



Port Stockton Sayings Bulletin



The monthly bulletin of Port Stockton Branch 46 of Sons In Retirement, a California non-profit corporation chartered July 23, 1974.

Whew!! 2021 Is Finally Here!!

BIG SIR GREETING JANUARY 2021

A big Happy New Year to all my fellow SIRS. Hope you had a great Christmas and got to see your kids and grandkids, and could still remember who they all were... There is not much good news yet regarding when we can all crank up our activities again and break bread together. Money from our golfers finally went through all the channels to our Treasurer and is in the bank. We can now cover March expenses if we do not have to cover our state assessments. The second quarter assessment is due in early April. If State SIRS cannot defer assessments again, we will need to ask for donations again to carry us over into April and May. I do not see them being able to do this again if they are to pay bills and keep our insurance and legal representation.

Hopefully all the COVID vaccines coming out will have the desired effect by then and we will be able to start up at least a few activities to bring in some coin and keep us afloat. As seniors we will likely be a high priority to receive the vaccines when they finally hit our level in sufficient quantities to cover us all.

If we do not see the trickledown effect by then we will have to ask for more donations to stay afloat.

I personally think we should test all the vaccines on all of our elected politicians first to check for side effects before giving them to us as an endangered group----but that is just me.

On another note, we do at least get to see the bowl games and college basketball games on TV if we cannot see them in person, even if the excitement and atmosphere of sold-out stadiums is not there to enhance the experience. I am hanging in there believing we still have a future for our branch and hope the rest of my fellow SIRS also look down the road with me to the time when we can all meet again face to face and resume our activities. Keep the faith and pray for the end of this nightmare for our nation and the rest of the planet. Hope to see you in the near future.

Glenn Nellman

Big Sir 2020



Wrinkles should merely indicate where smiles have been.

Mark Twain

It takes no more time to see the good side of life than to see the bad.

Jimmy Buffet, musician

The art of being wise is the art of knowing what to overlook.

William James

JANUARY BIRTHDAYS

Frank Martinez	1
Ethan Ives	2
Dennis Fultz	3
John Stevens	6
David Stull	6
Maynard Bostwick	9
John Doisy	10
Frank Campbell	12
John Moskito	20
Dave Scotten	21
Ron Eayrs	26
Wally Parsons	27

ANNIVERSARIES

Lockey & Marty Kjelsen	8, 2005
Sandee & Corky Mayer	29, 1983
Karel & Dave Palmer	25, 1969
Mary & Reno Berbano	11, 1959

IMPORTANT DATES FOR BRANCH 46

January 2021

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- Jan 1 New Year's Day
(Also National Hangover Day)
- Jan 4 National Spaghetti Day
- Jan 10 Peculiar People Day
- Jan 14 Dress up your Pet Day
- Jan 18 Martin Luther King Birthday
- Jan 20 We Have a New President!
- Jan 26 Spouse's Day

Editor's Comments:

I apologize for the lateness in getting the January bulletin out. I was distracted during the Holidays with family events, and inadvertently put the Port Stockton Sayings bulletin on the back burner.

I know that a couple of important dates have already passed like **National Spaghetti Day** on the 4th—hopefully, you made up for that with eating an extra share of leftover turkey and ham from Christmas and the New Year.

Also, some birthdays have already passed, including Frank Martinez, Ethan Ives, and Dennis Fultz. Hopefully, you remembered to give them a call or send them a card, so they know they were remembered.

Remember **Peculiar People's Day** is coming up on the 10th, so be sure to give an extra greeting to anyone whom you deem to be peculiar.

Let us all remember our small businesses, who are really struggling just to survive during this lockdown in California. Some have chosen to stay open and I would highly recommend Richmaid Restaurant at 100 S. Cherokee Lane in Lodi. They have been run by the Hansen family since 1998 as a full dinner restaurant but were founded in 1937 as a creamery. Their roasted chicken is delicious.

On a state basis, you may have heard that the SIRS State President Elect, Jim Johnson passed on, and so Stu Williams, who was the State Vice-President has moved into the President's position.

Regarding future issues of the Bulletin, if there are articles you would like to see re-printed, that are in the public domain, or topics you want covered, please let me know.

David J. Stull, Bulletin Editor

Quips & Quotes from SIR Members

Friends & Friendship

The Bulletin is pleased that members continue to share their favorite quips and sentiments about *Friends and Friendship*, the core of the SIR experience. Contributions appear in the order received and as space permits.

