



Luther Burbank Branch 17

Santa Rosa, CA

Website: [www.sir17.org](http://www.sir17.org)

THE **REDWOOD BARK** NEWSLETTER

For **AUG.** 2021

## All members are invited to attend our next SIR Meeting on Thursday, **August 19, 2021**, using Zoom!

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

Directions on how to use Zoom can be found on our SIR17 website, click on the following:

[http://www.sir17.org/uploads/1/2/3/8/123881033/how\\_to\\_join\\_a\\_sir17\\_zoom\\_meeting.docx](http://www.sir17.org/uploads/1/2/3/8/123881033/how_to_join_a_sir17_zoom_meeting.docx)

See a Special Message from Big Sir George Traverso on page 3 regarding these changes.

### **August 19** Meeting Schedule via Zoom!

**Social Hour:** 11 am

**Program:** Paul Lowenthal, Assistant Fire Marshal, SRFD. The latest information on alerts and warnings, evacuation routes and more.

**Announcements:** Election of Officers for 2022.

All indoor activities are suspended until further notice!

### **August 19** Lunch Menu.

Fix your own sandwiches--at home!

Beverages: Your choice...

### **BIG Sir George Traverso's** Message

[geosan@sbcglobal.net](mailto:geosan@sbcglobal.net) 528-6987



This summer we are truly blessed to see a glimmer of light at the end of the tunnel. Speaking of "tunnels," one summer activity that I enjoyed as a kid was taking road trips. Indeed, I think that all of us have memories of such fun times when we were young taking trips with our parents and more recently with our children and grandchildren. These automobile trips have become an important ingredient of the "American Summer."

My first road trip was in 1955 when my dad went to visit some "Army buddies" in southern California. He had been stationed in that area in during World War II and was surprised to see the tremendous development of Los Angeles since that time. On the way down, a vapor lock on my father's 1942 Ford stopped us in the heat near Mission San Miguel. However, a bonus in the trip was visiting Disneyland. The Park had opened in June and we (mom, dad, my brother, sister, and I) visited Mickey and Friends in August of that year. I have visited the Magical Park many times since, but I shall always remember that first visit.

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### **Little Sir Gordon Boulton's** Message

[gboulton@aol.com](mailto:gboulton@aol.com) 584-8063



We had our first in-person luncheon at Epicenter on July 15th, and it was a great success! Kudos to Jim Fenstermaker, Glenn Seime, Elias Zegarra, Al Petrie, John Gnam, Kurt Wehrmeister, Dennis Mangan, Ken Johnson, George Traverso, and the members of the phone committee, who all had roles (and Glenn had rolls) in making it happen. The only glitch was that our laptop's connection to the Epicenter's audio-video system decided to freeze just as the guest speaker was about to begin! Fortunately, Dennis had a copy of the presentation on a flash drive and the Epicenter's manager brought in his laptop to save the day. Apparently the audio-video system is optimized for the Microsoft Windows operating system and is not Mac OS-friendly. We learned that Epicenter has Windows laptops that groups can borrow for their presentations, so that is our plan going forward.

Unfortunately, with the resurgence of new COVID-19 cases in Sonoma County due to the Delta variant, even among the fully vaccinated, the Branch BEC has made the difficult decision to put all indoor branch activities

*(continued on page 2)*

**SIR Luther Burbank Branch 17 is in Area 10 of Region 3.  
The following is a list of your 2021 Officers and Directors.**

