



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

## Luther Burbank Branch 17

Santa Rosa, CA



### THE REDWOOD BARK NEWSLETTER

### For Apr. 15, 2016 Meeting

Monthly meetings are held on the 3rd Friday of each month at the Scottish Rite Center, 600 Acacia Ln., Santa Rosa, CA

For **Excused Absences**, **Guests Lunches** or **Alternate Lunch Selection**, please, you must call or email before 10:00 am on the **Monday preceding** the meeting for an excused absence, **otherwise you will be charged** for a meal.

Contact: John French, [sonomaink@yahoo.com](mailto:sonomaink@yahoo.com) 707-280-4120 or Marv Schouweiler, [mschouweiler@att.net](mailto:mschouweiler@att.net) 707-484-3070

#### Luncheon Schedule

**Board Meeting: 10:15 am**

**Social Hour: 11:00 am**

**Lunch: 12:00 Noon**

**Speaker: Dr. Julie Trudel from Medtronics**

**Adjourn by: 1:30 P.M.**

Please place your badges into the collection buckets when leaving the meeting.

#### Lunch Menu

**Corn chowder soup**

**Corned beef & cabbage with carrots & red potatoes**

**OR**

**Portobella mushrooms stuffed with curried eggplant & caramelized onion**

**All entrees served with:**

**Franco American sourdough bread with butter, coffee, iced tea and ice water.**

**Berry cobbler with whipped cream for dessert.**



#### **BIG SIR Jim Gurke's Message**

[ljgurke@gmail.com](mailto:ljgurke@gmail.com) 707-843-3464

*April, 2016. It seems as though I was just celebrating the new year and we're now well into Spring.*

The perception that time seems to fly as we age is commonly held, but why? Here's one explanation and advice for a solution:

"Routine makes time go faster, unique and memorable events slow down time. Although there is comfort in routine, it does make time fly. So, if you want to 'slow down' time, and make your every day last longer, change the routine. Create unique experiences for each day. Or, engage in greater mindfulness – focusing on and savoring each passing moment. The old adage of 'live for the moment' is the key to slowing down those quickly passing years."

At our April meeting we'll be installing Ted Scapeccia who has volunteered to be our new Little SIR for the rest of this year. Ted will be replacing Dennis Mangan who has moved, at least part time, out of our area. We will also formally induct new member, Richard Hensley, who has attended the last two meetings as a guest of Romie Schneider.

As a reminder, lunch guests are always welcome. Should your guest join SIRs, the sponsor is entitled to a free lunch. How good is that! Look forward to seeing you April 15.



#### **LITTLE SIR Dennis Mangan's Message**

[dfmangan@gmail.com](mailto:dfmangan@gmail.com) 301-717-6234

*Blindness separates us from things but deafness separates us from people.*

Helen Keller

I enjoy SIR luncheons, as well as Boys Night Out and Couples Night Out dinners. However, sometimes I can't always hear what is being said. Voices are muffled and tend to fade out. This is really frustrating... I'm embarrassed to ask others to keep repeating themselves and often I completely misunderstand the conversation. My wife says I never listen to her. (There may be other reasons for that!) Sadly, hearing loss can lead to withdrawal from social activities like SIR luncheons.

Aging is a common reason for hearing loss. Structures in the ear become less elastic and are damaged by loud noises, infections, trauma or medications. Early diagnosis can lead to treatments that save your hearing. Simple strategies to use to help hear better: (1) face others when they are speaking, (2) turn off the TV/radio and ask for a table in the quiet area of restaurants, (3) repeat important information to make sure you heard it correctly, and (4) let your listeners know if you're having difficulty hearing them. Above all, seek advice and evaluation by a professional audiologist or ear/nose/throat doctor to determine if there are products or treatments that might help improve your hearing. Don't let hearing loss lessen your SIR experience!