True friendship comes when the silence between two people is comfortable.



—Songwriter & music producer David Tyson

A single rose can be my garden... a single friend, my world.

—Author & motivational speaker Leo Buscaglia

Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation.

—Playwright & poet Oscar Wilde

...really great [friends] make you believe that you too can become great.

—Writer & humorist Mark Twain

Truly great friends are hard to find, difficult to leave, and impossible to forget. —Unknown

There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you.

—Monk, Yogi & Guru Paramahansa Yogananda

When the world is so complicated, the simple gift of friendship is within all of our hands.

—Journalist & Author Maria Shriver

How many slams in an old screen door? Depends how loud you shut it. How many slices in a loaf of bread? Depends how thin you cut it. How much good inside a day? Depends how well you live 'em. How much love inside a friend? Depends how much you give 'em.

—Children's Author & Cartoonist Shel Silverstein

Please share your favorite witticism or clever thought about friendship. Send them to Editor @ djstull43@yahoo.com. The Bulletin will publish all contributions that are fit to print!

TED Talks for January

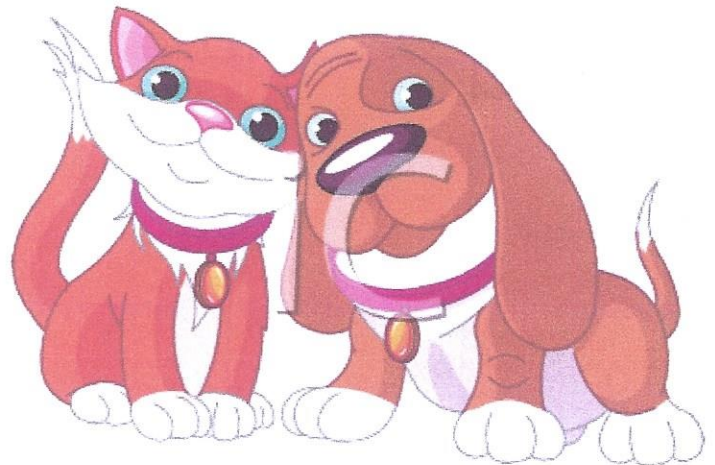
75 Year Study: "What Makes Us Happy?"



What keeps us happy and healthy as we go through life? Most young adults think it's money, fame and achievement. In the only study of its kind, hundreds of men from well-to-do and poor backgrounds were followed through life, beginning at age 19. In his riveting talk, Harvard

psychiatrist Robert Waldinger presents the results of the ongoing study that shows clearly that the importance of these goals fade over time, even for the men who achieved them (President John F. Kennedy was part of the study). Those men who were the happiest and healthiest in their 80s were those who had the best close relationships with friends and family. Professor Robert J. Waldinger teaches at Harvard Medical School and directs the Study of Adult Development described above, directs the Center for Psychodynamic Therapy and Research at Massachusetts General Hospital, founded and directs the Lifespan Research Foundation.

His **TED** talk: (copy and paste in browser): https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness



Probably Not What You Think!

What Does 95% Effective Mean for the SARS-CoV-2 Vaccines?

Alice Park, in *Time Magazine*'s December 14th "Brief Opener" column, summarized it concisely:

"...the studies show that rather than preventing a person from getting infected, these shots [vaccines] keep people from getting dangerously sick.

"It's a distinction that's easily lost in the discussion of 'efficacy.' Yes, Moderna and Pfizer/BioNTech reported that their shots are 94.1% and 95% effective, respectively. But at this point, efficacy does not refer to the vaccines' ability to prevent infection with the virus but rather to its ability to protect against the disease that the virus causes: COVID-19. In both trials, volunteers were randomly given either the vaccine or a placebo, then asked to report any symptoms of COVID-19, such as fever, cough, shortness of breath or muscle aches. **Only then** [emphasis added] were they tested for the presence of the virus. The people who tested positive were logged as confirmed COVID-19 cases. Later, researchers compared how many of the positive group had been vaccinated vs. how many have had a placebo, and found that those who had been vaccinated were more likely to experience fewer symptoms and not get as sick as those on placebo.

