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 July 2026

All members are invited to attend our next regular SIR Luncheon/Meeting on Thursday July 16th at The Epicenter, 3215 Coffey Lane, Santa Rosa.

You can reserve a place at the luncheon, or cancel a reservation, through our website by clicking here. If you told the Phone Committee **"Yes"** you plan to attend but later find that you will be unable to attend, please contact **Rod Mooney** at (707) 328-1819 or by email at rnktla@gmail.com by **noon on July 9th**. Also: If you are bringing a guest, or if you originally said **"No"** but changed your mind and decided to attend, then please contact **Rod Mooney**. If you are a no-show you may be charged for your meal!

Big Sir Art Appling's Message:

art4747@msn.com (707) 538-1769

Happy 250 years America!

Can you believe that SIR is almost as old as America? Execration seems to be in vogue today, so I'll join the politicians.

I sincerely hope all who attended enjoyed our annual branch picnic; Joyce and I certainly did. This event significantly benefits our branch's finances, and I want to thank the volunteers who gave their time to make this a success. Thank you!

State SIR has some issues, and those are headed toward the branches. Our bylaws and articles of incorporation are outdated, and SIR has received a legal opinion stating that changes are required. Mostly, this has to do with branches that want to be co-ed and the conflict that arises with the current bylaws at both the State and branch levels. As I understand it, the decision on whether to be co-ed will be made by each branch. The State Bylaws will be rewritten to allow this. The other option would be for the State to sever ties with co-ed branches and remain exclusively a men's organization. Stay tuned, but I anticipate a membership vote for us to revise our bylaws will be on its way. If anyone wants to read the lawyer's summary opinion, I have it.

The State also needs additional volunteers. If you have expertise as a chief information officer or similar credentials, you are needed. The State SIR website shows positions that need to be filled.

Little Sir Stew Lauterbach's Message:

stewlauterbach@gmail.com 707-495-0985

Let's go to a free live concert!

Every summer there are several free concert series in the Santa Rosa area. This is what I could find, and I have been to many of the ones at LBC. Below are the series, with links to the schedules and locations.

Luther's Locals is a series of Tuesday night concerts at Luther Burbank Center for the Arts. These will continue every Tuesday through the end of July.

KRSH 95.9 Backyard Concerts series goes through the end of August.

Live at Juilliard Park runs through mid-August.

Summer On the Square on Old Courthouse Square has music and movies.

Santa Rosa Wednesday Night Market has live music.

Sonoma Sundays on the plaza - three more concerts.

Summer Nights on the Green Concerts in Windsor.

Peacetown Summer Concert Series in Ives Park in Sebastopol.

We are quite fortunate to have these resources right in our backyard!

July Speaker: Cyndi Foreman, Division Chief–Fire Marshal, Sonoma County Fire District

Cyndi came to Sonoma County in 2001 where she was hired as an Engineer/Firefighter with Rincon Valley Fire Protection District. Notably, she became the District's first female professional firefighter. In 2019, Cyndi was promoted to Division Chief–Fire Marshal with the newly consolidated Sonoma County Fire District.

Educational Background: Cyndi holds certifications for Company Officer, Chief Officer, Public Information Officer, and Fire Investigator.

July Lunch Menu

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

- *Chicken Parmesan*
- *Caesar salad*
- *Herbed Pasta*
- *Glazed Carrots*
- *Bread and Butter*
- *Cupcakes*

The Untold Story of The Judgment of Paris

It's the 50th anniversary of the **Judgment of Paris**! You wine lovers know the story, but is it the full story? How did Chateau Montelena Winery score such an impressive victory? Read the fascinating short story detailing what it took to get those local grapes made into wine.

Click Here and Read the Story!

2027 BEC Slate of Candidates:

The 2026 Nominating Committee, which consists of the last three Past Big Sirs, presented and the Branch Executive Committee (BEC) approved the following slate of candidates for the 2027 BEC. The slate will be voted on by the membership present at the July 16, 2026 luncheon.