## Luther Burbank Branch 17 is in Area 13 of Region 10

### The following is a list of your **2016** Officers and Directors

<u>OFFICERS:</u>	<u>Email:</u>	<u>Phone:</u>	<b>DIRECTORS FOR ONE YEAR</b>
<b>BIG SIR:</b> Jim Gurke . . . . .	<a href="mailto:1jgurke@gmail.com">1jgurke@gmail.com</a> . . . . .	707-843-3464	Jim Dale Kent Richmond . . . . .
<b>LITTLE SIR:</b> Dennis Mangan . . . . .	<a href="mailto:dfmangan@gmail.com">dfmangan@gmail.com</a> . . . . .	301-717-6234	<b>DIRECTORS FOR TWO YEARS</b> John French Ted Scapeccia Lance Thompson
<b>SECRETARY:</b> Jim MacMillan . . . . .	<a href="mailto:jmacmillan@ieee.org">jmacmillan@ieee.org</a> . . . . .	707-569-1680	<b>WEB MASTER</b> James MacMillan
<b>ASST. SECRETARY:</b> (Vacant) . . . . .	. . . . .	. . . . .	<b>BARK EDITOR</b> Jim Fenstermaker
<b>TREASURER:</b> Stan Borges . . . . .	<a href="mailto:stanborges@comcast.net">stanborges@comcast.net</a> . . . . .	707-545-0699	<b>AREA 13 GOVERNOR</b> Ken Kronen
<b>ASST. TREASURER:</b> Glenn Seime . . . . .	<a href="mailto:gseime@sbcglobal.net">gseime@sbcglobal.net</a> . . . . .	707-571-7976	<b>REGION 10 DIRECTOR</b> James Filippo
<b>IMD. PAST BIG SIR:</b> Herb Percy . . . . .	<a href="mailto:dadpercy@yahoo.com">dadpercy@yahoo.com</a> . . . . .	707-575-7787	<b>PRESIDENT OF SIRinc.</b> Donald Dill

Contact Branch 17 at our website: [www.branch17.sirinc2.org](http://www.branch17.sirinc2.org)  
or email: [sirsbrn17@gmail.com](mailto:sirsbrn17@gmail.com)



### March Attendance

**John French, Chairman**  
[sonomaink@yahoo.com](mailto:sonomaink@yahoo.com) 707-280-4120

There were only 62 members, two guests, one visitor and one speaker, Paul Gullixson, that attended our February meeting.

We had 10 members that did NOT notify me that they were NOT going to attend.

Be sure to notify me by Monday before the Friday meeting if you will NOT be able to attend!



### March Membership

**Doug Weber, Chairman**  
[zzzweber@aol.com](mailto:zzzweber@aol.com) 707-545-3188

One new application for membership for Dick Hensley, sponsored by Romie Schneider, was presented at the BEC meeting and accepted. Dick is scheduled to be inducted during the April 15th meeting.

One member has resigned: # 63 Stephen Virtue.

The total membership now is **95** active members and **9** inactive members.

### The March 18, 2016 General Meeting

Paul Gullixson, editor director and reporter for the Press Democrat, was our guest speaker. Mr. Gullixson led a highly interactive discussion session with our group about the status of the Press Democrat, its owners, and the role of editorials in the age of the Internet and social media. His long-term experience as a journalist in the San Francisco area and instructor at Sonoma State University enabled him to knowledgeably comment on many of the current challenges regarding news reporting and distribution. Remarkably, when



asked for a show of hands, nearly all SIR members reported they read the paper edition of the Press Democrat! With most readers now using their electronic devices to get the news, we are, as our kids say, dinosaurs and dodo birds!

### April 15, 2016 Guest Speaker:

Dr. Julie Trudel, a native of Québec, Canada, has extensive academic training in mechanical engineering, biomaterials, and bioengineering. Over the past 10+ years, she has played a significant role in advancing scientific and technical progress at Medtronic. In particular, she has led teams of engineers and scientists through early phase technical projects, and brought to market next generation products for a treatment (renal denervation) to lower blood pressure in certain patients with uncontrolled hypertension.



Dr. Trudel will give an overview of Medtronic and discuss some of the products supported by employees in Santa Rosa. Her talk will be interactive, with questions from the audience being welcome.

## List of the **APRIL** Birthday Boys!



**Adu Ebrahim**  
**Ken Prouty**  
**Robert Reuther**  
**Vernon Schuck, Jr.**  
**George Traverso**  
**Doug Weber**

## Chaplains' Corner by Herb Percy

*A man who is Master of patience is Master of everything.* George Savile

Stand up and be counted, from time to time you maybe knocked down. A man flattened by an opponent can get up again. A man flattened by conformity stays down for good. Remain **STRONG** in you faith!



Blessings in your daily walk.

**Remember to make a friend, not just an acquaintance.**

Contact Herb Percy, email [dadpercy@yahoo.com](mailto:dadpercy@yahoo.com) or call 575-7787 **OR** assistant chaplain Mike Heinzelman email [mdheinz2@gmail.com](mailto:mdheinz2@gmail.com) or call 579-6615.

