



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.*



“Let’s Have a Great Turnout For Our Congressman!”

Greetings To All My Fellow SIR’s

As always, I hope that this newsletter finds you all in good health. Thanks to all of you who came to the luncheon at the Stockton Moose Lodge in July. I hope that everyone enjoyed the food and our guest speakers.

This month our guest speaker will be the Honorable Josh Harder, Congressman for California’s 9th District. It should be very interesting to hear what he has to say and what he is doing for us in Washington, D.C. This is by no means is a political endorsement for him by me or SIR’s. I as a concerned citizen and former Marine Corps veteran thought it would be a great idea to have him speak to us.

I hope that by the time you receive this newsletter that you have been contacted by one of our Branch Executive Committee Members and have responded with a yes or no that you are attending, and also have said if you are bringing a guest (please limit to one guest per member). Due to the size of the hall at Elkhorn and this luncheon being in conjunction with the Lodi Branch, we need to limit the number of members and guests able to attend. The price will be \$25 per member and \$25 for guest. As always Chuck Argus, will be at the desk collecting payment for the luncheon and selling the 50-50 raffle tickets. There will be two 50-50’s one for Lodi and one for our branch. At the present time, I think that we will only allow members to buy from the branch they belong to. We will inform you if that changes when you check-in.

The guest speaker for September, will be Jennifer Juanitas. She is the Program Director for the Osher Life Long Learning Institute (OLLI) at the University of the Pacific. OLLI’s mission “is to build and maintain a wide range of high-quality educational programs and experiences designed for adults 50 years of age or older, fostering intellectual exploration and a sense of community.” As always, we will be calling to see how many members can attend in September.

I hope all of you are staying cool this summer, but before you complain thank goodness you are not in places like Las Vegas, Phoenix, and Death Valley, where temperatures have been in the triple digits for days and will continue for some time. Reminds me of the time back in 1990 when we landed in Al Jubayl, Saudi Arabia at 2:00am it was about 100 degrees, that was hot!

As I say every month, for those that are not feeling well or are having medical issues, I pray for a speedy recovery and that you feel better sooner rather than later.

If at any time you have questions, comments or observations on anything to help make our branch better please feel free to email me at cbazgo@gmail.com. God Bless America!

Angelo Sebazco

Big Sir, Stockton Branch 46



Birthday Branch 46 Member

08/15 Chuck Argus
08/22 Ed Oyler
08/30 Steve Viado

08/06/1978 Bob & Marijo Musto
08/07/1965 Greg & Bonnie MCreary
08/08/1964 Frank & Suzie Clark
08/12/1961 Bob & Judy Cossey

AUGUST Holidays and Observances

08/07 National Friendship Day
08/25 National Park Service Day
08/28 National Red Wine Day



Bulletin Editor Commentary

We had a very successful SIR luncheon meeting on July 20th at the Moose Lodge. We had 24 members attend, plus 4 guests, including our speakers. Our guest speakers were from the Tuskegee Airmen's Association. Leigh Roberts and Lanelle Roberts Brent did the majority of the presentation and are daughters of Col. George S. (Sparky) Roberts, one of the original airmen. Also helping with the presentation was Roger Gray, son of Lt. Col. Leo Gray, again, one of the original airmen.

The Tuskegee Airmen's Association brought memorabilia and photos for us to view, and even had items to purchase. (I know Whitey Rasmussen purchased a Lego model of one of the planes the Tuskegee Airmen flew, and also a hat.)

You will see photo to the right of the speakers.

I am happy to announce that Ed Gray, my guest at the July meeting, liked the people at my table so much that he decided to join Branch 46 SIR. I have his application and check, and I am sure he will be approved at our BEC meeting, after the regular meeting on August 10th.

Regarding the August 10th meeting, Angelo already mentioned that we can each bring a guest, but I did want to emphasize that our wives are invited to attend this meeting as well. I know many of them would want to hear from the Congressman as well.

See you on the 10th at Elkhorn!

David Stull, Bulletin Editor

P. S. Congratulations, again, to Bill Morelli and Chuck Argus for winning the A flight at the Wildhorse golf tournament, and Bill Rutherford and Gil Parker for winning the B flight. Also note the Micke Grove Mulliganfest tournament results on July 12th. Morelli and Argus won that tournament as well, but note Freiberg/Stull got the lowest score on #4 & #6 (1, after handicap) and Morelli/Argus won hole #17 with a 2, after handicap.



