



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 FEBRUARY 2021

Well, not much to report again. No news from State SIRS or Governor Newsom about the possibility of opening things up again. No word on when the vaccines will reach our area in sufficient quantities to get everyone taken care of. My best guess is that we may possibly see things start to loosen up around summer and we can begin at least some activities again under some restrictions.

No matter which side you were on during the recent hotly contested and disputed election, we now have a new President and Vice President and I pray God will guide them and they will do what is best for the country and not their party or personal agendas. We come from different faiths and beliefs but I have heard just about every one of the major religious groups support this concept.... to pray for and guide our leaders. Many of us have done this in the past no matter who won elections.

We have had at least some return to some form of normalcy in that we have a national college football champ in a weird season and we appear to be going to have national champs in men and women's basketball in equally weird circumstances, even if we are denied watching our favorite teams in person. Hopefully by fall all the high school sports in the state will resume and we will be able to attend everything in person again. Other states have had their high

school sports under various restrictions and not allowing ours to start up again will cost many kids a chance to go to college on an athletic scholarship in some sport.

We will face many challenges in our nation, state, and local communities this year whether or not it is because of Covid, continuing draught, the economy, crime, or continuing social discord. Our nation has weathered bad times before and will probably do so again. It is up to each of us who have witnessed so much of good and bad history to help those who haven't understand that we can succeed by enduring, and not give in to a defeatist or selfish mindset.

Be kind, loving, forgiving, and understanding of those around you this year as a path to peace for yourself. I continue to hope again to have better news for all of us next month.

Glenn Nellman

Big Sir 2020



Editor's Comments

We finally are receiving rain, after such a long dry spell! Hopefully nature makes up for our dry spell with two or three good months of moisture.

February is a month of significant holidays, including Ground Hog Day, Lincoln and Washington's birthdays, and of course MOST IMPORTANTLY, Valentine's Day.

You will find later a little history of Ground Hog Day. You will also find attached a history of the celebration of Valentines Day, including its origin.

For us, who have been married for many years, it is often difficult to find unique and special ways to show our spouses that we love them just as much as when we married them. Of course, if we only wait until Valentine's Day to do thoughtful and loving things, then for sure we are lacking in maintaining a robust and healthy marriage.

But I do think the traditions of Valentines Day are important to maintain. We should always think of what our spouses really like and enjoy. It may be flowers—they are always welcome---and a nice dinner out is always great, if we can find a nice restaurant that is open, where we enjoy the food and the atmosphere.

Just being together and doing something we both enjoy is most important. So let's make this a special Valentines Day! We do sincerely appreciate our wives.

And we also need to tell our children and grandchildren that we love them, often, as well.

That is what will keep them going during the tough times of life.

David Stull

IMPORTANT DATES FOR BRANCH 46

February 2021

SUN	MON	TUES	WED	THUR	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						

- Feb. 2 Ground Hog Day
- Feb. 7 SuperBowl Sunday
- Feb. 12 Lincoln's Birthday
- Feb. 14 Valentine's Day
- Feb. 15 President's Day
- Feb. 17 Ash Wednesday
- Feb. 22 Washington's Birthday

SONS IN RETIREMENT PORT OF STOCKTON BRANCH NO. 46

November 2020 Birthdays

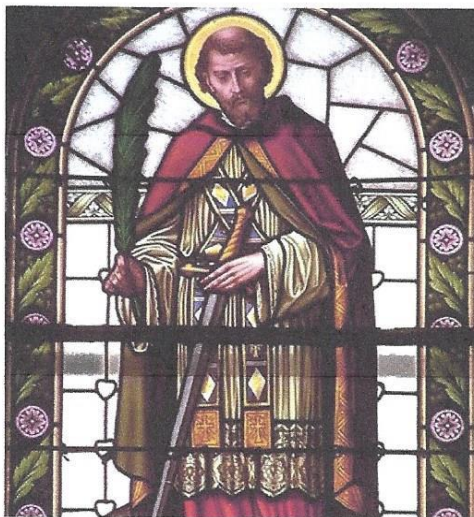
Vaughn PIPES 04 Micah TRAHAN 04
Gene CAMPBELL 07 Bob STEWART 10
Jim MC LEOD 13 Duane FREBERG 17
Ellis WEEKS 18 Michael MARTIN 21
Frank CLARK 30

