look forward to the continued success of our branch. I hope you are all enjoying the fellowship and activities of Branch 17 and that we will see you at our March meeting.

Our newest member



Duane Peterson, Inductee being congratulated by Big Sir Gary Bondi (Photo by Steve Carey)

Little SIR Message: (continued from page 1)

so we can get him to address as many as he can. He will devote probably 1/3 of his time to answering questions. He also offers a fun little photo-op where he presents you with his Nobel medal as if you're being awarded the prize. As it worked at his talk I attended previously, when it's your turn hand me your cell phone, pose with him handing you the medal and I'll snap the photo on your phone. You can have fun with it spoofing family and friends!

After the brain exhaustion from our February and March speakers we will then go into some lighter material (yeah, right!) with Margie Pettibone from Catholic Charities speaking about the homeless situation in our community.

I always welcome ideas about potential speakers so keep them coming. Also, don't forget those random acts of kindness....they can be an antidote for your blues!



Guest Speaker Melissa King awarded bottle of wine by Little Sir Chris Nelle (Photo by Steve Carey)

Membership Dues: (Article by Al Petrie)

Your membership payment for 2023 was due in **January**. If you haven't already paid, **please** forward a check in the amount of \$25.00 to me *(make payable to SIR 17.)* My mailing address is: 2188 Francisco Avenue, Santa Rosa, CA 95403. Thanks, Al Petrie, SIR Branch 17 Treasurer, 707-974-9193 or Email: alpetrie7@aol.com



90 Year award winner Ken Johnson.



90 Year Award Winner Duane Jensen

Our Guests in February



Bill Anderson,
Sponsored By
Mike Rogalski



James Richards,
Sponsored By
Bill Grafeld

(All Photos by Steve Carey)



Marvin Schouweiler receives his I'm Doing My Part pin for sponsoring Dan Sullivan.

March Birthdays

- | | |
|-----------------|-----------------|
| Charlie Bertoli | Wayne Brigden |
| Les Brodie | Mark Burchill |
| Jim Dale | Mike Heinzelman |
| Marvin Mai | Bruce Rocco |
| Jack Rosetti | Elias Zegarra |
| Bob Zie | |



The SIR Branches 17/176 Picnic

Thursday, June 15th, 2023

Outdoor Event Area at Windsor Golf Course

1302 19th Hole Drive, Windsor, CA

Catered By Charlie's at Windsor Golf Course

11 am Social Hour

12 noon Lunch Served

BBQ Chicken, Veggie Pasta, Chili Beans, Corn on the Cob

Salad, Bread, Butter & Dessert

Wine, Beer, Soft Drinks

Raffle, Bingo, Music

All for Only \$40.00 per person!

**Tickets On Sale at April 20th and May 18th Meetings
or**

Purchase tickets by mail:

Al Petrie, 2188 Francisco Ave., Santa Rosa, Ca 95403-8173

707-974-9193 / alpetrie7@aol.com

Purchase by mail deadline is June 1st.

Be sure to include mailing address and name(s) for name tags.

No tickets will be sold the day of the Event.

**All members and guests will be required to have a signed SIR Event Waiver
and Release of Liability for Exposure to COVID-19 on file.**

Contact Ted Scapeccia Br 17 Picnic Chair with questions.

707-529-0063 / tescape4@gmail.com

SIR Branch 17, Member Profiles:

Bud Morgan Badge #103

Bud Morgan likes to travel, fish, and keep learning. When you talk with him, you quickly notice he is determined to enjoy life as it comes to him. You also learn that his military experiences helped uniquely shape his discipline without locking him into a routine.

Bud was born in Chicago in 1933 but he didn't stay there or anywhere too long. Bud's dad was in the military and the family traveled all over depending on where he was assigned. Bud graduated from high school in



Waynesboro, Virginia, about three hours southwest of Washington, DC. Bud claims that moving around was one of the best things that happened to him. He really enjoyed meeting new kids and learning about the areas where he was living.

