



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 June, 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 [rnkta@gmail.com](mailto:rnkta@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



It’s time again for another column to hopefully share important topics with you all. The one that pops up at this moment in time is the financial consequences of no-shows. When our phone tree calls to receive your intentions as to

attendance at an upcoming meeting, the important part of this is to determine the headcount in order give the Epicenter the size of the lunch attendance. The Epicenter then prepares the amount of food based on that number. When someone who has said they’d attend but does not show, we have in effect bought a meal and must pay for it. Now, based on experience, our coordinator, Rod Mooney, and previously Glenn Seime, developed a pretty good system where we will reduce the number of expected attendees in anticipation of no-shows. But this is not a perfect science.

The Epicenter has also been generous with their occasional lax interpretation and enforcement of the terms of our contract. Our contract states that if we provide an expected attendance of say 90 people then we are obligated to pay for 90 meals. At our last lunch, there were 10 no-shows, which is unusually high.

*(cont’d on right)*

*(cont’d from left)*

Even after Ron and Glenn applied their attendance discount we still had more meals prepared than we had attendees and would have been responsible for the prepared meals that were uneaten. Now I know life throws curveballs and occasionally we need to change our plans...so please do your best to let us know as soon as you know if you cannot make the lunch. Now, the BEC will be considering charging the cost back to the guys who don’t show up for the meal they ordered. Seems like the fair thing to do, right?

Now onto happier things! I hope you bought your picnic tickets. I hope you volunteered to help out at the picnic. And I hope you volunteered to help on the phone tree. I really appreciate Len Grasso stepping up to be our Merchandise Coordinator, and most of all I’m really, really happy Neil Wheeler is on the mend and is coming back shortly! Did I ever share with you the amount of things Neil does for the good of our branch....incredible!

Final note: as I mentioned, Councilman and Vice Mayor Mark Stapp will be our July speaker and I will interview him about important topics concerning our city. Please send me your ideas for questions and I will collate, edit, and



prioritize them to help formulate the program. Email them to me at [nelleval@hotmail.com](mailto:nelleval@hotmail.com)

## Little Sir Neil Wheeler's Message:

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



Hi everyone, I'm back! After seven weeks of being "out of it", it's good to be back and involved with SIR again. I would like to express my gratitude (one of Big Sir Chris's themes) to all of those who have helped me recover and to those who have kept things running in my absence. I am grateful for my wife, Barbara, who was my fearless advocate during my hospital stay, and the great team of doctors, nurses, and therapists who helped me recover. I'm also grateful to the many SIR members who took over my duties while I was out.

I'd like to thank Chris Nelle for taking charge of our speakers' program, Les Brodie for keeping the Book Club running, Dennis Mangan for taking care of my website changes, and many others who stepped up to the plate and helped out with activities and luncheons. Finally, I'd like to thank those of you who sent get well cards. I received over 20 cards (mostly from SIR members), and they really helped boost my spirits.

As you know, we do not have a regular meeting in June but hold a picnic instead. Barbara and I have signed up for it and I hope we'll see you there. In July we'll be back at Victory House and our speaker will be Vice Mayor Mark Stapp. Mark was elected to the Santa Rosa City Council in 2022 representing District 2, which includes neighborhoods around Montgomery Village, Bennett Valley, and Taylor Mountain.

In August, we have rescheduled Karissa Kruse to speak. Karissa is the President and CEO of the Sonoma County Winegrowers Association. Later in the fall we are planning on having speakers on preventing scams and other fraud, and on free resources available from the Sonoma County Library.

In closing I would like to encourage you to visit our website, [www.sir17.org](http://www.sir17.org), and particularly the Information page, [www.sir17.org/info](http://www.sir17.org/info), and the Members Only page, [www.sir17.org/login](http://www.sir17.org/login), and discover all of the information we have about SIR Branch 17. The online luncheon RSVP form is currently unavailable but will be back and working for the July luncheon.