ANNIVERSARIES

Melba and Nel BERBANO 23, 1983
Janis and Micah TRAYHAN 4, 1960
Mary and Earl HOVE 07, 1959

All You Ever Wanted to Know About the...

Two Millennia Evolution of St. Valentine's Day



One legend contends that Valentine was a priest in third century Rome when Emperor Claudius II (214-270, reigned 268-270) outlawed marriage for young men, because he decided that single men made better soldiers than those with wives and families. Due to the injustice of the decree and the sacramental nature of matrimony, Valentine defied Claudius II and continued to perform marriages for young lovers in secret. When his actions were discovered, the Emperor ordered Valentine's execution. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He was beheaded outside Rome by order of Claudius II. Other legends suggest that Valentine may have been killed for attempting to help Christians escape the beatings and torture in Roman prisons. Archaeologists have unearthed a Roman catacomb and an ancient church dedicated to St. Valentine, confirming that, whoever he was, at least one St. Valentine did really exist. And in 496 AD Pope Gelasius marked February 14th as a celebration in

Our modern Valentine's Day began as the February 14th celebration of the feast day honoring at least one of three early Christian martyrs, all named Saint Valentine. They are commonly associated with the expressly non-sexual *courtly love*, which is primarily exemplified by Medieval knights setting out on adventures and performing various deeds for ladies who were the purely platonic focus of their ardent affections.

While little is reliably known about the lives of the St. Valentines, church historians generally agree that at least one of them was martyred and then buried on the *Via Flaminia* to the north of Rome. Because so little is known about these men, in 1969 the Roman Catholic Church removed St. Valentine from its General Roman Calendar, while still recognizing him as a saint and listing him in the February 14 spot of Roman Martyrology.

honor of his martyrdom. St. Valentine is the Patron Saint of love, young people, engaged couples, and happy marriages; and also of travelers, bee keepers, and of people suffering from fainting, epilepsy or the plague.

Although the truths behind all the Valentine legends are murky, the stories all emphasize his appeal as a sympathetic, heroic, and – most importantly – romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine became one of the more popular saints in England and France. Others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to *Christianize* the pagan celebration of Lupercalia. Celebrated on the Ides (15th) of February, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Rome's founders Romulus and Remus.

During the Middle Ages, a common belief in France and England was that February 14 was the beginning of birds' mating season,

adding to the idea that Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem *Parliament of Foules*, writing:

*"For this was sent on Seynt
Valentyne's day / Whan every foul
cometh ther to choose his mate."*

Valentine's Day Cards

According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting after he fell in love with a young girl – possibly his jailor's daughter – who visited him during his confinement. Before his death, he allegedly wrote her a letter signed "From your Valentine," an expression that is still used today.

Valentine greetings were popular as far back as the Middle Ages, though written Valentines didn't begin to appear until after 1400. The oldest known valentine was a 1415 poem by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London, following his capture at the Battle of Agincourt. Charles

(continued on p. 4)

Background of Valentine's Day

(continued from p. 3)