Bud joined the Air Force right after high school at the age of 17 and became a medical technician. He flew medivacs in Korea, Vietnam and elsewhere for 23 years, logging in over 10,000 hours (that's equal to 417 days!) of flight time. He was one of the crew members on the last flight of POWs out of Hanoi into Clark Air Base in the Philippines. He was trained at many AF locations in the US and has fond memories of being stationed during his last seven years at the David Grant USAF Medical Center, a teaching hospital at Travis AF Base, in Fairfield CA. Bud loved every day of the AF and the men and women he worked with. "They were good people from all over, and we had different challenges every day. Life was interesting and we got to fly around and see different parts of USA." I asked Bud if he ever thought about becoming a doctor? He laughed, "I did, but I was too lazy!" Bud liked what he was doing and remained in the AF for 30 years.

After the AF, Bud joined a friend's cabinet company as an office manager for 12 years. He then decided to live a dream, and he and his wife,

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Member Profiles: *(continued)*

Linda, went fishing for a year until she lovingly barked, "Bud...enough of this! Find something else to do!" This gentle request led to his next job as a funeral home director in Fairfield where he sold cemetery plots, monuments, and caskets for 10 years.

Bud was married to Jean for 21 years before she died. He and Linda have four girls and have lived in Santa Rosa for 20 years. Bud transferred to our Branch in 2005 from Fairfield. While he recovers from a recent fall, he remains unable to join us for many activities. He encourages us to learn how to prevent falls by conditioning and strengthening our muscles with a regular daily regimen of exercises, especially walking. (Note: SIR17 has two walking groups to meet the appropriate needs of your legs. Check out our activities page.) His medical experiences confirm that muscles can be rebuilt after periods of convalescence, but it takes time to fully regain strength, and we must be patient. He also says we should follow the directions of the occupational and physical therapists who can help carefully rebuild the muscles. We look forward to seeing a fully recuperated Bud Morgan sometime soon in 2023. *(Article by Dennis Mangan)*

Treasurer's Report:

Balance 12/31/2022	\$4,250.91
Balance 1/31/2023	\$4,510.43
Net Gain (Loss)	\$ 259.52

A copy of Treasurer's report can be found on our website www.sir17.org

Note: No more Zoom! The BEC held a discussion in regard to discontinuing Zoom meetings due to the poor WIFI service at our luncheon site as well as the fact that few Branch members were using Zoom for our monthly meetings. Closed captioning for our monthly meetings will be available via PowerPoint.

The older I get, the more I regret all the people I've lost over the years.

Maybe being a trail guide wasn't such a great idea after all.

Activities:

Bocce: Chuck Stark



We are now meeting at 10:45 am at Julliard Park EVERY Friday to roll the pallino. We organize several matches depending on the turnout. We join with Branch 76 members also. We have had between five and seven Branch 17 members join in the fun during the last several weeks. We play from 11 am to approximately 12:30 pm, and players can opt in for lunch downtown afterwards if they desire. This is a friendly game, easy to learn and a good way to get to know other members. Join us as many Fridays as you want or can, there is no obligation to be there every Friday. As the group develops, we can periodically organize games at other venues also.

For questions or more information contact:

Chuck Stark at cstark@sonic.net
or call 707-799-3373



L/R: Fred Rose, Craig House Big Sir Brn 76, Bill Grafeld walking towards the court (Photo by ???)

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 fredricrose@ciomcast.net or call 707-548-5797.



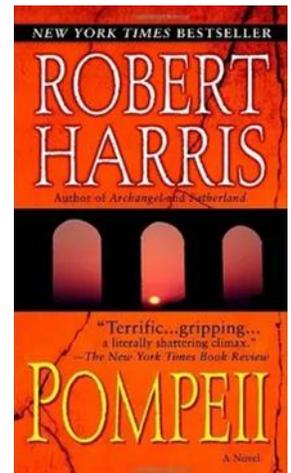
Book Club:

(Article by Neil Wheeler)



Our book for February is **The Plot** Our book for March is **Pompeii** by Robert Harris. This book blends historical fiction with the real-life eruption of Mount Vesuvius on 24 August 79 AD, which overwhelmed the town of Pompeii and its vicinity. The novel is notable for its references to various aspects of volcanology and use of contemporary American terminology. We will discuss the Pompeii book at our next book club meeting on **Wednesday March 22nd at 2 pm**. The meeting location will be announced later. Please let me know if you will be attending.

If you have any questions or would like to be on our email list, call me at 707-291-0271 or email me at: njmwheeler@science-one.org



Above is the February meeting at Frank Panza's L/R: Hap Culp, Neil Wheeler, Les Brodie, Tom Johnson, Frank Panza, Jim Richards, and Fred McMane. (Photo by Dennis Mangan)

Boys' Night Out: (Article by Don Malvestiti)



We have been there before, but let's do it again!