"Because the study honed in on only those volunteers who tested positive, there's no way to tell for sure whether the vaccinations confer total immunity for anyone else [those who did not experience symptoms]. What is clear is that the vaccine appears to protect you from getting sicker once you are infected—and that is till a huge advantage over the virus, as severe COVID-19 can send people to intensive care. The more people who experience milder symptoms and recover at home, the less burden there is on the health care system and the less exposure that health care workers will have to the virus, all of which contributes to better control of the pandemic.

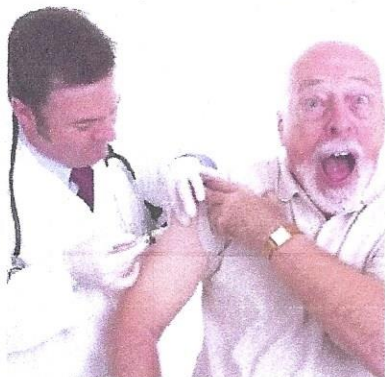
"However, because the vaccines do not necessarily protect against infection, we won't be abandoning public health measure — such as wearing masks, social distancing, and avoiding indoor gatherings — anytime soon. Researchers are still studying whether people who are vaccinated and never experience symptoms can still spread the virus to others. In the meanwhile, experts say it's best to keep up behaviors that have proven to stymie the spread of COVID-19."



A Concise COVID “Cold Chain” Clarification

Update on the Available Coronavirus Vaccines

As everyone knows by now, about 95% of people receiving a Pfizer or Moderna vaccine were protected from SARS-CoV-2 infection. Both vaccines employ RNA molecules that direct the production of a viral surface protein in the people receiving them. This protein then induces the immune system to garner a defense against that protein, and thus against the virus itself. Soon after FDA approval of their use, both companies were able to begin shipping the vaccines immediately, because they had begun producing the vaccines months ago.



The most recent news reports say that Moderna intends to manufacture about 20 million doses in the U.S. in 2020 and 500 million to one billion doses in 2021. It has committed to supply the U.S. with 100 million doses. Moderna has tentatively priced its vaccine at \$32-\$37 per dose (\$64-\$74 per immunization). Pfizer plans to produce up to 50 million doses worldwide in 2020 and up to 1.3 billion doses in 2021. The U.S. has purchased 100 million doses. Pfizer has tentatively priced its vaccine at \$20 per dose (\$40 per immunization). The US could have contracted to purchase more of the Moderna and Pfizer vaccines, but for some probably ridiculous reason decided not to do so!

A third vaccine in Phase 3 trials, produced by AstraZeneca, uses DNA with an adenovirus-vector delivery system to produce the same immunogenic protein as the RNA vaccines. The U.S. has contracted to buy 500,000 doses. AstraZeneca plans to sell its vaccine at cost — around \$3 to \$4 per dose (\$6-\$8 per immunization) during the pandemic (however, public money has gone into funding its research effort). Most importantly, the AstraZeneca vaccine — unlike those from Pfizer and Moderna — does not require cold shipment and cold storage. As these companies continue to further scale-up manufacturing, the above numbers hopefully will change for the better..

An estimated 70-85% of the population must be resistant to SARS-CoV-2 infection to engender herd immunity. Estimates of total worldwide need for coronavirus vaccines total enough to vaccinate 5.5-7 billion people. Typically, 25% of vaccine doses are degraded before they can be used. Therefore, a worldwide production of 15-20 billion doses is needed to reach herd immunity worldwide. 2020-2021 production of the Pfizer, Moderna, and AstraZeneca vaccines are expected to yield enough to vaccinate one billion people in 2020-2021. To achieve herd immunity, the production of these vaccines and others not yet approved must be increased dramatically .

Both RNA vaccines must be kept frozen and distributed via a so-called “cold chain” – a supply chain that can keep vaccines under tightly controlled temperatures from production to injection into a person. Once prepared for shipment, the vaccine would be immediately transported by truck to the nearest airport and flown to various airports around the world. After arrival, it will be taken by truck to appropriate warehouse storage facilities, and from there transported by delivery van to facilities that administer the vaccine. The Pfizer vaccine must be shipped and stored at the ultra-cold temperature of -94°F in special ultracold freezers or dry ice. Once thawed, it remains viable for 5 days at ordinary refrigerator temperatures (36 to 46°F). In contrast, the Moderna vaccine can be shipped and stored at ordinary freezer temperatures (-4 to 0°F) and,

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OK! Guess Which Globally Well Known Person Wrote This Essay...