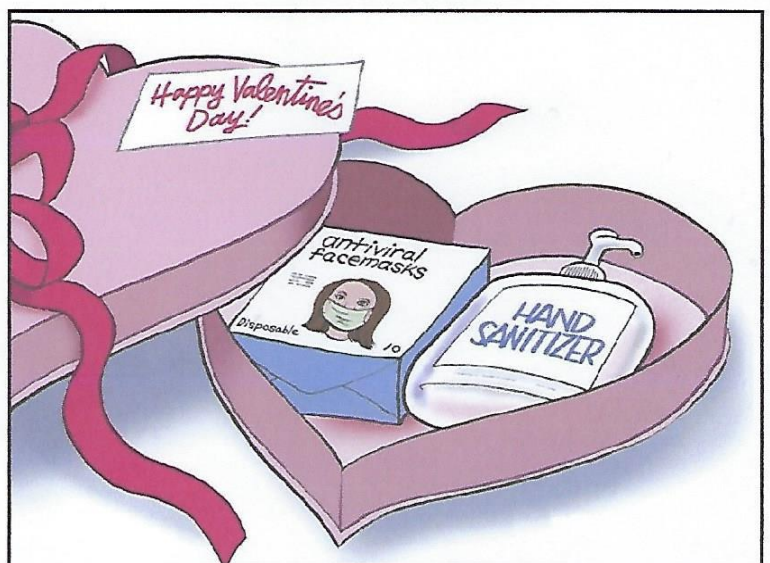
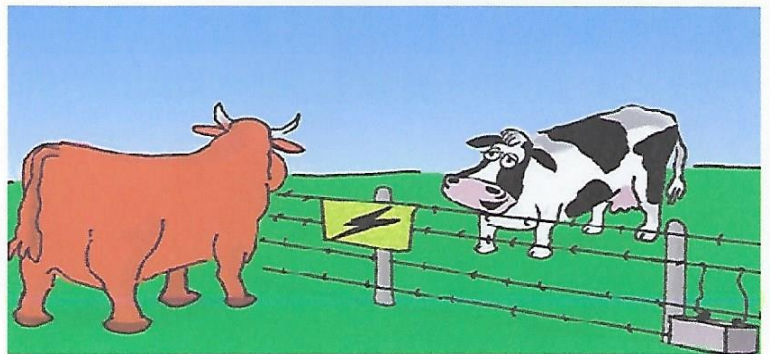
uses the term *Valentine* referring to his wife, but his expression of love was more somber than today's holiday greetings that we're usually accustomed to. However, given the grim circumstances under which the letter was written, that's no surprise. He wrote:

*My very gentle Valentine,
Since for me you were born too soon
And I for you was born too late.
God forgives him who has estranged
Me from you for the whole year.
I am already sick of love
My very gentle Valentine.*

(At the time Charles did not know that his confinement would last more than 25 years!) In addition to the United States, folks celebrate Valentine's Day in Canada, Mexico, the United Kingdom, France, and Australia. Americans probably began exchanging hand-made valentines in the early 1700s. Then, in the late 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Known as the "*Mother of the Valentine*," she created elaborate cards with real lace, ribbons and colorful pictures. Today, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday after Christmas. Interestingly, women purchase approximately 85% of all valentines.

Who Is Cupid?

Cupid is often portrayed on Valentine's Day cards as a naked cherub launching arrows of love at unsuspecting lovers. The Roman God Cupid has his roots as the Greek god of love, Eros. According to the Greek Archaic poets, Eros was a handsome immortal who played with the emotions of Gods and men, using golden arrows to incite love and leaden ones to sow aversion. It wasn't until the Hellenistic period that he began to be portrayed as the mischievous, chubby child he became on Valentine's Day cards.



HISTORY OF GROUNDHOG DAY

Groundhog Day is a popular North American tradition observed in the United States and Canada on February 2. It derives from Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow due to clear weather, he will go back into his den and winter will persist for six more weeks. But if it sees its shadow because of cloudiness, then spring will arrive soon.

(Of course in North Dakota, where I come from, if the groundhog sees its shadow, we will have 3 more months of winter, which can often be typical.)

The first official Groundhog Day celebration took place on February 2, 1887 in Punxsutawney, Pennsylvania. It was the brainchild of local newspaper editor Clymer Freas, who sold a group of businessmen and groundhog hunters—known collectively as the Punxsutawney Groundhog Club, on the idea.