## ACTIVITIES:

### Annual Summer Joint 17 & 176 PICNIC:

Our picnic for this year will be held on **Thursday June 16<sup>th</sup>** at the Villa Chanticleer picnic grounds in Healdsburg.

Please mark your calendar to save the date!

Social hour from 11:00 am to 12:00 noon,

**EAT** shortly after 12:00 noon.

**Lunch includes:** Tossed green salad, Tri Tip steak, chili beans, corn on the cobb, rolls, wine, beer and soft drinks.

All for only **\$20.00** Tickets will be sold at the **May** meeting. Volunteers are always welcome to help.

Bob Gaggero and Frank Moreda, Picnic Chairmen

### The Poem of the month!

Paul Revere Ride  
 Henry W. Longfellow 1807-1882

Hang a lantern aloft,  
 One if by land, two if by sea,  
 And I on the opposite shore,  
 Ready to ride and spread the alarm.

## Bowling Beat El Nino, Go Bowling!

Wondering what to do on these raining Mondays when the golf course is too wet to play. How about joining us for a round of bowling? Everybody is welcome. We have good bowlers, not so good bowlers (me). But the handicap system levels the playing field. And you can come or not come on each Monday. We don't form teams or need to call a sub when we can't make it. Just come and have fun.

We bowl every **Monday** from **10:00 AM** until noon at the Double Decker Lanes in Rohnert Park.

If you are excited about bowling, but would like to discuss a possible different date and/or time, then see Mike at the January meeting, call him at **707-579-6615**, or send an email to him at [mdheinz2@gmail.com](mailto:mdheinz2@gmail.com).

## Boys Night Out

For March 9<sup>th</sup>, Mark picked Haku Sushi Restaurant (Japanese) which was very good with quite a nice atmosphere and great food. Only problem was that Mark got sick with "something" and was unable to go. These 7 that attended want to "Thank You" for a job well done



and sorry that you missed such a good experience.

The selection for **Wednesday April 6<sup>th</sup>** will be **Hey Misstir Bar & Grill** in Mission Plaza Center at



Highway 12 east and Mission Blvd. Actual address is #53 Mission Circle, at space #111.

Come at 6:00 pm to enjoy a cocktail before ordering some of your favorite

burgers or choose from many other entrees.

For more information and to see their menu go to:

[www.zmenu.com/hey-misstir-bar-and-grill-santa-rosa-online-menu/](http://www.zmenu.com/hey-misstir-bar-and-grill-santa-rosa-online-menu/)

So, if your are thinking about going, then get your reservation in **NOW**.

**RSVP Mark Burchill before Monday April 4<sup>th</sup>**.  
 email: [MarkNick@sonic.net](mailto:MarkNick@sonic.net) or call 542-2529.

**RESERVATIONS ARE A MUST!**

Hope to see lots of SIR members there!!!

## 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 coordinated by chairman Al Black, email to [rosaridge@comcast.net](mailto:rosaridge@comcast.net) or call 707-578-3210.



We welcome new and interested members to think of joining the pool of players.

Bridge days scheduled this month for play at Legends Restaurant Bennett Valley starting at 10 AM on **Tuesday April 12<sup>th</sup>** and **April 26<sup>th</sup>**.

## Couples Night Out

For March 16<sup>th</sup> the chosen spot was the ever popular Kirin Restaurant at 2700 Yulupa Avenue,

Kirin has been open at this location since 1985, so they must be doing something right. They serve Mandarin and Sichuan style Chinese dinners, along with beer and wine.

On **Wednesday April 13<sup>th</sup>** come to **La Gare French Restaurant**, 208 Wilson Street, S/R. (In Old Railroad Square)



Established over 30 years ago, this family owned restaurant still boasts its founding principles of fresh local ingredients, top French and European cooking techniques, and making everything in the restaurant from scratch. And, they are "Gluten-Free" friendly.

Come at **6:00 pm** to enjoy the wine bar, dinner to be ordered at 6:30 pm.

As always: **Reservations are a MUST!**

Contact Fred Rose at [fredricrose@comcast.net](mailto:fredricrose@comcast.net) or call 707-548-5797 **by Monday April 11<sup>th</sup>** to reserve your place at the table.

Hope to see lots of SIR members there!!!

