



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

Luther Burbank Branch 17

Santa Rosa, CA

New Website: www.sir17.org



THE REDWOOD BARK NEWSLETTER

For Oct. 17, 2019 Meeting

NEW LOCATION: meeting 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.**

NEW Contact: Jim Gurke, 1jgurke@gmail.com or call 707-303-0989, leave a voice mail message.

Meeting Schedule

Board Meeting: **10:00 am**

Social Hour: **11:00 am**

Lunch: **12:00 noon**

Speaker: **Steve Kemmerle**, Organizer of the Petaluma Veterans Day Parade and a Sir member of Branch 58 in Petaluma.

Adjourn by: **1:30 pm**

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

Lunch Menu

Garden salad

Ham with pineapple, roasted potatoes and fresh vegetables.

Rolls and butter

Carrot cake for dessert

Beverages: Regular or decaf coffee, iced tea or water.

Beer, wine and mixed drinks, and free sodas are available at the bar.

Big Sir Dennis Mangan's Message

dfmangan@gmail.com 301-717-6234

The idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone. Andy Rooney



Last month I mentioned that 500 men in California turn 65 every day. When my dad retired, it threw him into a tailspin. My dad served in WWII in the Army infantry and when he returned, took a job at the Scranton, PA Post Office. His social life was the post office along with occasional meetings at the local American Legion.

Dad had few friends. Upon retirement, he didn't seem to know what to do with his newfound "free" time. Dad was alone without a plan for his life. He was silently miserable. He played no sports, had no hobbies and ended up watching daytime soaps on the TV.

The TV came on about 1 pm and that's when he started his daily drinking. Every day was filled with boredom and alcohol. Eventually the toll on his body and brain became noticeable. He began having trouble sleeping at night and he would get up and have another shot of whiskey to help put him back to sleep. This led to a flip in his sleeping cycle, where he stayed awake at night and slept during the day until about dinner time. Then he would have a drink at dinner and start the cycle all over again. The drinking came

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Little Sir George Traverso's Message

geosan@sbcglobal.net 528-6987



October is the month that we observe Halloween. Today, children dress up in cute costumes on the last day of the month and venture forth to ask for candy. This concept of "trick or treating" is somewhat of a modern concept of observing this date. It is uncertain that our ancestors participated in the modern rituals of Halloween. I do not think that the idea of visiting neighbors' homes and saying "trick or treat" was a popular practice those many years ago.

Over two thousand years ago, a Celtic festival, Samhain, was celebrated at the end of October. This was the time when the end of the harvest season coincided with the beginning of winter...thus establishing the opinion that the end of the growing season (life, living) changed into nature's dormant season (death, dying). This life/death concept is the fundamental basis to observing and understanding this event. So, the night of October 31 was the time when the living and the dead overlapped as the belief that the dead returned to earth. In order to appease the returning dead, the merrymakers wore costumes and masks.

In the year 43 with the influence of the Roman Empire in Britain, the Celts added another ceremony to mark the end of October. Pomona, the Roman goddess of fruit and trees, became an addition to the pagan celebration.

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**SIR Luther Burbank Branch 17 is in Area 10 of Region 3.
The following is a list of your 2019 Officers and Directors.**

| OFFICERS: | EMAIL: | PHONE: | DIRECTORS: |
|--|--|--------------|--------------------|
| Big Sir: Dennis Mangan | dfmangan@gmail.com | 301-717-6234 | Gary Bondi |
| Little Sir: George Traverso | geosan@sbcglobal.net | 707-528-6987 | Mark Burchill |
| Secretary: Jim Gurke | 1jgurke@gmail.com | 707-843-3464 | Rich de Lambert |
| Asset. Sectr'y: Kurt Wehrmeister | kurtwehrmeister@gmail.com | 630-461-2715 | Ken Johnson |
| Treasurer: Glenn Seime | gseime@sbcglobal.net | 707-537-5360 | Chris Nolan |
| Asset. Treasurer: Al Petrie | alpetrie7@aol.com | 707-545-7208 | Paul Willihnganz |
| Newsletter Editor: Jim Fenstermaker | sirsbrn17@gmail.com | 707-548-3346 | WEBMASTERS: |
| | | | Dennis Mangan |
| | | | Mark Burchill |
| | | | Jim Fenstermaker |

Attendance: **CONTACT for Excused absences**

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

AREA 10 GOVERNOR
Robert Reuther

REGION 3 DIRECTOR
Dennis Pangburn

Big Sir Message *(continued from page 1)*

to an end when he and I both admitted our addiction to alcohol and became sober, a pledge I carry today. However, the damage to dad was irreversible, and likely contributed to his death a short time later.

