



SIR HAPPENINGS

May 2020

Volume 16

Issue 2

The Mission of SIR is to Improve the Lives of Our Members Through Fun Activities and Events—While Making Friends For Life



Live Longer, Live Happier, Join SIR

www.WeAreSIR.com

April 25, 2020

To: ALL SIR members



Fellow Sirs,

I have some important news for you.

Insurance

Great news! We have snatched victory from the jaws of defeat. In February we learned that our liability and umbrella insurance carrier, “The PHLI” had decided to terminate our coverage effective April 30, 2020. This was due to the potential liability created by the current lawsuit filed against one of our Branches.

Our Broker had numerous discussions asking them to reconsider, but to no avail. Further, requests for quotations were sent to over 20 insurance companies, and only one had indicated they would consider quoting a figure.

Our current liability insurance and umbrella coverage premium is ~\$43K, and we were staring at the possibility of purchasing coverage through the Excess insurance market at an annual premium in the neighborhood of \$100K to \$150K. Things looked bleak.

Fortunately, an appeal directly to the Chairman and CEO of The PHLI turned things around, and the cancellation decision was rescinded. Yesterday we found that our annual liability and umbrella insurance premium would only be increased by \$10K, a very reasonable amount. This will create a non-budgeted net deficit of ~\$4K. We have decided that the funds saved by not operating during the COVID 19 crisis and cash reserves will cover this deficit with no increase in member assessments in 2020.

We can breathe a sigh of relief.

I'm Doing My Part

In other SIR news, we had planned to kick off a recognition and incentive program in the second quarter. The “I'm Doing my Part” program is postponed due to the COVID-19 regulation's impact on SIR luncheons.

When things return to some semblance of normal, we will introduce the program to you by way of a video and presentation by your Big Sir.

Notes from SIR State President

SIR Store

We have also opened the SIR Store in conjunction with VistaPrint's subsidiary, VistaPro. You can view and order items at <https://sir.go.customprintcenter.com/>.

Volunteer Recognition Month has been postponed.

ZOOM (web based meetings)

We are suggesting that Zoom be used to help our members connect during the pandemic. Attached is a document prepared by Dean Steichen that can get you started. We particularly encourage Branch BECs try it so they can continue to function while we are on hiatus. We are working on training Area Governors in Zoom (our preferred web based meeting software). They in turn will work with Branches to train key leaders in the use of the software. We also plan on line, real time training in the near future. We strongly encourage Branch BECs and Activities to keep in contact with members using the Zoom tool.

If any of you have comments, our emails and phone lines are open. You can reach me at ebensonbwa@aol.com or 925-943-7011.

Click the link for help>>>>>>>>>>>>>>>>

Best regards,

[How to use ZOOM](#)

Ed Benson, SIR State President



Live Longer, Live Happier, Join SIR

www.WeAreSIR.com

April 22, 2020

To: Branch Big Sirs, Little Sirs and Secretaries

Copy to: State Board members, State Chairmen, Area Governors

Re: Restarting SIR

It is apparent that there is pressure to modify the pandemic regulations, perhaps as early as the first part of May. It is time for us to begin planning for the SIR startup. We received some inkling late last week of what the lifting of regulations might entail. I suspect everyone has read President Trump's three phase plan for removing restrictions involving the pandemic. The Wall Street Journal outlined them as follows:

"States should move to the first phase of reopening after exhibiting a downward trend of documented cases or positive tests over a two-week period. States could move into other stages after showing cases aren't surging."

Notes from SIR State President

“Under the first phase, movie theaters, restaurants, sports venues, places of worship, gyms and other venues could open with strict social distancing guidelines in place, though bars would stay closed. Schools and day care centers that are closed would remain so. The plan recommends that vulnerable people remain home during the first phase.”

“In the second phase, non-essential travel could resume, and bars could open with some restrictions. Schools and youth activities would reopen. Vulnerable people would be told to stay home.”

“For phase three, ... vulnerable people could resume interaction, but should seek to follow social distancing.”

“Governors will make the final decision on opening their states.”

So, what does this mean to SIR? We believe the following:

- California will be more cautious opening than most states.
- The opening will differ from county to county and perhaps city to city as requirements are lifted.
- With an assumed Sir-wide median age of 78, approximately 40 percent of our members are 80 years old or greater – they could potentially be classified as “vulnerable”.
- The bulk of our members will take a cautious, wait and see approach to engaging once restrictions are lifted.
- Numerous venues and caterers that SIR Branches used in the past will open slowly, if at all.
- Because of the likelihood of patchwork, county by county and in some cases city by city lifting of restrictions, and the sheer number of SIR Branches, a centralized reopening planning and approval process is not feasible.
- Our goal is to reopen very cautiously while following national, state, county and city health department and governmental officials’ directions.
- SIR State directions for restarting shall be more conservative than allowable actions permitted by national, state, county and in some cases, city health departments and governmental officials.
- SIR shall not be an early adopter or the first social organization to reopen any luncheon, activity or event.

BECs will have to approach this task in a thoughtful, common sense manner. In that regard, Big Sirs shall ensure each BEC member views and understands our recent video, “BEC Fiduciary Responsibilities” found on the sirinc.org website at: <http://sirinc.org/MemInfo/TownHallFeb2020/FiduciaryResponsibilities.html> This video clearly explains, perhaps for the first time, California and SIR State requirements for and to protect BEC directors.

BECs acting prudently and with common sense is critical to SIR. We must take any possible steps to prevent the creation of a situation where a person files a lawsuit against SIR. I believe that one more lawsuit could potentially terminate our liability and umbrella insurance with our current carrier, and it would be unlikely another carrier would write a policy for us. Thus, potentially, no more SIR.

Notes from SIR State President

In reopening, we are entrusting the continuation of SIR to 109 BECs, as well as Area-wide and State-wide activity and event leaders.

We have some directions that supplement those that will be provided by national, state county and city officials; they shall be followed:

- BECs shall not approve any restart plan until all BEC members have viewed the aforementioned BEC Fiduciary Responsibilities video.
- Branch Activity, Luncheon and Event Chairmen shall not begin any activity until its restart has been approved by the BEC, or if a State Activity or Event, the State Executive Committee.
- BEC members shall thoroughly understand the regulations that apply nationally, in California, in their county and city.
- In cases where Branches straddle more than one county, and/or Area activities that do likewise, the most conservative county regulations shall be applied.
- Area Governors shall create a group of SIR leaders in each county who are responsible to ensure the regulations are communicated and understood by all Branches within each county.
- Branches shall take a conservative approach to reopening while incorporating national, state, county and city directions.
- Area-wide and state-wide activities and events shall also follow these directions.
- There shall be no penalty for member non-attendance at any SIR luncheon, activity and/or event until further notice.
- There shall be no pressure applied to any member to attend any SIR luncheon, activity and/or event.
- There shall be an appropriate lag time created between the lifting of regulations and the start up of any Branch luncheon, activity and/or event to ensure any potential problems are identified and dealt with.

Regarding BEC and State Board meetings:

- We encourage Branch BECs and activities to meet using Zoom while shelter in place and social distancing requirements are in place. We are working on a multi-level Zoom training program, and our target is to train Area Governors next week who in turn will train Branch BECs. We have future plans for enhanced training following that effort. In the meantime, if leaders and members have a modicum of technical savvy, Zoom tutorials on their website can get one started. We have also found that many of our members have been using Zoom in non-SIR applications and are proficient using it. We suggest Branches canvas members to find these early adopters and ask them to help with the Branch implementation of Zoom.
- If a Branch is unable or not capable of using an electronic conferencing method, and if group gathering restrictions are lifted, BEC meetings may be immediately held provided all federal, state, county and city regulations - including social distancing and meeting size, are scrupulously followed.

Appropriate lag times for the events of golf, bowling, bocce, fishing and recreational vehicles shall be 30 days after BEC plan approval or 30 days after the regulation is lifted, whichever is longer.

Branch BECs shall consult with their Area Governors regarding any issues and/or questions that arise from these directions – issues and questions requiring further consideration and study shall be escalated to the Re-

Notes from SIR State President

gional Director and then the President.

These directions obviously do not apply to the holding of electronic meetings which are heartily encouraged as long as groups of members engage in social distancing and shelter in place regulations.

We are likely entering into the most challenging situation SIR has ever faced. If we all act as a team, prudently and with common sense, we will return relatively unscathed.

Best regards to all, and stay safe

Ed Benson, SIR State President

Note: Our Training Chairman, Barry Leskin has suffered a stroke. He is currently on the mend at a rehab facility. All of us wish him a speedy and uneventful recovery.

From the Editor:

I began work on the May issue of the Happenings before the current Pandemic crisis, and obviously many of the articles contained in this issue occurred before and then after COVID-19. I have had a difficult time putting this issue together in any coherent manner so please excuse me. I sent what I had to my Assistant Editor, Sammy Lum and State President, Ed Benson about two weeks ago. Ed sent me back a number of suggested edits which I hope that I have incorporated. Think of this as a "Collector's Edition" of the Happenings. We may want to reflect upon this in the future.



Hope this finds all of you healthier, wealthier and wiser. I know that I have found many things to be grateful for during the past six weeks or so. (Wealthier because I have nowhere to go and spend.)

