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 November 2026

All members are invited to attend our next regular SIR Luncheon/Meeting on Thursday November 19th 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 **Charles Kennemore**, 707-228-6788 or by email at ckcorners1@gmail.com by **noon on November 11th**. Also: If you are bringing a guest, or if you originally said **"No"** but changed your mind and decided to attend, then please contact **Charles**. 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

I accept that the Big Sir's role in writing an article for *the **BARK*** is to communicate, particularly regarding actions by State SIR or your BEC.

Financially, our branch is in good shape, and we intend to keep it that way. Our contract with Epicenter is renewing at year-end, and as you can imagine, they are passing along some price increases. Your BEC has concluded that we need to increase our lunch prices to $35. It is believed that by doing this for 2027, we may be able to absorb some increases in future years without the need to increase prices every year. This approach has worked in the past, which is why we haven't had to increase prices for the past few years. Also, a number like $35 is a huge benefit for those paying with cash at check-in. Making change will be quick and easy. I might note that I am a member of some other organizations, and I can assure you that all of those lunch meetings charge substantially more than $35 per meal. SIR has the best deal in town; we know it and plan to keep it that way.

We have not heard what the State SIR assessment to branches will be for next year, but we hope to keep our dues at the current $25. As a member of the State SIR Branch Advisory Council, I hear about the dues that other branches charge and can assure you that our Branch 17 is on the lower end of membership fees.

(cont'd on page 2 left)

Little Sir Stew Lauterbach's Message:

stewlauterbach@gmail.com 707-495-0985

Volunteer for Better Health

Many of us joined SIR to meet people and expand our social contacts. There are many studies on social connections and the positive impacts they have for us and for prolonging our lives. Volunteering is another way to get those benefits.

Here are a few local organizations who welcome senior volunteers with links to their volunteer websites:

- Council On Aging
- Redwood Empire Food Bank
- Sonoma County Regional Parks
- Santa Rosa Memorial Hospital
- Sutter Hospital
- Kaiser Hospital
- Jack London State Park
- Sugarloaf State Park
- Stewards of the Coast and Redwoods
- Sonoma County Animal Shelter
- Canine Companions
- Sonoma County Library
- Luther Burbank Center for the Arts
- Habitat for Humanity

(cont'd from page 1 left)

I was pleased that our first lunch went well following the transition to Red Eye Barbecue at Epicenter.

I'm confident this will continue in the right direction. If you have specific food-related suggestions, our new food services coordinator, Sir Charles Kennemore, would love to hear them. Charles is well on his way to developing a good working relationship with the folks at Epicenter.

Our Speaker In November

Ellie Muelrath is the Community Outreach Supervisor with Sonoma County Regional Parks, where she has spent the last 17 years connecting members of her community to the outdoors.

Born and raised in Sonoma County, she enjoys local history, trips to the coast, and spending time exploring with family. Ellie is excited to share opportunities for folks to get out and enjoy their parks.

From hikes (big and small), to kayaking, birdwatching, volunteering, and more, there are a variety of opportunities to get out and explore the more than 60 Regional Parks in Sonoma County.

November Lunch Menu

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

- ***Mini Meat Loaf***
- ***Roasted Potato Salad***
- ***Green Beans***
- ***House Salad***
- ***Cornmeal cookies***
- ***Rolls and butter***

State SIR Newsletters:

"The Rooster Crows" newsletter is published monthly by the SIR State President and has the latest news from SIR.

The **"State SIR Happenings"** newsletter has evolved from a general newsletter to one specifically about statewide activities, such as travel, golf, bowling, and fishing. You can find the latest copies online at:

Newsletters - Google Drive (click on the link).

Victory House Is Now Red Eye Barbecue

(Article by Charles Kennemore)

As you may have noticed, Victory House at Epicenter has transitioned into Red Eye Barbecue. While this change does affect our future menu options, Epicenter understands our senior food sensitivities and remains committed to accommodating our group's preferences. Thanks to our size and willingness to plan our menu well in advance, Red Eye BBQ will consider serving custom items at our luncheons—such as November's menu that includes mini meatloaves and green beans—alongside some Red Eye BBQ menu offerings. Moving forward, we aim to maintain a menu similar to previous years by taking advantage of this and have menus similar to the ones we have had for the last three years. Please send any feedback on menu items to me, food services coordinator Charles Kennemore at ckcorners1@gmail.com.

Due to their high corn and oil content, Doritos catch fire easily and burn long and hot, making them a great fire starter. Just thought you should know...

