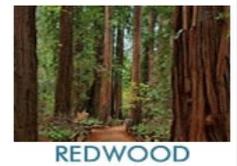




A non-profit club for retired men devoted to the promotion of independence and dignity of retirement

## Luther Burbank Branch 17

Santa Rosa, CA



### THE REDWOOD BARK NEWSLETTER

### For SEPT. 20, 2018 Meeting

**NEW LOCATION:** meeting at **LEGENDS** in the Bennett Valley Golf Course, 33258 Yulupa Ave., 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

#### Meeting Schedule

Regular Board Meeting: **10:00am**

**Social Hour: 11:00 am**

**Lunch: 12:00 noon**

Speaker: **Steven Campbell** on how to optimize our brains to conform to messages.

Adjourn by: **1:30 pm**

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

#### Lunch Menu

**1<sup>st</sup> Course:** Caesar salad

**Main Course:** Chicken Cassiatore and fresh roasted vegetables

**OR**

Vegetarian penne pasta with Alfredo sauce

**Either entrée with: Fresh rolls & butter, regular or decaf coffee, iced tea or water.**

**Dessert:** chocolate mousse cake with raspberry coulis.



#### **BIG SIR** Robert Reuther's Message

[rareuther@yahoo.com](mailto:rareuther@yahoo.com) 707-343-1134

*"There is something incredibly hopeful about a fresh start."*

Dieter F. Uchtdorf German Aviator, Airline Executive, and Religious Leader



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

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

*"All great change in America begins at the dinner table."*

Ronald Reagan

Well we did it! Finally, we moved to Legends at Bennett Valley last month on Thursday, August 16. Members that I spoke to thought it was great food because it was prepared directly from the kitchen on-site. Again, a special thanks to our relocation committee Jim Gurke and Glenn Seime for co-chairing a job well done.

Thanks to all of you for making the transition easy. We still need to work out some details—for sure parking. We must share the parking with other outsiders at the golf course. When we arrive around 11 AM, there are a limited number of close parking spaces. If you are one who doesn't have a problem walking, it would be a kind gesture to park a little further back in the lot.

Remember we need to use the door furthest to the left as you enter the building. This is not the main door. Use the same door when the meeting is over. The reason is that our name tag table is located at this door.

*(continued on page 3)*

To break bread is to affirm trust, confidence and comfort with an individual or group of people in an informal and friendly setting. (*Urban Dictionary*) Since 1958, SIR members have discovered the importance of breaking bread and sharing a meal together for friendship and support. The social aspects of eating together are integral to healthy living, yet eating together as a social activity has tapered off over the years with the advent of fast food and busy schedules.

As a young boy, my family ate together promptly at 5:30 pm when my dad came home from working at the Post Office. At supper, I got to see the world through the eyes of my parents, grandmother and brother. When I went away to college, I continued this dining tradition with my roommate and friends, learning new views of the world. Years later, when my daughter was young, we also ate supper together. However, when she grew up and left home, my wife and I gravitated to eating in front of the TV.

*(continued on page 3)*

**Luther Burbank Branch 17 is in Area 10 of Region 3.**  
**The following is a list of your 2018 Officers and Directors.**

**OFFICERS:**

<b>BIG SIR:</b> Robert Reuther . . . . .	<b>Email:</b> <a href="mailto:rareuther@yahoo.com">rareuther@yahoo.com</a> . .	<b>Phone:</b> 707-343-1134
<b>LITTLE SIR:</b> Dennis Mangan . . . . .	<a href="mailto:dfmangan@gmail.com">dfmangan@gmail.com</a> . .	301-717-6234
<b>SECRETARY:</b> Jim MacMillan . . . . .	<a href="mailto:jmacmillan@ieee.org">jmacmillan@ieee.org</a> . .	707-969-9830
<b>ASST. SECRETARY:</b> Jim Gurke . . . . .	<a href="mailto:ljgurke@gmail.com">ljgurke@gmail.com</a> . . . .	707-843-3464
<b>TREASURER:</b> Glenn Seime . . . . .	<a href="mailto:gseime@sbcglobal.net">gseime@sbcglobal.net</a> . .	707-537-5360
<b>ASST. TREASURER:</b> (Vacant) . . . . .	.....	.....
<b>IMD. PAST BIG SIR:</b> Ted Scapeccia .	<a href="mailto:tescape@sbcglobal.net">tescape@sbcglobal.net</a> .	707-539-5049