Micke Mulliganfest Final Scores

A Flight

Bill Morelli	6	59
Chuck Argus	10	
Rodger Richerson	7	62
Dan Salisbury	11	
Felix Moran	8	62
Sigurd Anderson	15	
Peter Roy	8	63
Larry Lambert	12	
Paul Hagen	6	65
Tony Canton	22	
Gil Parker	8	66
Gene Davenport	10	
Ron Wanner	7	68
Rod Williams	7	
Ray Schramm	6	68
Ernie Baca	22	
Rick Addington	10	69
Larry Kraus	10	
Roger Baldwin	12	69
Paul Bestolarides	8	

CTP #4-Gene Davenport -5'11"

CTP#6 Dan Salisbury 8'7"

B Flight

Chad Palmer	8	58
Brad Hust	20	
Andy Bailey	12	59
Ernie Lucero	15	
Duane Freiberg	17	60
Dave Stull	33	
Mark Wahlman	18	61
Joe Stephens	16	
Jim Escobar	9	62
Doug Fritz	19	
Mike Lynn	12	63
Roger Sperring		
Joe Carruesco	8	65
Roger McCormick	20	
Doug Dzioba	14	66
Dan Cole	19	
Angelo Sebzco	14	67
Corky Mayer	12	
Bill Beckman	15	67
Bill Rutherford	20	

CTP#14 Bill Beckman 7'8"

CTP#16 Jim Escobar 4'6"

SKINS Report

paid in-\$170 7 Winners=\$25/win

#1 (2) Hagen/Canton

#3 (2),Ecsobar/Fritz

#4 (1) & #6 (1) Freiberg/Stull

#14 (2) Lynn/Sperring

#15 (3) Richerson/Salisbury

#17 (2) Morelli/Argus



GOLF

Wildhorse -July Flights

A Flight			
Bill Morelli	67	6.7	60.3
Chuck Argus			
Rodger Richerson	68	7.1	60.9
Dan Salisbury			
Steve Hagen	71	7.9	63.1
Roger Sperring			
Tom Trunnell	69	5.9	63.1
Gene Davenport			
Steve Escobar	70	5.9	64.1
Jim Ecobar			
Ron Wanner	74	6.9	67.1
Rod Williams			
Paul Besto	75	7.8	67.2
Roger Baldwin			
Jeff Amos	75	7.5	67.5
Rick Addington			

B Flight			
Gil Parker	69	9.1	59.9
Bill Rutherford			
Andy Bailey	71	9.5	61.5
Ernie Lucero			
Peter Roy	72	8.0	64.0
Larry Lambert			
Bill Beckman	76	11.3	64.7
Doug Fritz			
Felix Moran	73	8.1	64.9
Sigurd Anderson			
Bob Cossey	80	12.5	67.5
Cal Rodway			
Corky Mayer	80	9.5	70.5
Angelo Sebazco			
George G	WD	9.6	WD
Doug Dzioba			

CTP#4-Gil Parker3'2"

CTP#14-Andy Bail;ey 9'



SIR BRANCH 46 EXECUTIVE BOARD MEETING MINUTES 6/15/2023

The B.E.C met at after the luncheon at The Stockton Moose Lodge 6036 Davis Road, Stockton, CA 95209

Attending: Angelo Sebazco, John Bayley, Dave Stull, Chuck Argus, Corky Mayer, Glenn Nellman, and Mike Sather.

I. A quorum was present, The Big SIR called the meeting to order at 1400.

II. Dave Stull gave the invocation at the luncheon.

III. The Big SIR asked for approval of the minutes of the April 20 Meeting. Chuck Argus made, and Glenn Nellman seconded a motion to approve the minutes as published Motion passed.

IV. Big SIR Report. The Bir SIR asked for comments regarding the Moose Lodge. There was a general consensus that the food was good (especially the desert) and it is an excellent venue for our luncheons. He then discussed the date, location, and cost of the August speaker, Congressman Josh Harder. So far it will be on the 10th at Elk Horn Golf Club with a cost of \$25.00. This will be a joint meeting with the Lodi SIR Chapter. Angelo will firm up the info and report to the board. Members will be permitted to attend without having to eat or pay for lunch. The luncheon call lists are working well.

V. Secretary's Report. Nothing to Report.

VI. Treasurer's Report. The June cash report started with \$2,805.65 and ended the month with \$2,731.77. Glenn Nellman made, and Corky Mayer seconded a motion to accept the June Treasurers report. Motion passed. The Board decided to continue the practice of paying for the luncheon for a prospective member that a SIR member brought to the luncheon. If it was a general guest the member would pay for his luncheon.

VII. Committee Reports.

Membership. We now have 38 members.

Attendance. 25 members plus four guests attended the luncheon. This brought attendance up to 66% of members.

Bridge. John Bayley noted that there was no pre luncheon bridge. We still hope to get enough to play.

Bulletin.

Sunshine and Memorials. Nothing to report.

VIII. Old Business. None

IX. New Business The meal selection for the next luncheon needs to be given to the Moose Lodge. It was decided to have pork loin with mashed potatoes and a garden salad. The Thursday breakfast at Huckleberrys is to be on August 24th at 9 a.m.

X. Announcements None

XI. Member Comments. None

There being no further business, the meeting was adjourned at 1430.

Respectfully Submitted,

John Bayley, Secretary

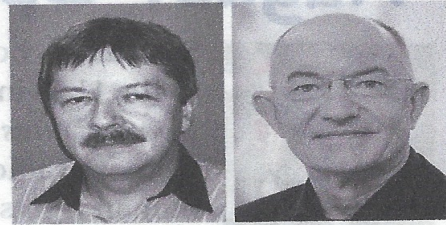
Effect of Mindset on Wellness?

Feel Younger To Be Healthier

Many SIRs knew, or maybe lived with, one or more of their grandparents, or even great grandparents, and probably saw them “looking old” and/or “acting old”— part of life’s implacable progression: infancy, childhood, adolescence, adulthood, middle-age, and old age. Counter to this is a common idiom, used on birthdays of older adults, that substitutes “young” for “old,” as in he’s “87 years young.”

German experimental psychologists Martin Pinquart and Hans-Werner Wahl, compared folks’ “subjective age” — age that they perceive themselves to be — with their “objective age” — their actual, chronological age. They published their findings in the peer-reviewed scientific journal, *Psychology and Aging*, Vol. 36, pp. 394–406 (2021).

Their findings? The healthiest older adults felt an average of 12% younger than their chronological age. In round numbers, this calculates to an 80-year-old man feeling like he’s 70! Wow! And, as time goes on, the subjective age is getting younger for middle-aged and older adults. Research by other investigators has also documented links between a younger subjective age and healthiness.



Martin Pinquart (left), University of Marburg, and Hans-Werner Wahl (right), University of Heidelberg

“We know that those who feel younger are healthier and also remain healthier over time.” said Markus Wettstein, a psychologist at Humboldt University in Berlin. He and his colleagues analyzed data from the ongoing “German Aging Survey,” which started in 1996, and tracks about 15,000 German adults between the ages of 40 and 85. The participants felt, on average, 12% percent younger than their chronological age, confirming the findings of Pinquart and Wahl.

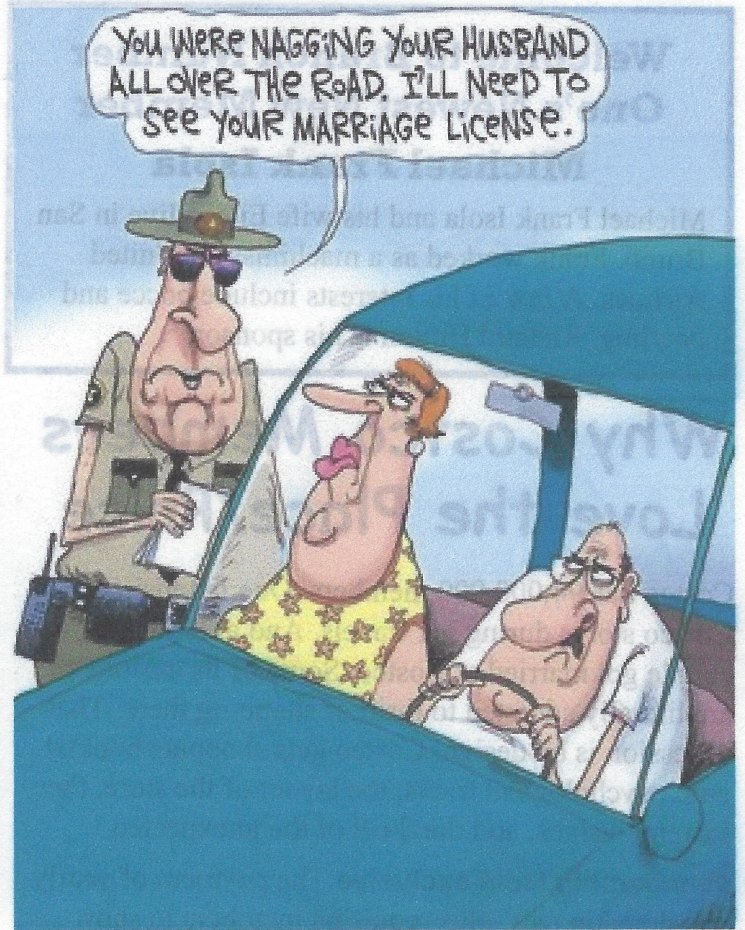
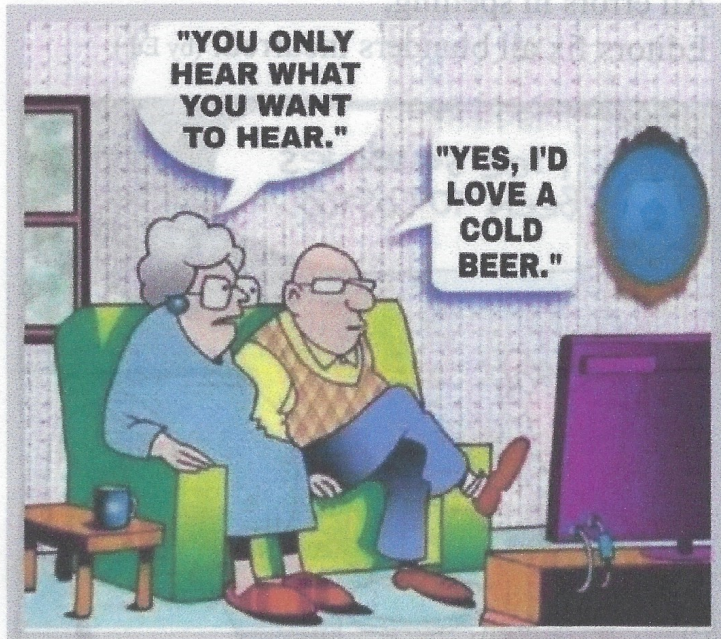
Reproducible data shows that, over time, adults have been feeling younger than those of the same chronological age in the past, even when accounting for other factors that could influence subjective age such as chronic illness, loneliness and education level.

Folks not yet in that “feeling-young camp” can reach that state by engaging in physical activity and rejecting negative ageist stereotypes.



Laughter — the Lubricant of Relationships

Yes, we love our spouses, partners, girl friends, boy friends, significant others, roommates, etc. However, we can still poke fun at them and, especially, at ourselves.



Is Climate Change an “Existential Threat” to the Human Race? (Part II)

In the July edition of the *Sir Bulletin*, I looked at the above question in terms of the cost to attempt to move to “zero carbon emissions” in the US by 2050. (In California, the current administration wants to reduce carbon emissions by 45%--from pre-industrial emissions—by 2030). The most radical of the climate change cult predicts absolute doom for mankind if we do not reach those objectives.

As Benjamin Zycher, resident scholar at the Enterprise Institute observed recently, “There is a Long (30 year+) and infamous history of World Leaders marking humanity’s “last chance” to avoid the ravages of man-made climate change.”

Climatologist, John Christy of the University of Alabama observes that “almost all of the climate change models incorporated into the Coupled Model Intercomparison Project (CMIP) *overstate* past and current temperature trends by a factor of 2 or 3 times.

“We have known for more than a century that more carbon dioxide in the atmosphere will lead to higher temperatures. Carbon dioxide gas leads to global warming because it lets in the sun’s heat but blocks some of the earth’s heat from escaping. How much and how quickly will rising carbon dioxide levels affect global temperatures is still a highly speculative science, with widely varying projections” according to Bjorn Lombard.

As I mentioned before, western, more prosperous countries have invested huge amounts of money either directly, or indirectly (through tax credits) to reduce the output of carbon. The result is that the United States has reduced its carbon output by 5% over the last 20 years. Poor countries cannot afford such costs. And China only gives lip service to the West’s climate agenda. As the *WSJ* observed, in their July 18th edition, China has 306 coal-fired power stations proposed, permitted, or under construction. The Communist Party will not make climate concessions at the expense of their economic growth. Their carbon output has increased by more than 5% over the last 20 years.

Bjorn Lomborg, President of the Copenhagen Think Tank states, “We need to solve global warming, but we need to do so with the knowledge that climate change is not the only problem facing the world, nor is it the largest”. According to a recent Pew Survey, as of June 2023, climate change is not listed in the top 9 concerns of Americans, but is #10, in spite of all the hype.

The top concerns, in this order are: Inflation, the cost of health care, political polarization, drug addiction, violent crime, Federal budget deficits, a loss of moral values, illegal immigration, the quality of public school education, and finally climate change.

The cost of energy is a big component of inflation. A recent survey stated tht 73% of small and medium-sized enterprises cite feeling heavy pressure from rising energy prices. Business failures are expected to increase if anti-fossil fuel policies continue to persist in the US and in Europe.

Are there solutions???

It should be noted that global growth in GDP per person over the last decades explains how a billion people were lifted out of poverty. (Global economic growth has reduced malnutrition by 50% over the last 30 years.) Rising GDP actually *alleviates* environmental problems, because poverty is often the biggest cause of pollution, including air pollution. Prosperous countries can mitigate pollution and carbon emissions.

(continued)

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What about current policies to mitigate carbon emissions?

Bjorn Lomborg again points out that “the climate effect of our electric-car effort in the 2020s will be trivial. In reality, electric cars are only sometimes and somewhat better than alternatives.” “Making batteries for electric cars requires a massive amount of energy”. The source and amount of electric generation to power a massive fleet of electric vehicles is often not considered either. Forcing the population to get rid of our natural gas stoves, gas water heaters, etc. will have almost no effect on the climate. (It is called “virtue signaling”.)

Huge windmill farms kill millions of birds, and now we know whales as well, with offshore windmill farms. In addition, windmills require hundreds of times more acreage to provide the same energy output as a gas well or oil well.

Solar farms are also a huge danger to birds and require hundreds of times more acreage to provide the same energy output.

Why not encourage more nuclear power, which is one of cleanest sources, and most reliable sources of energy. Recent new technologies in nuclear power production show that many smaller nuclear power plants can power whole cities, safely.

How do we get rid of some of the excess carbon that we will continue to produce, if we have a thriving, growing economy? There is new technology that allows carbon to be disposed easily in sandstone formations that lie 300 to 400 feet below the earth’s surface. (New technologies can solve problems like excess carbon.)

Over the last couple of hundred years, it has been shown that prosperous economies can adapt to changing environments, and even thrive. Jim Manzi of the Manhattan Institute, and Peter Wehner from the Ethics and Public Policy Center state in *National Affairs* that “Despite the dire warnings, the best models show us that global warming is a problem that is expected to have a *limited* impact on the world economy.” So let us not allow government beauracrats, with authoritarian agendas, to destroy our economy and our environment in order to supposedly save it.

By David Stull,
SIR 46 Bulletin Editor



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.

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Dale Decker

REGION 2 DIRECTOR

Dale Decker

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ASST. TREASURER

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Glenn Nellman

2022 thru 2024

Mike Sather

Corky Mayer

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AUDITORS

Glenn Nellman

Paul Wagner

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242-2093

BULLETIN EDITOR

David Stull

479-4944

CHAPLAIN

David Stull

479-4944

CHRISTMAS LUNCH

Glenn Nellman

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Angelo Sebazco

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GOLF (Par 3 course)

Bob Cosey

GOLF (18 hole)

Bill Rutherford

916-776-9622

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Paul Wagner

MEMORIALS & SUNSHINE

Marty Kjelson

MUSIC

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TRAVEL

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