



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, 2024

### All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday July 18th at The Epicenter, 3215 Coffey Lane, Santa Rosa.

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 **Rod Mooney** at (707) 328-1819 or email [rnkntla@gmail.com](mailto:rnkntla@gmail.com) by **noon on July 11th** to help keep our count more accurate. Also of importance: 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 **Rod Mooney** per the above! If you are a no-show you may be charged for your meal!

#### Big Sir Chris Nelle's Message:

[nelleval@hotmail.com](mailto:nelleval@hotmail.com) 916-205-1717



Sticking with my theme for the year: seek joy, practice happiness and share gratitude, I scored the trifecta by attending this year's picnic! You see I think fundamental joy comes from spending time with people you like because invariably happiness ensues. And, now I want/need to share my gratitude for those that worked hard to make the picnic such a success. I'll apologize in advance for missing someone because I just might...John Gnam, Kurt Wehrmeister, Marc Pearl, Tony Negri, Rich DeLambert and George Traverso. You guys done good!!! I haven't heard the results of the raffle but I was so very pleased to see my strategy of putting all of my 30 raffle tickets into one prize bucket...it finally worked, I won a beautiful gift basket with a "tea time" theme, now renamed "wife's birthday present"!

I had to leave early to participate in a Statewide SIR leadership Zoom meeting so I'll need a review on Rich DeLambert's singing which I had heard was planned. I hope it didn't ruin what was otherwise a beautiful and wonderfully executed event...well done picnic committee!!!

As for the big Zoom meeting...it never happened on that day because of a technical oops!

*(cont'd on page 2 left)*

#### Little Sir Neil Wheeler's Message:

[neil@science-one.org](mailto:neil@science-one.org) (707) 291-0271



Did you know that participating in SIR activities can help you avoid the loss of brain function? This is particularly true if you have suffered a traumatic brain injury or stroke.

During my recent hospitalization for hydrocephalus (water on the brain) I worked with a rehabilitation therapist to assess the impact on my speech and brain function. After several days of tests my therapist told me that my speech and brain function were normal, and that I could either continue or skip future sessions with him. I chose to continue my discussions with him and focus on my participation in SIR.

During our discussions I found out that people who are active socially and mentally tend to recover from brain injuries quicker and more completely than those who are inactive. He provided me with several journal articles supporting this. It appears that my involvement in SIR helped in my recovery.

These findings are not surprising when you consider the growing list of studies that demonstrate the relationship between longevity/health and social, physical, and mental activity. It turns out that SIR is not only devoted to the promotion of independence and dignity for senior men, but also longevity and health.

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## Big Sir Chris Nelle's Message: *(cont'd)*

So it was rescheduled and done 6/27. You've never been challenged to be calm and patient until you've been a part of a Zoom meeting with 231 participants! I wouldn't recommend it! Suffice to say the Statewide board have been busy thinking about the future and so dedicated to SIR surviving and moving forward positively they put forth several initiatives:

- Change our name
- Change our logo
- Change titles Big Sir to President, Little Sir to Veep
- Change from a 501(c)(4) to a 501(c)(3) organization to attract tax deductible donations which would be used to advertise the benefits of our organization
- Seriously look at the "male only" aspect
- Be more proactive with selling our value to our communities

To provide some perspective, SIR peaked at about 30,000 members and now we're around 8,000. Every year a couple of branches close down. Several branches lean on a few who have been serving as branch leaders for multiple years in a row. Median age for SIR statewide is 80, people stepping up to serve is like pulling teeth...yada yada yada!

As an organization, something needs to happen to survive.

Now no two branches are the same and thanks to a collection of great leaders before my time, we find ourselves almost as a poster child of what needs to be happening to survive. We have found and continue to find new members. It's not easy but we continue to find new members. It's not easy but we continue to find guys to serve in leadership positions. It was apparent that the challenge at the statewide leadership level is to get all of us paddling in the same direction and to acknowledge that things need to change in order to have the best chance at remaining relevant to the lives of seniors.

More to come as more clarity is provided. But, for you creative guys there is a \$500 prize for the one who comes up with the best new organization name and \$500 for best new logo, so get going!

Happy 4th of July everyone!