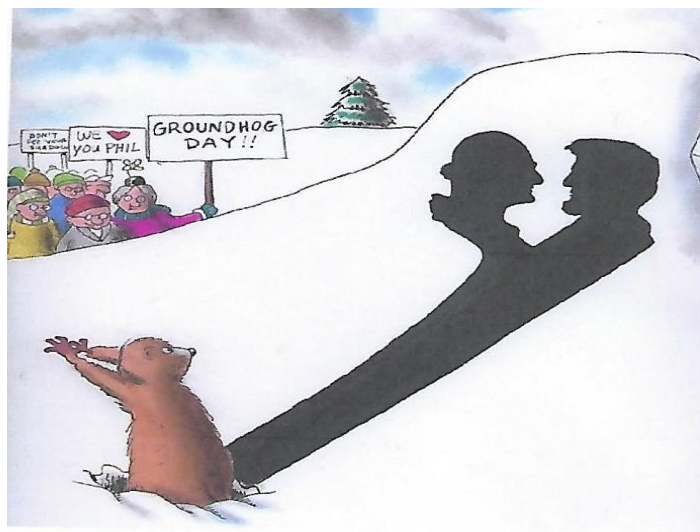
The men trekked to a site called Gobbler’s Knob, where the inaugural groundhog became the bearer of bad news when he saw his shadow. Nowadays, the yearly festivities in Punxsutawney are presided over by a band of local dignitaries known as the Inner Circle. Its members wear top hats and conduct the official proceedings in the Pennsylvania Dutch dialect. (they supposedly speak to the groundhog in “Groundhogese”)

Every February 2, tens of thousands of spectators attend Groundhog Day events in Punxsutawney, a borough that’s home to some 6,000 people. It was immortalized in the 1993 film *Groundhog Day*, which was actually shot in Woodstock, Illinois.

How Accurate Are Groundhogs?

While sunny days are indeed associated with colder, drier air, we probably shouldn’t trade in our meteorologists for groundhogs just yet. Studies by the National Climatic Data Center and the Canadian weather service have yielded a dismal success rate of around 40% for Punxsutawney Phil.

Staten Island Chuck, on the other hand, is reportedly accurate almost 70% of the time.



Groundhog Day Limerick

A groundhog from “P” “A” named Phil
Liked to keep out of the chill.
On Feb 2 he saw
His shadow grown tall,
So he scurried back under the hill.

SPECIAL ANNOUNCEMENT

Regional Stay Home Order Ends

“The CA Department of Public Health is ending the Regional Stay Home Order across California. This action comes as projected ICU availability rose above 15%. Counties will return to their assigned Blueprint tiers.” - covid19.ca.gov 1/25/2021



“The Governor has lifted the Stay-at-Home Order. The SIR State Board has announced the conditional Re-Opening of SIR Golf, provided the Branches get approval from their own BEC Board and include the attached resolution and protocol.” *

- SIR President Stu Williams 1/25/2021

Golf Protocol: “SIR golf program chairs should work with the golf courses to create safe playing opportunities for our members. * Protocol must be reviewed, accepted, and recorded in the Branch BEC minutes.” - SIR Golf Chairman Mark Stuart 1/22/2021

* your Branch BEC needs to have the resolution & golf protocol in your minutes



Dick DeVoe, Covid-19 Liaison:
“Share your county Covid vaccine shot situation with your fellow SIR
“Friends for Life.”

