

A non-profit club devoted to the promotion of independence and dignity.

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



The REDWOOD BARK Newsletter AUGUST, 2023

All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday, August 17, 2023 at Iron & Vine, 3330 Yulupa Avenue, San Rosa

Social Hour: 11 am, Lunch/Meeting: 12 noon

If you told the Phone Committee **"YES"** you plan to attend but find later that you will be unable to attend, you need to contact **AI Petrie** at **707-974-9193** or email <u>alpetrie7@aol.com</u> by noon **Wednesday**, **August 8**th to help keep our count more accurate. Also of importance is, if you are bringing a guest or if you originally said "NO" but changed your mind and decided to go after all, in either case, then please contact **AI Petrie** per the above! **Notice:** The menu will be posted on our website <u>sir17.org</u> on **August 9**th. To enter the building, please use the entrance to the left.

Big Sir Gary Bondi's Message gbond@sonic.net 707-539-2445

Greetings fellow Sirs! In this article I would like to cover a couple of items.

First, I want to thank all the members for their continued attendance and participation at our luncheon meetings as well as our other activities. I also want to extend a welcome to all the new members who have joined us over the last few months. As I've said before, our branch continues to thrive and grow thanks to the efforts of all of you!

The second item is regarding the **BARK** newsletter. It began as a one- or two-page publication several years ago, and has now grown to around 12 pages. That is not a bad thing, but rather a sign of the positive growth and activity we have experienced. It now, however, takes a greater effort and more time for the Editors to put it together each month and publish in a timely manner. They are doing an excellent job and from what I have observed, it may be the best publication among all other SIR branches. We appreciate the effort of all who submit articles, as there is always valuable information to pass along to our members. That said, in an effort to help them with the excellent work they are doing, we are asking all current members that contribute to the BARK, along with any future contributors to follow these guidelines: (continued on page 2 top left)



Little Sir Chris Nelle's Message 707-527-0576

Well it's that time again to pen an article for the *BARK*. You know, when you're tasked with something like this you hope it's

providing some value to those who read your material.....more on that later. For now let's take a look at coming attractions. We're just now recovering from Stewart Lauterbach's spine tingling tales of emergency medicine. I'll assume most of us have never needed to use of the ER but if a time comes when you do, the skill and compassion of the physicians and staff who serve in emergency medicine will be very, very welcomed.

Following we'll have Bob Sonnenberg, Executive Director of the Earl Baum Center of the Blind, talk to us in August; Mareskesia Smith, Santa Rosa City Manager in September; John Cregan, Santa Rosa Chief of Police in October; our very own Ted Scapeccia in November to talk about Honor Flight and then our traditional Holiday Season entertainment in December.

Back to the notion of the *BARK* content providing value. I like to experiment with things with the hope that I might stumble across ways to improve. Examples are plentiful! I lost a bunch of weight to see if I would improve my health.....It did! I worked to shallow my swing to get better consistency and more accurate golf shots.....it did! (continued on page 2 top right)

Big Sir Message

(continued from page 1)

- Effective immediately, all articles are to be submitted to Gordon Boultbee.
- Gordon will format, proofread and fix grammatical, punctuation and typographical errors before forwarding articles to Jim for placing into the **BARK**. (This is simply a different order than what we have been doing for several
- If possible, submit your articles a least **five** days prior to the end of each month. (I admit. I am guilty of missing this deadline.)
- If there are no changes to your previous months article, no need to resubmit, just let Jim know.
- Keep your articles informative, but try to be as brief as possible.

Once again, we very much appreciate the efforts of all those who submit something for the BARK. You are what make our publication one of the best among other SIR branches.

Final thought! Next meeting is Hawaiian shirt day, so drag out your best and be sure to wear it to the meeting. You can finally wear that one that's been hanging way in the back of a closet, or in the bottom of a drawer, and you haven't worn since you guit surfing! Can't wait to see some wild, crazy attire. In addition, each member wearing one will be entered in a "special drawing" for a cash prize of Big Bucks!



