



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.

Merry Christmas & Happy New Year

BIG SIR GREETING DECEMBER 2020

There is not much I can put in this column this month, other than to wish everyone a MERRY CHRISTMAS and a HAPPY NEW YEAR or a special HANUKAH CELEBRATION!

Governor Newsom's current order has completely shut down all branch SIRS activity, including luncheons and BEC meetings, so we have nothing to report along those lines.

I currently have no month in sight when we can begin again to enjoy fellowship together, but I can only remind and encourage you that as seniors we as a group have usually developed patience and fortitude that we must use to carry us through the next weeks and months.

We need to keep the branch alive until then with our cash donations, which so far have only trickled in. It is recommended that each member donate at least \$10 to the SIRS general fund, although some have doubled that to \$20 to give us an extra cushion. As I previously reported, the state has waived our branch assessment for the first quarter of the new year, which does give us some breathing room. We still have expenses to operate, even though we cannot meet right now.

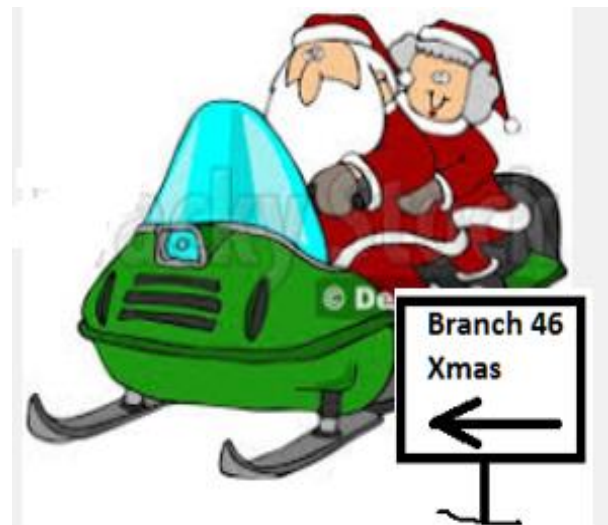
We currently need an assistant secretary, and we will need to fill 3 new board positions this year. Pete Lepisto resigned as the volunteer guy for taking people to branch meetings, so if you would like to step into that position, when we are able to meet again, it would be much appreciated.

Sirs is a unique organization that fills a huge void in the lives of many of us. It would be a shame to let it atrophy and cease existence.

Your executive board will crank up as fast as we can once we have permission to do so. We can then go out and recruit new members and look into adding activities. Until then, keep the faith and keep SIRS in your hearts and minds.

Glenn Nellman

Big Sir 2020



**IMPORTANT DATES FOR
BRANCH 46
December 2020**

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		

Editor's Note: As noted, all SIRS activities have been cancelled, due to our county re-entering the purple zone. As you know, this action by the state was to keep in compliance with the State of California rules, with the idea of reducing the infection rate for the Covid-19 virus. The last figure I heard is that the daily infection rate for San Joaquin County is 9.8 per 100,000 people per day. That means in a county of about 700,000 people there would be about 68 new infections per day or 2,058 per month. Statistically, 80% of people infected show no symptoms or show only mild symptoms. The death rate is now only about .6% average. Those showing more severe symptoms of the infections most often have other health challenges going on as well. So, the key is KEEP HEALTHY!

I have read from various medical literature that high doses of vitamin D3 (at least 5,000 mg daily) and zinc, do much to increase one's immune defenses. Of course, we all know about what a healthy diet looks like and the importance of exercise, even as we age. So, let's hope that we all live a long healthy life, in spite of the pandemic!

The GREAT NEWS is that 2 vaccines for the virus appear to be ready for distribution rapidly under OPERATION WARP-SPEED beginning with health care workers by the end of December, and then to the public.

We all thank Jack Lamberty for his many years serving as Bulletin Editor for our SIRS Branch. David Stull will be serving as Bulletin Editor for 2021.

(Attached is an article from the Wall Street Journal by 2 well-respected medical researchers about how the spread of the virus can be curtailed.)