Activities:

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

Boys' Night Out

*(Article by **Don Malvestiti**)*

It's November already and that means it's turkey time. For BNO in November we will be going to **The Bird Restaurant**, 4776 Sonoma Hwy, Santa Rosa, Wednesday November 11th, 5:30 p.m. social, 6 p.m. dinner.

RSVP by November 6th if you plan on joining the group: malvestitidon485@gmail.com

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 stephenvirtue2015@gmail.com

Coffee Club

*(Article by **Jim Taylor**)*

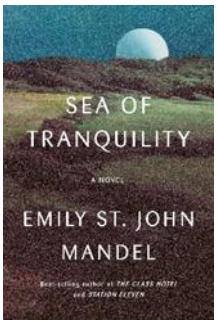
With the weather becoming variable, we are moving indoors for the season. We generally meet the second and fourth Thursday of each month from 9 a.m. to 10:30 a.m. The venue changes regularly so check the SIR Calendar on the website or the Weekly Agenda email for locations.

On October 22nd we woke to rain showers, and we met at Mac's Deli & Café as a tribute to Rich de Lambert. The owners extended their condolences for our loss. The coffee was hot and the food bountiful and Fred McMane won the give-away and walked out with a bottle of zinfandel.

On November 12th we will meet at the **Sonoma Bagel Deli,** 515 Hahman Dr. There will be no Coffee Club on November 26th due to the Thanksgiving Holiday. Guests and Partners are welcome so bring a friend. **No RSVP required**. If you have questions, call me, Jim Taylor, at (707) 322-4659 or email at jameswt@sbcglobal.net. Everyone who attends is entered into our prize drawing and we hope to have you join us!

Book Club

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



Our book selection for November is ***Sea of Tranquility*** by Emily St. John Mandel.

Edwin St. Andrew is eighteen years old when he crosses the Atlantic by steamship, exiled from polite society following an ill-conceived diatribe at a dinner party. He enters the forest, spellbound by the beauty of the Canadian wilderness, and suddenly hears the notes of a violin echoing in an airship terminal—an experience that shocks him to his core.

Two centuries later a famous writer named Olive Llewellyn is on a book tour. She's traveling all over Earth, but her home is the second moon colony, a place of white stone, spired towers, and artificial beauty. Within the text of Olive's best-selling pandemic novel lies a strange passage: a man plays his violin for change in the echoing corridor of an airship terminal as the trees of a forest rise around him.

When Gaspery-Jacques Roberts, a detective in the black-skied Night City, is hired to investigate an anomaly in the North American wilderness, he uncovers a series of lives upended: The exiled son of an earl driven to madness, a writer trapped far from home as a pandemic ravages Earth, and a childhood friend from the Night City who, like Gaspery himself, has glimpsed the chance to do something extraordinary that will disrupt the timeline of the universe.

A virtuoso performance that is as human and tender as it is intellectually playful, *Sea of Tranquility* is a novel of time travel and metaphysics that precisely captures the reality of our current moment.

We will meet to discuss the book at 2:00 pm on **December 2**, **2026**. The location will be announced at a later date.

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

Community Involvement Program

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

Making a Difference at the Redwood Empire Food Bank

Thirty enthusiastic volunteers gathered at the Food Bank on October 1st. We packed 352 senior boxes of groceries weighing 11,281 lbs. In addition, we gleaned 2,240 lbs. of pears. This effort provided 11,267 meals for distribution. The total was 13,521 lbs. of food or almost seven tons. A huge thank you to the incredible hands who made this happen.

The Redwood Empire Food Bank expressed deep gratitude, reminding us that their services support individuals in need from the Golden Gate Bridge all the way to the Oregon border.

Join Us Next Month

Our next outing is **Thursday, November 5th**, from 10 a.m. to noon. We will be at 3900 Brickway Blvd, Santa Rosa. If you plan to join us on our next outing, contact **George Traverso** at geosan@sbcglobal.net **by Sunday November 1st**. George Traverso will be back in action this month. Once we confirm your attendance, we will share your name with the Food Bank Volunteer Coordinator to ensure a quick and easy check-in. We need to send your name by Monday, since on Monday they have a one day a week volunteer person who will post our list of volunteers on their computer program.