I tell you this story about my dad for a couple of reasons. Loneliness can be a killer. I didn't have a retirement plan either when I retired seven years ago in Santa Rosa. I feared I'd end up like dad in front of the TV? Fortunately, I had activities, such as golf, hiking, and traveling. Exercise is important, and the latest research shows how a modest amount of daily activity can keep our bodies and minds healthy.

I also got involved in social activities, including two senior men golf clubs, Toastmasters and, of course, SIR Branch 17. Social activities keep life fresh and interesting. Like a box of chocolates, you never know what you're going to get. Research shows the positive health effects of social clubs like SIR.

David Brooks points out some shocking statistics in his latest book, *The Second Mountain, The Quest for a Moral Life*. About one third of Americans over 45 are chronically lonely. Only 8% of Americans report having important conversations with their neighbors in a given year. In 1950, less than 10% of households were single-person households; now nearly 30% are. These are symptoms of a general detachment. Since 1999, the U.S. suicide rate has risen by 30 percent. Roughly 45,000 Americans kill themselves every year and suicide is largely a proxy for loneliness. In 2018 the Centers for Disease Control and Prevention announced that the life span of the average American had declined for the third consecutive year. The reason American lives are shorter today is the increase in the so-called deaths of despair: suicide, drug overdose, alcoholic liver problems and so on. And those, in turn, are caused by the social isolation that is all around us. We are better, healthier people because of **SIR17**. Thank you for being here for us!

(Sir Marvin Mai helped with background for this article.)

Little Sir Message *(continued from page 1)*

As the symbol for this goddess is the apple, the custom for bobbing for apples on Halloween is generally attributed to this Roman diety. As centuries continued, the Roman church celebrated All Saints Day on November 1 and All Souls Day on November 2. The former observance was referred to as All-Hallows and the night before began to be called All-Hallows eve which eventually became Halloween. Soon the tradition of "trick or treating" had its beginnings. The three-day event was called Allhallowtide. During this occasion that spanned the last day of October to the first two days of November, participants dressed in black to mourn the dead. This occurrence marked the practice of "souling." People travelled door-to-door asking for treats given out on the memory of the dead. Later, celebrants began to dress up and go out singing for treats.

As we approached the twentieth century, Halloween became more of a secular holiday. Emphasis was placed on the event as families and friends celebrated with parties and parades. Several years ago the national television audience was treated to "It's The Great Pumpkin, Charlie Brown." In this iconic Halloween movie- cartoon by famed Santa Rosan Charles Schultz, Charlie Brown gets more tricks than treats. Research has determined that Americans spent over eight billion dollars on Halloween costumes and goodies in 2016. The average person will spend almost \$50 for Halloween this year.

So, we came from a Celtic tradition to a modern-day multi-billion dollar business....

What would Charlie Brown say?

Recap of the Sept. 19th Program:

At our September 19th luncheon we enjoyed a most interesting speaker, **Jon Stout**, airport Manager for the Charles M. Schulz Sonoma County Airport. With the expansion of the runway to accept larger planes and more destinations to go to, the airport has become much busier. Next is more expansion of the terminal buildings along with more parking lots.

List of the Oct. Birthdays

| | |
|---------------|------------------|
| Carlo Bottini | John Grant II |
| John Horwath | Don Malvestiti |
| Jim Park | Al Petrie |
| Kent Richmond | Steven Saulsbury |
| Bradley Smith | Tim Stewart |
| | Bob Zeni |

HAPPY BIRTHDAY!