Jerry Sabo

Editor

Publication Deadline for Future Issues

SIR Happenings will be published Quarterly

Deadline for future issues will be:

- *January 15 for the February Issue*
- *April 15 for the May Issue*
- *July 15 for the August Issue*
- *October 15 for the November Issue*

STATE OFFICERS

STATE PRESIDENT
Ed Benson

STATE VICE-PRESIDENT
Jim L. Johnson

STATE SECRETARY
Stuart Williams

ASSISTANT STATE SECRETARY
Ronald C. Flagel

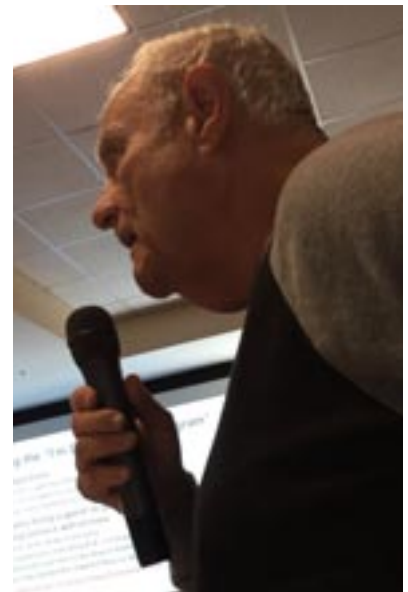
STATE TREASURER
Roy Hodgkinson

ASSISTANT STATE TREASURER
Ronald K. Saltgaver

CHIEF ADMIN OFFICER
Dwight B. Sale

State Board Meeting

State SIR Board Meeting “Down to Business”



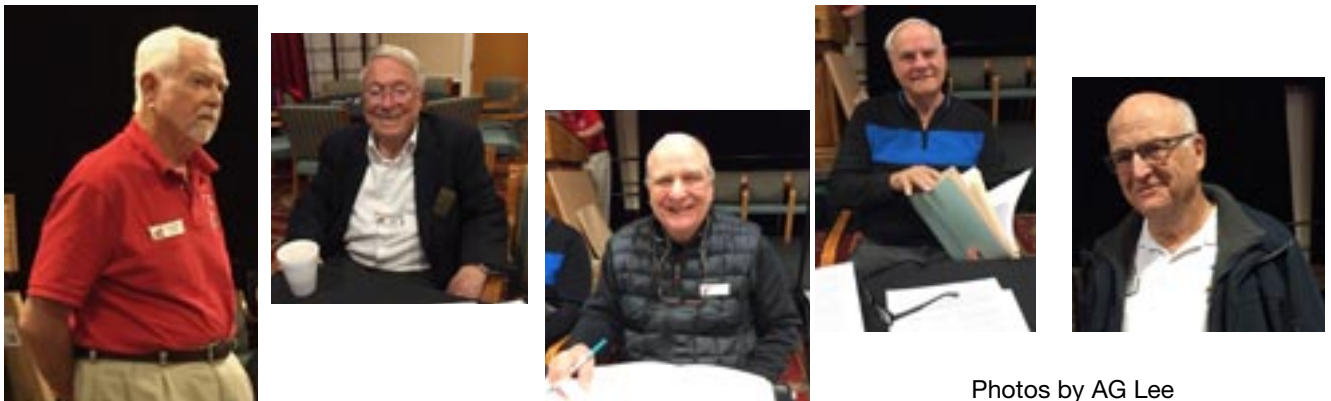
PARTICIPANTS; President Ed Benson, Secretary Stu Williams, Treasurer Roy Hodgkinson, Asst. Sec Ron Flagel, Asst Treasurer Ron Saltgaver, CAO Dwight Sale, Trainer Barry Leskin, RD's: Mark Stuart, Rick Kindle, AG's: Kevin Mahoney, Dale Decker, Carl Mason, Bob Reuther, Phil Thomas, Foster Kinney, Bob Turner, Adckinjo Esutoki, Richard Provost, Dave Gonzales, Andy Danver; Legal Advisor Alan Meinicoe, G & M Jerry Hicks, Travel Edmund Molinari, Insurance Craig Hoffhines, RV Bobbie Hairston, Foundation Derek Southern, Auditor Ron Cassano.

Photos by
AG Lee Moy
State SIR Sports

State Board Meeting



#1 SIR Activity: State SIR Meetings



Photos by AG Lee

Area 19 Governor's Meeting



Area 19 Governor's Meeting

Big SIRs Joe Russo, Rob Saulsbury, Jackie Lovato, Treasurers Brian Nicholson, Kermit Wright, Membership Chairmen Jim Turnmire, Howard Jones, Secretary Paul Dean, Little SIR Ron Rayburn, and Ben were in attendance. Topics: Going over Forms 27 & 28; Best/Improved Branch awards; RAMP/Director positions; branch visits; and the new oath emphasizing volunteerism.



The two hour meeting held at Denny's started with breakfast. All members provided input, and their many questions and concerns were addressed.



The next Denny's scheduled meeting is April 15th, 8:30 am. It will include all area Branches' nomination committee members, all the minority

committee members, and all RAMP Activities/Directors.



Each Branch will prepare a "job title", a brief summary of the position, and the time it would take to perform that particular duty. Discussion at April meeting. Please attend Town Hall Meetings.



AG Lee Moy

Director and Governor Training



SIR Regional Directors & Area Governors Training
Paradise Valley, Fairfield
February 20, 2020



We Do...
The Pledge of Allegiance
God Bless America
We Have...
Democratic Leadership
Social Activities for Men
We Are...
Making Friends for Life



PARTICIPANTS: President Ed Benson, Secretary/Legal Adviser Stu Williams, Parliamentarian/ Chief Administration Officer Dwight Sale, Trainer Barry Leskin, Regional Directors: Mark Stuart, Rick Kindle, Dennis Pangbum, Patrick O'Keefe, Area Governors: Dave Gonzales, Dale Decker, Carl Mason, Bob Reuther, Kevin Mahoney, Phil Thomas, Foster Kinney, Bruce Adams, John Haffner, Bruce Persons, and Group #2 Speaker Bob Turner, Photos by Lee Moy

Town Hall Meetings



Three State SIR Town Hall Meeting

order new SIR Merchandise, celebrate SIR Volunteer Recognition Month (May 2020),
2020 Strategic Direction: Increase net membership; Improve Volunteerism



use new SIR cards, use new oath, use new SIR membership application,
see Best Branch & Most Improved Branch criteria; attend State SIR meetings
at the branch luncheon show the latest (3) videos; increase activities
turn-in forms 27, 28, 63, and assessments on-time



Photos by
AG Lee Moy

Town Hall Meetings



State SIR Town Hall Meeting, Santa Clara

Rolling out the latest improvements:

“Doing My Part” pins “WeAreSIR.com”; updated brochure; Best Branch; new oath, “Run it Like a Business”; SIR Cards; increase net membership; improve volunteerism videos: Director Fiduciary Responsibilities; 2020 Strategy, member expectations



Photos by
AG Lee Moy

Infosys Meeting



The State INFOSYS Committee met at the home of Sir Dean Steichen on Saturday 2/8/2020. In attendance were Dwight Sale, Roy Hodgkinson, Ron Flagel, Dean Steichen, Ron Saltgaver, Jim Johnson, Alan Baker, Derek Southern, Richard Sale, Dan Weller, Jerry Sabo, Joe Mullen, and Brent Williams. Expect more changes and updated information on the <http://sirinc.org/> SIR State Website. The site has an abundance of information for Branch Leaders and Branch Members.



New Members

Branch 152 Arnold



New member Lynn White (left) with sponsor Rob Marshall



New members John Croll sponsored by Steve Jones (not shown) and Bill Gibbs with his sponsor Jerry Hromyko.

Branch 17 Santa Rosa



Bob Zie

Branch 88 Solano



Manuel Furtado – An electrician, Manuel worked at C&H Sugar for many years. He is interested in joining the golf group



Ken Mohr – A Mare Island retiree born in Philadelphia. Ken is interested in joining our Bocce Ball league.

Branch 125 Westgate



Rick Angevine, left, and Ron Glasow, right, are the newest members of SIR Branch 125. They were introduced at the January Luncheon meeting by Pat Doran.



Bill Hubka, right, a retired Lockheed engineer and Los Gatos resident, joined SIR Branch 125 with sponsor Bob Weitenstein.

Branch 59 Fremont



Above—Charles Ferguson(L) and Katsumi Osumi (R). Below—Charles Gebhardt.

New Members

Branch 49 Folsom



Great month for new members, March, 2020. Pictured are "new" members PBS Jerry Helmey, Membership chairman Joel Reisman, and PBS Ed Puchi. Also, long time SIR fixture Claghorn Leghorn.

Branch 136 Sonora



Branch 98 Roseville

A note on Membership

George Cocores (209-456-9814) According to the February 2020 SIR state membership roster, the total number of SIR members statewide is 12,811. Of the approximately 111 active SIR branches, Branch 136 ranks eighth in attendance! For March, the active membership of Branch #136 was 204. 125 members attended the lunch; 42 members called in advance and were excused. Please consider inviting your neighbors, friends, and associates to join our Branch. Should you bring a guest to one of our luncheons, please call the membership line at 209-536-6311 in advance so that arrangements can be made. Photo at below left highlights new members and sponsors inducted in March 2020.

By David Bills, Membership Chairman

Member Status for MARCH 2020

Even though we were not able to have a March luncheon the BEC board voted unanimously to induct 9 new members. This brings our membership total 280 we will officially welcome them at our next luncheon. Lets ALL welcome our new "STAR" Members into our club. These prospective new members are listed below.