**New Member:**

**Rick Auld - Badge # 140**



I was born in Baltimore MD and raised in the Maryland DC suburbs. My favorite summer memories are camping along the Appalachian Trail and swimming. I attended college and medical school at Johns Hopkins and then headed to UC San Diego where I met my wife Marion. After two years in Shiprock NM with the US Public Health Service on the Navajo Reservation, we went back to San Diego for gastroenterology training. Santa Rosa became our home in 1986 and we raised our three children here. I worked at Sutter and Kaiser in GI and retired in 2022.

I am an enthusiastic golfer but unfortunately, not a good one. I enjoy walks and hikes and am looking forward to participating in these activities with SIR.



**New Member:**

**Ernie Giampaoli - Badge #103**



I was born on November 6, 1937 at Healdsburg General Hospital. I grew up in Asti California and attended Washington Grammar School: one room, one teacher, and eight grades.

I graduated from Cloverdale High School in 1955, and spent two years in the Army, 1957-1959. I married my late wife Claire in 1959, the mother of our six children.

I retired from PG&E's electric department in 1993. My interests include gardening and fishing.

### 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.***



Bob was born at Mare Island Naval Base in Vallejo, the second son of William C. and Mary E. (Littleton) Andrews. Bob spent his childhood in Marin County, roaming the mostly open hills on his bicycle or the neighbor's pony. Bob joined the Air Force and spent his basic training at Lackland AFB in San Antonio, Texas. He was stationed at Travis AFB before going to the Thai Royal Air Force Base in Udorn.

Bob and Maggi were married in Maggi's hometown of Marysville, California. They made their home first in Petaluma and eventually in Santa Rosa. Bob coached basketball and football for many years in Geyserville, Sebastopol and Santa Rosa, as well as Santa Rosa Junior College football. He enjoyed the opportunity to help the kids become young men and good citizens.



Bob enjoyed playing golf at Bennett Valley with all the SIR guys as well as his regular golf buddies. He was a longstanding member of SIR, serving as a past Big Sir and managing the summer picnic for Branch 76 for about ten years. He is survived by his wife Maggi, his nephews John and William, and his niece Petra. He was loved by many friends and will be missed and remembered by all.

## SIR HAPPENINGS

The **May** 2024 edition of Newsletter is now available to view online. This is an informative newsletter produced by SIRinc with articles re-published from many of the SIR Branches throughout the state.

Click here: <https://sirinc.org/uploads/newsletters/2024-May-Happenings-Opt.pdf>

## June 20th Picnic Windsor Golf Course

1302 19th Hole Drive

### Menu:

**BBQ Chicken, Veggie Pasta, Chili Beans,  
Corn on the Cob,  
Salad, Bread, Butter & Dessert  
Wine, Beer, Soft Drinks  
Raffle, Music**



## Three New Members Inducted:

(Article by *Gordon Boulton*)

Three new members were inducted by Big Sir Chris Nelle at the May luncheon. They are **Rick Auld**, sponsored by Bill Brooks; **Ernie Giampaoli**, sponsored by Rich de Lambert, and **Mike O'Callaghan**, sponsored by George Traverso.



L-R: Big Sir Chris Nelle, Mike O'Callaghan, Ernie Giampaoli and Rick Auld

## Phone Committee Members Needed!

We **urgently** need more members of the Phone Committee to call about 10 members each month to ask if they are coming to the monthly luncheon. Contact Gordon Boulton at [gboulton@aol.com](mailto:gboulton@aol.com) to volunteer.

# 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 June we are reading **The Heaven and Earth Grocery Store** by James McBride.

In 1972, when workers in Pottstown, Pennsylvania were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side. Chicken Hill was where Moshe and Chona Ludlow lived when Moshe integrated his theater and where Chona ran the Heaven & Earth Grocery Store. When the state came looking for a deaf boy to institutionalize him, it was Chona and Nate Timblin, the Black janitor at Moshe's theater who worked together to keep the boy safe.

As these characters' stories overlap and deepen, it becomes clear how much the people who live on the margins of white, Christian America struggle and what they must do to survive. When the truth is finally revealed, McBride shows us that even in dark times, it is love and community—heaven and earth—that sustain us.