Calendar of SIR Events for Oct. 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
Oct 1 Bridge Club, Legends, BVGC, 9:00 am
Oct 8 Bridge Club, Legends, BVGC, 10:00 am
Oct 8 Kingpins of Comedy, Double Decker Lanes, 8:30 pm
Oct 9 BNO, The Villa, Cocktails 5:30 pm
Oct 11 Global Forum, Marvin Mai's place, 10:00 am
Oct 15 Bridge Club, Legends, BVGC, 9:00 am
Oct 16 Coffee Time, Legends, BVGC, 8:30 - 9:30 am \$2.00
Oct 17 SIR BEC Meeting, Legends, BVGC, 10:00 am
Oct 17 SIR Meeting/Luncheon, Legends, BVGC, 11:00 am
Oct 18 Camera Club, Outing to Armstrong Woods, 9:00 am
Oct 22 Bridge Club, Legends, BVGC, 10:00 am
Oct __ Bocce Ball, ??????
Oct 24 CNO, ?????? Cocktails 5:00 pm
Oct __ Poker Fest, Legends, BVGC, 12:30 pm

Another new feature has been added to the website. On the "Home" page, click on the "News" tab, scroll to the bottom of the screen, click on the "Speakers" tab. Open the PDF file to view all of the Speakers/Programs that are scheduled for this year!

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Membership Attendance in Sept.

At the September 19th lunch meeting, the attendance was down some but we still had 50 members, along with one guest, Denny Hutton, sponsored by Bill Traverso and our interesting speaker. There were 19 members that were excused and only four this month that were unexcused. It's getting better!

One member, Ed White, passed away on August 22nd. We now have a total of only **79** members.

Program for October 17th.

Steve Kemmerle is a Sir member of Branch 58 in Petaluma, along with being the Vice Commander of American Legion Post 26 in Petaluma and the Coordinator of the Petaluma Veterans Day parade. He will enlighten us of all the details about the upcoming parade on November 11th.



This parade is the largest that is held every year north of the Golden Gate bridge, having drawn as many as 40,000 visitors to Petaluma to watch a spectacular parade!

Steve will try to inspire many of our Sir Veterans to come ride in cars with our own Sir member, Mike O'Neill, who is also a member of the Redwood Empire Classic Chevy Club.



If any Veteran Sir members are interested in riding in the parade and/or sharing some military stories, then please contact Mike O'Neill at mikeo46@sbcglobal.net or call 479-4158. Better yet, talk to him at the October 17th meeting. This could be a lot of fun and a great opportunity to recognize our veterans.

For our November meeting, we are hoping to do like we did a few years ago and that is to ask our Veteran Sir members to get up and talk about their experiences while in the military. More about this in the November issue of the *BARK*.
(Article by Mike O'Neill)

Joke of the day



Whoever said: "Don't bite off more than you can chew" has never been to a buffet with my family!

ACTIVITIES:

Bocce:

(Article by Mark Burchill)

SIR Bocce meets on the fourth Tuesday of each month, weather permitting. Often the next venue is not finalized before the **BARK** goes to print.



If you are interested in getting on the SIR Bocce invitation list, then please contact Mark Burchill, at: SIRMarkB@sonic.net.

Bowling:

(Article by Mike Heinzelman)

If you have an interest in joining the SIR bowling league, or just want to see how Mike is progressing, come -on-down to Double Decker Lanes in Rohnert Park any **Monday at 10:00 am**. Ask for the SIR bowling group. *(Remember, it's not a weekly commitment--just come when you can.)* Whether you are a good bowler or a beginner, you are welcome.



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

Boys' Night Out:

(Article by Don Malvestiti)

BNO on September 11th was at Smokehouse Bistro in Sebastopol. What a way to end a beautiful summer. A warm evening, plenty of good beer, out of this world Bar-B-Q, more than enough conversation and good fellowship. That describes our Sept. BNO which all enjoyed!

Because **both** The Villa Restaurant and Willie Bird's Restaurant will be **closing after the first of next year**, BNO will be doing a nostalgia dinner at **each** restaurant.

Oct. 9th will take us to The Villa Restaurant and on **Nov. 13th** we will visit Willie Bird's Restaurant.