Big Sir	*Stew Lauterbach*
Little Sir	*Jim Taylor*
Secretary	*Terry Freeman*
Asst. Secy.	*Steve Saulsbury*
Treasurer	*Barry Chapman*
Asst. Treas.	*Michael Cuthrell*
Director	*Len Grosso*
Director	*Craig House*
Director	*Mike Requarth*
Director	*Tom Sparrowe*
Director	*Morgan Beatty*
Director	*Al Petrie*

Fourth of July Celebrations In Sonoma County

Sonoma County 4th of July celebrations for 2026 feature community-wide parades, live music, and fireworks. Major events include the Sonoma Hometown 4th of July celebration, Healdsburg's Independence Day Fireworks, the Windsor Kaboom, the Floathouse Fireworks Paddle in Petaluma and the spectacular fireworks display at the Green Music Center in Rohnert Park.

In addition to firework displays, the Fourth of July in Kenwood is a festive day for the whole family. Get to the parade route early for the legendary Kenwood Parade, which features large floats and live music. Afterward, head over to Kenwood Plaza Park for the after-parade picnic and silent auction.

Activities:

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

Boys' Night Out:

Don Malvestiti will still be on vacation so Neil Wheeler will be our host for a barbeque at his home on Wednesday, July 8th. The social hour will begin at 5:00 p.m. and dinner will be available whenever you're hungry. His address is 4066 Angeline Ct, Santa Rosa 95405, in Bennett Valley.

He will smoke a turkey and provide the fixings for making turkey sandwiches. Don't like turkey? Bring something to grill and Neil will see what he can do.

Chips & salsa, salads, soft drinks, a mini keg of Warsteiner Pilsner, and anything he finds in the pantry will also be provided. This is a no cost event, but please feel free to bring other beverages (e.g., wine), snacks, or desserts you might want to share. **RSVP no later than Monday July 6th** to Neil via email at neil@science-one.org.

June BNO at Eddie's Kitchen

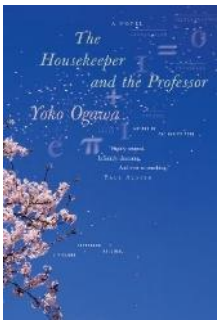
Bridge:

We meet in the Valley of the Moon Club in Oakmont, Tuesdays, 11 AM to 1 PM for bridge and lunch. If you have an interest in Bridge, contact:

Dean Lundgren 707-544 8088 mdlundgren@msn.com
or
Steve Virtue 707-695 2597 stephenvitue2015@gmail.com

Book Club

*(Article by **Neil Wheeler**)*



Our book selection for July is ***The Housekeeper and the Professor*** by Yoko Ogawa. He is a brilliant math professor with a peculiar problem--ever since a traumatic head injury, he has lived with only eighty minutes of short-term memory. She is an astute young housekeeper, with a ten-year-old son, who is hired to care for him.

And every morning, as the Professor and the Housekeeper are introduced to each other anew, a strange and beautiful relationship blossoms between them. Though he cannot hold memories for long (his brain is like a tape that begins to erase itself every eighty minutes), the Professor's mind is still alive with elegant equations from the past. And the numbers, in all of their articulate order, reveal a sheltering and poetic world to both the Housekeeper and her young son. The Professor is capable of discovering connections between the simplest of quantities--like the Housekeeper's shoe size--and the universe at large, drawing their lives ever closer and more profoundly together, even as his memory slips away.

We will meet to discuss this book at 2:00 p.m. on Wednesday, **July 22nd** at Cypress Point in Howarth Park.

If you have any questions or would like to be on (or off) our email list, send an email to neil@science-one.org.

Weekly Agenda Email Problem:

If you are not receiving Fred Rose's weekly Agenda email, please consult the website calendar, and/or **the *BARK*** for information on activities, dates, and times.

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SIR Poker #2

(*Article by **Bernie Stephan***)

Poker #2 continues to build momentum! Our fourth game on June 17th featured plenty of laughs, friendly competition, and a great variety of dealer's choice games. Big Sir Art Appling put together an impressive winning streak, while new member Jeff Savage and longtime player Jack Rosetti also finished in the money.

The favorite games of the day included Omaha Hi/Lo, 7-Stud Hi/Lo, Roll-Your-Own, and 5-Card Draw, but with dealer's choice, every game brings variety.

Why not join us for our next game on **Wednesday, July 1**, from **11:00 a.m. to 3:00 p.m.** at the Victory House? Whether you're an experienced player or just looking for a fun afternoon of cards and camaraderie, you'll be welcome.