A Crisis Reveals What Is In Our Hearts

“In this past year of change, my mind and heart have overflowed with people. People I think of...and sometimes cry with, people with names and faces, people who died without saying goodbye to those they loved, families in difficulty, even going hungry, because there’s no work.

“Sometimes, when you think globally, you can be paralyzed: There are so many places of apparently ceaseless conflict; there’s so much suffering and need. I find it helps to focus on concrete situations: You see faces looking for life and love in the reality of each person, of each people. You see hope written in the story of every nation, glorious because it’s a story of daily struggle, of lives broken in self-sacrifice. So rather than overwhelm you, it invites you to ponder and to respond with hope.

“These are moments in life that can be ripe for change and conversion. Each of us has had our own “stoppage,” or if we haven’t yet, we will someday: illness, the failure of a marriage or a business, some great disappointment or betrayal. As in the COVID-19 lockdown, those moments generate a tension, a crisis that reveals what is in our hearts.

“In every personal “COVID,” so to speak, in every “stoppage,” what is revealed is what needs to change: our lack of internal freedom, the idols we have been serving, the ideologies we have tried to live by, the relationships we have neglected. To come out of this pandemic better than we went in, we must let ourselves be touched by others’ pain.

“When I got really sick at the age of 21, I had my first experience of limit, of pain and loneliness. It changed the way I saw life. For months, I didn’t know who I was or whether I would live or die. The doctors had no idea whether I’d make it either. I remember hugging my mother and saying, ‘Just tell me if I’m going to die.’”

“I remember the date: Aug. 13, 1957. I got taken to a hospital [where] they took a liter and a half of water out of my lungs... I remained there fighting for my life. The following November they operated to take out the upper right lobe of one of the lungs. I have some sense of how people with COVID-19 feel as they struggle to breathe on a ventilator.

“I remember especially two nurses from this time. One...told the [other] nurses to double the dose of medication...because she knew from experience I was dying. [She]...saved my life. Because of her regular contact with sick people, she understood better than the doctor what they needed, and she had the courage to act on her knowledge. Another nurse...did the same when I was in intense pain, secretly prescribing me extra doses of painkillers.... They fought for me to the end, until my eventual recovery. They taught me what it is to use science but also to know when to go beyond it to meet particular needs. And the serious illness I lived through taught me to depend on the goodness and wisdom of others.

“Whether or not they were conscious of it, their choice testified to a belief: that it is better to live a shorter life serving others than a longer one resisting that call. That’s why, in many countries, people stood at their windows or on their doorsteps to applaud them in gratitude and awe. They are the saints next door, who have awakened →

“To come out of this pandemic better than we went in, we must let ourselves be touched by others’ pain.”

something important. They are the antibodies to the virus of indifference. They remind us that our lives are a gift and we

grow by giving of ourselves, not preserving ourselves but losing ourselves in service.

“With some exceptions, governments have made great efforts to put the well-being of their people first, acting decisively to protect health and to save lives. The exceptions have been some governments that shrugged off the painful evidence of mounting deaths, with inevitable, grievous consequences. But most governments acted responsibly, imposing strict measures to contain the outbreak.

“Yet some groups protested, refusing to keep their distance, marching against travel restrictions - as if measures that governments must impose for the good of their people constitute some kind of political assault on autonomy or personal freedom! Looking to the common good is much more than the sum

“They are the antibodies to the virus of indifference.”

of what is good for individuals. It means having a regard for all citizens and seeking to respond effectively to the needs of the least fortunate. It is

all too easy for some to take an idea — in this case, for example, personal freedom — and turn it into an ideology, creating a prism through which they judge everything.

“Look at us now: We put on face masks to protect ourselves and others from a virus we can’t see. But what about all those other unseen viruses we need to protect ourselves from? How will we deal with the hidden pandemics of this world, the pandemics of hunger and violence and climate change?

“If we are to come out of this crisis less selfish than when we went in, we have to let ourselves be touched by others’ pain. (Continued on p. 7)

What's in Our Hearts (continued from p. 6)

“There’s a line in Friedrich Hölderlin’s “Hyperion” that speaks to me, about how the danger that threatens in a crisis is never total; there’s always a way

“Where the danger is, also grows the saving power.”

out: ‘Where the danger is, also grows the saving power.’ That’s the genius in the human story: There’s al-

ways a way to escape destruction. Where humankind has to act is precisely there, in the threat itself; that’s where the door opens.