For Singing in the Shower...or Anyplace! *I'll Be There for You*

by Phil Solem, Danny Wilde, David Crane,
Marta Kauffman, Michael Skloff & Allee Willis

So no one told you life was gonna' be this way
Your job's a joke, you're broke, your love life's D.O.A
It's like you're always stuck in second gear
When it hasn't been your day, your week, your month
or even your year, but

Chorus:

I'll be there for you when the rain starts to pour
I'll be there for you like I've been there before
I'll be there for you 'cause you're there for me too

You're still in bed at ten and work began at eight
You've burned your breakfast, so far things are going great
Your mother warned you there'd be days like these
But she didn't tell you when the world has brought you
down to your knees and

Chorus

No one could ever know me, no one could ever see me
Seems you're the only one who knows what it's like to be me
Someone to face the day with, make it through all the rest with
Someone I'll always laugh with, even at my worst, I'm best
with you, yeah

It's like you're always stuck in second gear
When it hasn't been your day, your week, your month
or even your year

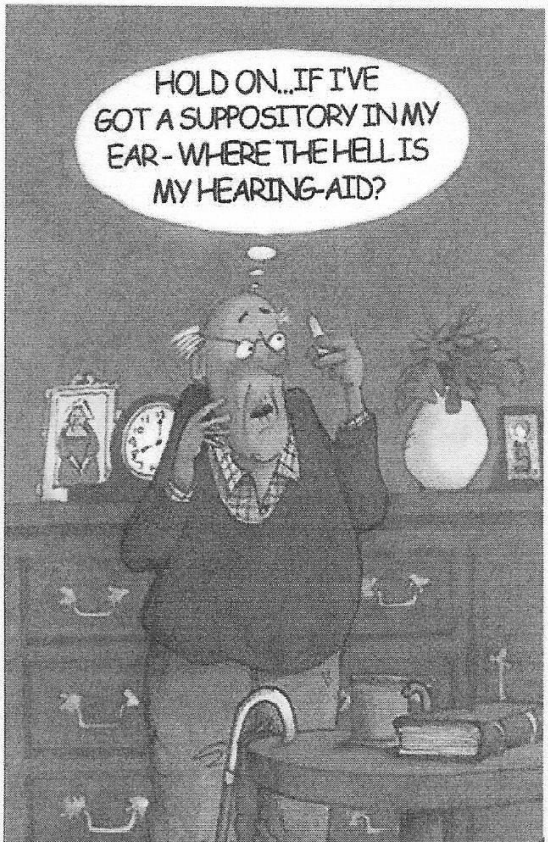
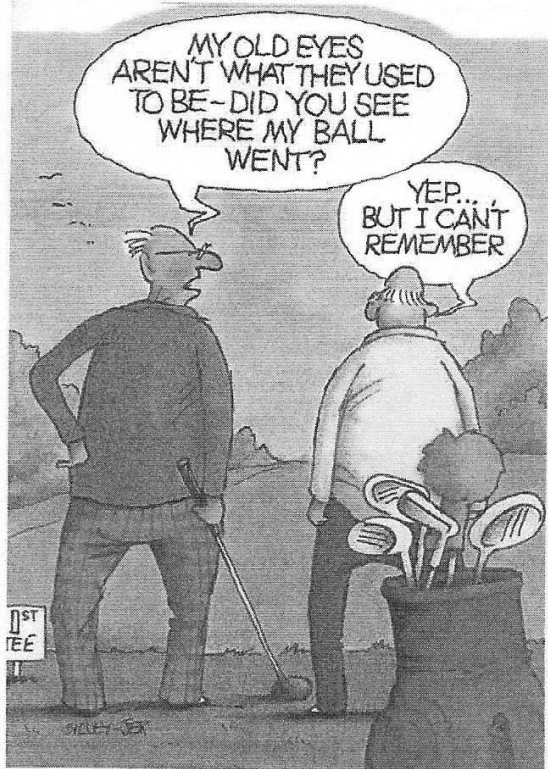
Chorus

I'll be there for you
I'll be there for you
I'll be there for you, 'cause you're there for me too

The American pop rock duo of Danny Wilde and Phil Solem, *The Rembrandts*, are best known for "I'll Be There for You," the theme song for the NBC sitcom *Friends*. The song reached No. 1 on the Hot 100 Airplay chart for several weeks before being released as a single and peaking at No. 17 on the US Billboard Chart. It is



rare for a TV show theme song to become a hit. This was an exception, as the popularity of the show exposed the theme to a mass audience that loved the incredibly catchy tune and the heartfelt lyrics.