The Book Club will next meet in Howarth Park at the Cypress Point Picnic Area at 2:00 pm on Wednesday, June 26<sup>th</sup> to discuss this book.

If you have any questions email Neil at: [njmwheeler@science-one.org](mailto:njmwheeler@science-one.org).

## Boys' Night Out:

(Article by *Don Malvestiti*)



BNO for June will be at the Osake Japanese restaurant, 2446 Patio Court in Montgomery Village—across from Lucky's on Wednesday June 12<sup>th</sup>, 5:30 p.m. Social, 6 p.m. Dinner.

Don needs to know if you will be joining the group by June 7th.

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

TO ATTEND YOU MUST EMAIL DON BY THAT DATE

## 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 will join us at the Redwood Empire Food Bank on Thursday, June 6, from 9:45 a.m. until noon. If you plan on joining us, please respond to Sir Rich de Lambert's email. And remember, friends and family are welcome. We have arranged with the Food Bank Volunteer Coordinator to register you in advance to prevent a pile-up at the entrance when we arrive. We are continuously seeking to improve our outing so that you have a good time helping others. Sir Elias Zegarra made coffee for our members. The staff members are aware of our needs. Always feel free to tell us if there is something that needs to be improved.

(cont'd on page 5 top left)

## Community Involvement: (cont'd. from pg. 4)

At our last outing, we had 25 people participate. Twenty-two were Branch 17 members, two were members of Oakmont Branch 92, and one was a Branch 92 member's spouse. We packaged 1,701 lbs of oranges and 1,450 lbs of apples. The total produce was 3,151 lbs, enough for 2,626 meals. Also, one group of three of our members made 7,300 bags for produce.

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 you have."*

You will be provided with a name lanyard and a card to be punched for attendance when you arrive at the Food Bank. Ten punches and you are entered into a monthly prize drawing. Your attendance will automatically enter you for a prize. The winners for May were Sir Al Petrie and Sir Ernie Giampaoli.

You can always find us on the [www.sir17.org](http://www.sir17.org) website under the first Thursday of each month. All the information related to time and place is on that site.

*"Let us march on poverty until no American parent has to skip a meal so that their children may eat."*—Martin Luther King Jr.

After the Food Bank you can 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 or Polish dog, chips, and a drink cost \$8. Eleven of our members attended after our last May outing at the Food Bank. We all sat at one table and had a great conversation. Well worth the price, and support for another good cause as discussed by one of our members Sir Gary Greenough as the guest speaker at our luncheon meeting on February 15, 2024.



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## Explore and Dine: (Article by Art Appling)



The suggested activity of taking the SMART TRAIN to Petaluma has been researched and it turns out the train schedule is not conducive to doing this. Trains run most frequently during commute hours and not so much mid-day.

The next best time for an event appears to be JULY 31<sup>st</sup>. Last year we went to VJB winery and deli in Kenwood and had a good turnout. I'll try to get this scheduled for a return visit on Wednesday July 31<sup>st</sup> and will provide more details in the July BARK.

## Global Forum: (Article by Marvin Mai)



Several topics that we're watching in Global Forum and that lead us to thoughtful discussions are below.

\*In 2024 four billion people will vote in the biggest election year in history, which will see existential tests for democracy in the US, India and elsewhere. What is shaping the battle between democracy and autocracy? And who is winning?

\*Election-distorting technology is outpacing governments' ability to regulate it. Can democracy survive the uncontrolled spread of A.I., deepfakes and disinformation technology?

\*The Iranian President has been killed and an election must be held in 50 days. What is the outlook for a more moderate candidate?



\*Ukraine is struggling and there's a push for Germany to send their long-range Taurus missile to help Ukraine. What will Russia's response be?

\*How worried should the west be with the growing China-Russia military cooperation?