## Little Sir Neil Wheeler's Message: *(cont'd)*

The mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life. SIR is an organization for active seniors where curiosity meets connection. We offer monthly luncheons with inspiring speakers, social events that foster friendships, physical activities to keep members fit, mental stimulation through workshops and hobbies, and leadership opportunities. To borrow a line from a popular 1960s era TV series, **"Involve yourself in SIR to live long and prosper."**

Finally, this month's luncheon speaker will be Santa Rosa Vice Mayor Mark Stapp. The program will consist of Big Sir Chris Nelle interviewing Mark about various issues of interest to our SIR members. If you have something you would like Chris to cover, let him know as soon as possible.



## July 18th Meeting Lunch Menu

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

- **Chicken Enchiladas**
- **Spanish Rice / Beans**
- **Green Beans**
- **House Salad**
- **Bread and Butter**
- **Churro Bites**



## Online Luncheon RSVP Works Again

You can RSVP (YES or NO) to luncheons again on our website by clicking this link <https://www.sir17.org/rsvp> or by going to our website Members Only page where you will see the RSVP icon. We encourage you to use this feature. If you don't use it, one of our Phone Committee members will reach out to you by phone or email.

## Activities:

Use this link below to view the latest online Calendar of Events:

<https://www.sir17.org/calendar-of-events.html>

### Book Club:

(Article by *Neil Wheeler*)



In July we are reading *Past Lying* by Val McDermid.

It's April 2020 and Edinburgh is in lockdown. It would seem like a strange time for a cold case to go hot—the streets all but empty, one hour of outdoor exercise is the maximum allowed—but a mere pandemic doesn't mean crime takes a holiday. When a source at the National Library contacts DCI Karen Pirie's team about documents in the archive of a recently deceased crime novelist, it seems it's game on again. At the center of it, a novel: two crime novelists facing off over a chessboard. But it quickly emerges that their real-life competition is drawing blood. What unspools is a twisted game of betrayal and revenge, and as Karen and her team attempt to disentangle fact from fiction, it becomes clear that their investigation is more complicated than they ever imagined.

The Book Club will next meet in Howarth Park at the Cypress Point Picnic Area at 2:00 pm on Wednesday, July 24<sup>th</sup> to discuss this book.

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

### Boys' Night Out:

(Article by *Don Malvestiti*)



IT'S SUMMERTIME—TIME FOR  
PIZZA AND BEER!

BNO for July will be at Mary's Pizza, 535 Summerfield Rd., Wednesday July 10<sup>th</sup>, 5:30 p.m. Social, 6 p.m. Dinner. Don needs to know if you will be joining the group by **July 5th**.

Email only [malvestitidon485@gmail.com](mailto:malvestitidon485@gmail.com)

DO NOT CALL DON AFTER THAT DATE—  
YOU WILL NOT BE INCLUDED!

### Couples Night Out:

(Article by *Fred Rose*)



July Couples' Night Out will be held Thursday, July 25th, 6:30 p.m. at the Northwood Restaurant at Northwood Golf Course between Guerneville and Monte Rio on Hwy 116. The restaurant has a full bar and sits at the entrance to the Northwood Golf Course.

Our dining experience there last year went well. Food is "American style"; meatloaf with mashed potatoes was a popular choice last year. Reservations are required. For reservations, contact Fred Rose at [fredricrose@comcast.net](mailto:fredricrose@comcast.net).

### Bridge:

Eight of us met in the Valley of the Moon Oak Club for bridge and lunch. If you have an interest in Bridge, contact:



**Dean Lundgren 707-544-8088**

[mdlundgren@msn.com](mailto:mdlundgren@msn.com)

**James Park 707-578-4255**

[jimcpark38@gmail.com](mailto:jimcpark38@gmail.com)

### Coffee Club:

(Article by *Rich de Lambert*)



The morning coffee events will continue at Howarth Park every 2nd and 4th Thursday until we get in the cool fall months. Come join us in the upper parking lot (near the boat house) at Howarth Park starting about 8:45 a.m. and finishing about 10:15a.m.

Please bring your chair and a friend for a great time. We do a lot of talking and the usual BS. All this for \$1.00, which includes pastries, coffee (regular and decaf) and fruit. Now what is your excuse, get up out of your chair or bed and join us!!

## Community Involvement Program:

(article by **Bob Reuther**)



We hope you had a chance to join us at the Redwood Empire Food Bank on Thursday, June 6. Thanks to Tony Negri for bringing treats and Rich de Lambert for the thermos of coffee. If you missed it, there are more opportunities in the future. Consider joining us.

The Food Bank will be closed on the first Thursday, the 4<sup>th</sup> of July. **We will not have an outing in July.** We couldn't arrange for another date, but we'll be back in August on Thursday, August 1, from 9:45-Noon. If you plan on joining us, we ask that you contact Sir George Traverso when he sends an email. And remember, friends and family are welcome.