OFFICERS:	EMAIL:	PHONE:	DIRECTORS:
<b>Big Sir:</b> George Traverso . . . . .	<a href="mailto:geosan@sbcglobal.net">geosan@sbcglobal.net</a> . . . . .	707-528-6987	Ken Johnson
<b>Little Sir:</b> Gordon Boulton . . . . .	<a href="mailto:gboulton@aol.com">gboulton@aol.com</a> . . . . .	707-584-8063	Rich de Lambert
<b>Secretary:</b> Kurt Wehrmeister . . . . .	<a href="mailto:kurtwehrmeister@gmail.com">kurtwehrmeister@gmail.com</a>	630-461-2715	Tom Lubas
<b>Asst. Secretary:</b> Terry Freeman . . . . .	<a href="mailto:terryfreeman32@yahoo.com">terryfreeman32@yahoo.com</a> .	707-235-7066	Chris Nolen
<b>Treasurer:</b> Al Petrie . . . . .	<a href="mailto:alpetrie7@aol.com">alpetrie7@aol.com</a> . . . . .	707-974-9193	Steven Saulsbury
<b>Asst. Treasurer:</b> John Gnam. . . . .	<a href="mailto:musicmed@sonic.net">musicmed@sonic.net</a> . . . . .	707-528-0592	Elias Zegarra
<b>Newsletter Editor:</b> Jim Fenstermaker .	<a href="mailto:sirsbrn17@gmail.com">sirsbrn17@gmail.com</a> . . . . .	707-548-3346	
			<b>WEBMASTERS:</b>
<b>STATE PRESIDENT</b> Stu Williams	<b>AREA 10 GOVERNOR</b> Robert Reuther	<b>REGION 3 DIRECTOR</b> Dennis Pangburn	Dennis Mangan Jim Fenstermaker

**BIG Sir George Traverso's Message** *(continued)*

In the 1980's my wife, Sandra, and I drove to western Canada with our children, Michael and Andrea. We followed a picturesque highway in Idaho into Banff and Lake Louise at the most beautiful spot in the Canadian Rockies. Ending up in Edmonton, Alberta was a highlight because we saw the sunset at about 10:30 PM. Our daughter and son were amazed for they never had seen the sun set so late.

Another road trip was to Los Angeles in the early 1990's. This was a visit to the campus of the University of Southern California. Our son, Michael, was immediately in love with the campus and the curriculum structure of the school. So, for the next four years, car trips were made to USC with occasional rented U-Haul trucks making college deliveries. Several years later, our daughter, Andrea, accepted her college stint at the University of Arizona in Tucson. Once again, we were making college road trips...this time to sunny and hot Arizona. In both college destinations, we enjoyed visiting local tourist spots in the beautiful and varied geography of the Southwest. More recently, we have been delighted to accomplish several road trips with a new generation of travelers...our grandchildren. Hugo, Gianna, Isla, and Talia are great travelers, and they look forward to summers highlighted with special car trips around our beautiful State. With the opening of society in this "post-pandemic" period, travelling becomes less restrictive and much safer.

**The poem of the month for August**

**In August** by Paul Laurence Dunbar

When August days are hot an' dry,  
I won't sit by an' sigh or die,  
I'll get my bottle (on the sly)  
And go ahead, and fish, and lie...

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**Little Sir Gordon Boulton's Message** *(continued)*

on hold once again until further notice. We will keep you informed of this fluid situation through the **BARK**, email and possibly the phone committee.

Our phone committee discovered that some of you have phone numbers, email addresses, and/or home addresses that do not match our official roster. If you think this might apply to you, you can contact Jim Fenstermaker. You can also view the roster in the Members and BEC section of the Branch website, [www.sir17.org](http://www.sir17.org) (ask any Branch officer or director for the password) or check a printed copy of the roster when you are able to check-in at an in-person luncheon again.

The prime responsibility of the Little Sir is to arrange for guest speakers. If you have suggestions in this regard, please contact me! Speakers are usually scheduled several months in advance so don't be disheartened if you don't see an immediate result. The 2022 Little Sir will surely appreciate your ideas! Ideas for specific speakers on specific topics, as well as general themes or areas of interest are welcome!

**Joke of the Month**



**Longevity Thoughts to Ponder!**

Eat whatever you like because you will still DIE someday. Don't allow motivational speakers to deceive you.

The inventor of the treadmill died at the age of 54.

The world bodybuilding champion died at the age of 41.

Yet the KFC inventor died at 94.

While cigarette maker Winston died at the age of 102.

## A Special Message from Big Sir George Traverso

In the interest for the safety for our group, the BEC has made a decision at the August 5 Zoom meeting NOT to conduct the in-person luncheon meeting at the Epicenter scheduled for August 19, until further notice.

In light of this situation at one of our in-person SIR activities, this judgment has been made; however, we shall have a Zoom meeting in its place on Thursday, August 19 starting at 11 am. All indoor SIR activities for our Branch 17 will be suspended until further notice.

Fortunately our speaker, Paul Lowenthal, the Assistant Fire Marshal, will still be able to do his presentation via Zoom. It should be a very interesting program.

My thanks goes out to Sir Glenn Seime who coordinates lunch schedules with the Epicenter, our contact, Andrew, at the Epicenter who is so accommodating to our situation, and to all of you fellow Sirs, for your understanding and cooperation during these difficult times. I am wishing you and your families to be safe and healthy.

The decision regarding the September 16 luncheon meeting will be decided during our BEC meeting on September 2. It will all depend on the then current status of this COVID-19 situation.

### Upcoming Speakers

**September 16:** Jeffrey Ebersole, PhD is the Interim Chair of Biomedical Sciences and Associate Dean for Research, Department of Dental Medicine, at UNLV. He will tell us about an experiment he sent to the International Space Station in June. The project will look at how bacteria grow on a solid surface under weightlessness conditions.

**October 21:** Jean-Marie (Jerry) Heskett and her son, Mike McCoy. As a young girl, Jerry was a prisoner of war at the Japanese Santo Tomas Internment Camp in Manila, Philippines, throughout World War II. Her son Mike wrote a book about her experiences, *Through My Mother's Eyes*.

**November 18:** Salute to Veterans, emceed by Sir Mike O'Neill. (Article by Gordon Boulton)

### August 19, 2021 Guest Speaker

Paul Lowenthal is the Assistant Fire Marshal for the City of Santa Rosa Fire Department. A native of Pasadena, he has worked as both a firefighter and in fire prevention for the last 22 years. He is currently a Board Member for Fire Safe Sonoma, and within the Santa Rosa FD he's managing the development of the City's Vegetation Management Program and the implementation of the Community Wildfire Protection Plan. Paul is also the Department's Public Information Officer and manages Community Outreach. He is a member of the County's Alert and Warning and Subcommittee, is assigned to public information in the Emergency Operations Center and leads the City's Debris Task Force following the Tubbs and Nuns Fires of 2017 and now coordinates recovery Task Forces for the Glass Fire of 2020.



(Article by Gordon Boulton)

### 2022 BEC Officer Candidates

The Nomination Committee has produced a list of SIR Branch 17 members who are interested in serving on the Branch Executive Committee beginning in January 2022. The BEC works as a team to provide the resources to keep the club functioning and meet the desires of our members. If you would like more information about specific positions, or want to nominate yourself or someone else, then please contact Dennis Mangan. The voting will take place on August 19 during the Zoom luncheon meeting. Be sure to join us.

Following is the list of 2022 Officers and Directors:

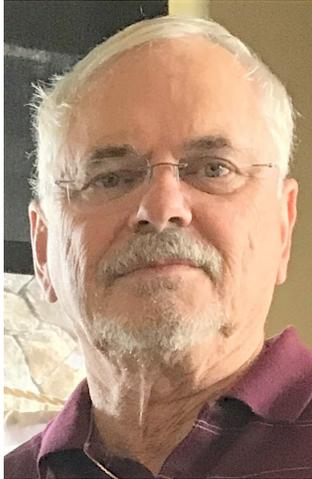
Big Sir	Gordon Boulton
Little Sir	Gary Bondi
Treasurer	Al Petrie
Asst. Treasurer	John Gnam
Secretary	Kurt Wehrmeister
Asst. Secretary	Terry Freeman
Directors:	Rich de Lambert
	Ken Johnson
	Tom Johnson
	Tom Lubas
	Steven Saulsbury
	Elias Zegarra
	Bill Grafeld (ad hoc, non-voting)

## SIR Branch 17, Member Profiles:

**Steven Saulsbury, Badge #144**

As a kid, how did you earn spending money? Did you join the 4H, grow sweet corn and sell it to local markets? Steven Saulsbury did, and he earned enough cash to buy himself a Honda 55 motorcycle. Not only is Steve hard-working and resourceful, but he is also probably one of the smartest guys in our club. Yet, he is very humble, friendly, and fun to chat with.

Steve grew up in Solvang, CA, known for its Danish-style architecture, wineries, and vintage motorcycle museum. His dad was a farmer and then a plumber, and his mom worked in the banking and insurance businesses. Steve walked to school where he played varsity basketball and football. He enjoyed his classes in chemistry, math, and physics, but hated English and history. Right then, you could see he was headed towards a career in technology. He went to college and studied physics which became more interesting when calculus “talked to him” and made abstract concepts come alive.



Steve has had many different jobs in the tech industry, including building radar systems for F15 and F18 fighter jets. He came to Santa Rosa to work at Optical Coating Laboratory, Inc. (OCLI), which was one of the first high tech companies in our area. OCLI (later as JDSU and now Viavi) made coatings for spacecraft windows; special mirrors for the Polaroid SX-70 instant camera; color-shifting pigments used on the currency of more than 100 nations to thwart counterfeiting; and a 1-millimeter-wide optical filter that allowed communication companies to vastly increase the amount of data that could be sent over a single fiber optic line. Steve worked on “transparent conductive materials.” He likes to take concepts and make them real, bringing products out of research and putting them into production. After helping move his products over to another company, Steve retired from JDSU in 2014 when they were downsizing. Although he still helps occasionally, he says it was hard if not impossible “to dump 33 years of experience into someone else’s head.”

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## Member Profiles: *(continued)*

Steve and his wife love to travel, but do not like to fly. Instead, they take LONG train rides and cruises. They do not need to get any place fast and enjoy the slower pace of just getting there. He warns us though “those cruises are like petri dishes,” a great place for germs to grow and attack humans. They had big plans for cruises and train trips throughout Europe last year but, like so much else, that got postponed.

Steve joined SIR Branch 17 three years ago and was sponsored by Gordon Boultee, a long-time work colleague. Steve joined SIR17 to have guys to play golf with, even though he admits golf is probably the worst thing you can do to your back. Yet, he has a passion for the sport and has been a steady member of the Monday morning golf group! Steve is currently on a golf hiatus while recovering from hip repair.

Steve has been nominated to be a Board Director beginning this month as the replacement for Paul Willihnganz who is leaving us for family in upstate New York. Steve’s interest in SIR17 activities in addition to golf, and his practical, let’s-get-things-done disposition will be good for our club. Hopefully, we will not need calculus to solve any of our problems.

*(Article by Dennis Mangan)*

*At our July 2021 meeting John Gnam was the free lunch winner!*

### List of the **August Birthdays**

**Rich de Lambert**

**Gary Lazzarini**

**Dean Lundgren**

**Bill Traverso**



## 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 temporary **HOLD**, until we receive new instructions.

**Bocce, Bowling, Boys’ Night Out, Bridge, Camera Club, Couples’ Night Out, Picnic, Poker Fest, Wine, Beer and Spirits**

## GLOBAL FORUM: (Article by Marvin Mai)



Due to the cancellation of all in-person SIR activities, the Global Forum meetings will revert back to a Zoom meeting for August.

From COVID-19 and the future of this virus, of course the questionable peace in Afghanistan, and always the many issues surrounding China.



Our next meeting will be on **Friday, August 13**, at 10:00am. All SIR members are invited to join this confab via Zoom.

If you are interested in joining these conversations, then please contact Marvin at [maimarvin57@gmail.com](mailto:maimarvin57@gmail.com)

or give him a call at **545-2224**. He will then email to you the necessary codes and password to join.

Below is the schedule of tentative dates for SIR Branch 17 in person Global Forum discussions slated for **monthly**, on the second Friday of the month.

**Fridays: Sept. 10, Oct. 8, Nov. 12**

## GOLF: (Article by Jim Gurke)

**AUGUST 2021**

### REVIEW OF GOLF PROCEDURES AS WE KICK OFF BRANCH 17/76 COMPETITIONS



1. **Upon checking in at the pro shop, look to the table opposite the bulletin board.** There you will find two important items: a roster of all Branch 17/76 golf members; and an alphabetical listing of those members with your respective index and course handicap. For the weeks of August 2, 9 and 17 the buy-in for the competition is on the house. Beginning August 23 your buy-in cost is \$5 payable to the BV staff at check in.

2. **If you wish to be included in the money competition**, please locate your name from the roster and place a check mark next to it. Your committee will then match those names against all the score cards. Score cards are signed and attested to, and inserted in the

*(continued at top to right)*

## GOLF: (continued)

SIR's box located immediately beyond the scoring table. Cards not found in the SIR's scoring box are considered void.

3. Regarding hole #8 closest to the pin. As a reminder, play from the red tee only under one of three conditions. First, your score card indicates that you play from the red tees. Second, your score card indicates that you play from the white/red combo tees. Third, that your "course handicap" (not your handicap index) is 23 or higher. An alphabetical list of all 17/76 SIR's golfers is found at the scorer's table with a highlighted column of respective "course handicaps."

4. Some important reminders. First, all players must tee off within the starting times set aside by the BV staff for our 17/76 competitions. This is important for the person keeping score to promptly retrieve score cards. All score cards must be signed and attested.

Please legibly write the names of those in your group.

Lastly, if the player uses a tee box other than the white tees, please indicate on the score card the tee box that player uses; i.e. the red with an initial "R", the red/white combo with an initial "C". This is critical because course handicaps vary per tee box.

Thanks for your cooperation and participation in our Monday rounds. Information about the August 23 picnic lunch event will be available in each of the following weeks. Play well and have fun!

Jim Gurke 707-303-0989

[1jgurke@gmail.com](mailto:1jgurke@gmail.com)



**Today is the oldest you have ever been,  
yet the youngest you will ever be,  
so enjoy this day while it lasts!  
Do not regret growing older,  
as it is a privilege denied to many!**



## New Members to SIR Branch 17

### Marc Perl, Badge #3

Marc Perl was born in New York City. He attended public schools in New York until 1959 when his family moved to Los Angeles. Marc graduated from University High in Los Angeles. He continued his education at UCLA and graduated from Cal State Northridge.

During this time, Marc worked as a computer operator in Santa Monica. He was trained to program computers at RAND Corp. After graduation from Cal State Northridge, Marc continued to work as a programmer on the US air defense systems with a specialty in missile and manned interceptor guidance.

Marc moved to Jackson Hole in 1970 to follow the dream of living in the mountains. It was here that Marc learned another skill, carpentry. In the next 10 years, Marc and colleagues opened Jackson Hole's first cabinet shop (it was way too cold to work outside, so we decided to build a shop and work inside.) Eventually Jackson Hole's bitter winter weather caused a move to Northern California for a temperate climate.



The best thing about Jackson Hole was Marc meeting, falling in love and eventually marrying his wife, Kathy. they have one son.

Marc found that returning to what is now called IT, was the best financial opportunity for the family. Marc found a job in San Francisco in the financial services industry and commuted from his home in Petaluma. This led to Marc's continuing entrepreneurship and other engagements with organizations that were looking for clients with Marc's skill set.

Marc continued to thrive in the consultant arena finally landing as a staff member at Visa's headquarters in San Mateo which made for an interesting commute. For almost 20 years, Marc participated in the risk analysis, design, and implementation of critical systems for the card network.

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### Marc Perl

*(continued)*

During this time, Marc developed a clientele that used Marc's skills in gauging compliance with industry risk standards. Marc would be engaged by banks and other card organizations, to determine where the organization did not meet the standards. Mitigation plans are developed and implemented by the organization to meet the standards.

Marc and family moved from Petaluma to El Dorado County in 2007. Marc found SIRS in Folsom and became a member of Branch 49. Marc served a Secretary of Branch 49 for 4 years. Marc and family moved to Santa Rosa in 2020. Marc continues to work from his home office whenever the need arises.

Some of Marc's favorite interests are golf, wine tasting, and woodworking.

*(Article by Big Sir George Traverso)*

### David Harris, Badge #22

David was born in Virginia City, Nevada and was raised in Reno. David enjoyed his early years hunting and fishing in Lovelock and the surrounding Nevada area with his dad, uncles, and cousins. After graduating from Wooster High School in Reno, David attended the University of Nevada in Reno. Upon graduating from the university, he was commissioned as an Army officer. Deferred for dental schools, David later attended two...one at the University of the Pacific in Stockton, California and the other in San Francisco.

David received more experience in his skill by serving two years in the service as a hospital dental surgeon at Fort Carson, Colorado. David met his wife, Judy, as a freshman in dental school. They are graced with two daughters and two granddaughters,

David practiced dentistry in Santa Rosa for 42 years. Retiring in 2015, David and Judy enjoy traveling, long walks with their golden retriever, grandkids, and activities with friends.

Joining SIR gives David a list of many other activities including golf, poker, and the monthly luncheons...welcome David!

*(Article by Big Sir George Traverso)*



## New Member to SIR Branch 17

### William Grafeld, Badge #15

Bill was born in Rockville Centre, New York. Bill's early years were filled with playing ice hockey in the winter and spending summers with grandparents. His first music concert was watching a Frankie Avalon and Annette Funicello performance. In fifth grade, his family moved to Buenos Aires, Argentina where his dad worked for General Motors and helped establish a car factory in that country.

After high school, Bill attended John Carroll University near Cleveland, Ohio and soon met and married his wife of 51 years, Maureen. Bill and Maureen have two children, and two beautiful granddaughters.

After graduation, Bill joined the Marine Corps OCS, earning a commission in 1972 just in time to serve in Vietnam. Meanwhile, Maureen became friends with another Marine wife from Santa Rosa. Hearing the beauty of this area, the stage was set to move to a new home in Santa Rosa. In those early years. Bill became a Cub Scout pack master and Little League coach. Bill's claim to fame was coaching our town's native son, Captain Brett Crozier, USN as an eight-year-old player on his little league team.

In 1981, Bill began working for the Bulova Watch Company, out of New York which led to a forty plus year career in the international watch business. While at Switzerland's Omega Watch Company, Bill worked with Olympic athletes, astronauts, America's Cup sailors and professional golfers. Although he had the opportunity to travel the world and enjoy his business career to the fullest, Bill spent much time outside of Santa Rosa.

In 1986, Bill and his family built a home in Bennett Valley and remain there happily to this day. Bill's interests today focus on enjoying his retirement and being a "productive senior"...for Bill, the SIR program checks both boxes. Golf and poker are activities interesting to Bill, but hanging out with, and learning life lessons from other seniors is quite inspiring. Bill tells me that "being a senior is a privilege not everyone receives."

*(Article by Big SIR George Traverso)*

### 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, our Secretary at **630-461-2715** or send him an email to: [kurtwehrmeister@gmail.com](mailto:kurtwehrmeister@gmail.com).

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### A farewell to SIR Paul Willihnganz

Paul joined SIR Branch 17 way back in January 2012 and enjoyed every minute of our fellowship ever since. He was elected as a two year BEC Director starting in 2019 which he completed at the end of 2020. Paul stayed on like most of the other Directors due to the pandemic situations.

Director Paul Willihnganz had an amazing personality who always sparkled up our Board Meetings with his humor and intellectual insight.

We always referred to Paul as a "sub man." He served our country in the United States Navy as a specialist in the submarine program. We still wonder of how many miles he traveled under the seven seas. Obviously, Paul did not suffer from claustrophobia!



Shortly after his sub experience, Paul worked in Washington, D.C. with many Navy programs. In civilian life, Paul studied and became a respected attorney. One fact that we did not know is that he is also an accomplished jazz drummer.

Both Paul and wife, Gerry, are originally from the East Coast and they recently have moved back to New York State to be closer to their family.

**We shall all miss you, Paul!**

*(Article by Marvin Mai & George Traverso)*



A special Thank You to members Gordon Boulbee 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

### Recap of speaker of July 15 Meeting

Semi-retired neurologist, medical researcher and West Sonoma County resident Allan Bernstein gave us a fascinating presentation titled *The Biology of Memory*, What could possibly go wrong? Memory has four elements: Input, Registration, Encoding and Retrieval. We receive Inputs through our senses: sight, sound, smell taste and touch. We only Register these inputs if we are paying attention, interested, alert and not impaired by drugs, alcohol, etc. Encoding or organizing inputs requires that we get adequate, quality sleep and that our brains have not been impaired by structural damage. Our ability to Retrieve memories slows with time, although often these memories are not lost, just delayed (for example when you remember someone's name two hours after you run into them at Starbucks). Music and smells are particularly well preserved over time.

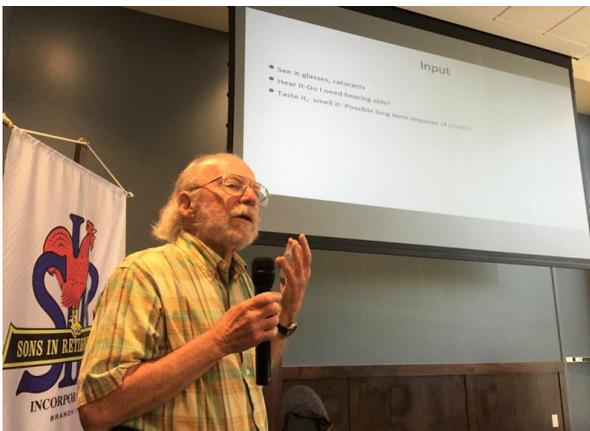
Reversible causes of memory loss include medications (even OTC ones), *(continued on top right)*

depression, sleep apnea, alcohol, vitamin B12 deficiency and low thyroid.

Structural or permanent memory loss can be caused by head trauma, particularly concussions and repeated blows to the head, such as experienced by successful boxers and football players; strokes; brain infections; and toxic chemicals such as herbicides and pesticides.

Dementia is gradual, progressive and involves multiple areas of the brain, such as memory, judgment, mood, speech and language and mathematics. Alzheimer's disease is the most common dementia and is defined by specific changes in the brain. Risk factors include a specific gene, a family member with AD, head injuries, smoking for many years, sleep disturbances, oral disease, and strokes and heart attacks. Protective factors include high education, keeping cognitively active, physical activity, a low-carb diet, mild alcohol intake (one glass of wine per day), and blood pressure management.

*(Article by Gordon Boulton)*



← Allan Bernstein in the start of his presentation on the *Biology of Memory*.

→ Big Sir George Traverso presenting a bottle of wine along with a Certificate of Appreciation to our speaker.

Photos by Dennis Mangan



The August 2021 edition of

**SIR HAPPENINGS**

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 12 which is a reprint of some articles from our Branch 17. The jokes all start on page 34. Then on pages 36 to 51, there are all kinds of consumer hints 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](http://www.sir17.org) then click on the "News" tab, now scroll down to near the bottom of the page. Click on the **SIR Happenings Aug-2021** underlined area. This should now open the article in your PDF file program 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!

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