The June 14<sup>th</sup> meeting will be at the home of Big Sir Chris Nelle and a reservation is required. So, email Chris at [nelleval@hotmail.com](mailto:nelleval@hotmail.com) for your seat and his address. The Zoom meeting will be on June 28<sup>th</sup> and if you're not on Marvin Mai's email notices email him at [mairmarvin57@gmail.com](mailto:mairmarvin57@gmail.com).

## Couples Night Out:

(Article by *Fred Rose*)



There will be no CNO for June and we are working toward July. We look forward to seeing you at the picnic instead!

## Hiking Group:

(Article by *Gordon Boulton*)



Our hiking leader, Stew Lauterbach, is unavailable in June. In his absence, if you would like to get on the hiking activity email list or find out the hiking location of the week, contact Gordon Boulton at 707-584-8063.

## Poker Update:

(Article by *Mike O'Neill*)

We had another good game in May with seven players present. No big winners or losers, which is always nice. Our next game is scheduled for Thursday, June 13th. We play at Epicenter from 12 p.m. to 3 p.m. We order lunch about 12:30. Contact Mike O'Neill at [Mikeo46@sbcglobal.net](mailto:Mikeo46@sbcglobal.net) if you might be interested in playing, or just learning about the games we play. One more good way to meet some of the members of Branch 17.



## 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 — Biological Clocks Keep Muscles Healthy

(Article by *Dennis Mangan*)



Our muscles tend to get weaker and shrink as we get older. We tend to tip over, grunt when we stand up, and hit shorter golf shots than we did years ago. We also know that our brains have a built-in biological clock that controls our body's circadian rhythms that follow a 24-hour cycle. Now, did you know your muscles also have circadian clocks and that they are connected to the brain clock?

An article was just published in *Science* magazine that reported how the master clock in the brain of mice and the smaller clocks in their muscles talk to each other. These clocks control when the muscle cells become active ("wake up") and slow down ("go to sleep"). Like an electric circuit, the brain and muscle clocks communicate through rhythmic on-off neurological (nerve) signals and respond to each other's cues. Both clocks lose their normal rhythm as we age, in part because of our changed lifestyles of irregular eating, stress, lack of exercise, and sleeping patterns.

Surprisingly, the researchers found that the cues that were leading to shrinkage and weakening of the muscles in the mice could be blocked



through a regular feeding schedule associated with correct clock rhythm. Getting the mice to eat on a more regular schedule mitigated muscle loss, impaired metabolic and motor functions, and decreased motor force in old mice.

These results highlight the potential for reprogramming the intrinsic aging clock machinery toward a more youthful state. We literally may be able to turn back time by changing our lifestyles to be more in synch with our internal clocks. Eat, sleep, and get exercise on a regular schedule and you just might find it possible to return to the blue tees in golf!

## Bird Rescue - by John Weaver

(cont'd from left)



Parking in downtown Sebastopol can be a problem depending on the time of day or the day of the week. This day was Sunday and the time was 4:30 pm. On the first block of Gravenstein Highway South there were four cars and three empty spaces. The southernmost spot was open. "Easy, just go down and then back in." Only one problem, the bike rack had an errant bike sticking into the street. OK, so we'll park wide and miss the bike. Well, that worked.

We locked the car and walked toward the sidewalk when Kevin said, "Wait - look at that little bird." It was small, about 5" long. It was dark beige with black masking on its face, a couple red spots on the



body, and the tips of the tail feathers were yellow. Every feature of the bird was delicate and well defined. It was standing very still. It did not run or fly and after a moment Kevin picked it up with both hands. It had been standing in the street very close to the curb. If the bike had been properly parked I would have backed right over the little guy. Kevin placed it gently in his coat pocket and we headed into Mother's, which was our destination for a 4:30 cocktail. The place was almost empty with maybe four customers sitting at the bar.

We went to the far end and placed the little guy on the bar to see if he had an injury. Nothing seemed wrong, yet he didn't try to move. He just stood there. Kevin said it was a Cedar Waxwing.

(cont'd on right)

The little bird hopped onto my arm after being stroked. He made no sound and there was no obvious malady. Mathew the bartender inquired as to what we could possibly be doing. A bird in a bar is a rather unusual event.