**DIRECTORS FOR ONE YEAR**

Barry Bialkoski  
 Mark Burchill  
 Bill Traverso

**DIRECTORS FOR TWO YEARS**

Gary Bondi  
 Rich Scudero  
 George Traverso

**WEB MASTER**

James MacMillan

**BARK EDITOR**

Jim Fenstermaker

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

**AREA 10 GOVERNOR**  
 Robert Reuther

**REGION 3 DIRECTOR**  
 Dean Faris

**PRESIDENT OF SIRinc.**  
 Derek Southern

**Chaplains' Corner**

(by Herb Percy)

*Today is my day to paint in bold colors,  
 Set today's rhythm with my heart-drum,  
 Walk today's march with courage,  
 Create today as my celebration of life.*

Jonathan Huie

Congratulations to all for entering another September and receiving Gods great gift of life and His love. As we get closer and closer to the end of another year, I put before you another way of looking at ourselves as very important and celebrating life.



Think of yourself as a tree and all the many parts. All of the parts are very important to one another. Starting from the top you have the leaves, twigs, branches, limbs, crown, fruit, trunk, bole, roots, tap-roots, cambium, heartwood, pith, sapwood and bark.

You see how important all of the parts of a tree are and so what we do, think, or act on, even our thoughts, they Affect the whole tree. If you ever get into a slump, remember the tree and how VERY important you are.

**Always be a friend to yourself and to others!**

Contact Herb Percy, email [dadpercy@yahoo.com](mailto:dadpercy@yahoo.com) or call 707-971-7404 OR

assistant chaplain Mike Heinzelman, email [mdheinz2@gmail.com](mailto:mdheinz2@gmail.com) or call 707-579-6615.

A special Thank You to members Gordon Boultee, Dennis Mangan and many others for helping me by spotting all my errors in grammar, punctuation, spelling and any other boo-boos I have made before the final edition goes to press and you see it. Jim, the Editor

[Return to Page 1](#)

**AUGUST****Membership Relations**

**John French, Chairman**

[sonomaink@yahoo.com](mailto:sonomaink@yahoo.com)

707-280-4120

Summer vacations and travel are almost over now, but they have taken a toll on our SIR attendance at our meetings. At our last meeting, held in the new Legends, we have rebounded and had 65 active members, three guests to become a potential new members, and our speaker, Kevin Perrott from the Buck Institute.

Our guests were: Ron Schulz who responded from the Press Democrat newspaper ad, David Silacci sponsored by #72 Jack Rossetti, and Kurt Wehrmeister sponsored by #90 Fred Rose.

Ron Schulz was approved at the last BEC meeting and is scheduled to be inducted at the September 20<sup>th</sup> meeting. Both David and Kurt have turned in their applications to be presented in the Sept. 20<sup>th</sup> meeting to the BEC.

The "unexcused" member count this month has dropped down to only six members. We now have 88 active members and seven inactive members.

**List of the September Birthdays**

Al Black	Stan Borges	Ron Clark
Thomas Johnson	Mike Rogalski	Fred Rose
Ted Scapeccia	Marv Schouweiler	
John Summerville	Bob Vidalin	

**HAPPY BIRTHDAY!**

## **BIG SIR Message** *(continued from page 1)*

There is work involved in handing out and taking back the name tags. It is a good gesture to help the volunteers doing this job.