Mahalo! See you all on August 17th, Gary

Little Sir Message

(continued from page 1)

I reduced my heavy coffee consumption to improve the quality and duration of my sleep.....it did! Having met recently with Gary, Gordon and Jim to discuss the BARK, it made me wonder how many of you read the BARK, or at least how many read my cogent commentary. For the effort I make to provide meaningful stuff, I'd hope a good number of you take the time to read it. So I thought I'd experiment to find out. I will provide \$10 in credit to the purchase of any one of the fabulous SIR clothing items currently being offered for sale, for the 10th member to email me after reading the BARK and seeing this enticement.....it will also test how many know how to access the member directory on our website to find my email address. Good luck!

Doing My Part:

(Article by Gordon Boultbee)

I'm Doing My Part pins are awarded approximately quarterly to members who sponsor new members. It is a one-time award, no matter how many new members you sponsor. At the July 20 luncheon pins were awarded to **Jim Taylor** for sponsoring Barney Hays; to Terry Freeman for sponsoring Duane Peterson; and to Bill Grafeld for sponsoring Jim Richards.



L/R: Bill Grafeld, Jim Taylor, Gordon Boultbee (Membership Chair), Terry Freeman. (Photo by Neil Wheeler)

MUSIC MUSIC MUSIC:

(Article by **Rich de Lambert**)

SIR 17 is on the road to have MUSIC during our cocktail hour prior to lunch. We even have a member who is a professional leader who has agreed to lead the group and compose the music! The group would play for only a short time before the meeting. Several have already indicated a desire to join us, but we need a few more to make it happen. Email: richdelambert@gmail.com to let us know your interest.



Senior Info Fair:

(Article by Neil Wheeler)

Members of SIR Branch 17 will be staffing an information table at the Sonoma County Fair **Senior Info Fair** on Friday **August 4th** from 12 to 4 pm. This is a popular event for all the seniors attending the Fair. They look forward to talking to providers (and getting free stuff!)



Seniors 60+ only pay \$1 General Admission to the Fair on this day and **August 11**th. Come to the Fair and visit our table, then enjoy free entertainment, the Flower Show (with ten lifesize animatronic dinosaurs), agricultural and competitive exhibits, the Food Fair, and Wine Country Racing.

You can get a copy of the 2023 Fair Magazine at: https://sonomacountyfair.com/pages/fair-guide

August Birthdays

Charles Baker Rich de Lambert Bill Traverso Henry Culp Dean Lundgren Ron Turner



The **July** Birthday Boy FREE lunch winner was **Kurt Wehrmeister**

How come there are NO Federal holidays in August?

The following is a slate of your potential 2024 Officers and Directors for SIR Luther Burbank Branch 17:

Big Sir Chris Nelle Little Sir Neil Wheeler Secretary **Terry Freeman Assistant Secretary** Steve Saulsbury Treasurer John Gnam **Assistant Treasurer** Mike Rogalski Director 1 Wynn Bailey Director 2 Barry Bialkoski Rich de Lambert Director 3 Director 4 Bill Grafeld Director 5 **David Harris** Director 6 Marc Perl Director 7 Kurt Wehrmeister

The above list of members will be voted on by those members in attendance at the August 17th luncheon/meeting.

Four New Members Inducted

Four new members were inducted by Big Sir Gary Bondi at the July 20th luncheon. They are **Patrick Hurley**, sponsored by George Traverso; **Ken Kazezski** and **Chris Smith**, sponsored by Rich de Lambert; and **Rod Sverko**, sponsored by new member Chris Smith(!). In addition, the BEC approved Jon Drew and Charles Verzosa for membership but they were not present, so will be inducted at a later luncheon.

(Article by Gordon Boultbee)



L/R: Chris Smith, Rod Sverko, Rich de Lambert, Patrick Hurley, Big Sir Gary Bondi, Ken Kazezski, and George Traverso.

(Photo by Neil Wheeler)

SIR Branch 17, Member Profiles: Mike Requarth Badge #109

It's hard to think of Mike Requarth concerned about becoming socially isolated ... he is such a friendly, outgoing guy. But fear of isolation brought Mike to SIR17 back in January 2022, together with a bit of encouragement from his golfing buddy, friend, and Branch member, Mike Rogalski. Requarth explained, "Isolation is possible...we are at a tenuous age where we must deal with the loss of friends and family who either move away, become incapacitated, or die."

Mike grew up in Dayton OH and attended Miami University and Wilmington College where

he studied psychology. Like many of us who were raised in frigid areas of the country, he loaded his worldly belongings into his van and drove west, landing in Los Angeles with hopes of a better, warmer life. However, within three



days in LA he discovered choking levels of smog and headed north to live with his cousin who told him about a job at a residential treatment center in Santa Rosa. Mike took the job as a resident counselor at a center for children whose parents could not care for them and were wards of the court. For the next two years, the center gave Mike a place to eat and sleep as well as a whopping \$450 per month as head counselor. It also gave him a place to meet Margo, a newly hired counselor, who he would eventually marry.

Mike and Margo loved the beauty of Sonoma County and decided to live and raise their family here. Mike got into the construction business and then set up his own company that handled parking lot maintenance. His company became expert in painting the lines on parking lots. (We now know who to thank for those narrow spaces at the grocery store.) Although he eventually sold the company in 2004 after 30 years, he was not ready to retire. His next gig was and continues in real estate where he buys and sells houses and manages development projects where offices are turned into apartments. He said, "This is much easier than running (Continued on top right)

Member Profiles:

(continued)

a business and feels like retirement since I don't have a payroll."

Compassion was in full evidence in 2017 when the Requarths offered Mike and Ann Rogalski a safe, comfortable place to stay in their granny unit after their house was destroyed in the Tubbs fire. "They were key to Ann and me recovering as well as we could. We're forever indebted."

Mike and his family are extensive travelers and have spent their lives meeting people from many cultures and countries. "I've been all over the world including Europe, Africa, South America, India, Egypt, Australia, and New Zealand." The Requarths enjoy taking active, adventure trips and have been on some 50 biking, rafting, and hiking trips offered by the Backroads tour company in Berkeley. People on these trips often bond quickly and become friends for life. Mike says you would be amazed how open travel mates are to talk about their lives. These trips teach us so much about the good, bad, and ugly of other countries. When we ignore lines drawn on a map, we see that our home country is really the world.

Like many of us, Mike considers membership diversity important for the health and prosperity of our SIR Branch. We are a very white club and tend to bring in new members that look like us and associate in our own circles. We should strive to get more guys of color and from different cultures, representing the rich diversity we have in Santa Rosa. Reaching out to let guys know we are a welcoming Branch will help attract diversity, especially if surrounding them with guys who are friendly and want to be around other people. Friendly, outgoing, and truly interesting men...modeled nicely by Mike Requarth. (Article by Dennis Mangan)

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.

Activities:

Use this link below to view the latest online Calendar of Events https://www.sir17.org/calendar-of-events.html

Bocce:

(Article by Chuck Stark)



We are now meeting at 10:45 am at Julliard Park EVERY Friday to roll the pallino. I can't be present every Friday and until we get a cocaptain, it's a good idea to let me know you are coming in advance so we have someone there with

the equipment. We organize several matches depending on the turnout.

We join with Branch 76 members also. We play from 11 am to approximately 12:30 pm, and players can opt in for lunch somewhere downtown afterwards if they desire.

This is a friendly game, easy to learn and a good way to get to know other members. Join us as many Fridays as you want or can, there is no obligation to be there every Friday.

For questions or more information contact:

Chuck Stark at: cstark@sonic.net or call **707-799-3373**

Bowling: (article by Fred Rose)

If you have an interest in helping to get this activity going again so you also could enjoy it then contact our Activities Chair, Fred Rose at:



707-548-5797 or fredricrose@comcast.net

Book Club:

(Article by Neil Wheeler)



The SIR Branch 17 Book Club is a social book club. We read and share our thoughts but don't take it too seriously.

On Wednesday, August 23rd, at 2 pm we will meet at the Cypress

Point Picnic Area in Howarth Park to socialize and discuss the book. Bring a lawn chair.

If you have any questions or would like to be on our email list, call me at 707 291-0271. or send an email to: njmwheeler@science-one.org

Boys' Night Out: (Article by Don Malvestiti)

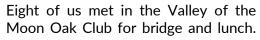


BNO HAS MOVED TO THE 3^{rd-} WEDNESDAY OF THE MONTH AUGUST 16th.

BJ's Restaurant & Brewhouse 334 Coddingtown Center 5:30 pm social, 6 pm dinner.

Last day to be included in group is August 11th. Email at: malvestitidon485@gmail.com or call 707-539-0677 and please leave a message if no answer.

Bridge:



If you have an interest in Bridge, contact:



Dean Lundgren 707-544-8088 mdlungren@msn.com James Park 707-578-4255 jcpark38@sbcglobal.net

Coffee Club:

(article by Rich de Lambert)



The Coffee Club meets in Howarth Park the 2nd and 4th Thursdays at 9:00 am. That's Aug 10th and 24th.

We will be at the Cypress Point picnic area in Howarth Park. Come enjoy a cup of coffee, some baked goods, conversation with your fellow SIR

members, take in the views, and maybe take a walk up the trail towards Spring Lake before or after having coffee. We only ask for a \$1 donation to offset the cost of the coffee and treats. Bring a lawn chair. Guests are welcome, bring a friend!

If you have questions, contact, Rich de Lambert,

at richdelambert@gmail.com

or call 707-545-3490

Community Involvement Program:

Hope to see you at our next outing. We will be at the Redwood Empire Food Bank on Thur., Aug. 3rd, from 10 am until noon. Last month 11 of us packaged (continued on page 6, top left)

Community Involvement Program:

(continued from page 5)

apples and plums. Our name is becoming better known in the community as a group that helps others, as well as for working together and making friends for life.

We hope that you can join us in our next volunteer activity at the REFB and experience the good feeling of helping others. Wear your SIR apparel so our Brn 17 is identified. Chairs are available for those who prefer not to stand.

Let one of the committee members, George, Rich, Barry, or Bob, know that you are planning to come so we can inform the REFB in advance. You can find us on the www.sir17.org website under the first Thursday of each month. All the information related to time and place is on that site.





Barry Bialkoski and Bob Reuther, Co-Chairs

Rich de Lambert and George Traverso, Co-Vice Chairs

Couples' Night Out:

(Article by Fred Rose)

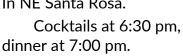
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July Recap & August Info:

On July 27th we had a great evening at the Central Market restaurant in downtown Petaluma. Ten couples made the trip: Big Sir Gary Bondi and wife Dee, Roy and

Chris Thuestad, Ken and Gayle Johnson, Marc Perl and wife Kathy O'Neil, Neil and Barbara Wheeler, Frank and Marie Panza, Fred McMane and wife Kathy Wolf, Jim and Susan MacMillan, Marvin Schouweiler and Lynn Cornelssen, and Fred Rose and Jamie Gallagher.

On **Aug. 24th** we will be at **Los Molcajetes Bar & Grill**, #6599 Montecito Blvd., In NE Santa Rosa.





RESERVATIONS ARE REQUIRED by Aug 18st!

Contact Fred at: fredricrose@comcast.net
or call 707-548-5797.

Cribbage:

(Article by Rich de Lambert)

The BEC approved cribbage as a new activity at its July 20th meeting. The first match will be August 16th



starting at 11:30 am at Rich de lambert's house, 3710 Evergreen Rd., S/R Please RSVP to Rich at: richdelambert@gmail.com or call him at 707-545-3490, so he knows how many tables and boards to set up.

Explore & Eat:

(Article by Fred Rose)

A new activity was organized this spring by our Activities Chair Fred Rose. Called Explore and Eat, the idea was to find interesting places to visit, within a reasonable driving distance, like Saint Helena, Benicia, or Bodega with an historic or interesting venue to visit with access to an outdoor food venue. It is envisioned as strictly a daytime summer weather type of event, and members and their guests are welcome, with or without their partners.

The first two events were very successful, but if this activity is to continue we need a permanent activity chair to lead it going forward. If you would like to volunteer to do this, contact Fred Rose at email fredricrose@comcast.net or call him at:707-548-5797.

GLOBAL FORUM:

(Article by Marvin Mai)



Our world has set many sad new records this year with new high temperatures in recorded history across not only the U.S. but much of the globe, as well as high ocean water temperatures. Climate change will be our starting

topic for discussion and will be moderated by Sir Richard Harkness who has written an e-book "Global Warming" which is available free at his website: www.richard-c-harkness.com/ebooks/

Also, we'll look at other recent global events such as the coup in Niger and the many coups in recent years across Africa along with the recent meeting of African nations with Russian President Putin. (continued on page 7 at top left)

GLOBAL FORUM:

(continued from page 6)

What's happening in China and India, what's new with Turkey and the admission of Sweden into NATO. What should the U.N. do about the

threat to sink ships going or coming from Ukraine in the Black Sea? To cover all the potential topics in these short paragraphs is not possible and our open-ended discussions are extremely educational and often end too soon.

Looking forward to our August 11th meeting at 10 am at Mai house, 4743 Woodview Drive. Send in your reservation to Marvin's email at maimarvin57@gmail.com as attendance is limited to only eight attendees there.

We'll meet via Zoom on August 25th and there is no limit on attendees at Zoom, so let Marvin know if vou're interested and not on his notification list.

GOLF: Mondays at Bennett Valley

Playing in SIR 17/76 Monday tournaments requires signing up for a tee time in advance. The new management REQUIRES a signup sheet and only allows us tee time slots for players who have actually signed up. If you have not signed up you need to contact the Bennett Valley clubhouse IN ADVANCE: 707-528-3673 by 9 am on the Friday before the Monday round.

The new management at Bennett Valley Golf course continues to make improvements to the course with tee box rebuilding and other subtle changes. Taping off areas that need some time to recover from poor irrigation and bad cart driving is showing positive results.

In the coming year, 2024, NCGA fees for SIR will increase to \$46 per year to play in our regular SIR Tournaments and Travel Golf. If you belong to an NCGA E - Club, you will also have to pay \$46 if you wish to maintain membership in that club or any other golf club you belong to.

Bill Brooks will be notifying you in the near future for 2024 dues.

Looking forward to seeing you on the course.

The 17/76 Golf Committee

(Article by Fred Rose)

HIKING GROUP:

(Article by Gordon Boultbee)

Why We Hike!



Have you visited the wonders of Yosemite, Yellowstone, The Grand Canyon, Bryce Canyon, Zion, Sedona or international exotic locales, yet never explored your own

"backyard," Sonoma County? When Branch 17 started a hiking activity less than a year ago, several of us who were interested in participating found that to be a common denominator. We were interested in getting more exercise, but also wanted to explore our numerous regional and state parks right in our own "backyards," most of which we had never visited despite having lived here for decades.

We meet every Friday at an agreed upon regional or state park. Several of us have park passes so we carpool when necessary. We typically start at 8:30 am in the summer and 9:00 am in the cooler months. Hikes typically last from 2 ½ to 3 hours, and cover 3-4 miles of easy to moderate terrain. And the views are spectacular!

If you would like to join us, get on the hiking activity email list by contacting Stew Lauterbach, our fearless leader, at stewartlauterbach@gmail.com. He seldom leads us down the wrong path!

POKER:

(Article by Mike O'Neill)



We had a good game of Poker in July, seven players. Ted Scapeccia was the "big winner." We had one new member join us. All things were good at Epicenter.

For August, our game is scheduled for Thursday, August 10th. As of this writing, July 21st, we have five players signed up. If you would like to join us, contact Mike O'Neill at Mikeo46@sbcglobal.net. If we are full by the time you contact me, we'll give you priority for our September 14th game.

Come ioin us and have some fun!

A special **Thank You** to members Gordon Boultbee and the many others for helping us by spotting all the errors in grammar, punctuation, spelling and any other boo-boos that have been made before this final edition goes to press and you see it. Jim-the Editor

TRAVEL GOLF:

(Article by Bill Brooks, Brn 76)

Wow, what a day. Started off with cold overcast day but brightened as we forged on with slow greens (BV has spoiled us).

Eight of us had a fun day playing Chardonnay with its six par 3's, six long par 4's and six par

We had five \$5 greenies won by Jim Gurke, Ron Tonelli, Jim Dale, Bill Brooks and Charlie Bertoli and one greenie for a free round of golf at Foxtail North with cart which again was Jim Gurke winning the prize.

Because of all the greenies we only had \$15 left in the prize fund which again gave Jim Gurke \$10 for low net and \$5 to Ron Tonelli.

Tom Sparrowe, Bill Grafeld (donor of the free round of golf-BIG THANKS to Bill), and Marc Perl came along for the ride and had a great time.

Our next Travel Golf is going to be Foxtail North on August 16, 2023. Starting tee time is 10:00 am.

Walking Group:

(Article by **Richard Lundblad**)

The walking group meets every Tuesday morning at 10 am, that is weather permitting. Exact meeting places to TBD but we have been leaving from Cypress Point and go for coffee afterwards.

Come join us and bring a friend! If you have any questions or would like to be on our email list,

contact me at richardlundblad@gmail.com or call me at 707-888-8386



Wine, Beer & Spirits: (Article by George Traverso)

We are going to have a special treat at our next wine event. We will be treated to wood fired pizzas and outstanding wines at a Trombetta Family Wines Pizza Party on Wednesday September 6th.

The event will be at 129 Nolan Court in Forestville from noon to 3 pm. Because of time constraints, the last day

to confirm attendance is Friday September 1st. Thus, this article may be in the August BARK only. The cost is \$50 per person payable via cash or check in advance to George Traverso. George will pay the winery. Remember, this is a co-ed event, so guests and wives are certainly welcome. We are looking forward to this fantastic event in beautiful Forestville!

Picture from SRJC Shone Farm tour



L/R: Mel & Mark Burchill, George Traverso, & Ann Nolen. (Photos by Neil Wheeler, above & below)

Picture from Redwood Empire Food Bank



L/R: Dayle Johnson, Ken Johnson, Gary Bunas from Brn #92, back of ???, & George Traverso.



New Member Badge # 166 Rodney (Rod) Sverko

I was born in Fort Bragg, CA, on April 2, 1940. My parents were ranchers and horse people, and also raised cattle on a 1,200 acre ranch in Comptche, CA (Mendocino County). I was the only child, and walked to school, a one room schoolhouse with one teacher and eight grades. Quite an experience, but beginning in the 7th grade I attended junior/senior high school in Mendocino. I graduated from high school in 1957 and enrolled in Santa Rosa J.C. where I attained an A.A. in Administration of Justice. Being only 20, I was not old enough to be a police officer, so I joined the U.S. Army for three years.

While serving my 28 months in Hawaii, I returned and married Bev Marshall, who had grown

up in Forestville. After being discharged I joined the Santa Rosa Police Department in 1963, when the city had a population of about 30,000 and there were 30 officers.

We purchased our first home in Mayette Village, on Janet Way. We lived there for 11 years, and during this time



we raised two daughters. We then moved to Hidden Valley and then to the west side where we resided for 37 years.

During this time I returned to college and got my B.A., received two promotions and became a command officer. I retired in 2003, serving as second in command of a department of 190. My first wife passed away due to cancer. My current wife is a Sonoma County Sheriff's Office retiree, Antonia Albany, and she is now an author with four books published.

Having sold our Fountaingrove home 10 months prior to the Tubbs fire, we were fortunate to still be here, as the home was destroyed by the fire.

I have two daughters, two grandsons, and one great-grandson, who all live in Santa Rosa. My wife and I now live at Brookdale, Paulin Creek, on Range Avenue where you pay one price for everything, three meals a day, housekeeping, utilities, entertainment, etc.



New Member Badge #36 Chris Smith

As much as I envy anyone who has lived in Sonoma County for a lifetime, I cannot make that claim.

I was born in Southern California in 1954, growing up in Riverside. After high school I ventured north to San Jose State to study journalism, and early in my college career accompanied a friend across the Golden Gate Bridge to Sonoma County.

Serendipity subsequently led to me securing

a job as a reporter with the weekly Independent Coast Observer in Gualala. Another stroke of luck placed me as a Mendocino Coast correspondent with The Press Democrat, which hired me as a staff writer early in 1978.



I was with the PD for 42 years, the last 20 as a full-time columnist. I wrote all

kinds of stories about all kinds of people, and felt certain that I could not have a better line of work in a better place.

I met my future wife, Diane Peterson, in the newsroom in 1985. Our son, Max, is a physical therapist here in town.

I stay busy writing, participating in community endeavors, meeting friends for breakfast or lunch, and walking with my Australian shepherd, Maisie, who takes me every morning to Rich de Lambert's yard to check out his dogtreat station.

