



A 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 June 2020

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

ALL CANCELED UNTIL FUTHER NOTICE!
No need to call anyone. Keep checking the website for updates!

June 18st Meeting Schedule via Zoom!

Social Hour: 11:00 am Please check in about 5 minutes early to be ready to avoid the last minute rush.

Speaker: SIR Brn 17 Paul Willihnganz, telling of his U.S. Navy days in nuclear submarines. It is quite a story!

Lunch: 12:00 noon plus/minus **CANCELED** as you are on your own, fix what ever you desire.

June 18st Lunch Menu CANCELED!

Fix your own sandwiches--at home!

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

BIG Sir George Traverso's Message

geosan@sbcglobal.net 528-6987



During the past several months while I and most of us have spent many days in home isolation the concept of HOPE has been on my mind. To understand Hope one must realize its opposite: FEAR. President Franklin Delano Roosevelt, in the depths of the Great Depression, famously stated that "the only thing we have to fear is fear itself." In one sense, fear is the wish for something not to happen. From my college-day readings a scholar once remarked "inherent in every hope is a fear and in every fear is a hope." With my new regime I have been reading a lot more, cleaning the house, doing a little gardening and taking an occasional nap. These have been my "chores." As I self-isolate thoughts came to me as to the meaning, the understanding and the desire for Hope.

Regarding the concept of Hope, I discovered that this idea is very imaginary. I conclude that Hope has different meanings to different philosophers, psychologists, and the common man on the street. Our mutual experiences during the last several weeks and months gives all of us interpretations and wishes for

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Little Sir Gary Bondi's Message

gbondi@sonic.net 539-2445



It goes without saying, 2020 has not been a kind to us! We are in strange times, an unprecedented global pandemic, civil unrest and riots, political unrest, record unemployment, severe impacts on our economy, just to mention a few. Did I forget, it is also a major election year? I am sure we all wish we could get a restart to this year. In fact, the last few years have not been kind to us with two wildfires, a major flood and some of our members suffering the loss of their homes. Nothing like beginning an article with doom and gloom! I do have a point here. Our SIR members have been and always will be there to support one another. Through our luncheons, CNO, BNO, bridge, poker, wine tasting, golf, global forum, etc., we came together to lift our spirits and enjoy the friendship of SIR. We will do that again. As the saying goes, "This too shall pass"! We will gather again to enjoy these activities and social therapy that SIR brings to us.

Until we can gather again, in person, we are conducting our regular meetings on Zoom, so we can stay in touch and keep you up to date on SIR activities and news.

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

OFFICERS:	EMAIL:	PHONE:	DIRECTORS:
Big Sir: .George Traverso	geosan@sbcglobal.net	707-528-6987	Gordon Boulthbee
Little Sir: Gary Bondi	gbondi@sonic.net	707-539-2445	Rich de Lambert
Secretary: Kurt Wehrmeister	kurtwehrmeister@gmail.com	630-461-2715	Ken Johnson
Asset. Secretary: Jim Gurke	1jgurke@gmail.com	707-303-0989	Chris Nolen
Treasurer: Glenn Seime	gseime@sbcglobal.net	707-537-5360	Paul Willihnganz
Asset. Treasurer: Al Petrie	alpetrie7@aol.com	707-545-7208	Elias Zegarra
Newsletter Editor: Jim Fenstermaker .	sirsrbrn17@gmail.com	707-548-3346	

Big Sir Message *(continued from page 1)*

HOPE. Granted, we “hope” to find a cure for this terrible plague. The scar that it has inflicted on our health system has given society “hope” to discover a medical breakthrough. Secondly, the impact on the world socio-economic situation is a matter of serious concern. Aside from “flattening the curve” and reducing COVID-19 deaths, HOPE emerges again for an economic solution to stabilize and grow the economy. I determined that HOPE is something that you want to happen so it becomes an expectation that good things will come. The phrase, “hope springs eternal” gives my understanding for this idea more credibility.

We all lived through the 1950’s when a world-wide health issue was ravaging our world. Finally, science came to the rescue when Dr. Sauk and Dr. Sabin combined to eradicate polio. Due to this virus we truly are entering into uncertain times. Two prongs to attack this pandemic lie in: **(a)** to solve the world’s economic malaise that this scourge presents and **(b)**...more importantly...to discover a vaccine to put this sickness in our rear-view mirrors. Consequently, we must look ahead when we drive on our imaginary roads and HOPE to see future Doctors Sauk and Sabin right in front of us. This is my HOPE because I have no FEAR. Meanwhile, stay safe and well!