Our March dinner is planned for the **Riviera Ristorante** at 75 Montgomery Dr. Santa Rosa, on **Wednesday, March 8th**, meet at 5:30 pm for social and 6 pm for dinner.

For more information call: 707-579-2683 or check their website: riveraristorante.net

Contact Don if you will be attending by March 3rd at malvestitidon485@gmail.com or call 707-539-0677 and please leave a message if no answer.

Bridge:

If you have an interest in helping to get this activity going again so you also could enjoy it or if you have any questions, then contact either Co-Chair.



Dean Lundgren at mdlungren@msn.com or call 707-544-8088.

James Park at jcpark38@sbcglobal.net or call 707-578-4255

Coffee Club: (article by Rich de Lambert)



Eleven of us met at Mac's Deli & Cafe on February 23rd. Coffee Club will continue in March on the 2nd & 4th Thursdays at 9 am. On **March 9th** we will be at **Café Frida Gallery**, 300 South A St.

On **March 23rd** we will be downtown again at **Mac's Deli & Café**, 630 4th Street.

Come join us for coffee, great conversation, and food if you're hungry (*all of our current venues serve coffee and breakfast items*).

Guests are welcome so bring a friend. If you have questions, contact me, Rich de Lambert, at email: richdelambert@gmail.com or call: 707 545-3490 or



Community Involvement Program:



It is a great to be a volunteer at the Redwood Empire Food Bank. In 2022 alone it assisted 117,000 people and provided twenty-one million meals. The *Sonoma Valley Food Assessment Report*, as reported in *The Press Democrat* Feb. 18, stated that in 2022 up to 8,000 people in Sonoma Valley faced food insecurity.



Eleven of us worked at the Redwood Empire Food Bank on February 2 from 10 am to noon. We bagged 3-pound units of apples for

distribution for those in need. This is a great opportunity for camaraderie when we work together. Your physical ability is not a problem as chairs and tables are available for workers who need them.

We hope that you can join us in our next volunteer activity at the Redwood Empire Food Bank and experience the good feeling of helping others. Wear your SIR apparel so our Branch 17 is identified. The date is set for March 2nd from 10 am to noon. Just tell us (George, Rich, Barry, or Bob) that you are coming so we can inform the Food Bank of our number. The Redwood Empire Food Bank is located by the Airport at 3990 Brickway Blvd., in Santa Rosa.

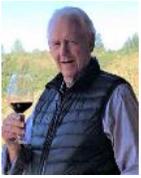
In the future we plan to be at the Food Bank every first Thursday of the month from 10 am to noon. If you can't make it on the 2nd, plan for next month. You can find us on the www.sir17.org website under the first Thursday of each month. All the information related to time and place is on that site. We are also planning other volunteer activities in the future. If you have any ideas, tell us. Watch for future announcements.

Don't forget to bring used eyeglasses and hearing aids to the next monthly meeting. We will give them to charitable organizations to be used by the needy. There is no need for someone not to see or hear when those unused eyeglasses or hearing aids are only collecting dust in a dresser drawer.

Barry Bialkoski and Bob Reuther, Co-Chairs
Rich de Lambert and George Traverso, Co-Vice Chairs

Couples' Night Out:

(Article by Fred Rose)



For Thursday, **March 23rd** we will be at the **La Rosa Tequileria & Grille** 500 Fourth Street in Santa Rosa,

For more information contact :

larosasantarosa.cominfo@

Cocktails 6 pm – Dinner 6:30 pm

There will be four tables of six for the first twelve couples ONLY! First to call wins a seat!

RESERVATIONS REQUIRED by March 20th

CONTACT: Fred at fredricrose@comcast.net

or call 707-548-5797

Fred will not be available to attend this night, so Gary Bondi will be your host for the evening.



GLOBAL FORUM:

(Article by Marvin Mai)



In recent years, the world has been witness to a number of unprecedented events that have had far-reaching global impacts. From the onset of the coronavirus pandemic to the increasing prevalence of extreme weather events, these events have caused major disruptions

to our lives, economies and countries. As such, it is essential to discuss these pressing issues on a global forum.