We have arranged with the Food Bank Volunteer Coordinator to tell them that you are attending so that you don't need to check in on their computer. This prevents a pileup at the entrance of the building. This is a great way for new members of former Branch 76 to meet members of their new Branch 17.

At our last outing, we packaged 1,128 lbs apples, 1,574 lbs oranges, and 1,269 lbs carrots. This amounted to 3,305 meals for those in need.

The Food Bank appreciates our work and sent us this message: *"Thank you all so much for your time and energy last week in the warehouse. It was wonderful to see your group having such a good time while working to help the Redwood Empire Food Bank end hunger in our community. What a great team!"*

The Community Involvement Program, Branch 17 Committee has started an additional prize drawing on every visit. Your attendance will automatically enter you for a prize. The winner for June was Sir Gordon Boulton. After volunteering at the Food Bank, you are welcome to join the group led by Sir Rich de Lambert for a Hot Dog Thursday Lunch close by at the Pacific Coast Air Museum. A large hot dog, chips, and a drink cost \$8. Well worth the price, and good way to support another good cause.

Barry Bialkoski and Bob Reuther Co-Chairs  
Rich de Lambert and George Traverso Co-Vice Chairs

## Explore and Dine:

(Article by **Art Appling**)



Gents (and guests) are invited to join us on Wednesday July 31<sup>st</sup>.

We will have lunch at VJB winery, deli, pizza place and gift shop. We meet there last year and with overwhelming approval. Yes, even my wife liked it!

The EXPLORE part of this event is across Hwy. 12 at Swede's Feeds. Whimsical yard and garden paradise best describes this place. Plan on doing some exploring before or after the VJB lunch.

VJB is on Hwy 12 in Kenwood at the corner of Shaw Ave. and Hwy. 12.

Remember, we wish to have various Explore and Dine leaders. If you have an interesting venue you wish to share, please let me know and we'll try to get it scheduled.

For VJB, RSVP needed by 7/28...Please!

Art Appling, [art4747@msn.com](mailto:art4747@msn.com)

## Global Forum:

(Article by **Marvin Mai**)



First, I'd like to thank Big Sir Chris Nelle for stepping in and hosting the May and June meetings in his home while my bride and I went galivanting off and celebrating family birthdays.

Will heightened geopolitical tensions between the world's largest economies impose tariffs on Chinese technologies and especially electric vehicles? Will Beijing consider retaliation? Tensions between Russia and the West will also continue because of the West's continued support for Ukraine, coupled with tighter sanctions against Russian entities and their international partners. Will it prompt Moscow to expand its campaign against its Western rivals?



Meanwhile Israel's campaign may switch to Hezbollah and Lebanon. Also, the Houthi attacks in the Red Sea and Indian Ocean continue to impact the supply chain.

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## Global Forum:

(cont'd from page 4)

Will this impact the holiday shipments which are now on their way and scheduled for arrival in time for the holidays? What will the impact be on the Israel/Saudi agreements? How is Iran going to react?

What about the coup belt in Africa and also the late June elections in France and Iran? What will Russia be attempting during the U.S. election?

If you have other global issues you'd like to raise and discuss join us at either our monthly in-person meeting on the 2<sup>nd</sup> Friday of the month or the monthly Zoom on the 4<sup>th</sup> Friday. The in-person meeting is at the Mai's house; email me at [maimarvin57@gmail.com](mailto:maimarvin57@gmail.com) for a seat at the table.

## Golf Update:

(Article by **Bob Nadell**)



Golf has been great. The weather has been really nice and the Bennett Valley golf course is in excellent shape. Attendance at our weekly tournaments has been steady, but we still have space available. However, we are required to **sign up in advance** by contacting the pro shop by the Friday of the week proceeding our tournament. Please do not expect to play on Monday without this notification.

In addition, we recently held a "Picnic in the Park" for our Branch 17 golfers. Since the picnic occurred prior to the deadline of this newsletter, you can consider it an event well received. The cost for this event was paid for from our Branch 17 golf account, so in a way we all sponsored it. The weather is warming up, so come join us.



## Hiking Group:

(Article by **Gordon Boulton**)



If you would like to join us, get on the hiking activity email list by contacting Stew Lauterbach, at:

[stewartlauterbach@gmail.com](mailto:stewartlauterbach@gmail.com).



L-R: Gordon Boulton, Stew Lauterbach, Duane Peterson, Jim Taylor at Fitch Mountain in Healdsburg.