Little Sir Message *(continued from page 1)*

If you have not joined one of these meetings, then I encourage you to do so. It is indeed a novel, fun way to have a virtual get together and a chance to see how many of you have grown a ponytail and/or a beard!

Lastly, Big SIR George, refers to Hope in his message and that will get us through this. In the meantime, my hope is for all you and your families to stay healthy so we can meet again!

Speaker for June 18th SIR General Meeting, on Zoom, by SIR Brn 17 Paul Willihnganz

The USS Thresher, the first of a new class of deep-diving fast attack nuclear submarines, was lost with all hands while undergoing sea trials off the coast of New London, Connecticut on April 10, 1963.

In 2005, the USS San Francisco, a Los Angeles class nuclear submarine, hit a submerged mountain while operating submerged at full speed She survived, but her survival was no accident.

Paul Willihnganz, was a submarine officer who played an important role in the SUBSAFE Program, and the Deep Submergence Systems Project, which followed the loss of Thresher. He will tell us about these programs and how they helped expand and revolutionize the underwater operations of the U.S. Navy.

Membership Attendance on May 21st

It was **CANCELED** due to the virus outbreak.

At the end of the February meeting we had a total of **82** members. Since then Romie Schneider has died and two members have turned in their resignations, leaving us with now 79 members.

On May 21st we held our first Zoom General Meeting to see how it might work. We had 27 members that signed in and gave it a try. It is definitely different than an “in person” meeting.

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IMPORTANT MESSAGE from your BIG SIR

We are still in unprecedented times. Due to these extraordinary situations, the **cancellation** of the **June 18th** luncheon at Legends is appropriate and necessary.

Some good news--the **golf courses** are now to be opened but with several restrictions. We will be having our **BEC meeting** and our **General meeting** via the Zoom program. Check our website for details.

Meanwhile, I wish you and your families to be safe, be smart, stay healthy and we shall meet again!

Respectfully, George Traverso, Big Sir Branch 17

A New Monthly Feature, **Member Profiles:**

Badge #136 Chris Nolen

“Keep your options open and let life play out.”

Chris Nolen is not a corporate type guy. He doesn't like to take orders and enjoys tearing things apart, then putting them back together. Chris is not much of a planner either. In fact, he often “flies with no plans at all” and loves the freedom of retired life. He doesn't need a set schedule—not at all!

Life played out when he joined the army and was at training camp. A pickup game of touch football one Sunday afternoon left him with a badly banged-up knee. As a result, the army assigned him to a non-combat position as a clerk typist at Fort Ord, near gorgeous Monterey CA. Not a glamorous job, but this change in status likely prevented him from being sent to Vietnam. (Maybe Chris wasn't as lucky after all. Fort Ord was closed in 1994 after being found to be one of the most toxic sites in the USA, with underground storage tanks leaking petroleum into the groundwater, numerous landfills and dump sites, and lots of unexploded mines.)



When he got out of the army in 1971, Chris, with \$1,500 from savings and the sale of his car, took off for Europe for seven months. Having a youth hostel pass and a big hitchhiking thumb, he hit all the countries and municipalities in free Western Europe. Being Chris, he just showed up with an open mind, blank agenda and a crisp Michelin guidebook. With few exceptions Chris hitchhiked alone or occasionally with a woman or two. A female traveler made hitchhiking a lot easier for them both. He provided her a sense of security and she was an attraction for drivers to stop. “Don't plan things...everything will work out great!”

Chris has many stories to tell about his Europe adventure, but one in particular stands out. While hitching out of Paris, a guy stops and asks him if he wants to go to Holland. Not having other plans for the day, Chris says sure, the guy gets out and gives him the keys to the car. He says, “Drop the car off when you get to Amsterdam.”

Chris is the type of guy you want to have around in an emergency. His calm demeanor serves him well. Once, while working in his auto repair shop, an engine caught fire. Chris reports that, “In an emergency, time slows down.” *(continued at top to right)*

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Member Profiles: *(continued)*

Without panic, he walked across the room, picked up an extinguisher, put out the flames and returned to the job. Similarly, Chris is remarkably dismissive about his Type 2 diabetes along with a damaged disk in his spine, both of which have left his legs numb. Although you have noticed that he is quite mobile, standing for too long or getting bumped can lead to him falling, causing what he says would be a “seismic catastrophe.” Chris really likes our club but that wasn't always the case. At first, he couldn't even make it to the luncheons because of schedule conflicts. When he did attend, he sat at random tables so that he could meet more of our members. Yet, he was disappointed when told one day that a seat was saved for “one of the regulars” and was asked to go to another table. Despite this snubbing, he, like Elizabeth Warren, persisted and kept coming to the luncheons. He discovered that even more fun could be had by participating in our ancillary activities! He encourages us to attend CNO, BNO, and wine tasting, or join any of the many activities we offer such as golf, poker, or the camera club. His message to us is clear: “It's easy to become isolated when retired... socialize if you want to get more out of this club.”