The wait staff tried to be polite and not take dishes off the tables and serve dessert during the talk. For us to end at 1:30 they now know that serving during the talks is a must. This is the same procedure we used previously.

Our speaker last month Kevin Perrott from the Buck Institute was very informative about aging issues and the Buck Institute. He suggested that we form an activity concerning longevity. We could possibly have a private tour of the Institute. If you are interested in taking a tour or chairing an activity like this, please let us know.

We have the complete Branch Executive Committee elected for 2019. Special thanks to our Nominating Committee: Ted Scapeccia, Jim Gurke and Jim MacMillan for doing a great job. Thanks also to those who stepped up to the plate.

As Big SIR from Branch 17, I attended the State Annual Meeting on August 6 at the Thunder Valley Resort in Lincoln, California. The incoming President Ed Benson has created a task force for change. One change being considered is to eliminate or minimize the requirement of retirement for membership. The thought is that the word retirement is not completely applicable to older men today and retirement leaves a negative connotation. We will find out more as our new president's year progresses.

Finally, at the State Annual Meeting four of the top 10 clubs who had phenomenal growth in membership made presentations. If you get a chance, go to our State website by Googling Sir Inc. At the website find "Annual Meeting Presentations" located on the left-hand side. There you will see the visuals of the four Branches that were featured. Their presentations spoke of how they found success in recruitment and retention of membership. We all need to rethink why we are members and why our friends should join us on the third Thursday of the month.

## **LITTLE SIR Message** *(continued from page 1)*

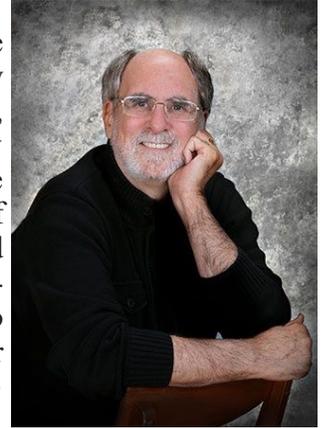
Something is lost when we don't make mealtime a social event. Discussions are lost. Information is not exchanged. Stories are not told.

SIR luncheons, Boys' Night Out, and Couples' Night Out are designed to bring us together to break bread and be social. Let's enjoy each other's presence and see the world through each other's eyes.  
**Cheers!**

[Return to Page 1](#)

## **Sept. 20, 2018 speaker, Steven Campbell**

Steven Campbell will present an eye-opening look at how our brains conform to the messages we give them. By knowing how to optimize those messages, our brains will literally rewire themselves to create new, positive self-images of how we see ourselves and who we want to be. Understanding this opens doors to creating more success in our health, personal relationships and our businesses.



In this presentation, you will: **1)** discover how your brain learns from your thoughts and the information you feed it; **2)** understand how your brain believes and accepts everything you tell it; and **3)** learn to think in new ways that will help you make positive life changes. *(article by Dennis Mangan)*

### **Branch 17 Officers & Directors for 2019**

Installation to be held at our Regular Meeting Thursday  
November 15, 2018 at Legends Restaurant

**Big SIR: Dennis Mangan and Mark Burchill**

**Little SIR: George Traverso**

**Secretary: Jim Gurke**

**Assistant Secretary: Jim MacMillan**

**Treasurer: Glenn Seime**

**Assistant Treasurer: Mike O'Neill**

**Directors 1 Year: Gary Bondi, and Rich Scudero**

**Directors 2 Years: Paul Willihnganz, Perry Harpster  
and Chris Nolan**

*Since we have something new this year with **TWO** Big SIRs, this is how it has been proposed to work. At any time, **one** of the Big SIRs will be the "official" Big SIR. Tentatively the plan is to switch places, maybe, every three months and by all means let the members know who is serving in the official capacity. If one Big SIR is not available to conduct the meeting then the other one will be. Members, of course, can always contact **either** Big SIR with your suggestions, questions or concerns.*

Another new announcement is that our present Big SIR, **Robert Reuther**, will become our new **Area 10 Governor**, a position that has been vacant for almost two years. Bob will start serving immediately, per Ed Benson, the new SIRinc President for 2019.