So if you don't want to miss out on a last chance, then join us by 5:30 pm for drinks, order dinner by 6:00 pm. Hope to see a lot of your there!

Reservations are a must!

Contact Don at malvestitidon485@gmail.com

or call him at 539-0677, by Sunday, **Oct. 6th**.

Leave a message if he does not answer.

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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 month for play at Legends Restaurant in Bennett Valley starting at **9:00 am** on **Tuesdays, October 1st & 15th**, at **10:00am** on **8th & 22nd**. If in doubt, contact Mike Heinzelman at mdheinz2@gmail.com. or call Mike at 579-6615.

Camera Club:

(Article by Rich Osborne)

Big news. We have found a permanent location. The Church of the Roses has agreed to our request to use the Rose Room for our meetings with the provision that church members be allowed to join in. This room holds about 30 people and has a large screen smart tv, audio visual equipment and a hearing loop for those with t-coils.

In September, seven of us met at Big Sir Dennis Mangan's house where we shared our summer vacation pictures and learned about photo editing software, e.g. Photoshop, Microsoft Photos, GIMP, etc. We were particularly pleased to see how to use the free Microsoft Photo editing software to remove blemishes and unwanted objects.

Beginning in October, we will start a series of photo taking trips every other month and sharing our photos from that trip in the intervening months. To kick this off, we will meet at the free parking at the entrance to Armstrong Woods on October 18th at 9:00 am. From there, we will carpool to the paid parking lot, spread out through the majesty of the redwoods and, using our individual composition skills, take pictures in the park. Afterwards, we will gather for the lunch somewhere and storytelling.

On November 15th at 1:30 pm, we will meet at our new permanent location in the Church of the Roses. We will share photos from our trip to Armstrong Woods. It will be fun to see the different composition from similar subjects. We will also decide upon the next interesting site to gather for photo taking. Bring your pictures and ideas.

Everyone is welcome, men and ladies.

Thanks, Rich Osborne.

richosborne@outlook.com or 303-304-9262

Couples' Night Out: (Article by Fred Rose)

CNO on September 26th in Sonoma at the Depot Hotel Restaurant, was greatly enjoyed by sixteen Sir members and partners. The evening was not hot as it would have been on Tuesday, it was just right outdoors near the pool. Lots of interesting conversations and even more laughter were shared between all of us.



Wednesday, October 23rd will be the "Special" CNO at the **Beach Blanket Babylon** in San Francisco. If you have **NOT** made your reservation before September 1st, then you probably are way too late to attend this event. Should you still be interested, then contact Fred and plead your case.

Contact Fred Rose: fredicrose@comcast.net
or call 548-5797

Special Note: Due to Thanksgiving being on our regular CNO day, there will **NOT** be a CNO dinner for November. A special Holiday CNO dinner is planned for **Tuesday, December 17th** at Hyatt Regency Sonoma Wine Country. Contact Fred for more details.

GLOBAL FORUM: (Article by Marvin Mai)

The Global Forum meeting is on **Friday, Oct. 11th** at 10:00 am. A lively discussion about global events and forecasts for the remainder of 2019 would include:

- + Can we have a true peace with the Taliban and what will happen to Afghanistan after the U.S. leaves.
- + U.S. relations with China, Russia, Iran, the E.U.
- + Other topics and issues as you'd like to discuss.



All Sir members are invited to join this monthly confab at **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 mairmarvin57@gmail.com

or call him at 545-2224.

Golf:

Golf prior to SIR meetings:

Play nine holes of golf every third Thursday of the month starting at 8:00am. You'll be done and cleaned up in time for our SIR meeting. A sign-up by email the week prior to play **IS A MUST**.

Above all else...



Avoid Slow Play !!!

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
roymond@comcast.net
975-4406

The Poem of the month for Oct.