A global forum discussion on current world events can be an effective platform to share information, insights and opinions on how to better tackle these challenges. It is also an ideal platform to connect people from different backgrounds and experiences who may not otherwise have the opportunity to connect. Such a platform can encourage meaningful dialogue and the sharing of best practices and ideas on how to tackle such challenges. At the same time, such a forum can also be used to coordinate efforts to address the various challenges.



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GLOBAL FORUM:

(continued)

Our March 10th meeting will be at the home of **Rich and Faith de Lambert, 3710 Evergreen Rd.**

Remember we start at 10 a.m.

If you plan on attending please let Rich know at:

richdelambert@gmail.com

The monthly **Zoom** will resume on **Friday, March 24th** at 10 am. If you'd like to join the Zoom meeting, send Marvin an email at maimarvin57@gmail.com or call him at: 707-545-2224.

Golf:

(Article by Jim Gurke)

Most of us were hoping for a rainy winter, given the drought conditions that exist throughout the western states. Here in the North Bay we got what we wanted at the cost of very few rounds of golf in 2023. If not the rain itself, saturated course conditions made Bennett Valley and neighboring courses nearly unplayable.

On a weekly basis the Golf Committee provides updates on course conditions and whether they allow for a competition. As a general rule we won't hold a competition if the course requires cart path only use of power carts. We're also working with course management about tee times and sign ups for guys who want to play each week. We've reintroduced the weekly sign up sheet. And we anticipate that guys who missed a previous round will now need to call into the clubhouse to assure BV that you plan to play the upcoming week. More details on that in the near future.

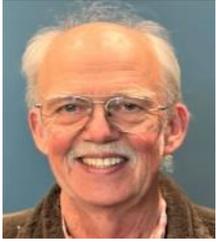
Lastly, I encourage you to sign up for Bennett Valley's email distribution. They're much more comprehensive than in the past. Below is small sample of information gleaned from their last email.

"Annual Golf Membership are now available and effective this year, your membership is good for 365 days from the date of purchase. Senior Limited (60+ Monday – Friday) and Unlimited memberships are available for both individuals and couples.

Range cards are back! Receive 10% – 30% off range balls when you buy a range card in the Golf Shop. Fitting days have been scheduled this Spring/Summer with Titleist, Taylor Made, Callaway, PXG, and Cleveland/Srixon golf companies. Dates and booking information will be available soon. Thank you for being on our e-mail list and be sure to follow us on social media for the latest news and announcements."

Jim Gurke 1jgurke@gmail.com 707-303-0989

Hiking Group: (Article by Stew Lauterbach)



All hikes start at 9:00 AM.
Send me an email to: stewlauterbach@gmail.com to be added to an email list for a hiking group to help us create a list.

March 3rd, Spring Lake Regional Park. Use the park entrance to the campgrounds entrance, then park at the EAST parking lot.

March 10th, Shiloh Regional Park.

March 17th, Foothill Regional Park, Windsor.

March 24th, Taylor Mountain Regional Park, use the Kawana Terrace parking lot.

March 31st, Crane Creek Regional Park, on Pressley Road.

POKER:

(Article by Mike O'Neill)



We are back in business. Our next game will be on March 9th at Epicenter. Start time is 12 noon and the game will run until 3 or 3:30 pm. Reservations need to be made with

Mike. At our February game, Mike was the "big" winner, closely followed by Les who is a new player. He picked up the games very quickly. If you would like to join the group, contact Mike at:

Mikeo46@sbcglobal.net.

TRAVEL GOLF:

(Article by Art Appling)



March 2nd we are back at Oakmont's "Valley of the Moon" course.

Sign up is by email, so if you are not getting the notices then let me know so we can get you on our email list.

April's location is not yet booked but Rooster Run in Petaluma is being explored.

Contact Art at: art4747@msn.com

Walking Group (Article by Richard Lundblad)



The walking group meets every Tuesday morning at 10 am, that is weather permitting. We have been meeting lately at the Cypress Point Picnic Area at Howarth Park and often go out for coffee afterwards.

Come join us and bring a friend! If you have any questions or would like to be on our email list, email me at richardlundblad@gmail.com or call me at (707) 888-8386

Wine, Beer and Spirits: (Article by George Traverso)



There will NOT be a Wine event in April, but stay tuned for more information in the April edition of the BARK about our Monday, May 3rd event at **Mauritson Wines**, 2859 Dry Creek Road, Healdsburg.