## ACTIVITIES:

### Bocce

(Article by Mark Burchill)

Four SIRs and a guest got together at Mark Burchill's backyard bocce court for the inaugural gathering of the SIR bocce group. The weather cooperated nicely, and a good time was had by all. We are still working to settle on a schedule. We plan to try some different bocce courts in Sonoma County.



If interested, then contact Mark Burchill, email at: [SIRMarkB@sonic.net](mailto:SIRMarkB@sonic.net) or call 707-542-2529

### Bowling

(Article by Mike Heinzelman)

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



For more information call Mike Heinzelman at 579-6615 or email to: [mdheinz2@gmail.com](mailto:mdheinz2@gmail.com).

### Boys' Night Out

(Article/Photos--Dennis Mangan)

Ten "boys" traveled to downtown Petaluma on Aug. 8<sup>th</sup> for Boys' Night Out at the Central Market Restaurant. To add to the adventure, six went by way of the SMART train and then walked a few blocks to the restaurant. The hostess placed us at a large table on the left side of the room, directly under a rack of pots, pans and things with sharp hooks. They probably put us there since the antique kitchen items looked as old as us!



Melissa, our server, provided friendly service and perfect advice for drink and dinner selections. The restaurant presented us with a free plate of deep-fried shoe-string zucchini sprinkled with cheese and salt. This, along with fresh baked bread, got us off to a very delicious start. Dishes that got rave reviews included the pork chop, leg of lamb, beef short ribs (*without rib bone!*), and several smaller plates such as ocean trout crudo (*i.e., raw trout*) on a bed of guacamole and pickled carrots and celery.

(continued to top right)

### Boys' Night Out

(continued from bottom left)

As usual, our discussions meandered all over the place and included prostate biopsies done without anesthesia (a bad idea), cooking techniques, memorable train trips and where to get edible grape leaves to make dolmades.

Separate checks were correctly delivered to nearly everyone, and required only one quick switch. I'm glad to report nothing fell off the rack above us hanging like the sword of Damocles and we left the restaurant with ten healthy, well-satiated guys. The train ride home allowed us bonus time to talk more before saying farewell in Santa Rosa. Our thanks again to Mark Burchill for organizing this enjoyable outing and helping us navigate the SMART train experience.

The next BNO will be on Wednesday, September 12<sup>th</sup>, at the **Bear Republic Brewing Company**, 5000 Roberts Lake Road, Rohnert Park. Plan to arrive by 6:00 pm for cocktails and dinner at 6:30 pm.

Bear Republic was established in 1995 in Healdsburg and grew to a popular brewery and restaurant. In 2006 they opened Factory Five Brewery in Cloverdale. In Sept. 2017, the Rohnert Park location opened in the former Latitudes facilities which has a great outdoor dining area and view of the lake area. For more information visit

[www.bearrepublic.com/rohnert-park-brewpub/](http://www.bearrepublic.com/rohnert-park-brewpub/)

or call 707-585-2722.

This place is a "beer drinkers" paradise as they have several types of beer, cider or spirits: India Pale Ale, Pale Ale, Pilsner, Session IPA, Lager, Stout, American Brown Ale, Double IPA, Rye IPA, American Amber Ale, and many more.



### Reservations are a must!

Contact Mark Burchill at: [SIRMarkB@sonic.net](mailto:SIRMarkB@sonic.net) or call 707-542-2529 by Sept. 9<sup>th</sup>, to reserve your spot.