“This is the moment to dream big, to rethink our priorities, what we value, what we want, what we seek — and to commit to act in our daily life on what we have dreamed of. [We must]...dare to create something new. We cannot return to the false securities of the political and economic systems we had before the

“The pandemic has exposed the paradox that while we are more connected, we are also more divided.”

crisis. We need economies that give to all access to the fruits of creation, to the basic needs of life: to land, lodging and labor. We need a

politics that can integrate and dialogue with the poor, the excluded and the vulnerable, that gives people a say in the decisions that affect their lives. We need to slow down, take stock and design better ways of living together on this earth.

“The pandemic has exposed the paradox that while we are more connected, we are also more divided. ... Our fears are exacerbated and exploited by a certain kind of populist politics that seeks power over society. It is hard to build a culture of encounter, in which we meet as people with a shared dignity, within a throwaway culture that regards the well-being of the elderly, the unemployed, the disabled and the unborn as peripheral to our own well-being.

“To come out of this crisis better, we have to recover the knowledge that as a people we have a shared destination. The pandemic has reminded us that no one

“The pandemic has reminded us that no one is saved alone.”

is saved alone. What ties us to one another is what we commonly call solidarity. Solidarity is more

than acts of generosity, important as they are; it is the call to embrace the reality that we are bound by bonds of reciprocity. On this solid foundation we can build a better, different, human future.”

[Have you figured out who wrote this essay?]

Vaccine Update

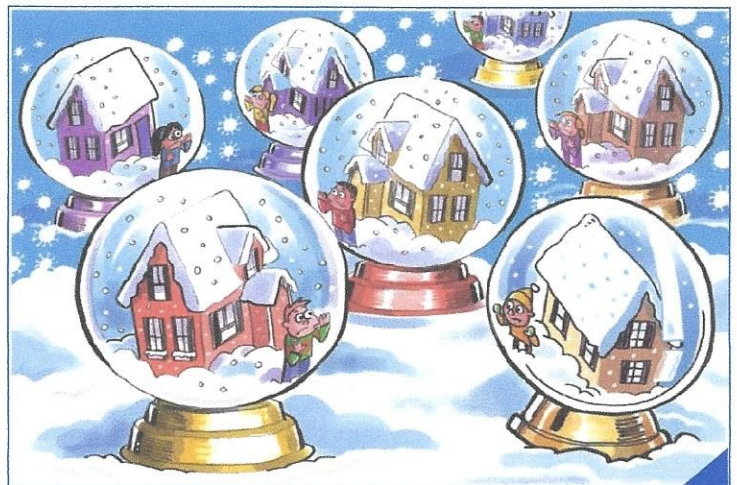
(continued from p. 5)

once thawed, remains viable stored for 30 days in an ordinary refrigerator.

A thorny question is which Americans should be at the front of the long line to get vaccinated while supply is still scarce. An independent advisory panel (Advisory Committee on Immunization Practices) of the Centers for Disease Control and Prevention (CDC) recommended that the first folks in the U.S. to receive a SARS-CoV-2 vaccine should be health care workers who are at risk of being exposed to the virus and residents and employees of nursing homes and similar facilities (39 percent of deaths from COVID-19 have occurred in such facilities).

The CDC will allocate the vaccines to the states based on population. California’s 40 million people is 12% of the US population of 330 million. Therefore, the state will receive about 8 millions doses of the Moderna and/or Pfizer vaccine (enough to vaccinate 4 million people). The state is still deciding which of California’s 2.4 million healthcare workers will be the first to receive vaccine from the initial shipments of just 1 to 2 million doses (enough to vaccinate ½ to 1 million people).

The new recommendation is the first of several expected from the CDC Advisory Committee over the coming weeks as the Pfizer and Moderna vaccines begin arriving. The panel described its action as an “interim recommendation” because their advice could change as more is learned about how well the vaccines works in different age groups and how well the manufacturers keep up with demand. The panel may recommend that the next group to receive the vaccine will be older adults — people over a certain age (for example: 65 or 80).



Life in the Bubble

NOTICE: Articles to be included in the Branch 46 monthly "Bulletin" should be submitted NO LATER THAN the middle of the 3rd week of the month. Submit them to

David Stull at djstull43@yahoo.com or 209-479-4944.

NO CURRENT OR FUTURE MEETINGS ARE SCHEDULED AT THIS TIME.

UPDATES WILL BE FORTHCOMING AS CIRCUMSTANCES CHANGE.

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