Chris has many more stories to share with us. For instance, did you know he is related to Antonin Dvorak. Maybe this explains why we call on him to lead us in our luncheon songs despite his insistence that he's tone deaf. Chris is also a talented clothier who makes shirts, quilts and his famous COVID-19 face masks. Chris further contributes to SIR17 as an active member of the Branch Executive Committee. Thanks Chris for adding so much to our club!

(Article by Dennis Mangan)

ACTIVITIES:

Bocce:

(Article by Chuck Stark)



Every member will be receiving a separate email with a short survey regarding how interested you are in participating in our Bocce group. Depending on the number of responses, I will choose a casual lunch spot to hold an organizational meeting. From there we can plan events from April through October, near or far, with or without a meal.

CANCELED FOR THE TIME BEING!

Suggestions or questions please contact: **Chuck Stark** at: cstark@sonic.net or call 707-571-0207.

A special Thank You to members Gordon Boulton 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

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



CANCELED!

Boys' Night Out:

(Article by Don Malvestiti)



All restaurants this year will be picked from the "Best of Sonoma County"

Apr - Best overall, Gravenstein Grill

May - Latin Jun - Sushi

Jul - Outdoor dining, Aug - Burgers

Sep - Indian Oct - Craft beer

Nov - Seafood Dec - Nothing at this time.

CANCELED!

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: pmcgrath@sonic.net or call 579-8133. for the 2nd & 4th Tuesdays, **OR** Jim Park at: jcpark38@sbcglobal.net or call 578-4255 for the 1st & 3rd Tuesdays.



Bridge days scheduled this for play at Legends Restaurant in Bennett Valley have been.

CANCELED!

Camera Club:

(Article by Rich Osborne)



We are anxious to resume where we left off, taking and sharing pictures and learning from experts. It just does not make any sense to hold yet another Zoom meeting just to say we met. However, I believe we are only one more month away from being able to meet again. I say this not from any inside knowledge from Governor Newsom's office, but from inside knowledge that the Church of the Roses (where we hold our meetings) is making plans to reopen. I will (continued top right)

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Camera Club:

(continued)

argue that we should be one of the groups allowed back since we are a small group and our attendance will be under whatever artificial number the powers that be legislate as permissible for group meetings. So, with this conviction, we will not meet this month but fully expect to soon be able see what you have been doing. Hang in there for one more month and we will once enjoy the fruits of our photographic endeavors.

If you have not been taking pictures these past three months, then start now! Take pictures on your daily walk, of your yard, flowers, weeds, neighbors, lack of traffic, the blue sky. Believe me when I say, we will be thrilled to see them!

Everyone is welcome, all men and ladies interested in photography, so please come join us! richosborne@outlook.com or 303-304-9262

Rich Osborne

Couples' Night Out:

(Article by Fred Rose)



CANCELED!

Like most other activities.

GLOBAL FORUM:

(Article by Marvin Mai)



Even though our "in person" meetings have been canceled we have held two "virtual" meetings via "Zoom."

Although, we have not developed a cure for COVID-19, we've alleviated a little of the quarantine boredom. We briefly explored, what the "new normal" will look like and these "Zoom" meetings seem to be working quite well. Please give us a try!



We will have more to explore about the new release of some restrictions and what new businesses can start to reopen. Also, of course are all the other global issues such as: Iran, China, Hong Kong, North Korea, Syria and Turkey.

If you'd like to be included in the next "Zoom" meeting to on **Friday, June 5th at 10:00 am** for Global Forum and need more information about how to use "Zoom," then please send an email to Marvin at mairmarvin57@gmail.com or give him a call at 545-2224.

GOLF: (Article by Roy Thuestad)

State SIR Golf Updates:

The Reno Golf Tournament has been **canceled**.

The Team Championship is still on the schedule, and the Area Qualifiers should be held between July 1st and July 15th--venue to be determined. Start thinking about forming your team.

The State Individual Championship is still on the schedule, and the qualifier should be held between September 1st and the 15th.

Local Golf Updates:

The State SIR mandates that there be a 30-day lag period between the lifting of restrictions and the re-opening of activities. The board of directors of branch 17 & 76 have voted to re-open golf, now we wait as the clock ticks down.