Branch Treasurer Barry Chapman, Bob Coburn, and I are lookin' to win back a little of what Art took from us. And we could use a few more players at the table!

Come join the fun, enjoy the fellowship, and see why Poker #2 is becoming one of Branch 17's favorite activities. Contact Bernie Stephan at 415-488-4567 with any questions.

Coffee Club:

With good weather we have returned to our outdoor location near the boat ramp at Howarth Park, the second and fourth Thursday of each month from 9 a.m.-10 a.m. Bring a lawn chair and $1 for coffee and pastries. Guests and Partners are welcome so bring a friend. **No RSVP required**. If you have questions, call me, Jim Taylor, at (707) 322-4959 or email me at jameswt@sbcglobal.net

Everyone who attends is entered into our prize drawing and we hope to have you join us!

Bocce:

Bocce can be played on most Fridays on the west side of Juilliard Park starting at 10 am. Contact Ken Ford at Kennethford063@gmail.com for more information or simply come on by. Bring a friend and introduce them to SIR!

Community Involvement Program:

(*Article by **Bob Reuther***)

On Thursday, June 4, 33 of our volunteers supported the Redwood Empire Food Bank by packing 352 senior boxes and provided 9,328 meals to be delivered the following week. We also packed mangos and pears providing food for 1,740 meals. In all, we packed a total of 13,281 pounds of food. Once again, our organization has proven that we make a meaningful difference in our community.

We'd love to see more volunteers in the months ahead. We also offer seated volunteer opportunities, so mobility is never a barrier to participation. Several of our members have taken advantage of this opportunity.

The Food Bank will be **closed on the first Thursday in July** for their annual inventory. Our next volunteer day is the **second Thursday, July 9**, from 9:45 a.m. to noon. **This is the second Thursday of the month**. If you plan to join us on our next outing, contact George Traverso at geosan@sbcglobal.net by **Sunday July 5**. After July we will return to our regular first Thursday schedule. Once we confirm your attendance, we will share your name with the Food Bank Volunteer Coordinator to ensure a quick and easy check-in.

As a thank you, all participants are entered into our monthly prize drawing held during the coffee break. Last month's winners included Stew Lauterbach (wine), Bruce Rocco (wine), Ann Nolen (coffee cake), Annette Cuthrell (candy), and Al Petrie (muffins). We also want to thank Mike Cuthrell for the fancy donuts, Cris Nolen for providing a bottle of wine, and Jim Taylor for providing a bottle of wine, as well as providing coffee for our break.

Our after-work adventure to the Pacific Coast Air Museum for Hot Dog Thursday will not occur, as it is only scheduled for the first Thursday of the month. Last month we had 16 attendees support this great cause. Next month we plan to return and attend as a group.

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Hiking Group:

*(Article by **Gordon Boultbee**)*

The SIR hiking group meets every Friday, weather permitting, typically at 8:30 a.m. The location changes weekly, and is announced via text message the day before by our hiking activities chair Stew Lauterbach. If you would like to be added to Stew's list, contact him at:

stewlauterbach@gmail.com or 707-495-0985

When you hike with Sir17 you never know what wildlife you will encounter and how quickly the weather can change. ☺

Golf:

*(Article by **Bob Nadell**)*

Okay guys, spring weather is here with summer close behind. Our tournaments are going well, but we still have space for others to join us. We play each Monday starting at 8:30 a.m. at the Bennett Valley Golf Course. Just make sure you sign up by Friday of the previous week, so the course reserves enough starting times for our group. The course is in great shape and that provides you with an opportunity to shoot your best score. Come and join us. Hope to see you there.

Global Forum

*(Article by **Marvin Mai**)*

As many of us have spent June celebrating graduations for our grandchildren, and Father's Day, we now prepare for July.

HAPPY 250TH is resounding across the land and I know that many of us hope and pray that our experiment in Democracy can continue for another 250 years. What's the future for our new graduates? We've so much to be thankful for and even though it seems that we're in an age of constant conflict our new graduates bring us hope for a continued bright future. What are your feelings about the present world situation and is there a better future or more widespread conflict and possibly WWIII?