### 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 who are thinking of joining the pool of players.

Bridge days scheduled this month for play at Legends Restaurant in Bennett Valley starting at 10:00 am on **Tuesdays, Sept. 11<sup>th</sup> and 25<sup>th</sup>, 2018.**

## Couples' Night Out

On mild August evening ten of our most brave and hungry members, along with their guests, enjoyed a very relaxing time spent together at Glen Ellen Restaurant, Oyster Grill and Martini Bar for a fabulous dinner. The atmosphere was like being outdoors but we were actually indoors with the windows wide open and gentle breeze stirring with a few cars passing by.

The service between the two waitresses was very good, offering all sorts of drinks, explaining the options on the menu, taking our orders, bringing the food to the correct table and to the person that ordered each plate. Our glasses of water and iced tea were never empty and several mentioned that the coffee was great. Desserts looked “to die for” but not everyone ordered—most of us were just too full after the very filling and excellent entrees we all consumed.

There was quite a time lag between dessert and when the “dreaded checks” arrived. No problem—this gave us lots more time to gather new information from our table mates that we had not talked with in some time. When the checks did arrive they seemed to be all correct, at least I didn't hear any loud complaints about any problems. We were seated at three tables of six and one table of eight, which helped in being able to hear most everyone at each table. This arrangement seems to be much better than one long table.

....Another fine job, thanks to our chairman Fred Rose. Now let's see if he can top this one for the outing next month.

On **September 27<sup>th</sup>** mark your calendars for that evening if you want to attend another favorite place that we have been to before. Let's try out the **Gravenstein Grill**, 8050 Bodega Ave, Sebastopol. Arrive by 5:00 pm for cocktails and order dinner at 5:30 pm. These earlier starting times seem to help get our orders in ahead of the normal dinner rush hour.

For more information or to check out their menu go to their website at [gravensteingrill.com](http://gravensteingrill.com) or call them at 634-6142.

### Reservations are a must!

Contact Fred Rose: [fredicrose@comcast.net](mailto:fredicrose@comcast.net) or call 707-548-5797 to make your reservations by **Monday, September 24<sup>th</sup>** or sooner if possible.

Hope to see lots of new faces to attend here!  
See four photos on bottom of page 8.

## Fishing

(Article by Don Salazar)

If you are interested in arranging some outing, please call Don Salazar at **707-545-0873**, I do NOT have an email.

## Garden Club Announcements

We meet at one of the tables to share our gardening interests at 11:30 am at our new **Legends** meeting place on **Thursday, September 20<sup>th</sup>**.

If anyone would like to help me with other outing suggestions please feel free to do so.

Any questions, contact **Lance Thompson** at: [lance@pon.net](mailto:lance@pon.net) (please put SIR in the subject heading) or call 707-527-3438. (Article by Lance Thompson)

## GLOBAL FORUM: (Article by Marvin Mai)

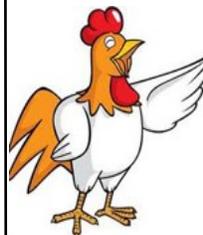
The Global Forum will **NOT** be meeting in September, but is planning to resume meeting in October. Enjoy your “fall break” and get ready to discuss lots of new topics in October.



## Calendar of SIR Events for SEPT. 2018

- Any Monday **Golf** at BVGC
- Any Monday **Bowling**, Double Decker Lanes, R/P, 10 am
- Sept. 3 Labor Day, Observed
- Sept. 9 Last day to reserve for BNO
- Sept. 9 Grandparents Day
- Sept. 10 Swap Ideas Day
- Sept. 11 **Poker Fest**, Legends, BVGC, 12:30 pm
- Sept. 11 **Bridge Club**, Legends, BVGC, 10:00 am
- Sept. 12 **Boys' Night Out**, Bear Republic, R/P, 6:00 pm
- Sept. 13 Positive Thinking Day
- Sept. 15 National Cleanup Day
- Sept. 20 **SIR Meeting/Luncheon, Legends**, 11:00 am
- Sept. 24 Last day to reserve for CNO
- Sept. 25 **Bridge Club**, Legends, BVGC, 10:00 am
- Sept. 27 **Couples' Night Out**, Gravenstein Grill, Sebastopol