## Fishing

(Article written by Ted Scapeccia)

Now that the dust has somewhat settled, I can report on the signups for this year's fishing trip out of Porto Bodega Harbor. This year six members of SIR will be embarking from Porto Bodega on Wednesday July 13<sup>th</sup> for a day of fishing, most likely for rock cod. The adventurous six are, from Branch 17



Fishing Chair Ted Scapeccia, Assistant Fishing Chair Don Salazar, Assistant Treasurer Glenn Seime, from Branch 76, Travel Golf Chair Jim Jones and from Oakmont SIR Jim Oswald and a guest. The group will once again be heading out on the



Miss Anita, one of Porto Bodega's best.



If you have any interest in joining in on the fun, if you have any suggestions for a fishing experience, then please contact me about any

questions you might have. Email Ted Scapeccia at [tescape@sbcglobal.net](mailto:tescape@sbcglobal.net) or call 529-5049 Fishing Chairman or Don Salazar at 545-0873 Assistant Fishing Chairman.

## Garden Club

(Article written by Lance Thompson)

The Garden Club. We will meet about 11:15 am at one of the tables near the door to share our gardening interests. John French will have some bee wax combs (minus the bees!) to show his gardening interest.



The date for the docent tour of the Quarry Hill Botanical Gardens is April 26, 2016 at 10:30 am. \$15 or \$30 with 1 guest. I now need firm commitments as space remains for 2 or 3 Sirs with 1 guest each. April showers or sunshine. Vegetation and flowers will be a good show. I will be taking last signups at the April meeting. For info: <http://www.quarryhillbg.org>

Any questions, contact **Lance Thompson** at:

[lance@pon.net](mailto:lance@pon.net) (put SIRs in the subject heading)

or call 707-527-3438.

## GLOBAL FORUM

(Article written by Tom Johnson)



Are you interested in discussing world events? The monthly GLOBAL FORUM provides a place and a group interested in all that is going on around us. Discussions range from the impact of oil prices on the world economy to the impact of history on current and future events. We do not always agree, but we enjoy exploring our diverse information and opinions over coffee and refreshments.

Adu and Sally Ebrahim open their home to all SIRs interested in exploring our global environment. You are invited to join the monthly confab. We meet from **9:30 to 11:30 am** on the second **Friday** of the month at the Ebrahim home: 3576 Lake Park Drive (just off Bicentennial one block north of the Lucky/Home Depot complex). Our next gathering will be **Friday April 8<sup>th</sup>**.

Should you have any questions, please email Adu at [aebra@aol.com](mailto:aebra@aol.com), or if you do get lost, then call him at **566-4786** for more directions. We hope to see more members there for our discussions!

## Golf

Well here we are again, requesting a little help to fill a vacancy in our golf co-chair position.

Richard de Lambert has been our co-chairman for the past several months but will now step down to assume new duties as a Bennett Valley Golf Marshal. Rather than watch over our score cards, he'll be watching over us as we play our Monday morning golf game... be sure to keep up the pace, and for God's sake, don't hit the Marshal's cart. I want to thank Richard for stepping up and lending a hand during a tough transition period.

We are looking for someone who is willing to work alongside John Weaver, Bob Nadel, and me to keep order in our weekly score-keeping process. Score-keeping and reporting will be rotated among the four on a weekly basis, and all other duties will be shared as decided. If an illness or a trip to Tahiti arises, it will be easy to have someone else take over for a bit. I don't want to say there are a lot of perks or glamour in this position, but it is a position that needs to be filled. We all have had the privilege of enjoying our Monday morning stroll down the links of Bennett Valley Golf Course, and now it's time to share in the work that makes it all possible.

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## Golf continued

Below you will find a list of duties that should be anticipated but will be shared by four people. By working together with branch 76, it's really not that heavy of a load. Many of the duties are already assumed by existing chairmen, so the list is not as daunting as it first appears. Of course there will be a break-in and learning period, but John Weaver and I can help you over the hurdles.

### Characteristics:

The golf chairman & co-chairman should have a good rapport with the BV golf staff and SIR club membership.

The golf chairman & co-chairman must have writing and email skills and have some experience with spread sheets.

### Duties to include:

Keeping weekly scores and publishing weekly golf reports

Accounting for the prize fund and its distribution

Managing bank account and check register

Printing and posting semi-monthly club rosters with index and handicap in the BV golf shop

Submitting monthly golf briefs and updates for the branch 17 BARK newsletter

Maintaining (or at least understanding how to maintain) our NCGA 17/76 club roster, updating membership adds and deletes, collecting annual dues from members & paying same to the NCGA

Working with the NCGA to clear up ambiguities or irregularities in club members' postings of scores

Annually negotiate with Bennett Valley Golf Course regarding schedule of play

Printing & posting of annual golf schedule including SIR State Golf and Travel Golf events

Ensuring that we have several members of our golf club complete the NCGA Handicap Certification Program once every four years

If you have an interest and are willing to share some of your time with us, give a call or shoot me an email.

Your service will be appreciated.

Until next time, Good Golfing

Roy Thuestad

[roymond@comcast.net](mailto:roymond@comcast.net)

975-4406

## Traveling Golf:

(Written by Jim Jones, Branch 76)

The 2016 Traveling Golf schedule has been set, contracts for almost all of the courses have been signed and the required deposits have been forwarded. The signup booklet has been completed and is every Monday morning at the BVG Pro-Shop so that you may sign up for the courses on our Travel Golf itinerary.

The Rooster Run GC in Petaluma is the first of nine courses we will be playing. There were 15 SIR 17 & 76 players who traveled to this beautiful and renowned course on March 17, 2016. The superbly maintained course, noted for being the “best playable” in Sonoma County when the weather conditions ground other courses, was very inviting yet, as the scores proved, offered a very challenging layout.

The second course on our 2016 “Tour de Bay Area” will be the Boundary Oaks GC in Walnut Creek. This outing, like last years, will honor a former member of Branch 17, the notable Fred Reich, who now resides in the Walnut Creek area. This superb course, which in its layout and narrow tree lined fairways resembles our own Bennett Valley GC, is a sheer delight to play. Fred will again be joining us this year along with his son, Richard Lyons, who will record our festive outing. We have 20 slots reserved for our April 21 9:40 AM tee time. So don’t be shy, fellow SIR...”Stand up, Step up and Sign up!” as the phrase goes at the local Armed Forces Recruiting Center. You’ve got what it takes to play Boundary Oaks GC with Fred Reich

As the remainder of the courses are secured, we will keep you informed of our ongoing progress. The blossoming, yet schedule for 2016 is as follows. The price indicated are per PLAYER includes: green fees, cart and prize fund:

March 17 @ 9:00 AM	Rooster Run GC, Petaluma, CA at \$48.00/player
April 21 @ 9:40 AM	Boundary Oaks GC, Walnut Creek, CA at \$48.00
May 19 @ 10:00 AM	Windsor GC, Windsor, CA at \$49.00
June 7 @ 10:04 AM	Rancho Solano, Fairfield, CA @ \$48.00
July 28 @ 10:30 AM	Fountain Grove GC, Santa Rosa, CA @ \$86.00
Aug. 17 @ 10:00 AM	Harding Park GC, San Francisco, CA @ \$142.00
Sept. 15 @ 9:30 AM	Links at Bodega Bay, Bodega Bay, CA @ \$51.00
Oct. 20 @ 9:45 AM	Blue Rock Springs East GC, Vallejo, CA @ \$45.00
Nov. 17 @ TBD	Sonoma Golf Club, Sonoma, CA @ TBD

## Traveling Golf: continued

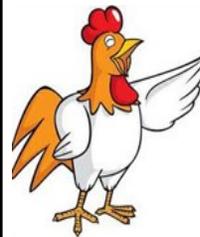
As both Bob and I continue working with the remaining courses for scheduling and rates, we are required to commit to tighter booking, rate and payment obligations, all of which will require a change to our SIR 1776 travel golf policies, as well as player payment schedules and player obligations. Please have your payments to either Bob or Jim NO LATER THAN the Monday 1 week prior to scheduled play. Remember, payment is by CHECK ONLY and MUST BE ON TIME!

*“Here cometh April again, and as far as I can see the world hath more fools in it than ever.”*

– Desmond Tutu



### Joke of the day!



A distraught senior citizen phoned her doctor’s office. “Is it true,” she wanted to know, “that the medication you prescribed has to be taken for the rest of my life?” “Yes, I’m afraid so,” the doctor told her. There was a moment of silence before she replied, “I’m wondering, then, just how serious is my condition because the prescription is marked ‘NO REFILLS’.”

### NON-RESPONSIBILITY DECLARATION

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