- Dec 5: **Repeal Day. 21st Amendment ends Prohibition. I will drink to that**
- Dec 7: **Pearl Harbor Day**
- Dec 12: **Poinsettia Day**
- Dec 21: **Winter Solstice-Shortest Day of the Year + Winter Begins**
- Dec 24: **Christmas Eve**
- Dec 25: **Christmas Day**
- Dec 28: **Boxing Day**
- Dec 31: **New Year's Eve**

SONS IN RETIREMENT PORT OF STOCKTON BRANCH 46 DECEMBER 2020

BIRTHDAYS

Walter Nichols 6 Elvin Tyler 9 John Bayley 12 John Mendonca 20
 Mike Sather 20 Michael Trahan 16 Don Yerian 27

ANNIVERSARIES

Elfie & Cal Broadwater 8th Rachel & Frank Martinez 13th Shirley & Ellis Weeks 21st
 Susan & Mike Sather 27th Janet & Paul Wagner 31st

Two Existing Technologies Could Fight Covid Now

By Salamaan Keshavjee and Tom Nicholson

Wall Street Journal—November 17

The response to the Covid-19 epidemic has taken many forms, from targeted interventions to complete lockdowns. But even the most stringent lockdown is essentially a fiction for essential workers and the working poor, who must perform their jobs despite the uncertainty and risk. For those confined to their homes and those who have no choice but to leave them, the mental and physical toll has been immense. It is past time to deploy a strategy that protects the vulnerable while interrupting viral transmission in places where people come together. A balanced and layered approach can help open clinics, schools, businesses, houses of worship and society in general.

Many are surprised to learn that there are low-cost and effective approaches already in widespread use outside the U.S. that can provide focused protection for the vulnerable and prevent transmission of viruses in indoor settings. The installation of a simple technology that deactivates germs could make public places safer against viruses and bacteria for decades.

Also, while new vaccines are making headlines, a nearly century-old vaccine that costs pennies per dose and is already used by hundreds of millions of people world-wide can help reduce severe outcomes from respiratory infections.

The former tool is upper-room UVC germicidal lighting. These fixtures look like glorified bug-zappers, but the bugs they zap are viruses and bacteria, not insects. The technology has been around since 1937 when it was first used against measles outbreak—an airborne virus more contagious than Covid-19—in a Philadelphia school. Studies show that when optimally used in concert with good ventilation systems, UVC germicidal lighting provides the same effect as completely replacing the air in a room more than 10 times an hour. This reduces transmission and is safe, effective layer of protection against threatening airborne diseases in crowded indoor settings.

The devices are manufactured in America and have been supplied to U.S. -funded programs around the world through the Centers for Disease Control and Prevention and the U.S. Agency for International Development. Outfitting indoor public spaces with these devices would cost considerably less than the trillions already spent by the federal government to mitigate the economic impact of this crisis. Our data from implementation of this approach in Oklahoma City indicate that installing these bug zappers in a typical building costs less than \$6 a square foot. Maintenance and upkeep are cheap and simple.

The second tool is a vaccine that hundreds of millions of people have taken for years with almost no side effects—the antituberculosis vaccine BCG. It has been used for almost a century to protect the most vulnerable against tuberculosis and can be almost immediately produced in large quantities at low cost. A study funded by the National Institutes of Health and published last month in the journal *Cell* showed that BCG vaccination triggers a general immune response that decreases viral respiratory tract infections by 79% among the elderly.

In a trial run in the United Arab Emirates, none of the hospital workers randomly assigned to receive a BCG booster developed Covid-19 while 8.6% of those who received no boosters were infected. While it appears the BCG is helpful on its own, it has been shown to increase the efficacy of other vaccines.

These technologies have been around for a long time, so their profit-making potential is limited. That could explain why they have been overlooked, but it has no bearing on their utility.

(Note for complete article go to Wall Street Journal.com)

Dr. Keshavjee is director of Harvard Medical School's Center for Global Health Delivery. Mr. Nicholson is a researcher of Duke University and executive director of Advance Access & Delivery, a nonprofit.



December 2020 SIR Computer/Technology Newsletter

This Newsletter is my summary of items about computers and technology that I select from various sources each month. Individual items may be of interest to you and/or could be the foundation of a subject that you would like to discuss further during your Computer/Technology Group meeting(s). In most cases the Newsletter provides a brief summary of each item and a link to the original source material so that the author is given full credit and, if you desire, you can drill a little deeper into the subject. Should you belong to more than one computer/technology group you may receive more than one copy of this Newsletter as it is distributed to each group's mailing list.