## Joke of the day!



I put my grandmother on the speed dial on my phone.  
I call that **INSTAGRAM!**

**GOLF:**

**The dog days of  
summer are over;  
Get off the couch and  
let's go for a walk.**



**Come join us for a fun day of golf.**

**The place to be is the Bennett Valley  
Golf Course - The time to be there is  
Monday mornings starting at 8:30.**

***Hope to see you all out there.***

Until next time, Good Golfing,  
Roy Thuestad

707-975-4406 [roymond@comcast.net](mailto:roymond@comcast.net)

**POKER FEST**

*(Article by Steve Edelstein)*

We are looking to add **four** more players to start a **second** game. We have three players that are willing to play twice a month. We would be willing to help you learn how to play. It's fun and good way to meet your fellow SIR members



The new date is **Tuesday, September 11<sup>th</sup>** from **12:30 pm to 4:00 pm**, at Legends in the Bennett Valley Golf Course.

Contact Steve Edelstein by email at:

[lthatisland@gmail.com](mailto:lthatisland@gmail.com) or call 707-206-8084.

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

**TRAVELING GOLF:** *(Article by Roy Thuestad)*

August Golf found us at the 6<sup>th</sup> Annual Sebastopol Golf & BBQ. Though the morning was cool and shrouded in fog, 18 players joined in and managed to keep their balls on the fairway, at least for most of the time. Impressive low scores and accurate ball placements were what got the guys into the money. When the last ball was sunk in the cup, the sun broke out and we all headed over to the picnic grounds for a well-deserved beer. Joining us at the picnic were an additional eight members and guests, including our special guest of the day, Jim MacMillan. It was great to see him out and about again, and we're hoping he has a golf club in his hand the next time. We all enjoyed food and drink, along with some good old-fashioned SIR camaraderie.

Our originally planned September golf outing to the Santa Rosa Country Club has been **canceled** - there were just too many hoops that we were having to jump through to make it work out.

Our final Travel Golf event of the season will be at the Oakmont West Golf Course. This course is familiar to you all and is just a hop, skip, & a jump from our home course at BVGC. You'll barely have to put any extra gas in your car to get there.

Looking forward to seeing you all at our next Travel Golf adventure.

**REMAINING 2018 SIR 1776**

**TRAVEL GOLF SCHEDULE:**

Thursday, Oct. 11<sup>TH</sup> @ 9:30AM

**Oakmont West GC, Santa Rosa,**

**@ \$52.00/player**

**Payment due date: Friday Oct. 5<sup>TH</sup>.**



**Make checks payable to SIR Golf 1776.  
C/O John Weaver, 7425 Witter Road,  
Sebastopol, CA 95472-4729**

## Wine , Beer & Spirits Appreciation

Our first wine appreciation event got off to a rousing start on August 21<sup>st</sup>. A goodturn out of 22 SIRs, spouses and guests gathered at the Santa Rosa JC's Shone Farm. We were treated to a tour of the wine making facility and the farm in general. Chris Wills, the pavilion manager and adjunct professor, gave an oral history of the area and how the farm came to be. We then enjoyed a tasting of the fine wines produced by the viticulture program of the JC followed by lunch, with wine of course and some active social time.

It was a great start to our activity and judging from the comments of some of the group, they had a very good time. We look forward to future outings, time and place to be determined. We are considering such venues as Kunde winery and a tour of their wine cave and grounds in Kenwood; Roth Winery in Windsor with perhaps some bocce on their court; and Preston Winery in Healdsburg with the fresh baked bread from their ovens.