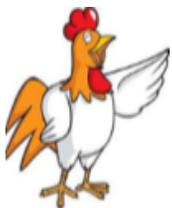
SIR Golf, as we remember it, is still somewhere out in the future. Individual play is allowed at BV for the general public, but "tournament style golf" is not. That means: no sign-up sheets, no CTP markers, no formal competition, and no winnings folder.

Every cloud has a Silver Lining:

You can still play golf and see your SIR buddies wearing the latest in facemask fashions. BV Golf will hold open our Monday, 8:30--9:00am time slot for individuals who call in to reserve their tee time. Don't delay, grab your spot while there are still openings.

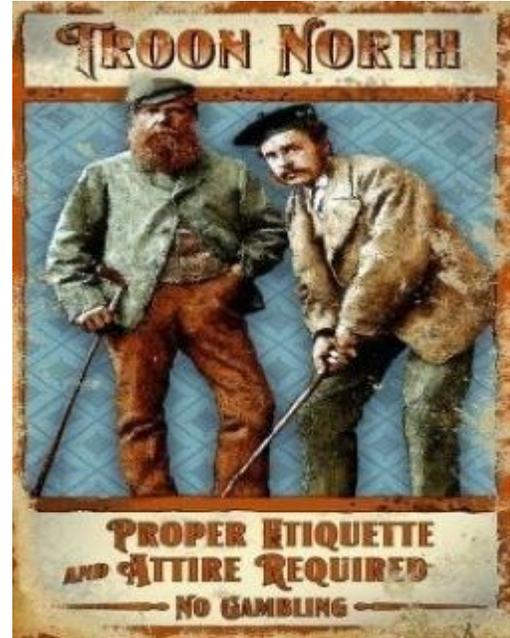
Remember: book your tee time, bring a score card and face mask, don't touch anything that you didn't bring with you, including newly found golf balls--they're probably mine.

Joke of the day



When asked what my granddaughter wanted for breakfast Layia replied, "I want two eggs!" Nannie said that she could only have one because the hens were molting and not laying many eggs. Layia thought a moment and said, "Maybe they need some prunes!"

Nothing fashionable to wear?



It don't matta.

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

List of the June Birthdays

Oscar Barragan Glenn Seime
Charles Stark

We will celebrate all birthdays whenever we are back to our regular meetings again, but when that will be is????

★ **HAPPY** ★
BIRTHDAY!

The Poem of the month for June

June's Picture

by Annette Wynne

Let me paint June's picture—first I take some gold,
 Fill the picture full of sun, all that it can hold;
 Save some for the butterflies, darting all around,
 And some more for buttercups here upon the ground;
 Take a lot of baby-blue—this—to make the sky,
 With a lot of downy white—soft clouds floating by;
 Cover all the ground with green, hang it from the trees,
 Sprinkle it with shiny white, neatly as you please;
 So—a million daisies spring up everywhere,
 Surely you can see now what is in the air!
 Here's a thread of silver—that's a little brook
 To hide in dainty places where only children look.
 Next, comes something—guess—it grows
 Among green hedges—it's the rose!
 Brown for a bird to sing a song,
 Brown for a road to walk along.
 Then add some happy children to the fields and flowers
 and skies,
 And so you have June's picture here before your eyes.



Origin of Flag Day

In 1775, the first American flag, called the Continental colors, was created for our fledgling country. But, it looked too similar to the British flag. So, on June 14, 1777, the Second Continental Congress passed a resolution that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field,” representing a new constellation. It wasn't until 1916, that President Woodrow Wilson issued an official decree making June 14th Flag Day.

Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag. This is called **Flag Etiquette**. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly and never let your flag touch the ground, never, period.
- The flag should not be flown at night without a light on it, nor it should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag is flown at half staff for 30 days.
- When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

Father's Day 2020

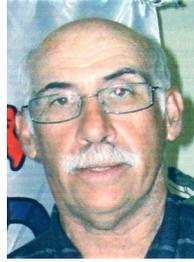
In 2020, Father's Day will be celebrated on Sunday, June 21st. This happens to be just one day after the summer solstice, making it the first full day of the summer season and one of the longest days of the year.

The first known Father's Day service occurred at the Williams Memorial Methodist Episcopal Church South in Fairmont, West Virginia, on July 5, 1908, thanks to the efforts of Grace Golden Clayton. Mrs. Clayton had asked her pastor, Dr. R. Thomas Webb, if a Sunday service could be held to honor fathers.



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 **CANCELED**, 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:

lhatiland@gmail.com

or call **206-8084**.

Please leave a message, I will return your call!



CANCELED!

**Stay safe, stay healthy and of course,
 wash your hands and wear your mask!**

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.