Old October by James Whitcomb Riley

Old October's purt' nigh gone,
 And the frosts is comin' on
 Little heavier every day--
 Like our hearts is thataway!
 Leaves is changin' overhead
 Back from green to gray and red,
 Brown and yeller, with their stems
 Loosenin' on the oaks and e'ms;
 And the balance of the trees
 Gittin' balder every breeze--
 Like the heads we're scratchin' on!
 Old October's purt' nigh gone
 I love Old October so,
 I can't bear to see her go--
 Seems to me like losin' some
 Old-home relative er chum--
 'Pears like sorto' settin' by
 Some old friend 'at sigh by sigh
 Was a-passin' out o' sight
 Into everlastin' night!
 Hickernuts a feller hears
 Rattlin' down is more like tears
 Drappin' on the leaves below--
 I love Old October so!
 Can't tell what it is about
 Old October knock me out--!
 I sleep well enough at night--
 And the blamedest appetite
 Ever mortal man possessed--,
 Last thing et, it tastes the best--!
 Warnuts, butternuts, pawpaws,
 'lles and limbers up my jaws
 Fer raal service, sich as new
 Pork, spareribs, and sausage, too--.
 Yit fer all, they's somepin' 'bout
 Old October knocks me out!

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 dates are usually on **Thursdays**, from **12:30 pm to 4:00 pm**, at **Legends** in the Bennett Valley Golf Course. Please call Steve to confirm what dates they are now playing.



Contact **Steve Edelstein** by email at:

1thatisland@gmail.com or call **206-8084**.

Please leave a message, I **will** return your call!

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

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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 Assistant Secretary at **630-461-2715** or send him an email to: kurtwehrmeister@gmail.com.

(Article by Robert Reuther)

News from SIRinc.

After the devastating fires in Paradise and Magalia in the fall of 2018, SIRinc formed "The SIR Foundation" to help Sir members from those communities that had damage to, or lost their, homes in those fires.

Since that time, the "Foundation" has collected over \$45,000 in donations from Sir members in all of our areas. As of July 31, 2019 the "Foundation" has paid out 69 grants to affected members. (20 Sir members declined their grants.) SIRinc continues working to find and contact any more Sir members that were affected. If no further recipients are identified, then donations will be made to the two Branches to replace some of their lost equipment. Also, if enough money prevails, another round of grants of maybe \$200 each will be made to the original 69 members.

It may not seem like a lot but every little bit helps, especially after you have lost almost everything.



This is what SIR is all about, have fun, make friends and help one another!

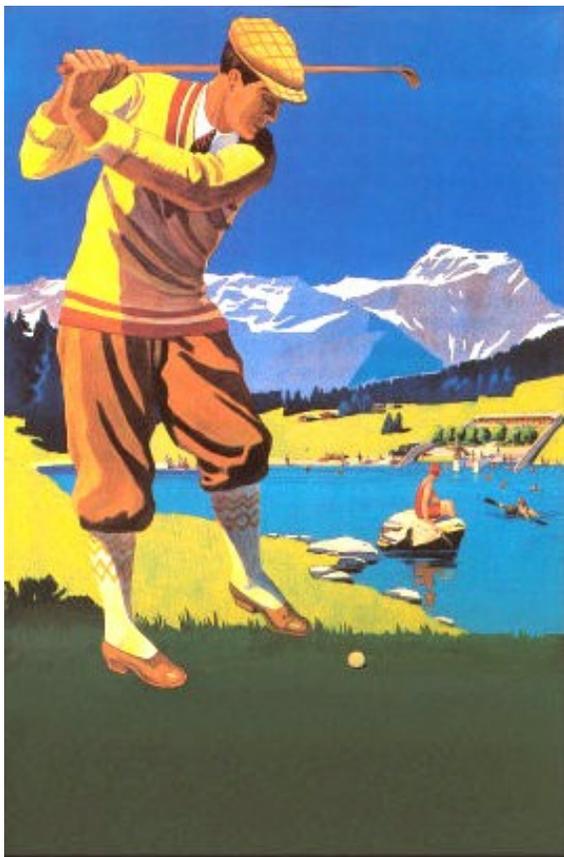
Logo Clothing:

SIR Inc. now has logo clothing available, with either the old logo or the new logo. Products include: shirts, hats, jackets, mugs, bags and more. Purchases require a minimum amount, so Mark will be collecting all the requests, confirming prices and then asking for payment so the order can be placed. **NO** payment will be required with the **initial** request, as pricing is still being finalized.