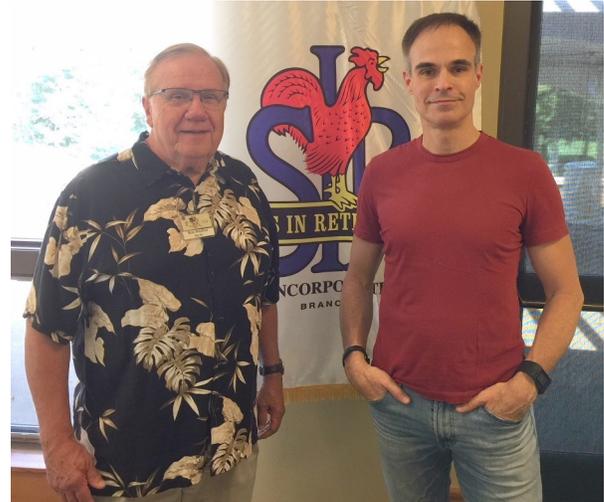
Bill Traverso and I would like to thank all those who took the time to gather and enjoy the day. We look forward to seeing you all and other SIRs at our next outing. Until then, **Non beva più l'acqua, ma usi un poco vino per causa degli stomaco.** (*"Drink no longer water, but use a little wine for the stomach's sake"*)

For more information about future events contact Gary Bondi at [gbondi@sonic.net](mailto:gbondi@sonic.net) or call 707-539-2445.

## Recap of the August 16<sup>th</sup> speaker

Kevin Parrott has an interesting background. He is a 55-year-old Canadian finishing his PhD research at the Buck Institute for Research on Aging, Novato. He is studying how to block substances secreted by "zombie cells" that contribute to the inflammation and destruction of healthy tissues by cancer. Kevin's interests in cancer are personal, as he is a thyroid cancer survivor. He is active in several organizations that are working to develop treatments that expedite our understanding of aging and comorbid complications.

Kevin gave us a beautiful snapshot of the Buck Institute, its staff and the important work being done there. He invited us to tour the Institute on Thursday mornings at 10:30am. Thanks Kevin for a wonderful talk by an entrepreneur, organizer and biomedical researcher. *(article/photo by Dennis Mangan)*



**NEW**

# BAR INFORMATION

**WATER, ICED TEA, SODAS, & COFFEE ARE ALL AVAILABLE ON THE TABLE IN THE MEETING ROOM AND ARE INCLUDED IN YOUR LUNCH PRICE.**

**FOR ALL OTHER DRINKS, GO TO THE MAIN BAR AND SHOW THE BARTENDER YOUR SIR BADGE.**

**FOR \$5.00 YOU CAN PURCHASE: ANY WELL LIQUOR DRINK, HOUSE WINES BY THE GLASS OR ANY DRAFT BEER.**

**FOR ONLY \$3.00 YOU CAN PURCHASE A CAN OF COORS LIGHT BEER**

## The Poem of the month!

### On Retirement

by Philip Freneau

A HERMIT'S house beside a stream  
With forests planted round,  
Whatever it to you may seem  
More real happiness I deem  
Than if I were a monarch crowned.

A cottage I could call my own  
Remote from domes of care;  
A little garden, walled with stone,  
The wall with ivy overgrown,  
A limpid fountain near,

Would more substantial joys afford,  
More real bliss impart  
Than all the wealth that misers hoard,  
Than vanquished worlds, or worlds restored  
Mere cankers of the heart!

Vain, foolish man! how vast thy pride,  
How little can your wants supply!  
'Tis surely wrong to grasp so wide  
You act as if you only had  
To triumph--not to die!

## HONEY

Would you like to try some  
“home grown” honey?

SIR member, John French, has a limited supply of pure local, treatment free, spring honey from his backyard apiary. It is straight from the hive, then filtered three times before bottling.

3-oz. bear jar \$5 1-lb. jar \$10 1½-lb. jar \$15

Email John at [sonomink@yahoo.com](mailto:sonomink@yahoo.com) for info.



## PICTURES FROM COUPLES' NIGHT OUT IN GLEN ELLEN



### 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.