LON L. ACHENBACH WIFE: KATHY Birth Month; Feb. Resident of; Rocklin Phone; (702) 418-6485 E-mail; lon@11amarketing.com	COLIN MACINTYRE WIFE: SUE Birth Month; May Resident of; Folsom Phone; (916) 932-4598 E-mail; colin.mac2280@gmail.c	RICHARD (DICK) P. GOOTEE WIFE: BJ Birth Month; Feb. Resident of; Lincoln Phone; (916) 847-3034 E-mail; dickgootee@yahoo.co	TED HOFMANN WIFE: KIMBERLY Birth Month; Jan. Resident of; Roseville Phone; (415) 786-7400 E-mail; thofmann@cfoplus.net
DARWIN L. BAKKEN WIFE: ROSE Birth Month; Dec. Resident of; Sacramento Phone; (916) 281-7791 E-mail; dlbakken555@gmail	ALAN W. BAKER WIFE: GLORIA Birth Month; Feb. Resident of; Folsom Phone; (802) 339-0059 E-mail; baker@alanbaker.net	RALPH G. RICK WIFE: BARBARA Birth Month; Sep. Resident of; Roseville Phone; (530) 913-7482 E-mail; rickralph@att.net	DONALD V. ROBERTS WIFE: MONICA Birth Month; Aug. Resident of; Roseville Phone; (916) 203-3793 E-mail; dvroberts59@gmail
			ROY W. BUSHEY WIFE: VICKI Birth Month; July Resident of; Lincoln Phone; (916) 207-1902 E-mail; rwb2455@gmail.com

Branch Awards

Branch 49 Folsom



Jack DuBé, napping while accepting HLM award from Big Sir Al Edwards.



Don Fuller, smiling while accepting a new jacket as a State Champion individual golfer.



Was looking for something to fill this page. Thought that everyone might appreciate this:

Sons in Retirement, Certificate of Appreciation.

June 3, 1986

Framed certificate with decorative border and gold seal. Text reads: "To Dr. Linus Pauling. This certificate is presented in grateful appreciation of your service to the Sons In Retirement."

Awarded by Sons in Retirement.

Subject: Certificates

Name: Sons in Retirement

ID: 1986h.8

Jerry Sabo, Editor

Communicating COVID-19

Hi Jack,

Just a short note to say thanks for the way you handled the cancellation of the golf event. Not allowing members to use the SIR email list for non-SIR events was brilliant. I wish I had thought of it when I made my communications.

Thanks again, Jack,

Ed

Subject: RE: Golfing event

All is good here at Branch 93. We have suspended all SIR related events, including Golf, Bowling, lunch etc. until further notice.

We are a good bunch of SIRs here. Many of our members have volunteered to help pay for the lunch that was cancelled. Our caterer had already prepared the lunch when it was cancelled, but she gave us a big discount. She donated much of it to a homeless shelter.

JMR

Ed,

I thought you might be interested in an article idea we had for our April branch newsletter. It will be interesting to see what the response is from the 2/3 of our members who will typically open the email.

Also, we are planning on holding our BEC meeting next week using 'Gotomeeting'. I'll compile our standard reports as a pdf file and send it in advance to all the committee members. We'll then step through the meeting as usual.

If you'd like us include a new message to our members please forward it on to me by Wednesday (3/25) otherwise I will use your 'cancel activities and events' email.

Hope you all are doing well...

Stay Safe, Stay Healthy and Stay at a Distance,

Andy

650-906-3747

March 22, 2020

To All Branch 35 Members,

Del Fillmore is preparing the April Trail Tips. It will be shorter than normal due to SIR canceling all activities and events until further notice. There will be a member profile and updates from the State SIR president and the Branch 35 Executive Committee (BEC).

I thought it would be fun also to share some of the ways members are passing the days "Sheltering-in-Place" and a few of their good and bad experiences trying to stay healthy (Have you been tested? What were the results?). Pictures are worth a 1000 words - send them if you have them.

Please reply to this email with your short stories and be sure to tell me if I can use your name or not in the article.

Whether I write this article or not is solely dependent on what I hear from you!

Stay Safe, Stay Healthy and Stay at a Distance,

Andy Danver

Big Sir, Branch 35

adanver@ix.netcom.com

650-906-3747

Lamplighter Tour, September 18, 2020



Join us on Friday, September 18, 2020 for the annual Lamplighter Tour at the Rural Cemetery, 1600 Franklin Avenue, Santa Rosa. This event features an evening docent-led walk thru the cemetery, stopping at gravesites to learn about interesting people who lived and died in Santa Rosa. Each gravesite's information is presented by a skit, with volunteer actors in period costumes. There are usually 8 skits, and the entire tour takes about 90 minutes. It is a great history lesson, and an enjoyable evening. Spouses are invited for this event.

Why are we announcing this now? We need to sign up in February, as this event usually sells out by March. The cost is \$40 per person. Mark needs to receive your payment no later than the February 20th meeting. Checks can either be made out to "Mark Burchill," or "City of Santa Rosa." Bring them to the meeting or mail them to Mark Burchill at PO Box 10, Santa Rosa, CA 95402-0010.

Call or email Mark for more information: 542-2529 or SirMarkB@sonic.net.



Branch 17 Santa Rosa



TIME...a measured or measurable period during which an action, process, or condition exists or continues.

What is this elusive concept? On the surface we take it for granted and sometimes we waste it. We “look” at it on our watches with a twist of our wrists. On gravestones we notice dates of a person’s birth and death. Surely, the “time” in between that span was a significant part of their existence. Humans have been studying the notion of “time” since the beginning of “time.” Here, again, we notice the long ticks of a grandfather clock and marvel at the com-

plexed explanations that scientists postulate on this subject.

I have been researching this topic for quite some “time.” I am amazed as to how many word combinations the word “time” is connected to form a new term.

Here are some examples:

Time bill: a bill of exchange payable at a definite future date.

Time capsule: a container holding historical records or objects for presentation at a future date.

Time card: a card used with a time clock to record an employee’s starting and quitting times.

Time chart: a chart showing the standard times in various parts of the world.

Time deposit: a bank deposit payable in a specific number of days.

Time exposure: the exposure of a photographic film for a definite time.

Time honored: honored because of age or long usage.

Time keeper: a person appointed to mark the time in an athletic game or contest.

Time killer: a person with time on his hands.

Time lock: a lock controlled by clockwork to prevent its being opened before a set time.

Time sheet: a sheet for recording the time of arrival and departure of workers in a pay period.

Time table: a list of arrival and departure times for trains, buses, or airplanes.

Time zone: a geographical region within which the same standard time is used.

There are many more examples of time-related words; however, due to a “timely” conclusion to my thoughts, I must end my monthly message. In the meantime, I believe that we all look forward to warmer days, the bounty of springtime and the romance of February All-the-Time!

BIG Sir George Traverso’s Message—

ALL CANCELED UNTIL FUTHER NOTICE!

No need to call anyone. Keep checking the website for updates!

The Poem of the month for April

Always Marry An April Girl

by Ogden Nash

Praise the spells and bless the charms,

I found April in my arms.

April golden, April cloudy,

Gracious, cruel, tender, rowdy;

April soft in flowered languor,

April cold with sudden anger,

Ever changing, ever true --

I love April, I love you.

Picnic Planning is currently on HOLD!

Annual Branches 17/176 Picnic

Wednesday, June 17, 2020

Outdoor Event Area at Windsor Golf Course 1302

19th Hole Drive, Windsor, CA.

Catered By

Charlie's at Windsor Golf Course

11:00 am Social Hour/Lunch served at Noon

BBQ Chicken, Veggie Pasta, Chili Beans, Corn on

the Cob, Salad, Bread & Butter and Dessert

Wine, Beer, Soft Drinks included

Raffle, Music, Bingo

Branch 17 Santa Rosa

More from BIG Sir George Traverso

We now live in a world that is immersed in health issues. The current health challenge that the coronavirus presents to the world is such a momentous example. However, let me discuss an issue that is ever present. Environmental studies stress the importance of solving issues such as climate change and the effects of various carcinogens on the human body. These are only two science-related topics that affect all human beings. Longevity and the quality of life blend together in one's quest to "make the most" of one's presence on this tiny planet. These two subjects present the main concern and attention of my message to my fellow seniors.

My discussion on specific senior health issues such as depression and social detachment is focused on two senior classes: baby boomers and pre-baby boomers. I believe that we fall into these two categories. We, as seniors, are fortunate to have arrived at our station in life. Now, as we contemplate our purpose and position at this time it is natural to review, study and promote ideas on keeping us physically and mentally sharp.

I received my driver's license when I was sixteen and like most teenagers I could not wait to start. Since then, I have experienced numerous flat tires, breakdowns, scrapes and minor fender benders. Fortunately, nothing serious. During the past few years, I have attended classes that focus on senior driving habits. Driving a vehicle, especially with occupants, presents a major responsibility. The demands of senior driving forces us to be physically and mentally prepared for any situation.

Fine-tuning our minds and bodies is basic to healthy senior living. Engaging in moderate exercise elevates the heart rate to increase blood flow to the brain. Swimming and walking are great examples of moderate physical activities important to seniors. Eating healthy and cooking meals together at home has proven to be beneficial for more than our stomachs. Doodling, painting and drawing are also important for our senior minds. In my BARK message several months ago, I wrote about Sir Winston Churchill who, upon his retirement, became an accomplished artist.

Playing board games, brain teasing puzzles and card games are also ways to keep senior minds young. We are fortunate that our SIR Branch 17 offers numerous activities and events that keep us physically and mentally alert. From golf to bowling to poker to Global Forum issues to bocce to wine tasting and more. Our group promotes many enjoyable programs. The monthly Boys Night Out and Couple Nights Out are additional events that encourage wonderful social enjoyment. Maintaining a positive social attitude and participating with the numerous physical activities make our SIR a great place to keep fit and young. I recently attended a SIR Town Hall meeting in Fairfield. As the gathering was ending, we received a farewell salutation: "Get Social and Live Long and Healthy." With great appreciation this message underscores my wish to you that we continue to strive with purpose and commitment.