If you desire more information in the meantime contact:

Bill Traverso at 707-477-4337 or email

yinselr2@pacbell.net OR

George Traverso at 707-528-6987 or email

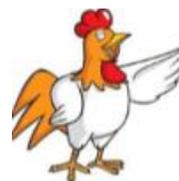
geosan@sbcglobal.net

Sunshine Report:

We need your help to tell us before the monthly meeting if any of our members are sick or if some member has died. All you need to do is call Kurt Wehrmeister, at 630-461-2715 or send him an email to: kurtwehrmeister@gmail.com.



Joke of the Month



You don't become cooler with age but you do care progressively less about being cool, which is the only true way to actually be cool. The geezer's paradox.



SIR Luther Burbank Branch 17

The following is a list of your **2023** Officers and Directors.

Officers:	* Voting Members	Email	Phone
*Big Sir:	Gary Bondi	gbondi@sonic.net	707-539-2445
*Little Sir:	Chris Nelle	nelleval@hotmail.com	707-527-0576
*Secretary:	Terry Freeman	terryfreeman32@yahoo.com	707-235-7066
*Asst. Secretary:	Steven Saulsberry	stevensaulsberry@comcast.net	707-328-4627
*Treasurer:	Al Petrie	alpetrie7@aol.com	707-974-9193
*Asst. Treasurer:	John Gnam	musicmed@sonic.net	707-528-0592
Directors:	* 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	707-545-5490
*Bill Grafeld		billgrafeld@yahoo.com	707-953-6462
*David Harris		dharris95405@gmail.com	707-539-7049
*Neil Wheeler		nimwheeler@science-one.org	707-291-0271
RAMP Chairs:			
Recruiting:	Rich de Lambert	richdelambert@gmail.com	707-545-5490
Activities:	Fred Rose	fredricrose@comcast.net	707-547-5797
Member Relations	George Traverso	geosan@sbcglobal.net	707-528-6984
Publicity:	Neil Wheeler	nimwheeler@science-one.org	707-291-0271
Membership Chair:			
Gordon Boulton		gboulton@aol.com	707-584-8063
Newsletter Editors:			
Jim Fenstermaker		sirsrbrn17@gmail.com	707-548-3346
Rich Osborne		richosborne@outlook.com	303-304-9262
Web Masters:			
Dennis Mangan		dfmangan@gmail.com	301-717-6234
Neil Wheeler		nimwheeler@science-one.org	707-291-0271
Jim Fenstermaker		sirsrbrn17@gmail.com	707-548-3346
State Officers:			
President:	Dave Gonzales	yogonzo@yahoo.com	916-587-3538
Area Representative:	Robert Nadell	nadellb@sbcglobal.net	707-978-2636

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.

The Time Of Your Life

Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all.

Yes, I have glimpses of how it was back then and of all my hopes and dreams. However, here it is—the last quarter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter and that the fourth quarter was so far off that I could not visualize it or imagine fully what it would be like.

Yet, here it is...my friends are retired and getting grey—they move slower and I see an older person now. Some are better and some in worse shape than me but I see the great change. They're not like the ones that I remember who were young and vibrant...but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore. It's mandatory because if I don't of my own free will, I fall asleep where I sit.

And so, now I enter into this new season of my life, unprepared for all the aches and pains and the loss of strength and ability to do things that I wish I had done but never did. But at least I know that, though I'm on the last quarter and I'm not sure how long it will last, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done; things I should have done, but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you want to accomplish in your life do it quickly. Don't put things off too long. Life goes by so quickly. So, do what you can today, as you can never be sure whether you're on the last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember—and hope that they appreciate and love you for all the things that you have done for them in all the past years.

'Life' is a gift to you! Be Happy! Enjoy each moment of each day! Remember, good health is real wealth—NOT an expensive car, a big house, money in the bank, beauty, gold, silver, or even diamonds.

You may think:

Going out is good—but coming home is better!

You forget names—but it's okay because some people forgot they even knew you!

You realize you're never going to be really good at anything like golf—but you enjoy the outdoors!

You sleep better on a lounge chair with the TV on than in bed—you call it 'pre-sleep'!