6. Bonus for 1 point: Which country's flag includes a representation of a maple leaf?

Running out of energy too quickly?

(part 1 of 3)

Nine Essential Habits to Boost Your Energy Level

Energy is the basis for enjoying life to the fullest. Habits regulate one's energy level. Good habits strengthen us both physically and mentally, and provide protection from burn out. Bad habits put us in a cycle where we feel worse and worse, until it's a struggle just to keep up. This feature will cover three of the nine habits each month from February through April. Each one will offer a trial period so folks can experience their benefits.

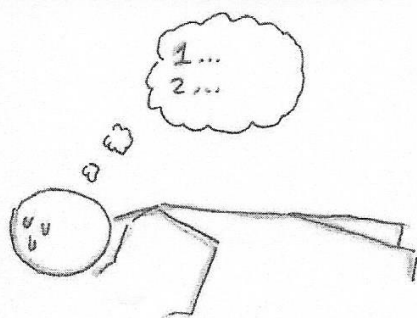
Habit #1: Go To Sleep Early



Sleep is the foundation of energy. Without enough sleep, people underperform. Some folks claim to work best on six or less hours of sleep, however, research shows they're kidding themselves. Seven to nine hours are pretty much mandatory to stay cognitively sharp over the long-run. Some folks suffering sleep deprivation may seem to have mentally plateaued, meaning they feel slightly tired all day, but don't think they're getting any worse. However, experiments have shown that sleep deprivation caused continuous declines in mental performance, even though subjects feel like they were holding steady.

Try this: Go to bed by 10pm every night, including weekends, for the next thirty days.

Habit #2: Exercise Every Day

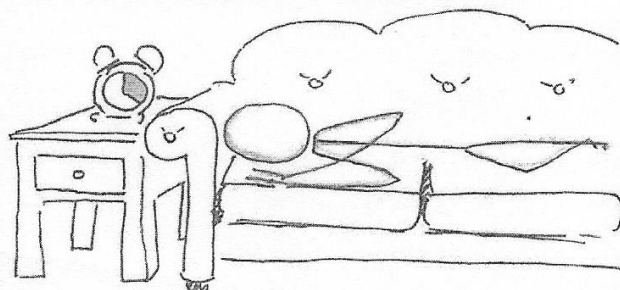


Exercise is a long-term investment in energy levels. It's easy to stop in the short-term, but overall fitness will decline over time, making it harder to think straight and stay alert throughout the day. For those who struggle to find time for exercise, don't make going to the gym your prerequisite. Make a habit of doing some pushups or "burpees" throughout the day every day (a burpee starts as a squat with palms of the hands on the floor in front of the feet, then a jump back into a push-up position, completing one or more push-ups, returning to the squat position, and then jumping up into the air while extending the arms overhead). These will get your heart pumping and blood moving, and they don't require setting aside

two hours every day. Add gym or fitness classes on top of this foundational habit, but this basic investment in exercise will help keep the mind sharp.

Try this: Do 10 or more burpees before each meal every day for 30 days.

Habit #3: Twenty Minute (Power) Naps



Napping may feel lazy, but there's research showing it has a range of cognitive benefits. This is particularly true for folks doing a lot of learning, since a short burst of sleep can help with memory. Some might feel guilty taking naps, believing it's a sign of weakness; however, it's definitely a strength. A short nap at midday can re-energize folks for the afternoon, when, without one, they would normally be exhausted. The key is to learn how to take short naps. Many people take naps that are

too long, pushing them into deeper phases of sleep, which cause them to feel even groggier when they wake up (although there are still benefit from these naps after the initial grogginess wears off). The key is to wake up immediately with your alarm. Don't add more time and turn a quick nap into a long sleep.

Try this: Enjoy a 20 minute nap after lunch to recuperate energy for the afternoon.

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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GOLF (18 hole)

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