7. Two Studies Show Water On The Moon

There is water on the moon's surface, and ice may be widespread in its many shadows, according to a pair of studies published Monday in the journal *Nature Astronomy*. The research confirms long-standing theories about the existence of lunar water that could someday enable astronauts to live there for extended periods. Moon water has been eyed as a potential resource by NASA because of our intent to place astronauts back on the moon in long missions. Launching water to space costs thousands of dollars per gallon. Future explorers may be able to use lunar water not only to quench their own thirst but to refuel their rockets. The Washington Post article at the link gives much more information about the studies, details about where the water may be and future efforts to refine how we may be able to harvest the lunar water.

9. Security Awareness - Social Engineering Attacks

"A common misconception about cyber attackers is that they use only highly advanced tools and techniques to hack into peoples' computers or accounts. Cyber attackers have learned that the easiest ways to steal your information, hack your accounts, or infect your systems is by simply tricking you into doing it for them using a technique called social engineering." The quote above is from the overview of the *Security Awareness* article at the link below that will teach you how these attacks work and what you can do to protect yourself.

10. Why Just About Everyone is Wrong About 5G

The next generation of mobile broadband, 5G, will neither solve all our problems nor cause new ones. The marketing pitch is in full swing to get you to sign up for 5G and to purchase new hardware for 5G. We all have heard multiple rumors about all that 5G will bring to all of us. At the link is an *InsiderPro* article focused on the top beliefs that we are hearing about 5G. Each of them is wrong. Read, learn and enjoy!

11. Top 10 Emerging Technologies of 2020

An international steering group of experts convened by *Scientific American* and the World Economic Forum, sifted through more than 75 nominations to select the 10 top emerging technologies for this year. To win the nod, the technologies must have the potential to spur progress in societies and economies by outperforming established ways of doing things. They also need to be novel (that is, not currently in wide use) yet likely to have a major impact within the next three to five years. The steering group met virtually to whittle down the candidates and then closely evaluate the front-runners before making the final decisions. We hope you are as inspired by the reports of the 10 technologies that follow. Open the document at the link. In the document is a list of the top 10 and each of the 10 is a link to a detailed description of that selected technology. Enjoy.

~3200 Years in a Single Photograph

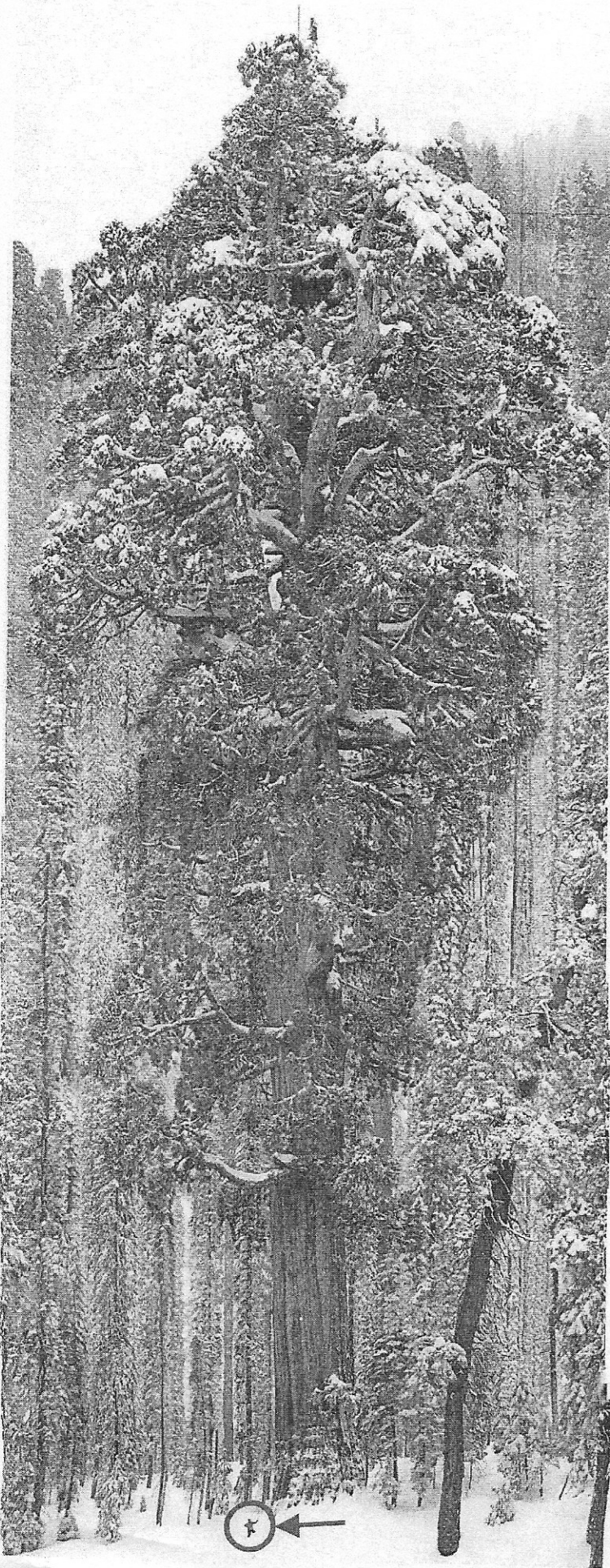
Ultimate Christmas Tree

Thankfully, no logger has felled it, no fire has consumed it and no earthquake has toppled it. Nicknamed "The President," the tree is the second largest Giant Sequoia on earth, living in the western Sierra Nevada at an altitude of about 6,000 feet in California's Sequoia National Park. Standing 247 feet tall, the tree is an estimated 3,200 years old. It sprouted from its seed in about 1,200 BCE, about the time Egyptian Pharaoh Menephtah claimed victory over the Israelites. Imagine, this tree had been growing for about a millennium during the lifetimes of Alexander the Great and Julius Caesar and for about two millennia during the first Crusade and the Norman conquest of England.

The President measures 30 feet across, with a circumference of 94 feet, and its trunk holds more than 45,000 cubic feet of wood – equivalent to 25,000 wall studs (2" x 4" x 8'), enough to build a half-mile-long wall.

Giant sequoias grow so large and for so long because their wood is resistant to the pests and disease that dwarf the lifespan of other trees, and their thick bark makes them impervious to fast-moving fires. These properties make them excellent candidates for cultivation to pull carbon from an increasingly warming atmosphere and to keep it locked-up for centuries.

Because of its unbelievable size, this tree has never been photographed in its entirety, until now. National Geographic photographers have worked along with scientists to try and create the first photo that shows The President in all its glory. They had to climb surrounding trees to take thousands of photos. Of those, they selected 126 and stitched them together to get this incredible portrait of this magnificent tree. And here it is. The man standing near the trunk of the tree is a good indicator of the tree's size. Look for the red arrow pointing to a red circle.



○ ← *Incredible, isn't it?*

December Special Holiday Trivia

1. What is Scrooge's first name in *A Christmas Carol*?
A. Baltazar; B. Ebenezer; C. Hesperus.
2. What real-life department store was the movie *Miracle on 34th Street* based on?
A. Bloomingdale's; B. Macy's; C. Sears.
3. What are the most popular other two names for Santa Claus? A. Father Christmas; B. Kris Kringle; C. Saint Nick; D. Saint Nicholas (½ point each)
4. Which modern-day country was the real St. Nicholas born in? A. Germany; B. Ireland; C. Israel; D. Turkey
5. What did Frosty the Snowman do when a magic hat was set on his head? A. Dance; B. Sing; C. Talk.
6. Which country first put up Christmas trees?
A. England; B. Holland; C. Germany; D. Italy.
7. What is the snowman called in the song "Winter Wonderland?" A. Parson Brown; B. Happy One.
8. What country did eggnog originate from?
A. England; B. France; C. Germany; D. Poland.
9. According to the song, what gift was given on the 8th day of Christmas? A. Golden rings; B. Maids a milking; C. Pipers piping; D. Lords a leaping.
10. Whose eyes are "all aglow" in *The Christmas Song*?
A. Angel's; B. Mama's; C. Tiny tot's.
11. What was the total number of gifts given in "The 12 Days of Christmas?" A. 158; B. 256; C. 364.
12. What gift did the Little Drummer Boy give to the newborn Jesus? A. hat; B. song; C. smile.
13. What is the best-selling Christmas song ever?
A. *Silent Night*; B. *White Christmas*.
14. Who wrote *How the Grinch Stole Christmas*?
A. Dr. Seuss; B. Hans Christian Andersen.
15. What popular Christmas Song was actually written for Thanksgiving? A. *Jingle Bells*; B. *The Most Wonderful Time of the Year*; C. *Let It Snow*.
16. What company first used Santa Claus in their advertising in 1931? A. Alka-Selzer; B. Coca-Cola; C. Macy's; D. Target.
17. In "Twas the Night Before Christmas," where did the clatter come from? A. Chimney; B. Lawn; C. Hall; D. Roof.
18. What are two other names for a Christmas Tree? A. Fir Tree; B. Holiday Tree; C. Tannenbaum; D. Yule Tree. (½ point for each one)
19. How many reindeer are named in "Twas the Night Before Christmas?" A. Six; B. Eight; C. Ten.
20. What was the original title of *Silver Bells*?
A. *Bells*; B. *Christmas Time*; C. *Tinkle Bells*.
21. What was the first Christmas carol broadcast from space in 1965? A. *Jingle Bells*; B. *Silent Night*; C. *It Came Upon a Midnight Clear*.
22. 'Twas the Night Before Christmas was originally published under what title? A. *Long Winter's Nap*; B. *A Visit from Saint Nicholas*; C. *A Christmas Story*; D. *The Night Santa Came*.
23. Which Holiday movie includes a Donald J. Trump cameo? A. *Bad Santa*; B. *Elf*; C. *Home Alone 2*; D. *Christmas Story*.
24. What Christian group banned Christmas in Boston from 1659 to 1681? A. Anglicans; B. Baptists; C. Puritans; D. Quakers.
25. What is the original Latin meaning of the French word Noel? A. Birth; B. Christmas; C. Holiday.
26. In what century was the term Xmas first used?
A. 16th; B. 17th; C. 18th; D. 19th; E. 20th.
27. What political cartoonist is primarily responsible for the modern depiction of Santa Claus? A. Udo Keppler; B. Thomas Nast; C. Louis Dalrymple; D. Herbert Block (aka Herblock).
28. In what decade did NORAD (North American Aerospace Defense Command) start tracking Santa on Christmas Eve? A. 1940s; B. 1950s; C. 1960s; D. 1970s.
29. What popular holiday song was written during the Cuban missile crisis as a plea for peace? A. *Baby It's Cold Outside*; B. *Do You Hear What I Hear?*; C. *Have Yourself a Merry Little Christmas*.
30. What decade did Rockefeller Center put up its first Christmas Tree? A. 1930s; B. 1940s; C. 1950s.
31. Who created the first electric light display?
A. Thomas Edison; B. Nicola Tesla; C. George Westinghouse; D. Alexander Graham Bell.
32. What Northeastern state holds the Guinness record for the largest snowman? A. Maine; B. Vermont; C. Massachusetts; D. New Hampshire.
33. What country is the Poinsettia native to? A. China; B. Japan; C. Mexico; D. South Africa.
34. What old Christmas tradition told people passing by that the residents were Christian? A. Candles in the window; B. Wreath on the door; C. Music.
35. How many wise men (Magi/Kings) does the Bible say journeyed to Bethlehem? A. Two; B. Three; C. Four; D. None of the above.
36. What country has the longest holiday season, from early September to late January? A. Philippines; B. Brazil; C. France; D. Poland.

Answers to December Special Holiday Trivia

- 30-A, 31-A, 32-A, 33-D, 34-A, 35-D, 36-A,
20-C, 21-A, 22-B, 23-C, 24-C, 25-A, 26-A, 27-D, 28-B, 29-B,
11-C, 12-B, 13-B, 14-A, 15-A, 16-B, 17-B, 18-C&D, 19-B,
1-B, 2-B, 3-B&D, 4-D, 5-A, 6-C, 7-A, 8-A, 9-B, 10-C,

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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