You remember and miss the days when everything worked with just an 'On' and 'Off' switch!

You tend to use more 4-letter words—'what?' and 'when?'

Old is good, Old is comfortable, Old is safe, Old songs, Old movies, and best of all are Friends of Old!

So, stay well, 'Old friend! Have a Fantastic Day! Have an Awesome Quarter—Whichever one you're in!

Take care!

It's not what you gather but what you scatter that tells what kind of life you lived!

(Reprinted from a website, Author unknown)

Calendar of SIR Events for March, 2023

- Golf at BVGC every **Monday** morning
Walking Group, every **Tuesday** morning at 10 am
Bocce, every **Friday** morning at 10:45 am
- Mar 2 Community Involvement, Redwood Empire Food Bank, 10 am to noon
- Mar 2 Travel Golf, Oakmont's "Valley of the Moon"
- Mar 3 Hiking, Spring Lake Regional Park, 9 am
- Mar 8 Boys' Night Out, Riviera Ristorante, 5:30 pm social, pm dinner
- Mar 9 Coffee Club, Café Frida Gallery, 9 to 10 am
- Mar 9 Poker, **Epicenter**, 12 noon to 3 pm +
- Mar 10 Hiking, Shiloh Regional Park, 9 am
- Mar 10 Global Forum **in-person** meeting, 10 am at the home of **Rich de Lambert**
- Mar 16 SIR BEC** meeting, Iron & Vine, 9:45 am
- Mar 16 SIR Luncheon/Meeting**, Iron & Vine, 11 am
- Mar 17 Hiking, Foothill Regional Park, 9 am
- Mar 22 Book Club, home of ???, 2 pm
- Mar 23 Coffee Club, Mac's Deli & Café, 9 to 10 am
- Mar 23 Couples' Night Out, La Rosa Tequileria, & Grille, 6 pm cocktails, 6:30 pm dinner

Calendar of SIR Events,*(continued)*

- Mar 24 Hiking, Taylor Mountain Regional Park, 9 am
- Mar 24 Global Forum **Zoom** meeting, 10 am
- Mar 31 Hiking, Crane Creek Regional Park, 9 am

Poem for March

When the rain is splashing down
 On the fields and in the town
 Singing winds begin to blow
 And the flowers start to grow
 How glad I am when I have seen
 Those tender leaves of gentle green
 They warm my heart and make it sing
 For now I know at last it's spring
 Spring makes the world a happy place
 You see a smile on every face
 Flowers come out and birds arrive
 Oh, isn't it grand to be alive.

~ Author Unknown ~

*(Reprinted from the internet)*The **February** 2023**SIR HAPPENINGS**

Newsletter

edition of 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. Look especially at page 14 and 15 which are reprints of some articles from our Branch 17. In all the 71 pages, there are all kinds of consumer tips on various subjects that I am sure you will learn something. Most are reprints from various sources.

To view this free newsletter go to www.sir17.org under the Home tab, click on the "BARK News" tab, now scroll down to near the bottom of the page. Click on the SIR Happenings State SIR Newsletter, the underlined area. This should now open to the SIRinc website where you can choose the most current edition. Click on your choice and your PDF program should open the file for you to look at. You might be asked to open or save this PDF file. It is best to select "Open." You can always save if you want, for later reading. Read and enjoy!

**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.

Pictures of Couples' Night Out at Kirin, on 2-23-2023



Jean + Jim Fenstermaker
Jamie Gallagher + Fred Rose



Joyce + Art Appling

Lorraine + Robert Reuther



Ted +Lynn Scapeccia

Dee + Gary Bondi

Pictures of Couples' Night Out at Kirin, on 2-23-2023



Elias + Nancy Zegarra



Neil Wheeler
Kurt Wehrmeister

Barbara Eastes
Paige Wehrmeister

Pictures of Couples' Night Out at Kirin, on 2-23-2023



Dennis + Delphine Mangan

Annalee + Tom Sparrowe



Marv Schouweiler + Lynn Cornelssen

Jim + Susan MacMillan



What a wonderful dinner featuring the great food and lots of conversation between the 13 couples who attended this event. It started out as just a normal evening but with the dark clouds that finally turned into a heavy downpour of rain. No problem, we were all dry inside and just stayed a little longer until the rain decided to let up a little bit, then we made a run for it to our cars.