## Poker Update:

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

We had our best turnout to date at our June game. We had 11 players, so we had one table with six and one with five. Marv and Les were the big winners.



Epicenter had a steak sandwich special for \$15, which a number of us ordered. It was great! Our game in July will be on Thursday, July 11<sup>th</sup>, 12 noon to 3 p.m.

Contact Mike O'Neill at [mikeo46@sbcglobal.net](mailto:mikeo46@sbcglobal.net) if you would like to join the group.

## Walking Group:

(Article by **Richard Lundblad**)



The walking group meets every **Tuesday morning at 10 am**, that is weather permitting. Exact meeting places to are 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](mailto:richardlundblad@gmail.com)

or call me at 707-888-8386

## The Science of Aging — Heat

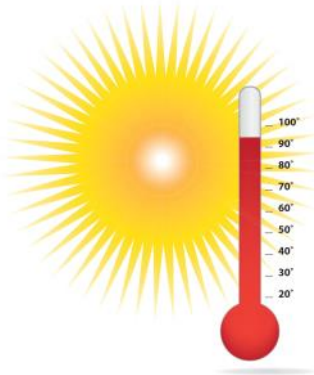
(Article by *Dennis Mangan*)



The dog days of summer are here, and they can be deadly. A few years back, I was playing golf in Los Angeles on a scorching hot afternoon. On the walk down the 10<sup>th</sup> fairway, I experienced a weird sensation. My legs went weak, I was dizzy, and I felt like I weighed a ton. I staggered over to a bench in the shade. My brain was jumbled, but I knew I had some sort of heat illness.

I looked around and saw a refreshment stand a few hundred yards away. My body lost coordination and it took me nearly 15 min to stumble there. I got a cold Gatorade and sat down. I don't remember the next 30 min...my mind blanked out. When I recovered and gained enough strength, I drove home...slowly, with severe jitters, nausea, and a fear of blanking out again. It took three days to feel "normal" again.

Hot weather is more dangerous for guys at our age than for younger people. Why? As we age, our bodies have a harder ability to regulate internal temperature because, in part, we have lower muscle mass and a decreased shiver reflex. Heat regulation is also altered if you have chronic heart, lung or kidney disease.



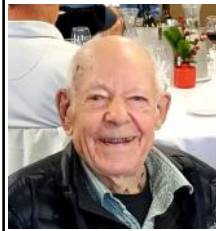
Your body's ability to cool itself can be affected by taking drugs such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines. Being over or underweight, drinking alcoholic beverages, or becoming dehydrated can also mess with your body's thermostat which is located in the hypothalamus of the brain. There, hormones are sent out that control thermoregulation: sweating, blood vessel dilation, and body metabolism.

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There are some commonsense things you can do to lower your risk of heat-related illness. Even though you might not feel thirsty, drink plenty of water, fruit or vegetable juices, or drinks that contain electrolytes (e.g., Gatorade). Take in a movie, go to the mall, find a friend with air conditioning where it is cooler. Dig through your drawers and find lightweight, light-colored, loose-fitting clothing to wear. Lie down and rest, shower, bathe, or sponge off with cool water, and don't be stupid like me. Avoid outdoor exercising and other physical activity when it is very hot. Better to have a DNF (did not finish) on your golf scorecard than a DNS (did not survive) due to heat stroke.

## Lucky Lager—by John Weaver



A few years back San Francisco was well known for its cable cars, Fisherman's Wharf with fresh crab, jazz clubs, baseball, the Golden Gate Bridge, AND Lucky Lager beer. Where am I going with this? Well, I was there in 1961. It was 1961 when Lucky Lager beer was first introduced by the General Brewing Company... and they also introduced the Lucky International Golf Tournament. The tournament ran from 1961 through 1969 and was played at the Harding Park Golf Course. It always followed the Bing Crosby Clambake that was played in January at Pebble Beach.

All the tournaments play Thursday through Sunday. On Thursday January 26th I was standing at the first tee watching one of the foursomes tee off, except they weren't teeing off. Three players were there and were anxiously looking around for a fourth player. This was critical. If you are not there within a 5 minute timespan you are disqualified.

The missing player was 25 year old Gary Player from Johannesburg, South Africa. At about 4:59 into that span of time Gary suddenly appeared with his clubs ready to play. Play was initiated and no other problems presented themselves.