If you're interested in a continuing dialogue of the global issues consider joining the Global Forum discussions by reserving a seat at the July 10th or 24th meeting. Send me an email me at maimarvin57@gmail.com to secure a seat as attendance is still limited.

HAPPY BIRTHDAY AMERICA AND MAY YOU CONTINUE TO THRIVE AND PROSPER.

Couples' Night Out:

(Article by Fred Rose)

Last year, thanks to Kurt Wehrmeister, we had a great event at Chevy's Fresh Mex. So, I think we will do it again!

SIR Branch 17 Couples Night Out for July will be **Thursday, July 23rd** at Chevy's Fresh Mex, cocktails at 5:00 p.m., dinner at 5:30 p.m.

Reservations are required, so we have enough seats to go around. So, contact Kurt at kurtwehrmeister@gmail.com or contact Fred at fredricrose@comcast.net by Monday July 20th.

HAPPY BIRTHDAY!

to all those born in July!

- *Dino Boito*
- *Gary Brown*
- *Vincent Buettner*
- *John Gnam*
- *Richard Harkness*
- *Martin Kay*
- *Brian McGuire*
- *Duane Peterson*
- *Robert Smits*
- *Ronald Tonelli*
- *Kurt Wehrmeister*

Beer Call

*(Article by **Keith Hall**)*

A Beer Call has been issued for 4:00 pm on Tuesday, **July 28th at Barrel Brothers Brewing** 9238 Old Redwood Hwy STE 128 Windsor. CA 95492.

You are cordially invited to join us for beer and BS. We look forward to seeing you.

www.barrelbrothersbrewing.com

Please let me know (keithlhall573@gmail.com) if you would like to be on the email list for future beer calls. Also, if you would like to suggest a venue for future Beer Calls, please let me know and I'll put out the call.

BARREL BROTHERS
BREWING COMPANY
WINDSOR · SONOMA COUNTY · CALIFORNIA

Single Sirs

(article by Chuck Stark)

Single Sirs will not meet in July. Our August meeting will be on Wednesday the 5th at Fountaingrove Country Club. Get better acquainted with other single members. All single members are invited to attend for good food and fellowship, but must RSVP in advance to Chuck Stark, starklaw@sonic.net for this month and/or future meetings, the Monday before the first Wednesday at noon.

Stephen Hawking threw a party for time travelers at the University of Cambridge in 2009. To make certain only those from the future would attend he didn't announce the party until after it had already taken place. No one came.

POKER/SOCCER #1

*(Article by **Mike O'Neill**)*

As you might have heard, we had to cancel our June 11th Poker #1 game. June 11th was the first day of the World Cup matches, and Mexico was playing South Africa at the same time as our poker game. Epicenter contacted us and suggested we cancel our game. After some discussion, we agreed, and were glad we did. Ted and I decided to go check things out.

At 11:40 a.m. the bar and restaurant were packed. Not one seat was available, so we ended up out in the lobby...it was quite an experience. When Mexico scored their first goal, the crowd went crazy. It sounded like a jet engine. We only made it to halftime and left.

Food Report: The bar and kitchen were really backed up with orders. In the spirit of the game, we both got Modelo beers. Ted ordered the small cheeseburgers with onion rings and I got the steak sandwich with tater tots. It took about an hour to get our food. It was very good as usual and the tater tots were perfect with my sandwich. Our waitress was great as well.

Notice: Our next Poker #1 game is scheduled for **July 9th**, and that will be the quarterfinal soccer game. So, we're not sure if we will play. It probably depends on the teams and Epicenter. In the meantime, if you are interested in possibly joining us in August, contact Mike O'Neill at mikeo46@sbcglobal.net.

Walking Group:

*(Article by **Richard Lundblad**)*

The walking group meets every **Tuesday morning at 10 am**, weather permitting.

We have been leaving from Cypress Point and go for coffee afterwards. Come join us and bring a friend! If you would like to be on our email list, contact me at:

richardlundblad@gmail.com
707-888-8386

Tent Village *(a John Weaver Story)*

During my stay in Luzon in 1945 we lived in a tent village. To survive with a small amount of comfort, we had an AC generator added to our Marine Corp dive bomber squadron's compound. Its purpose was to supply us with electricity for lights, and also to power the small, table-model radios that were brought from the US that ran on 110 volts AC. There were two problems: very few light bulbs were available at our location, and the recreational radios did not work.