We told Mathew that our mission was to get him flying again. We borrowed Mathew's cellphone and called a nearby rehab place; however there was no one there on a Sunday evening. It was decided we would take our new friend to a vet we knew and maybe find out what was wrong.

Don, a retired veterinarian, was home and we were invited in. We set the box with the bird on the table and Don pulled the little fellow out. He still did not attempt to fly or get away from us. The three of us felt this guy had been traumatized or needed time to rest up from what ever ordeal he had been through. Don also said there was the possibility that he had not yet learned how to fly. A cage was brought out and our Waxwing settled in with fresh water and food. The cage was placed in the bathroom and he was on his way to regaining his ability to fly.

Next morning Don observed that he appeared a bit stronger, but was still not flapping his wings. His water was enriched with a bit of sugar and after another night our bird was much stronger, indicating he might try to fly. At 9 pm of the 2<sup>nd</sup> day Don called and said he had placed the bird out in the garden. The Cedar Waxwing flew to a nearby bush, and then after awhile he flew away. Mission accomplished.



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

—Bob-the-Editor

## May Beer Event Recap: (Article by George Traverso)

We enjoyed a wonderful experience at our SIR Beer Event on May 1. The day began at the Lagunitas Brewing Company in Petaluma with a delicious lunch which was followed by a flight of four outstanding craft beers in the Tap Room. Then along with a beer, we visited the expansive brewing facility. The five special people who participated in the Lunch, Tasting and Tour are Marvin and Lynn Schouweiler, Gary and daughter Amy Bondi and myself.



## Mountain Lion Video:

If you would like to learn more about our California mountain lions, go to [www.camountainlions.com](http://www.camountainlions.com) to watch *California Mountain Lions: The Legends of California*, a one-hour video produced by our **May luncheon guest speaker, Kate Remsen**.

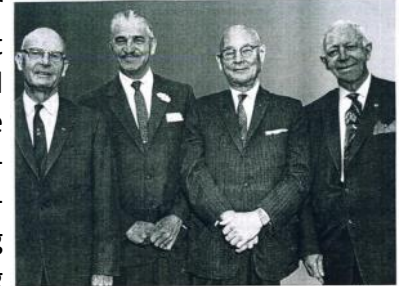


## THE WISDOM OF OUR FOUNDING FATHERS

This is the true story of how the Sons In Retirement **did not** come to be known as "The Work Dodgers Luncheon Club" or "The League of Aimless (L.O.A.F.) Fellows."

It was August 12, 1958, and four Founding Fathers met at the Clairmar Restaurant in San Mateo to decide on a name for

their new club that would invite retired gentlemen to have lunch regularly and socialize. By some alchemy of brain-storming and head-scratching they had come up with



nine possible names. Besides the Work Dodger and Aimless Fellow ideas, the candidates were:

- Restful Sons
- Faithful Old Fellows
- The Honey Dews
- Fellow Oldsters
- Young Oldsters
- Ancient and Honorable Sons of Rest
- Sons in Retirement

The latter idea was proposed by Claus Hink, who was soon to retire from Standard Oil of California, and he argued for it persuasively. The name seemed appropriate to give dignity to retirement. It abbreviated neatly to "SIR", a salutation that recognizes maturity and shows respect. The vote was unanimous.

It was but a short step from there to designate the top officer of the club "Big Sir", and call the second in command "Little Sir". As this first club caught on and replicated itself in one place after another, the designations stuck and so it remains to this day.

## Happy Birthday to all those born in June!

- |                       |                         |                          |
|-----------------------|-------------------------|--------------------------|
| • <i>Wynn Bailey</i>  | • <i>Rich Peterson</i>  | • <i>Charles Stark</i>   |
| • <i>Bob Brown</i>    | • <i>Pete Schneider</i> | • <i>Daniel Sullivan</i> |
| • <i>Bill McNeany</i> | • <i>Glenn Seime</i>    | • <i>Jim Taylor</i>      |