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## Lucky Lager:

(cont'd from page 6)

The real problem was the course itself. Harding Park is owned by the city of San Francisco and, as a municipal course, has an extreme number of golfers waiting to play a round. It is rarely idle. The city had just finished many months of renovation. Luckily two of us managed to get a starting time on the weekend before the tournament. The greens were faster than I had ever seen and there were so many course improvements— it was like a new course!

The final day of the tournament was held during a rain storm that turned the new course into mush and mire. The officials said, "We will play in the rain." They did play in the rain and the course held up with the greens performing well in spite of the excess water. As the leaders approached the final hole, I was pleased to see Gary Player in the final group. He not only survived but he was the leader. On the final round in the rain Gary shot 65 with 6 birdies and took home a \$9,500 first prize — and he was so close to not being there at all!



A special **Thank You** to **Gordon Boulbee** for spotting all the errors in grammar, punctuation, spelling, and other boo-boos before this edition went to press.

—*Bob-the-Editor*



## The Story of The Rooster:

A few months after the founding, the club had grown enough to need a newsletter - if anyone could figure out how to get one started with \$29.02 in the treasury that had been collected in Claus Hink's hat. A gentleman named Damian Reynolds, the first of all Big Sirs, was appointed to edit the newsletter as well. He named it "Dear Sir." That was easy, but how about an emblem to decorate the masthead?

Claus Hink, by then the Little Sir, came to the rescue again with his creative imagination. At the first meeting of the Executive Committee in January 1959, the committee sought a symbol for the club that would express the pride, dignity, and independence of retirement. "Well," said Little Sir Hink, "Nothing is more proud, dignified, and independent than a rooster!"



So the new SIR emblem appeared for the first time at the top of the first newsletter issue in February 1959. Editor and Big Sir Reynolds made the choice immortal with these ringing words in an editorial:

"One of the principal areas of Sons in Retirement concerns itself with the well-being, youth, and happiness of the retired man. Of all the creatures on the earth, none expresses independence and dignity with more sureness and aplomb than the rooster.

The majesty of his presence overshadows all other barnyard creatures, and when he crows he can be heard for miles, not in a fainthearted manner, but with noise that calls attention to his majestic being."

## Happy Birthday to all those born in July!

- *Dino Bolto*
- *Duane Peterson*
- *John Gnam*
- *Ron Tonelli*
- *Richard Harkness*
- *Kurt Wehrmeister*



## SIR Apparel Available at July Luncheon

(article by *Len Grosso*)

Have you seen the Documentary “*Live to 100*” on Netflix? The author explains the 12 habits, diets, and lifestyles of blue zone centenarians. One super-important habit is, ‘**Connect with others as often as possible.**’ That’s where SIR shines. And we have the sterling opportunity to offer to others this endearing community and lifestyle. How about we spread the word!

One way to increase SIR Visibility and Name Recognition is through **SIR apparel**. SIR apparel displays our commonly used brand images and logo that are unique to SIR. You can proudly wear your SIR apparel at almost any event. As if that were not enough, you will be helping to advertise SIR to your community and help recruit new members.

At this month’s luncheon a table will be set up to provide information and to take your orders. Items available include hats, polo shirts, and a couple of Jackets. The prices are amazingly reasonable. Don’t miss the table for orders, any questions, and future offers. Shipping will be free with even a small number of orders.

Apparel items available in July are:

- JERZEES® Ring-Spun Cotton Polo Shirts, Red, DkGrn, Black, Gray, Mroon, Navy, Rblu & Wh (2XL no stock), Most sizes are in stock \$15.00
- Printed Hat—Digital Heat Transfer, White only One size fits all, White \$9.75
- Valucap Econ Cap—Royal Blue, Wh, Blk, Red & Khaki  
White & Black \$22.93  
Red, Blue & Khaki \$20.44
- ELEVATE MAXSON Men’s s Softshell Jackets  
Large, Grey Storm \$56.08  
Large, Olympic Blue \$56.08



At the Luncheon table you can see other apparel products that may be available if interested. Bring cash or your checkbook and pay for your order there. Some products allow for your name embroidered and a 2<sup>nd</sup> text line, though very short.

## Buffet Buddy:

(Article by *Glenn Seime*)

If a member has a hard time navigating the buffet line, someone at that member’s table should offer to be a “Buffet Buddy” for that member needing help. He will dish up for his buddy and then himself. He would have access to the head of the buffet line for both his buddy and himself, and it is important that this service **be offered**, and not wait to be asked. It seems to be working, so let’s keep it going!



# *SiR Branch 17 Summer Picnic 2024*



## **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 guest 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.*