Jim, one of our more astute technicians, traded a single light bulb for a non-working radio. He was going to solve these two simple problems, and also a larger problem—some tents were not receiving any power at all. So the troubleshooting began.

It was soon determined that sometimes the lights worked, and sometimes they didn't. Finally, Jim got all the tents wired correctly but many of the radios still wouldn't work. Jim was determined to get to the bottom of these issues. He traded a few precious light bulbs for a few more non-working radios. I joined Jim, and we took one of his "faulty" radios to a nearby US Army tent village and plugged it in. And it worked.

Wisely, Jim asked aloud, "Has anyone got a voltmeter?" But he was looking directly at me. I was the electrician who kept the squad's electronics working. I grabbed a voltmeter and walked to a nearby tent to measure the voltage. The reading was 150 volts, not 110. The generator had been running that way for a few months, and no one had thought to check the voltage. After the voltage was reduced to 110, there was brisk trading between those who had thought they had defective radios and those who needed more light.

Pickleball: *(Article by Mike Cuthrell)*

Pickleball offers a perfect blend of cardiovascular exercise, cognitive stimulation, and social connection. The smaller court and wiffle-like ball provide a lower impact workout that is gentle on the joints, while the engaging rallies quicken your reflexes. Come join other SIR 17 members for a friendly game from 9:00–10:00 a.m. on the second and fourth Thursdays of each month.

Most games are at the Finley Community Center at 2060 W. College Avenue in Santa Rosa. A text message is sent to the group the day before to confirm the time and location and attendance. Beginners are welcome. If you don't have a paddle, no problem—one of us will have an extra. If you'd like to be added to the text group, contact Mike Cuthrell (temporary chair) at mcuthrell@gmail.com or send him a text at 650-888-3777.

Factoid

According to Wikipedia, a **factoid** is a contradictory term with two widely accepted meanings. Originally, it was defined as a false or unverified piece of information presented as a fact. In colloquial use, it often simply refers to a brief, interesting, or trivial item of news. The definitions fall into two primary categories: The Original (and Technical) Definition: Coined by author Norman Mailer in 1973, this refers to an invented or unsubstantiated statement that is repeated so often in the media it becomes accepted as true. The suffix "-oid" indicates that it "resembles" a fact but is not actually one. The Common (and Modern) Definition: In everyday American English and popular media, a factoid is broadly used to mean a brief, isolated, or trivial snippet of factual information.

Explore the Crossroads of the Adriatic with SIR

SIR Branch 146 is sponsoring an exciting 2027 adventure to Croatia, Montenegro, Bosnia and Herzegovina, and Slovenia. This memorable journey, **Crossroads of the Adriatic**, offers travelers the opportunity to experience the rich history, stunning landscapes, and diverse cultures of the Balkan region. One unique advantage of this trip is its timing—it is scheduled just before the peak tourist season, allowing participants to enjoy popular destinations with smaller crowds.

To keep this tour exclusive to SIR members and guests, eight additional travelers need to sign up by **August 1, 2026**.

Travel Dates

Optional Pre-Trip Extension: Undiscovered Balkans (Albania)

- Depart the U.S.: April 29, 2027

Main Tour: Crossroads of the Adriatic

- Depart the U.S.: May 4, 2027
- Return to the U.S.: May 21, 2027

Pricing (Per Person)

- Optional Albania Extension: **$1,795**
- Main Tour: **$6,195**
- Airfare from San Francisco (SFO): **$1,550**
- Travelers may also arrange flights to and from other U.S. commercial airports.

How to Register

Call Overseas Adventure Travel at **1-800-353-6262**.

Mention **Group Code G7-23630**.

Request a reservation for **Crossroads of the Adriatic with the SIR Branch 146 Group**.

A deposit of **$500 per person** is required (additional funds may be required if purchasing travel protection).

Questions?

For additional information, contact:

Milt Smith, SIR Branch 146
Email: miltsmith549@gmail.com
Phone: 925-285-2897

NON-RESPONSIBILITY DECLARATION

All activities arranged for, or by, or sponsored by SIR INC., and its Branches are for the convenience and pleasure of the members and their guests who desire to participate. SIR, 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.