As a thank you, all participants are entered into our monthly prize drawing held during the coffee break. This tradition was started by Rich de Lambert, whose memory is still with us. Last month's winners included **Sydney Clark** (wine), **Bill Ingels** (wine), **Tamara Boultbee** (wine), **John Sanders** (wine), **Bo Greaves** (wine), **Tom Sparrowe** (wine), **Gordon Boultbee** (cookies), and **Arnie Lamb** (cookies). We want to thank **Stew Lauterbach** and **Ann Nolen** for donating wine, **Jim Taylor** for providing coffee for our break plus donating wine and cookies. A final thanks to **Marc Perl** for running the last two raffles as he does at our monthly meeting. Finally, please be aware that the Pacific Coast Air Museum Hotdog Thursday is closed for the season.

Couples' Night Out:

*(article by **Fred Rose** and **Kurt Wehrmeister**, co-coordinators)*

October was and is always the last Couples' Night Out for the year because November is Thanksgiving and December is Christmas.

We had a marvelous time at La Gare. Total attendance was 22! Thanks to all of you for coming.

Pictured are Chris and Nancy Nelle, Marty and Susan Kay, and Chris and Roy Thuestad.

Global Forum

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

November and the fall leaves are slowly filling up our yard cans and the street gutters. I sometimes feel like a kid again as we hear the crunch of the leaves on the sidewalk as we walk through the neighborhood.

It's election time, not only here in the U.S. but in over a dozen countries around the globe. **VOTE. VOTE. VOTE.**

Also, this month is Veterans Day. As an Air Force retiree, I salute all who have served and sadly remember all those who gave the most. HAPPY VETERANS DAY!!!

Global Forum will only meet once during November and December on the second Friday of the month. We have been having a waiting list since the homes can only host a limited number. So as always reserve your seat for this month's meeting by emailing Marvin at maimarvin57@gmail.com.

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. We are starting an additional hiking opportunity of 5 to 7 miles and 500+ feet of elevation, probably Wednesdays twice a month. Let Stew Lauterbach know if you are interested. If you would like to be added to Stew's list, contact him at:

stewlauterbach@gmail.com or 707-495-0985

Single Sirs

(Article by Chuck Stark)

Our November meeting will be at noon on the 4th at **Americana Cafe**, 205 5th St., Suite A, Santa Rosa, (corner of 5th and Davis Streets.) So far we have five members starting to attend regularly, but there are about 30 members on our Branch roster without partners. 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.

Poker #1

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

OCTOBER POKER—As usual, we had another good turnout, two tables. Les was the big winner at Table 1. At Table 2, Barry was the overall big winner followed closely by Ken. Again, with a $15 buy-in, "big winner" is a relative term. Glenn and I could not play, so Ted ran the show. It's great to have all three of us leading the group. If you are interested in learning more about us, contact Ted Scapeccia, Glenn Seime or myself, Mike O'Neill.

FOOD/BBQ—I missed the first official BBQ lunch. All reports were positive. The most popular items were the pulled pork sandwich, the burger and the ribs. I can hardly wait until our November game to dig into some good BBQ.

NOVEMBER—Our next game is **Thursday, November 12th. 12 p.m. to 3 p.m.** at Epicenter. Reservations are required: mikeo46@sbcglobal.net. As I said earlier, if you are interested in learning more about our friendly, fun game, contact one of us.

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

to all those born in November!

- *John Arends*
- *Gordon Boultbee*
- *David Del Monte*
- *Kenneth Ford*
- *Ernest Giampaoli*
- *Len Grosso*
- *Craig House*
- *Duane Jensen*
- *Alan Johnson*
- *Frederick McMane*
- *Chris Nelle*
- *Chris Nolen*
- *John Sanders*
- *Bernie Stephan*
- *Mike Trenholm*
- *Charles Verzosa*

SIR Poker Monday

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

After a slow start, our every Monday poker games are settling into a good rhythm. There's plenty of friendly competition, good conversation, and the occasional hand that leaves everyone shaking their heads.

We play dealer's choice, so the game changes as the deal moves around the table. Our favorites seem to be Omaha and High-Low Seven-Card Stud, including variations such as Roll Your Own. We also favor games with more common cards, like Cleveland, where with more betting rounds the pot grows bigger. We also play Draw Poker, Low Ball and sometimes Texas Hold 'em, with those moving more quickly.

A Challenge for SIR Poker Aficionados!