Editor's comment—Typical comments from every Branch Newsletter!!!

Membership Attendance on March 19th
It was **CANCELED**

GLOBAL FORUM: **CANCELED**

Couples' Night Out: **CANCELED**

Bocce: **CANCELED**

Bowling: **CANCELED**

Boys' Night Out: **CANCELED**

Bridge: **CANCELED**

Camera Club: **CANCELED**

Free Comedy! **CANCELED**

POKER FEST: **CANCELED**

GOLF & Travel Golf: **CANCELED**

Branch 23 El Dorado

At the January, 2020 luncheon meeting, Branch 23 presented “This is your Life-Mike Catino”.

Branch 23 dedicated the January 8, 2020 meeting to Mike. The branch helped him celebrate his 100th birthday, awarding him with the SIR Presidential Centennial Award.



The Branch formed an Awards committee in order to cover his remarkable 100 years of life. Dave Peterson, our 2020

Big Sir, acted as the emcee and started the program, relating the tale of Mike’s attendance at last summer’s great evening of Bocce Ball, where Dave provided an Italian food spread with wine that Mike really enjoyed. Mike had been the first member to respond to Dave’s email invitation to the event, writing “I will be there!” He drove to the Dante Club alone in his shiny black car, grabbed his lawn chair out of the trunk, walked 30 yards and set up his chair, and asked who else was ready to play. He played in the first round and was about the only one who could remember the score. His team won the first round. And that was when he was only 99 and a half years old!

Phil Sittner covered Mike’s life from birth until he was drafted into the Army, covering his time in the Boy Scouts and all of the traveling he did at a young age, learning a lot about the Central Valley of California. Tom Novi covered Mike’s time in the Army during WWII, speaking about the war in the Pacific islands, where Mike spent the majority of his service time building runways and other wartime projects. Mike was the recipient of a Bronze Star given for heroic ve- ment, heroic service, meritorious achievement, or mer- itorious service in a combat zone, not including participation in aerial flight. Tom also made note of the many times he and Mike had played golf together in SIR. Ray Barsch covered Mike’s engineering ca- reer with the U.S. Bureau of Reclamation, where he worked for 38 years, as well as another six years after

rector of the Bureau from 1981-1983. There were very few directorships in the United States, and Mike headed an area that included all of California north of the Tehachapi Mountains, most of Nevada and parts of Oregon. Mike was responsible for over 1,000 em- ployees.



Carroll Hamon discussed last summer’s festivi- ties at the Sacra- mento River Cats baseball game where Mike was

honored for his service during WWII and also threw the first pitch. Carroll also covered information on Mike’s life. Mike Catino then had the floor, and thanked the branch for honoring him. He gave us a few very insightful comments about his career, with 100% recall. With great clarity, Mike noted that for all of his work with the Bureau, his most important con- tribution was to help his employees reach their poten- tial. “My work life”, he said, “was about the people.”



Our Big Sir then presented the Centennial Award to Mike and had pictures taken for the Nug- get. Last, all members were treated to a large birthday cake brought in for the occasion of Mike Catino’s 100th. birthday celebration. At the end of the ccelebration, members unani-

mously gave Mike a standing ovation.



Folsom Branch 49



From left: PBS Jack DuBé, PBS Joe Lapilusa, PK Hodge (way back), Verne Buer (front), Don Fuller, Jim Trudel, PBS Ralph Lingis, Bob Smith.



From left: Gary Pihlaja, Dick Farity, Roger LeBrun, Tom West, Gerry Jenkins, Barry Hopkins.



From left: Tom Lemly,, Al Glaser (front), Ken Anderson, Gary Gargano, Bill Cobb, Steve Holland Alan Baker, Jerry Hudson.



From left; Scott Pearce, Jim DeLeon, Tom Shigemoto, Phil Moeszinger, Lou LeDuc, Mike Navone, Woody Woodson



From left: PBS Karl Ryden, Bob Reilly, Ken Rohr, PBS Ed Puchi, Chuck Honeycutt.



From left: Dave Ward, Kevin King, PBS Jerry Helmey, Wayne Philpot, Dick Martegani, David Farrelly (front), Joel Reisman.



From left: Jesse Wilson, Wayne Philpot, Dick Martegani, Chuck Craig, Clark Hime, John Fernbach, Bob Stewart



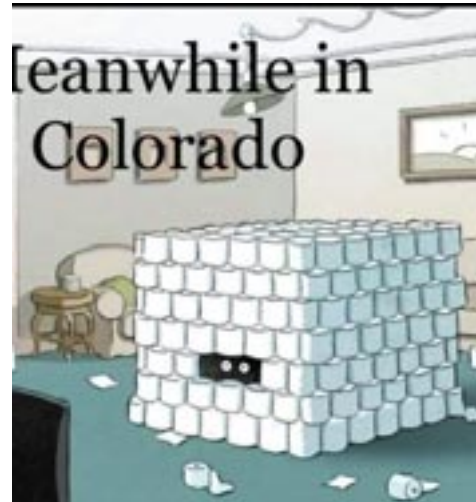
From left: Paul Kuzmich, Norm Boyer, John Greenhalgh, Gary Jones, Lyle Pritchard, Chuck Bradshaw, Ron Peters, Jim Stephenson.

Folsom Branch 49

Before COVID 19



The New Reality



SIR Branch #49 Folsom, CA. EST. 1974

February 2020

Next Meeting: February 27, 2020
SPEAKER: Tony Basile and Roman
K9 Training



SIR Branch #49 Folsom, CA. EST. 1974

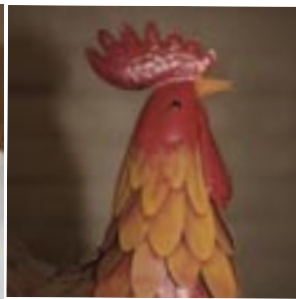
March 2020

ATTENTION:
The March 26, 2020 luncheon has been cancelled to protect our members from the Covid-19 illness.

State SIR Website
<http://www.sirinc.org/>
Branch 49 Website
<http://www.branch49.sirinc2.org>



Branch 59 Fremont



Branch 59 has a monthly Rollie drawing—(Rollie above). The hidden Rollie looks something like the one found by Sir Jerry Ford with Big Sir Richard Henry



At the February meeting, Branch 59 welcomed seven guests—flanked by Big Sir Richard Henry and Little Sir Larry Jett

Just like everyone else, Branch 59 members are staying at home. The Cyber Geezer meeting referred to below was changed to a Zoom session. We also held our BEC meeting of April 15 as a Zoom meeting.



Tuesday following our monthly SIR Luncheon. Our next meeting will be held on March 24th at our new location—Niles Discovery Church, 36600 Niles Boulevard, Fremont, CA. Just show up and you will be a

member of our group. The meeting time is from 1:00 to about 2:30 PM.

We are presenting another special session; devoted to “Cutting the Cord”. At our March



meeting, we will again include Seniors of the Greater Niles Village, and any Sir Member wanting

information. We will discuss high speed internet services—what’s available, VOIP phone services, streaming devices such as Roku, Amazon Fire Stick, Apple TV, and finally streaming services such as Hulu, Sling TV, Philo, YouTube TV, and AT&T Now.

Cost comparisons and actual cable cutter experience will also be discussed.



A very congenial group of Branch 59 golfers!



Newark Mayor Alan Nagy is presented with a plaque and a bottle of wine as a small token of appreciation for his wonderful presentation highlighting the history of Washington Township! Presently known as Fremont, Newark, and Union City.

Branch 62 Sunnyvale

SIR TRAVEL – BRANCH 62

Travel Chairman: Jim Hohenshelt (408 394-7226).

Assistant: Roy Jordan (408 735-8765).

Trip brochures are available from the travel chairmen or at the travel table at the monthly Branch 62 Luncheon.

Reminder: Trips organized by Sons in Retirement (SIR) are available to SIR members and their spouses, also to guests and widows of SIR members.

Wed., June 24th 2020: Chinese Exhibit at Blackhawk Museum - Terra Cotta Warriors: We're planning a one- day bus trip to the Blackhawk Museum to visit their new "into China" gallery, containing Chinese items and art, including some of the Terra Cotta Warriors from Xi'an. The cost is expected to be \$132 for the bus trip, lunch at a restaurant in Blackhawk, and entrance to the museum. If we get more than the minimum number of participants (twenty), appropriate refunds will be made, as was done on the Beach Blanket Babylon trip. Watch for sign up details in future "Roosters" or call the travel chairmen.

Oct. 3rd – 15th, 2020: Paris to Normandy: Travel from Paris via Caen (visit the Peace Museum) to Honfleur and meet our river cruise ship. Tour the D-Day invasion beaches and American Cemetery and other sites. Then depart on a cruise up the Seine calling at such places as Rouen, Les Andelys, Vernon, Giverny (Monet's Garden), Pontoise, and ending with 2 nights in Paris. The cost is \$5275 to \$5675 per person double occupancy (depending on cabin choice), including round trip air fare from San Francisco. Single occupancy is sold out. A 4-night pre-trip to Brittany and Mont St. Michel for \$995 and a 3-night post trip in Paris for \$745 are available. The brochure is available on the branch web site <http://branch62.sirinc2.org> under Travel, then Additional SIR Area 11 Travel, or see the travel table. Please contact the travel chairmen to sign up before filling out the coupon in the brochure, and for more information or questions.

FISHING

If you aren't a member of our Fishing Group and would like to fish with us or just tag along to bask in the great outdoors, please contact me. Our current group members can help by loaning you equipment and providing free "expert" instruction and advice (but you get what you pay for)!

We are now making plans for the 2020 fishing season which will include lake, stream, surf, and ocean fishing with trips to Alaska and the Sierras.

The Alaska outing is set for:

"Big King Combo Package"

On the Keani River and Ocean

July 6th - July 12th, 2020

We hope to catch Salmon, Halibut, and Rockfish.

Visit our Branch Web Site and click on the Fishing Icon to learn more.

Fishing Chairman: Heber Slusser 408 769-1851

Bocce Ball (Co-Ed) –

Dick Schumacher / Steve Smith



We are still signing members and their partners up for Co-Ed bocce set to begin

on April 24. If you are interested, you need to contact me at 745-1571 by the March 9 luncheon. That is the date the teams will be drawn. You are welcome to attend the drawing if you wish. The first name drawn on each team is the Captain.

We have had a lot more people sign up than last year, so we may have to increase the size of our teams. The more the merrier. We are looking forward to another fun season.

Bocce Ball (Men) –

Gary Savelli



We are getting ready to start our men's bocce season in April.

Please sign-up by the end of

MARCH ... only \$10 for a season of fun and fellowship and even free beer and pizza at the end of the season.

Poker (Co-Ed)

Co-ed poker meets every Tuesday and Thursday at Rancho Benicia Clubhouse at 6:00pm. Contact Ron Darling (745-1804) for information.



Poker (Men)

Men's low-ante poker night is every other Wednesday at

6:00pm. Location varies. The

next game will be at George Fuller's house on

March 11. This is a fairly new activity, so if you are interested in playing, give Carl Mason a call (746-1347).



Little SIR Remarks – David Muth We are planning a wine tasting event at the Muth house on Saturday, May 16 starting at 2:30pm. The event is limited to

25 couples or 50 people. This is an “invite your wife, companion, bestfriend” event. The wine will be provided by Raymond Winery and the Boisset Collection of wineries. Terry Patterson will be our Boisset Ambassador. There will be wine and cheese and munchies. Cost is \$22 per person. Our next guest speaker for March 9, is Theodore Garbeff from NASA Ames research Center. His expertise is Wind Tunnel Testing. I attended the SIR Town Hall Meeting in Santa Clara and came away with some interesting ideas for the branch. One of them is a cooking club. Another idea is a walking club. I would like to see what the interest level is from all of you on setting up these two clubs. We will be handing out the Share Your Story forms during the lunch meeting. These forms are for you to share what you have done in your earlier years. We all have an interest in what some of your life experiences were, so please don't be shy and let us hear about them. If you know or have information on people who would be interested in speaking to our group, let me know (david66muth@gmail / 332-3352)



Editor's Note-This is the first news that I have received from Solano. Note that the wives are included in various events. I think that this is definitely a move in the right direction.

Branch 98 Roseville/Rocklin

MESSAGE FROM BIG SIR: ROBIN DORIA (916) 580-5481



For anyone who missed me...(Ha Ha), my trip to Australia and New Zealand was better than expected. We dodged the corona virus and returned home the day before Auckland, NZ closed its ports to manage corona virus there. A great trip and lucky to be home and healthy! We feel like we just threaded the needle.

By now, all you Sirs have been bombarded by Corona Virus news enough so I don't need to explain the threat to us Seniors. I can only say please do whatever it takes to keep you and your families safe and as healthy as possible.

You also know that all Sir meetings and activities are cancelled until further notice. This includes the April luncheon and The Barbecue/Picnic. Let's hope our Senior Healthcare Directors can solve this problem as soon as possible. We all want to get back to enjoying our retirement and back to Sirs activities and events. There is a lot of living and friendships we need to pursue. So don't let yourself get down. With some patience and healthy living, better times are on their way.

Before closing, as a retired Investment Advisor, I want you all to know the economy and the markets will all bounce back. I've seen it over and over again. The USA is the center of the global economy. We are too strong and have too many resources to let this disease hold us back. Once the virus is manageable, the economy will come back to life and begin to grow. We will recover and regain our lives and the fun we are destined to have. Be sure to take care of yourselves so we can enjoy the friendships and experiences we share as Sirs, Branch 98.



Livermore Branch 101

Per SIR State all activities listed in this Bulletin are postponed.

We'll update with any further changes to scheduling of future luncheons and activities.

Stay informed, keep healthy! Here are several links to important information on COVID-19:

- Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- California Department of Health: <https://www.cdph.ca.gov>
- Government Response to Coronavirus: COVID-19: <https://www.usa.gov/coronavirus>
- Alameda County Public Health Depart: <http://www.acphd.org/2019-ncov.aspx>

SIR kayakers at Elkhorn Slough at Moss Landing on March 5, 2020.



Carol Perry and Dick Ryon @ Elkhorn



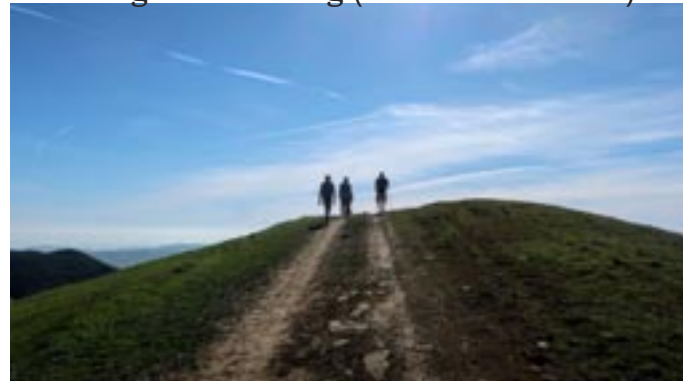
Pod of otters @ Elkhorn



February 13th Bocce players from left to right. Chuck Molenkamp, Howard McCue, Bobb Smith, Coleman Johnson, and Owen Brovant. Harry Levin was the photographer.

SIR Travel Opportunities for 2020 with other SIR groups click [http://sirinc2.org/branch101/Activities/files/SIR Travel Opportunities.pdf](http://sirinc2.org/branch101/Activities/files/SIR%20Travel%20Opportunities.pdf) to open the brochure.

Hiking and Walking (Before COVID-19)



Cow Hollow Trail at Sunol Regional Wilderness



Hike from Morgan Territory to Los Vaqueros, Black Hills Trail

Five ROMEO's (Retired "O" Men Eating Out) joined us in March. L-R: David Barron, Marcos Contreras, Bob Hickman, Roy Porfido, and Mike Pocha.



Chico Branch 110

SIR Luncheon Program Update

The new (novel) coronavirus has certainly caused great changes in everyone's lives. That certainly includes SIR program planning. However, as problems go this is quite inconsequential and is just a minor challenge. The March program with Sherry Miller was of course cancelled and she retired and was going to leave town so that will not be rescheduled. The April Diamond Match program will be delayed and the new date will be dependent on juggling the other potential programs. The Program Committee had programs either scheduled or planned for several topics which include: K9 Units and Police Work, a Blue Angels presentation, Chico Chamber of Commerce Activities, and Weather Forecasting. These will all have to be rescheduled which of course will be dependent on when we can have the next Branch 110 Luncheon and the availability of speakers. It has also been suggested that a presentation on the COVID-19 pandemic might be of interest, if everyone is not tired of hearing about it. If anyone has any connections with appropriate medical personnel for that topic, please notify the Program Committee Chair (Jim Braziel).



**Branch 110 Website: <http://www.branch110.sirinc2.org>
Webmaster: Ron Braziel**



On one Friday in April, 1970, (it actually happened every Friday evening, almost without fail), Old Ed came strolling along the beach to his favorite pier.

Clutched in his bony hand was a bucket of shrimp. Ed walks out to the end of the pier, where it seems he almost has the world to himself. Standing out on the end of the pier, Ed is alone with his thoughts...and his bucket of shrimp.

Before long, however, he is no longer alone. Up in the sky a thousand white dots come screeching and squawking, winging their way toward that lanky frame stand-

ing there on the end of the pier. Dozens of seagulls have enveloped him, their wings fluttering and flapping wildly. Ed stands there tossing shrimp to the hungry birds. As

he does, if you listen closely, you can hear him say with a smile, "Thank you. Thank you."

In a few short minutes the bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place. When he finally turns around and begins to walk back toward the beach, a few of the birds hop along the pier with him until he gets to the stairs, and then they, too, fly away. And old Ed quietly makes his way down to the end of the beach and on home.

If you were sitting there on the pier with your fishing line in the water, Ed might seem like "a funny old duck," as my dad used to say. Or, to onlookers, he's just another old codger, lost in his own weird world, feeding the seagulls with a bucket full of shrimp.

To the onlooker, rituals can look either very strange or very empty. They can seem altogether unimportant ...maybe even a lot of nonsense. Old folks often do strange things.

Most would probably write Old Ed off. That's too bad. They'd do well to know him better.

His full name: Eddie Rickenbacker. He was a famous hero in World War I, and then he was in WWII. On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft.

Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger and thirst. By the eighth day their rations ran out. No food. No water. They were hundreds of miles from land and no one knew where they were or even if they were alive. The men adrift needed and prayed for a miracle.

Chico Branch 110

They tried to nap. Eddie leaned back and pulled his military cap over his nose. Time dragged on. All he could hear was the slap of the waves against the raft...suddenly Eddie felt something land on the top of his cap. It was a seagull!

With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal of it - a very slight meal for eight men. Then they used the intestines for bait. With it, they caught fish, which gave them food and more bait...and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued after 24 days at sea.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first life-saving seagull... And he never stopped saying, "Thank you." That's why almost every Friday night he would walk to the end of the pier with a bucket full of shrimp and a heart full of gratitude.

Eddie died on July 23, 1973 (age 82)

This story "**Old Man and a Bucket of Shrimp**" was provided courtesy of Rocky Rockwell.)

SIR 110 Activities

Except for a few who had a meeting before March 15, there were no reports of activities due to the COVID-19 Pandemic.



Bridge

Dominoes

Pinochle

Piscatology

Hiking

Cars, Coffee & Donuts

OTL (Out to Lunch)

Bocce 110

Woodworking

Travel

Vino 110

History Club

Supper Club

SIR Golf



Branch 125 Westgate



Blaine and Kristin Bowman were honored for their 50-year marriage.



Above-Jack Weber and Lee Higginson were presented with Senior SIR President's Awards. Below-Chuck Roberts hold his Super Senior President's Award.

Senior SIR President's award presented to Sir Chuck Roberts.



Westgate Mall in San Jose, Circa 1960



Message from the “Big Sir”

Gene Zanoni (209-532-1989) I am going to commence my remarks by simply accentuating the positive rather than dwelling on the negative. One may think on the surface that in such trying times this objective would be difficult to achieve. Not so, as I shall now explain. In March, we inducted five new members into our Branch #136 as a result of vigorous recruiting efforts on behalf of some of our most steadfast members. Our newest members, along with their respective sponsors indicated in parentheses, include the following individuals: Dennis Biedinger #003 (George Cocores #175), Ron Bethel #076 (Rudy Flores #177), Andrew Cross #075 (Bill Vaughan #032), Michael Orteiza #047 (Scott Lewis #081) and Willie Phillips #070 (Larry Caplinger #205). Let us not forget that it is customary for all pre-existing members to cordially acknowledge our newest members. Year-to-date we have been experiencing robust activity with respect to gaining membership. This is yet another example that socialization, which happens to be one of our basic human attributes, is permitted to flourish under the promotions generated through the SIRs organization.

The evil Coronavirus, also known as COVID-19, has unexpectedly surfaced and is responsible for the abrupt disruption in our ability to socialize. This highly infectious disease currently remains uncontrollable. Therefore, governments around the world, acting on the advice of eminent health officials, have instituted strict sanctions that prohibit all gatherings of groups of individuals regardless of size and purpose. Just exactly how long this mandate shall remain in effect is pretty much left up to conjecture at this time. Due to its lethal nature, “social distancing” has become an overnight phrase associated with this dreadful pandemic disease and is merely an attempt by which to inhibit the distribution of this highly contagious virus. The senior segment of our population appears to be at most risk in contacting this disease, therefore, a vast majority of the SIRs membership are most vulnerable.

The SIR organization, under the able leadership of President Ed Benson and his talented Team, are tirelessly taking the proper steps necessary to protecting its membership and public at large. Because there is no known medical defense to combat the Coronavirus at this time, our leadership at the highest level had determined early on to suspend all sponsored functions until we get to the other side; that is, until such time it is deemed safe to return to our normal activities. In the meantime, all non-local and local events have been cancelled. Locally, the Elks Lodge is currently closed for all events, including monthly luncheons. Other local events may or have already been rescheduled, a couple examples are as follows: Our Ladies Day Luncheon (LDL), originally scheduled for May 12th has now been tentatively moved to June 9th at the earliest; thereby, allowing additional time for the sale of LDL tickets and raffle prize gift donation considerations. The 39th Annual Home and Garden Show, that was originally scheduled for April 18th and 19th at the Mother Lode Fairgrounds, has been rescheduled for October 24th and 25th . Thus, allowing ample time to consider volunteering to assist in manning our recruitment booth at this event.

In closing, I wish to reiterate that our SIR senior officials are performing their due diligence to ensure a positive outcome that will eventually enable us to successfully navigate through these uncharted waters currently infested with a serious global health hazard. The rest of us can do our part by exercising cooperation, patience and common sense. Please remain in the safety and comfort of your homes and keep well.

Branch 136 Sonora

Message from the Sonora Bulletin Editor

John White (408-355-5991). Greetings fellow Sirs. As you can see from this publication, the bulletin has a different look. Why? Well, Steve Huff, the previous bulletin editor for many years has moved to Florida. Filling Steve's shoes is an awesome task as he was a very gifted and dedicated man. So as Steve's replacement, I have a different set of tools to use and of course a different outlook. I want the monthly bulletin to be informative, timely, complete, and worth your time to read. Please let me know how you like the new format, which will most likely change as we move forward.

As you are aware, we are in the middle of a pandemic. A friend of mine sent me the following which I hope will help you get through these trying times...

Satan - "I will cause anxiety, fear, and panic. I will shut down businesses, schools, places of worship, and sporting events. I will cause economic turmoil."

Jesus - "I will bring together neighbors; restore the family unit. I will bring dinner back to the kitchen table. I will help people slow down their lives and appreciate what really matters. I will teach my children to rely on me and not the world. I will teach my children to trust me and not their money and their material resources."



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Asst. Sec: Dick Aberle 532-4066 raaberle2@sbcglobal.net
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Asst. Treas: Steve Aldridge 770-5287 stevealdr1147@gmail.com
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Recruitment - Larry Matteson 408-691-9393
Activities - Bill Lobdell-586-7145
Member Relations - Phil Baylis-510-552-7596
DIRECTORS - Second Year
Bill Guenza 568-7088
Marty Martin 568-1886 George Cocores 456-9814
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Phil Baylis (510) 552-7596 Chris Methot (408) 218-5221
Tom Neiderer (714) 888-8574
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BEC Advisor - Al Limon 533-4544
Bowling - Vacant
Branch Photographer - Steve Belochi 533-5315
Bulletin - John White 408-355-5991
Car Club - Rich Rinaldi 532-8366
Fishing - Chuck Simons -532-9550
Golf - Paul Padavana 532-8051,
Tom Nischwitz 694-8624 & Danny Laureta 586-4567
Honorary Life Membership - Al Limon 533-4944
Internet - Jerry Bellefeuille 533-3630 & Danny Laureta
Kayaking/Hiking - Sol Robin 651-1054
Lunch Tickets - Roger Swartz 533-0376
Luncheon Drawing - Tom Neiderer 569-9003
Nominating Com. Chair. - Jim Botto 586-0822
Pinochle - Bob Morrison 588-0994
Poker - George Parsons 533-8637
Propane - Marty Martin 586-1886
R.V. Travel Group - Eddie Toews 532-3970
Senior Member Awards - Jim Johnson 536-1595
SIR Item Sales - Fred Kehr 786-4368
Sunshine - Chaplain - Steve Gregory 533-0309
Wine Tasting - Phil VanSwoll 532-1133



Branch 152—Arnold



Bruce Utter

Our latest travel took us to the Haggin Museum in Stockton. The gold rush was very good to the Haggin family. Their San Francisco home occupied a full city block on Nob Hill. They also had homes in New York City and Paris. It took a lot of artwork to cover all those walls, and much of the art was donated to the Haggin Museum, a three story museum in Victory Park, Stockton.

The paintings are generally from the 19th and early 20th centuries, with an emphasis on the Romantic period from Europe and the Hudson River School of landscape art in the United States. There are several spectacular paintings of Yosemite and the Sierras by Alfred Bierstadt, including this one which was loaned to the White House during Ronald Reagan’s presidency



A long balcony features the art of J.C. Leyendecker, who was the creator of 322 covers of the Saturday Evening Post.

A commercial artist, he also created the “Kellogg’s Kids.”



Another room has more contemporary paintings of automobiles and But the museum is not totally focused on paintings. There are several beautifully customized motorcycles. Around the room are photographs of rock and roll stars. Stephens Brothers Boat

Builders operated out of Stockton for many years. One of their creations is this beautiful wood cruiser,



38 feet

long and built to carry 8 passengers. The lowest level of the museum is focused on Stockton history and includes re-creations of a turn-of-the-century Stockton street scene, a display of Indian artifacts and shelter, and 19th century firearms.



We visited the

Haggin Museum on a Sunday afternoon and shared the three story museum with perhaps five other people the entire time we were there. I’d recommend visiting on a weekend as one of the docents told me that weekdays bring busloads of school kids.

To get to the museum, take Pershing Ave., the first exit north of the cross town freeway (Hwy 4) on Highway 5.

Admission for Seniors (us) is \$7.00.



Branch 152—Arnold

PADDLING THE GOLDEN GATE -

Dave Baugher

Lots of SIRS love
to paddle,
canoe, or kayak,
and I've even heard on
occasion, some
have been up a creek



without a paddle. Locally, our brotherly SIR branches in Sonoma and Twain Harte have formal paddling groups within their chapters. Nearby, now and then, many of our very own SIR members dip a paddle into our local waterways; New Melones, White Pines, Alpine, Spicer, Union, and Utica reservoirs are all friendly venues to explore placid waters. Paddling is a great way to get some exercise and see our beautiful area. The Sierra Nevada Trading Company (SNAC) rents kayaks and canoes right here in Arnold for those who want to give it a try.

But paddling the Golden Gate? What's that about, you might ask? Well, let me tell you about a world renowned paddling event that happens right down our mountain in the Bay Area. Every two years, paddlers from around the world gather to experience the majesty of the San Francisco Bay around the Golden Gate Bridge. Some paddlers are beginners, and others are world renowned expedition kayakers who have traversed some of the most epic waterways in the world, all come to join up in a symposium that is all about ocean kayaking. In February, I was fortunate to join this group for a weekend of fun and mild terror in the waters of the San Francisco Bay and the Golden Gate Bridge. There were over 100 kayakers in attendance. Some traveled out to explore Angel and Alcatraz Islands in their crafts, others voyaged out the Golden Gate and up the coast to surf and played in the rock gardens of the California Pacific. Yours truly enrolled in a three-day proficient paddling class. We practiced rescues, paddled in the rips and eddies around the Golden Gate Bridge, got rolled and bruised in the boiling surf off of Rodeo Beach, learned sea kayak navigation, and finally had a hurricane strength windswept Sunday learning to handle

the wind before the Coast Guard ordered us off the water.

If anybody would like to dip a paddle and try ocean kayaking – contact California Canoe and Kayak at Jack London Square in Oakland; they have entry-level ocean kayaking classes that take place right there in the estuary of Alameda. Or go down to SNAC and talk to Shawn to enjoy a local paddle.

Never find yourself up the creek without a paddle – I've learned to keep an extra set on the deck of my kayak.

TALES OF CHIEF SASQUATCH - Dave Baugher

Like all our members,

I've sort-of been

shelter ing-in-

place, so there are no

personal travel tales to

share with you this month.

However, I do have a wandering story

to share with you about a sasquatch...

Now, as native Californians, we all know that Bigfoot or Sasquatch are said to be hairy, upright-walking, ape-like creatures that dwell in the wilderness and leave large footprints. But, Chief Sasquatch is the nickname of a cigar-store Indian owned by local SIR member and Treasurer, Doug Weir.



Last month, Chief Sasquatch apparently took a little adventure, leaving the Weirhouse hold under unexplained circumstances. Some had suspected that the Chief became alive, and departed under his own accord, not unlike the wooden tiki doll idol in the cult 70's movie "Trilogy of Terror," directed by Dan Curtis. Unlike the idol, who went on a murderous rampage through the house, Chief Sasquatch left the house quietly and was later seen at SFO airport.

Apparently, the Chief departed and other exotic locations. Pictures of the Chief would arrive in Doug's email , highlighting the



Branch 152—Arnold

locals and activities enjoyed during the escapade. Upon his return to California, Chief Sasquatch headed home back to our little town of Arnold.

Unfortunately, in a mysterious occurrence, the Chief was kidnapped during his return by a dangerous gang of kidnapers who ambushed him at the Sequoia Woods Country Club. Chief Sasquatch, stopping for a last cocktail before returning home, was held for ransom by the unscrupulous ruffians. The kidnapers demanded payment of four premium cigars for the return of the Chief, which the Weirs wisely paid.



Doug reports that Chief Sasquatch is doing well. However, there are reports in the neighborhood that late at night, sounds of rattling chains are heard emanating from the Weir household as the Chief tries to remove himself from the shackles that now bind him to the house foundation.

That's my tale for you. Bigfoot; Real or not? Chief Sasquatch; world traveler? I don't know, though I have hiked part of the Bigfoot Trail in Northern California and never seen one. By the way, at the end of every hiking day, I do enjoy a nice cigar.

YOUR BIG SIR - Kevin Andel

Let's see, since I wrote my March article we have canceled both our March and April luncheons, canceled our March Board meeting and the rest of the world has canceled everything! We were proactive in canceling the March meeting and the only thing that has changed since that time is the situation has gotten worse. We will keep you informed of future branch activities as they change.

My first concern, and I can tell you, the full board's first concern, is the wellbeing of our fellow Sir's. I do hope you're all feeling good and that goes for your



families, too. This is important, if you are aware of any of our Sir's in need please advise Steve Andrews, our Fellowship Chairman, at (408) 205-3971.

Though our meetings have been canceled it doesn't mean that nothing is going on behind the scenes. One very exciting piece of news is to announce we have an active website dedicated to our Arnold branch. Fellow Sir Alan Court put his tremendous skills to work and built our own page to sit on the State SIR platform. And thanks to Bernie Tillotson as he helped lead the effort. Bernie and I have met with and emailed Alan many times over the past few months to make this happen. My grateful thanks to Alan for taking his valuable time to get the Arnold Branch website up and running.

To visit our website go to: sirinc2.org/branch152
At the time of this writing there are still no timelines in place as to when "shelter at home" will be over which means we also don't know if we will be able to hold our May Ladies Day Lunch. We have our fingers and toes crossed that it will happen. I will keep you in the loop as soon as we know. In the meantime, if you would like to attend the Ladies Day Lunch send your check (\$28 per person) and meal selections to Doug Weir: P.O. Box 2025 Arnold CA 95223

If the lunch gets canceled your check will not be cashed.

On a lighter note, you'll recall we launched a contest, "The Name Your Newsletter" contest. All you have to do is submit your entry to me no later than April 15th. The board will vote to determine the winning entry and that lucky Sir will have earned a free lunch. To date I have received seven entries. And you're not limited to one entry so have some fun and show off your creativity.

The year 2020 is driving me crazy...no Baseball, no NBA Basketball, March Madness canceled, The Masters golf tournament postponed and most likely canceled along with at least two months of PGA golf tournaments. Also Tennis, Auto Racing, Kentucky Derby, Wineries! I can go on and on. This year is already set to go down in infamy.

Stay safe and stay healthy. Hoping to see you all soon!

Lake Tahoe Branch 160

Sir Branch 160 Officers for 2020

Big Sir Jim Beilstein



*Little Sir
Grayson Marshall*



Secretary Gordon Salas



Treasure John Lilygren



Director Larry Coffman



Director Skip Hempler



Director Steve Butts



Director George Ramirez



Director Terry Cannon



Director John Gerard



“I read the news today....oh boy!”



Sons in Retirement—Branch 169

Big SIR Jackie Lovato presents a \$1500 check for Jim Pardini’s restaurant employees. Gateway Branch 169 members donation drive supporting SIR monthly luncheon workers during the coronavirus crisis.



In attendance: Jim Pardini, Big SIR Jackie Lovato, former BS Leland Nichols, AG Lee Moy

Sierra Branch 175



**-Sierra SIR Branch #175-
Speaker: Ryan Jacobsen, CEO of Fresno County Farm Bureau
Host—Valley's Gold**



Pictured: Big SIR Robert Saulsbury awarding guest speaker with a plaque. Treasurer Robert Amato welcoming members at the monthly luncheon. Webmaster George Pisching inducting new member Doug Heim. Very pleased that this particular branch had the most attendees at yesterday's Area Governor's meeting. "Thanks" Paul Dean, Howard Jones, Ron Rayburn, and Robert Saulsbury.



Photos by
AG Lee Moy

Consumer Tips by Sir Jim Quon

MARCH 2020 CONSUMER TIPS from James Quon <askquon@yahoo.com>

■ More Reason to Avoid Rock Chips in Windshield:

We all know what a nuisance it is to have to replace a windshield because of a small rock chip. But with the new, high tech features on modern vehicles of today, there is extra incentive to avoid rock chips – the extra high cost of replacement. This because many of the sensors and transmitters (laser, photo and/or radar devices) used for Frontal Collision Avoidance, Adaptive Cruise Control, Auto Lane Centering or Lane Keep Warning are built into or “see” through the front windshield. The glass must meet specific clarity and light transmission specifications. And after the windshield has been replaced, the various devices must be recalibrated by the dealer using O.E.M. proprietary systems equipment. As an example, the cost to replace and recalibrate the windshield on my 2015 Outback is about \$1500. For a plain windshield replacement without the Subaru proprietary Eyesight Safety features, the cost would only be about \$400. So leave plenty of space when following dump trucks, large flatbed trucks hauling construction or earthmoving equipment and 18-wheelers. These are the vehicles that cause most rock chips as they get thrown up/out from their big tires at higher freeway speeds. Some auto insurance policies now have higher costs or higher deductibles because of the higher cost of glass replacement as these safety features become standard on all makes and models, even the cheapest base models.

■ Shopping For Knife Sharpeners:

If you are in the market for a knife sharpener, electric or manual, be aware that most sharpeners are designed to work with Western style blade angles of 18/22° blade angles. The Asian knives are produced with a thinner angle and are more agile, sharper and generally lighter weight blades with about 15°. Use of most electric sharpeners intended for Western blade angles will damage the finer knife edges of the Asian blades. Look for sharpeners that have specific slots or adjustment procedures to accommodate the two different types of blades.

■ Senior Health – Beware of Dehydration:

Seniors are at greater risk for dehydration because of how body composition changes with age. Older adults have less water in their bodies to start with than younger adults or children. But as you age, your sense of thirst diminishes. So, even when your body needs to be replenished with water, you might not realize it. Because of that, many older adults don't drink enough liquids. “By the time they are thirsty, that's already an indication of early dehydration,” says geriatric nurse [Anne Vanderbilt, CNS](#).

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. So not getting enough of it can have serious health consequences.

Adding to the problem is that symptoms of dehydration in the elderly often go unrecognized, Ms. Vanderbilt says. Many of the earliest signs, like dry mouth, fatigue, dizziness and muscle cramps, are nonspecific and could be easily attributed to other medical conditions, medications or natural effects of aging. Persistent dehydration that causes difficulty walking, confusion, rapid heart rate or other more severe symptoms can land seniors in the hospital. The obvious remedy is to drink plenty of water throughout the day.

How do we know that we're drinking enough? There are some easy ways to check your own hydration level. The easiest thing to do is to visually check your urine. A fairly clear color in the toilet bowl is a good indication that you are well hydrated. Another way is to use test strips available from local pharmacies or Amazon to determine your pH level (basic or acidic). Electronic pH meters are also available (about \$15 from Amazon) for the same purpose. A neutral pH is 7.0. The higher the number, the more basic (alkaline) it is. The lower the number, the more acidic your urine is. The average urine sample tests at about 6.0. If your urine sample is lower (acidic), this could be an indicator of acidosis, dehydration, diabetic ketoacidosis or diarrhea. A higher-

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than-normal urine pH (basic) could indicate gastric suctioning (reduces normal stomach acids), kidney failure, kidney tubular acidosis, pyloric obstruction, respiratory alkalosis or urinary tract infection. Bottom line – stay hydrated and stay out of trouble.*

*Above information is a compilation of 4 Internet articles and some discussion with Sir Mike Young.

■ **Xfinity Announces Call Blocking:** Finally, there may be some relief from Robo calls if you use Xfinity/Comcast for your telephone service provider. Here's their announcement: **Xfinity Voice:** Anonymous Call Rejection is a feature designed to cut down on unwanted calls by automatically rejecting calls from numbers with Caller ID blocked. Callers who block the display of their name and number will hear an automated recording that you're not accepting calls with Caller ID blocked. The message instructs them to unblock their Caller ID and dial you again. This feature is included at no additional cost with your Xfinity Voice Unlimited, Unlimited Select, and Local With More calling plans.

As of March 6, 2020, this feature will be enabled by default for all new Xfinity Voice users. Additionally, as of March 17, 2020, all existing Xfinity Voice users with a qualifying call plan will have this feature enabled by default.

Anonymous Call Rejection is not guaranteed to detect or protect against all unwanted calls, and while legitimate calls ordinarily include Caller ID information, there is a risk that wanted calls lacking Caller ID information may inadvertently be blocked from time to time.

You may opt out of this feature by following the instructions provided further below.

Here's How to Use Anonymous Call Rejection From Your Home Phone:

To Deactivate Anonymous Call Rejection

Lift the receiver and listen for the dial tone.

Press *87 and listen for a confirmation tone that the feature has been canceled.

To Re-Activate Anonymous Call Rejection

Lift the receiver and listen for the dial tone.

Press *77 and listen for a confirmation tone that the feature has been activated.

■ **Reminder of Good Sewer/Waste Water Practices in the Home:** Our February speaker was Ben Lavender, a Community Affairs Representative for the Central Contra Costa Sanitary District. It was very informative and we all learned a lot. These are things that should not be entered into our drains – FOG (fats/oil/grease) as these can congeal in our pipes and clog up further down the line in the municipal systems. Similarly, do not use “flushable wipes.” Unlike toilet paper and Kleenex, these paper products do not dissolve quickly nor easily and, definitely, clog the municipal treatment facility. Also, do not flush meds/pharmaceuticals down the toilet as it can contaminate the treated end product for discharge into the environment. Instead take them to local collection sites. Ditto hazardous waste products. Take them to the Household Hazardous Waste Facility maintained by the Sanitary District. For more information on how to properly dispose of these materials, visit: www.sanramon.ca.gov/HHW.

And finally, if your home is not equipped with a Sewer Overflow Protection feature, it's highly recommended to add this to your home system.■ **Frosted/Cloudy Headlight Lens Covers:**The protective lens cover integrated into the lamp housing of our vehicle is designed to protect your headlights from rocks and other small road debris. It is made of polycarbonate plastic which deteriorates over time due to UV light and other envi-

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ronmental conditions. When this happens, the brightness of your headlights can be cut by as much as 40%. This can be a dangerous condition for nighttime driving. Replacement cost of this cover using O.E.M. parts averages about \$250, each. Aftermarket replacement covers cost about \$75 but may be of questionable quality. Labor to install these replacement covers can take upwards of 2 hours of labor plus another half an hour for aiming for each replacement. That all adds up to about \$600, each! Car Wash, auto repair shops and tire stores offer professional restoration for about \$50 per unit.

A less costly alternative is to purchase a DIY restoration kit widely available at your local, retail, auto parts and supply store. These require about 10 – 20 minutes of effort and can work fairly well. An economy kit is the Mother's PowerPlastics4lights 8808 for a mere \$10. Highly rated kits are Turtle Wax T-240KT and Meguiars G2000. If you purchase a restoration kit, keep it on hand. These plastic covers will likely need to be restored again in the next 3 – 5 years.

■ Decoding Costco's Price Codes:

Check the shelf marker pricing tag. Most prices shown will end in “.99.” That's the norm. If it ends in “.97,” that's an indication that it has been marked down from its original price at least once. Items with an”*” in the upper right-hand corner aren't being reordered. You won't be seeing that product again once the stock is sold out. That doesn't necessarily mean it's been discounted, but it likely means the price won't get any lower. Look for other ‘odd’ pricing. Prices ending in “.49, .79 and .89” can be a sign that Costco got a special deal from the manufacturer, which mean very low prices to you. A price ending in “.88” or “.00” indicate local Manager markdown intended to move the indicated product off the shelf very quickly.*

Another Costco tip – if you are buying refrigerated or frozen items, take a portable, soft cooler with you and add ice from the Food Court soda fountain. This will ensure your items will remain cold for many hours to come. These soft, foldable coolers are very efficient, work well and take up almost no space in the trunk/rear of your vehicle. They run \$10 - \$20 depending on size. Keep one in each of your vehicles.

*from businessinsider.com and Consumer Reports.

■ California Real ID Drivers License:

Effective Oct. 1, 2020, a REAL ID qualified license is needed if you wish to continue to use your driver license or identification card to board domestic flights within the U.S. or enter secure Federal facilities. If you want to continue to use a U.S. passport, U.S. passport card, military ID, enhanced driver license, or other federally accepted identification to do those things, you do **not** need to get a REAL ID, however, it is recommended. To apply for a Real ID, you will need to fill out an application, gather your documentation and visit a DMV office. This works best if you will be renewing your California Drivers License as there would be no additional charge beyond your normal license renewal. However, if you are not up for renewal soon, a Real ID Card might be a good option for you.

A Real ID Card is a separate wallet-sized ID card that serves the same function as the California Real ID but is independent of the DMV-issued ID. The cost of this Real ID Card is \$35 and the same documentation to show identity, proof of Social Security Number and Proof of California Residency Address are the same. A big advantage is you will not have to go to a DMV (very long wait for appointments) field office. Instead, you can go to any U.S. Passport Office. There is one at the San Ramon City Hall. Parking is super easy and appointments can easily be made. Stop by the San Ramon City Hall and pick up the application form and make your appointment to return with your documentation. For more information, call them at: (925) 973-2500 or go to their website: <http://www.sanramon.ca.gov/>

■ Spring is Allergy Season:

How do I know if I have allergies or a cold?

Runny nose and sneezing are common symptoms of both colds and allergies. ... If you have allergies, your mucus will typically be clear, thin and watery. If you have a cold, the mucus from coughing or sneezing may be thick and yellow or green. Yellow or green mucus could indicate an infection requiring medical attention. Check with your Primary Care Physician.

Yes, allergies can make you feel tired. Most people with a stuffy nose and head caused by allergies will have some trouble sleeping. But allergic reactions can also release chemicals that cause you to feel tired. A lack of sleep and constant nasal congestion can give you a hazy, tired feeling. Allergic reactions can also cause inflammation, which can lead to joint and muscle aches and even result in a low-grade fever. Chronic body aches may be a sign of an immune system reaction, such as arthritis, but also can be a sign of allergies. Repeated coughing or sneezing as a result of your allergies can also cause soreness. Tip: If you use name brand OTC meds for colds or allergies, look at the label for the “Active Ingredient.” Note this and go to your favorite Drug Store, Supermarket or Costco and look for their private branded equivalent for about half the price of the name brands. I use Aler Tec from Costco and it is the same as Zyrtec. If you have any questions, ask the pharmacist on duty.

SIR JIM QUON ON CONSUMER TIPS —April

PERSONAL SAFETY ITEMS

- Pedestrian Safety Habits: There has been a huge uptick in pedestrian accidents. When crossing streets, always use officially marked crosswalks. **MAKE EYE CONTACT WITH APPROACHING DRIVERS!** Watch for distracted drivers and drivers blinded by the sun low on the horizon in the early morning and late afternoon.
- Avoid Seating in Exposed Positions Vulnerable to Vehicular Traffic: As our demographics change with the aging population and more Seniors driving, there are more serious and fatal accidents due to drivers mistaking the gas pedal for the brake while parking. Be vigilant about your ‘Situational Awareness’ Curbside or front, picture window view seats might be nice for the view during a lunch or dinner but be careful and vigilant! Avoid these ‘front row seats’ when the parking is diagonal or head-on relative to the sidewalk.
- When Assisting Someone Park: Never stand behind or in front of the vehicle. Always move to the side of the vehicle’s path.
- Keep Your Knives Sharp: More self-inflicted knife accidents happen when dull knives are being used. More hand pressure and/or movement is required to make the desired cuts creating a more hazardous situation.
- Wear Eye Protection: Always wear protective safety glasses or plastic prescription lenses whenever working with rotary cutting tools or any environment where small, uncontrolled particles are being generated and can come in contact with your eyes. Ditto when working with anything that might shatter or explode. Your eyesight is precious and fragile. Don’t take any chances.

GOLF TIPS

- Twist Face Driver: This is the newest technology in golf. Twist Face is a revolutionary new face curvature designed to deliver a corrective driver surface to control off center impact strikes – which in-turn can help produce “straight distance” off the tee. This technology will not increase your driving distance. But, it may help ‘straighten out’ your shots off the tee.

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- **Clean Your Club Grips:** Slick, shiny or glazed grips on your golf club are not a good thing. You will have to squeeze your hands much more tightly to hang onto the club during your swing. This is not good for distance or control. Clean them regularly using a strong cleaner like Formula 409, Method All-Purpose Cleaner, or Windex Multi Surface Cleaner. Scrub with a clean towel and your liquid cleaner. Then, thoroughly dry them using another clean towel. Try to get the grip to be ‘tacky’ again. If you cannot get some of that tacky feel back, replace your grips.
- **Always Leave the Pin In:** