

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

Luther Burbank Branch 17 Santa Rosa, CA New Website: www.sir17.org



THE REDWOOD BARK NEWSLETTER

For January 2020

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

For Excused Absences, Guests Lunches or Alternate Lunch Selection, please, you must call or email before 10 am on the **Monday preceding** the meeting for an excused absence, **otherwise you will be charged for a meal**.

(Members sometimes forget to notify Jim Gurke that they are bringing a GUEST!)

Contact: Jim Gurke at 1jgurke@gmail.com or call 707-303-0989, leave a message if no answer.

January 16th Meeting Schedule

Board Meeting: 10:00 am Social Hour: 11:00 am Lunch: 12:00 noon Speaker: Benita Mattioli, author of "Three Nights at the Condor" a history of the Condor Club & San Francisco in the 60's. Adjourn by: 1:30 pm

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

BIG Sir George Traverso's Message geosan@sbcglobal.net 528-6987

As we enter a new month and a new year I am reminded that January is National Hobby Month. This is very fitting for our SIR



members. With the start of a new year a fresh new approach to modify and sharpen our habits and life styles is the basis for our annual new year's resolutions that we all attempt to accomplish. I think that we all make plans for walking more and eating desserts less. I must admit that by the month of March, my commitment to my January promises becomes weaker and my former spirit slowly disappears. However, I try to stay "on course" and not to give up.

Hobby is a word defined by Webster's Dictionary as "a pursuit outside one's regular occupation engaged in for relaxation." I believe that this "pursuit" is appropriate for many of us in our later years who have accomplished life-long journeys in our individual professions. A hobby may be different things to different people. Many of us grew up engaged in a particular hobby such as coin collecting or stamp collecting. President Franklin D. Roosevelt was an avid stamp collector. Philately is a wonderful and very popular hobby.

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January 16th Lunch Menu

Asian noodle salad, mixed green salad, Teriyaki Chicken, stir fry vegetables, rice **Dinner rolls and butter** Cheesecake for dessert

Beverages: Regular or decaf coffee, iced tea or water. Beer, wine and mixed drinks, and free sodas are available at the bar.



Little Sir Gary Bondi's Message gbondi@sonic.net 707-528-6987

When you read this, you will be looking in the rearview mirror at 2019 and looking at, not only, a New Year but a new decade and what lies ahead. Moving forward,

I wish all of you good health and happiness for the New year. As the new Little Sir, I am also looking forward to working with the officers and directors of our BEC to help make our branch one of the best in our area. We already have a great group of members and I hope we can continue growing it with more fellowship and activities. I would like to thank our outgoing Little Sir George Traverso for his excellent work this past year and wish him the best as he moves into the role of Big Sir. I would also like to thank outgoing Big Sir Dennis Mangan for his fine work and dedication to our branch this past year. Moving forward, I hope to continue the excellent work done by them and the entire BEC. They have set the bar high!

As we move into the year 2020, some of you may wonder, or not, what the heck does the Little Sir do? Well, funny you should ask! One of my duties is to arrange the programs and speakers for our luncheon meetings. (continued on page 2)

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

For Excused absences or Guests Lunches, Contact: Jim Gurke, <u>ligurke@gmail.com</u> or 707-**303-0989** Please leave a message if no answer.

Big Sir Message (continued from page 1) Sir Winston Churchill, at his retirement, was an accomplished painter whose works show the artist as a creative and imaginative person.

We are fortunate in our Sir group that many "pursuits" for relaxation are available for us to enjoy. The patience of standing by a clear water stream waiting for a trout to bite, the thrill of winning a poker game and the skill of the bocce game are examples of the offerings in our Sir Branch 17. These activities that we can take advantage of are more than "hobbies" obviously; but they fall into the definition as a "pursuit" most definitely. Studies have indicated that hobbies keep individuals happier and maintain a more positive attitude. Other research has proven that a hobby is beneficial to seniors that are confronted with a loss of a partner, declining health or general loneliness. Our Sir Branch 17 offers many alternatives to keep us happy, healthy and involved in various activities.

In concluding my message to you as my first one as BIG SIR, I wish you and your families a very happy and healthy New Year! We must keep in mind that maintaining a healthy physical and mental regimen in our senior years is fundamental to continuing to keep our minds and bodies active and this "pursuit" is so important to maintain throughout the year.

So, you thought that coin collecting was the only hobby?

Little Sir Message (c

AREA 10 GOVERNOR

Robert Reuther

(continued from page 1)

REGION 3 DIRECTOR

Dennis Pangburn

In that regard, my goal will be to present interesting, informative and entertaining programs. That said, I will welcome your feedback on our programs. Your comments, good or not so good, will help in bringing the best to future programs. I also welcome any suggestions you may have regarding a speaker or a program to obtain. We have a wealth of knowledge, interests, hobbies and life stories among our members and perhaps one of you would like to be a speaker. Aside from the social part of our meetings, the program does help attendance and perhaps even to attract new members.

Hope to see all of you at our kickoff meeting for the new year, January 16th.

Program for January 16, 2020

Our Speaker will be Benita Mattioli. She is the author of "Three Nights at the Condor, a Coal Miner's Son." She will tell about the history of the

Condor Club in North Beach during the 1960's in San Francisco. Her husband, Pete Mattioli, was owner of the club during that time and he will also be in attendance.



If any of you were around during that era you will recall the many crazy times!

Recap of December 19, 2019 Program

(Article by George Traverso)

At our Holiday Luncheon, we Sir members and guests enjoyed an informative and enjoyable speech by Linda Loveland Reid. Linda is the author of two novels available on Amazon. Besides

her talent in writing novels, she writes short stories and poetry. At our luncheon meeting we were treated to a fascinating talk by Linda explaining the Osher Lifelong Learning program available to seniors at the Sonoma State University campus. Her knowledge and expertise was truly enjoyed by all and this proves that learning is a never ending concept that we all must take advantage. Many thanks to Linda!



Calendar of SIR Events for Dec. 2019

Details and contact information is available on the SIR 17 website: http://www.sir17.org/calendar-of-events.html

Any Monday Golf at BVGC

- Any Monday **Bowling**, Double Decker Lanes, R/P, 10 am
- Jan 7 Bridge Club, Legends, BVGC, 9:00 am
- Jan 8 BNO, Riviera Ristorante, 5:30 pm Social, 6:00 Dinner
- Jan 9 Poker Fest, Legends, BVGC, 12:30 to 4:00 pm
- Jan 10 Global Forum, Marvin Mai's place, 10:00 am
- Jan 14 Bridge Club, Legends, BVGC, 10:00 am
- Jan 14 Kingpins of Comedy, Double Decker Lanes, 8:30 pm
- Jan 16 SIR BEC Meeting, Legends, BVGC, 10:00 am
- Jan 16 SIR Meeting/Luncheon, Legends, BVGC, 11:00 am
- Jan 17 Camera Club, Dennis Mangan's home, 1:30 pm

Jan 21 Bridge Club, Legends, BVGC, 9:00 am

- Jan 23 CNO, Ca'Bianca, 5:30 pm Social, 6:00 Dinner
- Jan 28 Bridge Club, Legends, BVGC, 10:00 am

Membership Attendance in Dec.

At the December 19th Holiday lunch meeting, there were 54 members in attendance, along with two guests, Chris Nelle sponsored by # 49 Michael Rogalski and Bob Zie sponsored by #136 Chris Nolen.

There were 19 members who were excused and only three this month that were unexcused.

Three new members were inducted: #162 Timothy Fawcett sponsored by #88 Mark Burchill, #170 Steve Marburger sponsored by #165 Rich de Lambert and #180 Daniel Schell sponsored also by #165 Rich de Lambert.

We now have a total of 84 members.

Eighty percent of success is just showing up! (Woody Allen)

The success of SIR17 results from the guys who make the effort to attend luncheons and participate in our activities on a regular basis. We know that many things can cause us to miss meetings: medical conditions, travel, or family issues. We give a big shout-out to the four members in 2019 who were able (and lucky enough) to attend all 11 luncheons: Gary Bondi, Rich de Lambert, Glenn Seime and Dennis Mangan. Next, nine guys attended 10 luncheons: Jerry Peterson, Carlo Bottini, Lance Thompson, Pete McGrath, Ted Scapeccia, Fred Rose, Bob Vidalin, Gordon Boultbee and Chris Nolen. Our thanks to Elias Zegarra and Jim Fenstermaker for tracking attendance last year. (Article by Dennis Mangan)



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New Member Velcomel

#162 Tim Fawcett

Tim retired from R.E. Broken about two years ago after a serious fall, but he is doing much better now.

His interests include: antique cars, keeping track of his investments and playing pool. He would like to help out as a greeter and with activities. Tim also belongs to Rotary and has been their Santa Claus for over 25 years.

When you meet Tim at the next SIR meeting, talk to him and find out more items that we do not already know about him!



New Member

Welcome! #170 Steve Marburger

Steve is the owner of Pipeline Information Technology. He grew up in New Mexico. He also belongs to Rotary and has worked as a paramedic which will nice to

have available at some of our meetings.

He is interested in bocce, cribbage, computers, golf and loves to ski.

Meet Steve at the next SIR meeting and learn more about a very interesting new SIR member!



New Member Welcome! #180 Dan Schell

Dan is married to Nancy, but Rich de Lambert knew her 15 years before she and Dan married--another whole story!

He has retired from the agricultural irrigation business traveling all over the world.

Dan has lots of interests, such as: barbershop quartet and singing, dining, bicycling and hiking, woodworking, along with reading. He has a great memory and remembers everything he encounters. He even would like to help out with the check-in table and newsletter editing--I am going to sign him up!

Dan is great at telling jokes, so at the next SIR meeting have him tell you one and also learn more about another interesting new SIR member!

HAVE YOU INVITED A GUEST TO ATTEND THE NEXT SIR LUNCHEON/ MEETING?

A New Monthly Feature, Member Profiles: By Dennis Mangan

Badge #9 Sir Elias Zegarra: reading the genetic code of cattle

Can you imagine buying a car based only on its color without knowing something about its age, engine, or reliability? Now, imagine buying seedstock breeding cattle where you need to know their longevity, expected progeny, the butterfat in the milk, the marbling in the meat, their resistance to disease, temperament, and so on. Until recently, you just had to go with what the animal looked like on the outside. Today, farmers look inside the animal, using the latest in DNA technology to evaluate their genetic characteristics.

Elias Zegarra knows a lot about DNA and cattle. He received his genetics and computer training as well as a contagious curiosity for science from his advisor, Ed Cogger, (a former Michigan State linebacker) at Cal Poly Pomona. Elias consults for a company that screens cattle (and other animals) for their inherent characteristics. This information is critical for selecting the best feed and setting the highest price for each animal. The data ultimately affect the price you will pay for meat and milk at the grocery store.

But what if the cattle farmers are given wrong information about the cattle? The buyers might end paying way more than they should (the cow produces low grade milk), or they might get an unforeseen bargain (the cow produces high grade milk.) The cattle industry depends on accurate data from geneticists like Elias.

Recently, Elias was shocked to learn the genetics data that his company sent to a dairy farmer was wrong, leading to an incorrect pricing for 1500 calves. Calves can range from \$500-1800, so with bad data, you could end paying over three times the true value. Such mistakes also can be very expensive to the DNA analysis company. Elias's company was facing a \$80,000 mistake due to a simple reporting blunder, and he was called in to help correct the error and restore company credibility. This meant he had to go to Modesto (famous for its angry, gang-related violence) to talk with the (angry, hopefully non-violent) disgruntled buyer. This was not going to be a holiday outing.

Elias and colleagues were able to negotiate a suitable agreement with the farmers. They calculated the number of animals that had the potential of performing above average but were sold due to the clerical mistake, and then how much money those animals could have generated if they were kept and not sold. In addition, to further earn back the customer's trust, something bought with deeds, not money, they are paying the customer for their losses and testing 500 calves for free.

Elias is disappointed by the poor qualitycontrol checks on the data. Better analysis of the data using automated formulas or indices could have prevented this mistake. DNA technology is powerful, but ultimately it all depends on human responsibility and communication. Elias brings his expertise, communication and computer skills along with common sense to SIR17. We're delighted to have him with us!

LUNCH Price to Increase for 2020

As expected, the price of our lunches will increase in 2020. Beginning in January, our lunches will cost \$25 per person. Legends explained that their costs for food, beverages and the upcoming two increases in minimum wage (\$12 to \$13 in January 2020 and \$13 to \$15 in July 2020) have necessitated the new price. We obviously would prefer no increases, but it has been two years since we had one, with 17 months of those two years at Legends. The good news: we will continue to get happy hour prices at the bar. The Branch Executive Committee approved the new six-month contract with Legends at its November 21st meeting.

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Yearly SIR Dues to Increase in 2020

When it comes to financial planning, some things never change. What was low-cost last year becomes more expensive this year. Prices go up and sometimes priorities change leading to increased costs. After careful review of our financial situation, the Branch Executive Committee has determined that to keep the club financially healthy, we will have to request dues be \$30.00 per member for 2020. Our dues cover the cost of increased state assessments, an aggressive membership drive, anticipated guest/ sponsor expenses, printing, supplies, postage, club expenses to run and attend meetings, free lunches for the speakers and those lucky birthday boys. The membership drive will bring in more members, who with their dues, will partially offset the costs of attracting new members.

Dues collection begins in **January**, **2020**. You can send a check to Treasurer, Glenn Seime at 2970 Tuxedo Place, Santa Rosa, 95405 (*Make payable to SIR Branch 17*); or you can save postage and pay at the January 16th lunch/meeting.



ACTIVITIES:

Bocce:



(Article by Chuck Stark)

I am happy to pick up the Bocce baton from Mark Burchill. When we get some spring weather, I plan on a luncheon for all interested members to attend and decide how much time and commitment each has to our SIR Bocce activity. We can only arrange visits to wineries if we

have enough members to commit to the reservation.

Another idea is to schedule an optional lunch followed by bocce, perhaps in Railroad Square/Julliard park area or any other venues that have both food and bocce courts. The list of wineries with bocce courts involves minimum purchases and considerable travel time. I'll research some options in the meantime to discuss at our organizational lunch in the spring.

If you have any ideas, suggestions or questions in between time, then please contact: **Chuck Stark** at: <u>cstark@sonic.net</u>

Bowling:



If you have an interest in joining the SIR bowling league, or just want to see how Mike is progressing, come-ondown to Double Decker Lanes in Roh-

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: <u>mdheinz2@gmail.com</u>.

Boys' Night Out:



(Article by Don Malvestiti)

Let's try something different for 2020. All restaurants will be picked from the Press Democrat magazine "Best of Sonoma County" Each month we will visit a different food selection from the list of the "Best Restaurants."

Here's my selections:

Jan - Italian, Feb - Mexican, Mar - Asian Apr - Best overall restaurant (Gravenstein Grill) May - Latin Jun - Sushi Jul - Outdoor dining Aug - Burgers Sep - Indian Oct - Craft beer Nov - Seafood Dec - Nothing at this time. For Wednesday, January 8th we will be returning (continued at top to the right)

Boys' Night Out:

to the **Riviera Ristorante**, 75 Montgomery Drive, at 5:30 pm for social time, then order dinner at 6:00 pm. For more information about the Riviera or to

continued

look at their menu go to www.rivieraristorante.net/ or call them at 707-579-2882.

Reservations are a must!



If you are planning to go, then contact Don by **January 5th** at <u>malvestitidon485@gmail.com</u> or call him at 539-0677, Leave a message if he does not answer.

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 now coordinated by **Pete Mc Grath**, at: <u>pmcgrath@sonic.net</u>. or call 579-8133. for the 2nd & 4th Tuesdays, **OR** Jim Park at: <u>icpark38@sbcglobal.net</u> or call 578-4255 for the 1st & 3rd Tuesdays.

Bridge days scheduled this month for play at Legends Restaurant in Bennett Valley starting at 9:00 am on Tuesdays, January 7th & 21st, at <u>10:00 am</u> on 14th & 28th. If in doubt, contact Mike Heinzelman at <u>mdheinz2@gmail.com</u>. or call Mike at 579-6615.

Camera Club:



We missed the heavy downpour in Windsor by canceling our scheduled outing but this also means our cameras are as bare as deciduous trees in wintertime. Not to worry, I'm sure they will be bursting with family pictures and Christ-

(Article by Rich Osborne)

mas scenes so for the next meeting on January 17th at 1:30 pm at the home of Dennis Mangan, 2444 Copperfield Drive. Let's share them with the group. Bring five pictures that you took during the holiday season, especially of children and we'll relive them with you.

I don't have a speaker lined up. We'll use the time to group solve your questions, brainstorm a list of topics and speakers to enlighten us on our photographic journey, plus lay plans for our next picture-taking adventure

Everyone is welcome, all men and ladies interested in photography, so please come join us!

richosborne@outlook.com or 303-304-9262

Couples' Night Out:

(Article by Fred Rose)



Couples Night Out will usually be held on the 4th Thursday of each month, one week after the SIR Branch 17's monthly meeting, except for Thanksgiving and Christmas Eve.

To start the new year of 2020 for the first Couples Night Out dinner, I have chosen **Ca'Bianca Ristorante Italiano**, 835 Second Street,

on Thursday, January 23rd.

Cocktails at **5:00** pm, order dinner at 5:30 pm. The restaurant will only accept reservations for up to a maximum of 24 people in a group and there will be a special set menu.



Please contact me if you are interested and I will forward a menu and pricing to you. Call 707-548-5797, please leave a message if I don't answer, or email to: fredricrose@comcast.net.

Remember.... Reservations are a must!

GLOBAL FORUM:

(Article by Marvin Mai)

In today's world, nations are becoming increasingly interconnected by air, land, sea and cyberspace. As global-

ization has knitted countries and continents closer to-

gether borders have been rendered, in some ways, obsolete. Events in one region can more easily have consequences in another, at times even rippling across the globe. We explore



these and more during our lively Global Forum discussions. We'll meet Friday, January 10th at 10 am at the home of Marvin and Pat Mai, 4743 Woodview Drive.

(South on Summerfield Rd to the end, turn left up the hill about 1/3 mile, the house is on the left.) Should you have any questions, please email Marvin at: <u>maimarvin57@gmail.com</u> or call him at: 545-2224.

Golf:



(Article by Roy Thuestad) Welcome to 2020 and the World Handicap System.

Change is inevitable, even in the game of golf. We saw this with the rule changes of 2019 and now with the

posting requirement of 2020.

There are only two things that you really need to remember regarding this new handicap system:

* You must post your scores no later than midnight on the day of play, as indexes and handicaps will be update nightly. We will display the current handicap roster in the ProShop prior to our Monday morning tournaments, but if you play more than one game during the week, you'll need to do an index and course handicap look-up for that day.

* When you post your score, your highest allowable strokes per hole will no longer be based on "Equitable Stroke Control," it will be based on the notion of "Net Double Bogey." This change will mostly affect higher handicappers and duffers like myself who can't seem to avoid "blow-out" holes. "Net Double Bogey" requires a few simple calculations that you can make on your score card prior to play. For each hole, the Maximum Allowable Strokes that you can post for that hole will be **par** +2+ the number of "pops" your course handicap allows for that hole ("pops" are simply your course handicap divvied up among the eighteen holes and based on the order of difficulty for those holes). Remember to do this each time your handicap changes or each time you play a different course.

Click on the following links to view a sample **BV Score Card** prepared for a 25 handicapper, and a **Max Allowable Strokes per Hole Cheat Sheet** that we have prepared for all handicaps playing at BV.

Until next time, Good Golfing. Roy Thuestad roymond@comcast.net 975-4406

DO YOU HAVE AN APPLICATION FORM FOR A NEW MEMBER TO COMPLETE AND TURN IN FOR APPROVAL?

The Poem of the month for January

New Month, New Year, New Chapter, New Lessons, New Blessings New Beginning, New Mindset, New Focus, New Intentions, New Inspiration, New Opportunities, New Results!

POKER FEST:

(Article by Steve Edelstein)



Come try your hand at a game of poker. It's fun and a good way to meet your fellow Sir members. The date this month is **Thursday**, **Jan**. **9**th from **12:30 pm to 4:00 pm**, at **Legends** in the Bennett Valley Golf Course.

Please call Steve to confirm this date for sure. Contact **Steve Edelstein** by email at: <u>1hatisland@gmail.com</u> or call **206-8084**. Please leave a message, I will return your call!



List of the JAN. Birthdays

Glenn Andrade Steve Carey Tom Lubas

drade Barry Bialkoski ey Steve Edelstein as Dennis Mangan Jerry Peterson



A special "**Thank You**" to members Gordon Boultbee 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 Travel Golf: (Article by Roy Thuestad) Travel Golf is now in hibernation mode. Think of courses that you've dreamed of playing



and we'll get you there. When the winter frost clears be ready to travel.

Roy Thuestad roymond@comcast.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.



(Article by Robert Reuther)

Free Comedy!

(Article by Mark Burchill)

We're going to try something new.

Kingpins of Comedy is a free comedy show the second Tuesday of every month. It's held in the lounge at Double Decker Lanes in Rohnert Park. There are usually

five comedians, in a show lasting about 90 minutes.

There is no admission fee, drinks are very inexpensive, but they usually ask for a tip for the comedians.

The January show will be on the 14th at 8:30 pm.

If you are interested in joining our Sir group and

their partners (this is a co-ed activity) at these free comedy shows, please contact Mark Burchill at SirMarkB@sonic.net for more details.

Old is good in some things, such as: Old songs, Old movies and best of all, OLD FRIENDS!

Mark Your Calendar **Annual Branch 17/176 Picnic** Wednesday, June 17, 2020

Outdoor Event Area at Windsor Golf Course BBQ Chicken, Veggie Pasta, Chili Beans, Corn on the Cob, Salad, Bread & Dessert Wine, beer and soft drinks included Additional details will be coming soon Come join the fun, good food and drinks. **Ticket Sales begin in April** Volunteers needed **Contact Ted Scapeccia** 707 529 0063 or tescape4@gmail.com

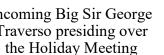
Joke of the day



Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it!



Incoming Big Sir George Traverso presiding over the Holiday Meeting





HAPPENINGS is now available to The November 2019 edition of view online.

This a very interesting and informing newsletter produced by SIRinc with articles re-published from many of the SIR Branches throughout the state. Look at pages 5, 17, 18 and 31 of articles from Branch 17 and all of the other items in its 37 pages. To view this newsletter go to www.sirinc.org/sirhappenings, then click on Happenings November. 2019. It will ask you to open or save the PDF file in you favorite PDF program. It is best to select "Open." You can always save if you want for later reading. Also you can print just what pages you want or the entire document. 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.

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