If you are interested in purchasing any logo product, then please contact Mark Burchill at: SirMarkB@sonic.net for a catalog.

Travel Golf:

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

2020 Officers and Directors,

Big SIR: George Traverso
Little SIR: Gary Bondi
Secretary: Kurt Wehrmeister
Assistant Secretary: Jim Gurke
Treasurer: Glenn Seime
Assistant Treasurer: Al Petrie
Directors: Gordon Boultsbee, Paul Willihnganz,
Chris Nolan, Rich de Lambert, Ken Johnson

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Free Comedy!

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 90 minutes. The headliner at the 8:30 pm show on December 10th is Oliver Graves, who appeared on "America's Got Talent."

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



If you are interested in joining a group of Sirs and their wives (this is a co-ed activity) at this free comedy show on December 10th, please contact Mark Burchill at SirMarkB@sonic.net for more details.

SIR COUPLES BRIDGE – Branch 76

We have had a Sir Couples Bridge group for several years that involves mostly Oakmont and other Santa Rosa branches. It has been successful and enjoyable for all. Due to participants age and branch declining membership we have acquired a few openings that we offer to our other branches in the area.

We will be starting a new season very soon. We play once a month, couple vs. couple, at each other's homes and we finish usually in June, depending on how many couples participate. We have several couples already signed up to repeat but have openings for new participants. You don't have to be a "couple," you have to be two people, and you don't have to be great players as this is mostly a fun social experience with nice people.

When you are ready to sign up, or want more information, contact Director **Bob Bennett**, Brn. 76 by September 21st, at 433-4574 or email to: benett9@aol.com.

Coffee Time:

Come join us at **Legends** for coffee or tea on Wednesday, Oct. 16th from 8:30 to 9:30 am. There are no subjects nor speakers, just friendly talk and stories. The cost is \$2.00 for coffee or tea. Special treats will be offered. Come and bring a guest to Bennett Valley Golf Course.



Call Rich de Lambert if you have questions at 707-545-3490.

Wine & Beer Appreciation for 2019

Well, our Wine/Beer/Spirits group has had a quite a few adventures since we began. We kicked it off with a trip to the Santa Rosa Jr College Shone Farm in August of last year. That was followed by a trip to Mayo Family vineyards on Oct. 16th. Then, on Feb. 8th, we visited Hook & Ladder Winery. We changed it up a bit for the next outing by visiting the newly completed Russian River Brewery on June 25th. Our last visit was Sept. 27th, to Kunde Winery in Kenwood, topped off with lunch at VJB Cellars. We are now approaching that time of year when everyone is occupied with the busy holiday season. That said, we will not be scheduling anything until probably January or February of next year.



Russian River Brewery

Sept. 27th, to Kunde Winery in Kenwood, topped off with lunch at VJB Cellars. We are now approaching that



Hook & Ladder

Bill & I would like to take this opportunity to thank our fellow SIRS and their partners, for their attendance and for making our group a huge success. Most of all for the opportunity of getting to share some fun social time with all of you. It was a pleasure getting to know you all a little better. What better way than with wine and food, in wine country, to enjoy each other's company. We are looking forward to our future adventures with all of you, and hopefully some new friends, at our next get together. In the meantime, have glass of Vino each day and enjoy this beautiful part of the world in which we are so fortunate to live!

Thank you, Gary Bondi. **"Wine improves with age. The older I get the better I like it!"**

Email: gbondi@sonic.net, or call 707-539-2445. Hope to hear from you.



Global Forum



Boys Night Out



Jon Stout, S/C Airport Mgr.

The August 2019 edition of **SIR HAPPENINGS** is now available to 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 28 & 29 of articles from Branch 17, and all of the other items in its 30 pages. To view this free newsletter go to www.sirinc.org/sirhappenings, the click on to tap Happenings August. 2019. this will ask you to open or save the PDF file in you favorite PDF program. Best to select "Open." You can always save if you want, for later reading. Also you can print what pages you what 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.