Take a look at this actual five-card board we had on 10/19. We were playing Omaha, and the board became: 2♠ 3♠ 5♠ 7♠ 9♠

Here's the question: Can you identify the 10 absolute best possible combinations, which in poker-speak are known as the nuts? In that particular game none of us had even one nut. But with the cards speaking for themselves, winnings are guaranteed, if you are holding yours. Remember, Omaha requires you to use exactly two cards from your hand and three from the board. And a low hand is blind to the suit of the cards. If you know the answer, you really should be playing poker with us!

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We meet **every Monday at 11:00 a.m.**, and while six or seven players make for a lively game, we'd love to grow even more.

No reservations, no advance commitment. Just show up, buy your $25 in chips, pull up a chair, and join the fun! See you at the table!

Contact Bernie with any questions: 415-488-4567.

Golf

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

Our golf has been going strong as we continue our play at Bennett Valley on Monday mornings. Come join us as the weather will likely shift in the near future. Recently we had a great time playing at Northwood Golf Course including a terrific lunch. Golf is a great game as we age and can be played well into our 90s. It's a gentlemen's game with few exceptions. The peacefulness of the grounds and the laughter of playing with friends has no match. It is a game for a lifetime. Come join us!

SIR group at Northwood Golf Course.

Off to the first tee.

City Lights

*(a **John Weaver** Story)*

As many amateur astronomers are aware, observing stars near any city is nearly impossible because they are washed out by city lights. In 2001, the city of Flagstaff, Arizona, dramatically improved its lighting system by implementing an economic program to replace 4,000 sodium streetlights with less expensive amber LED lights. Twenty-five years later, a side benefit was realized by the astronomers who gather in the area: you can now view more stars even in the brightest parts of the city. It was discovered that narrowband amber LEDs provide the highest standard for minimizing artificial skyglow—the primary culprit behind light pollution. Flagstaff has since been recognized as the first International Dark Sky City in the world. As a result, roughly 2,800 stars are now visible to the naked eye or through a telescope.

Last month here in Sebastopol, Bill Gordon brought his large reflector telescope to the grassy area by the Community Market, where we observed the moon. The only other visible astronomical object in our local sky was Saturn, which unfortunately was blocked by a building. Here, we know exactly what it is like to be unable to see the stars. While it may take 25 years to fully attain a dark sky, our viewing area is adjacent to the Community Market Bar where, over a glass or two, we can begin coordinating how to turn our own town into another Dark Sky City.

Beer Call

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

A Beer Call has been issued for 4:00 p.m. on Tuesday, November 24th at **Parliament Brewing Company**, 5865 Labath Ave., Ste 9, Rohnert Park.

You are cordially invited to join us for beer and BS. You can check the food truck schedule on their website. We look forward to seeing you.

www.parliamentbrewing.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.

PARLIAMENT
BREWING COMPANY

DON'T BE A LUNCHEON NO-SHOW!

We had **17 members** who RSVP'd that they were coming to the September luncheon **fail to show up** without notifying the food services coordinator or website RSVP system that they would be unable to attend. That makes them no-shows! We have to provide Epicenter with a headcount estimate several days prior to each luncheon and if our estimate is way off it means that food can go to waste and Epicenter can lose money, or they can charge us for the no-shows. Epicenter has been exceptionally accommodating and easy to work with to date and we don't want to jeopardize this relationship! If you need to change your luncheon attendance commitment from YES to NO, there are several ways to do this: Use the branch website RSVP tool and reenter your input to NO.

Contact our new food services coordinator, Charles Kennemore, 707-228-6788. His contact information is also near the top of the first page of the ***BARK.***

Or call or text Gary Bondi, 707-217-5858; Gordon Boultbee, 707-217-5709; or Neil Wheeler, 707-291-0271.

BRANCH 17 HOLIDAY PARTY December 17, 2026

EPICENTER RED EYE BARBEQUE —11 am Social Hour - 12 noon Lunch

Save the date! We will have a **SIT-DOWN PLATED LUNCH** with a choice of Beef Tenderloin or Baked Salmon, plus potatoes, vegetables, salad, rolls and butter, and dessert. Iced tea, coffee, and lemonade will be included. Significant others are invited. The Merrie Olde Christmas Carolers will provide the good cheer. A full bar of wine, beer, and cocktails will be available on a cash basis. Upscale attire is appropriate. Price is **$59** per ticket with payment at the November luncheon or send a check made out to SIR Branch 17 to Al Petrie at 2188 Francisco Ave., Santa Rosa CA 95403. Please remember to include entree preference. The deadline for ticket purchase is **December 5.**

Questions? Contact Al Petrie (707)-974-9193 or email alpetrie7@aol.com.

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.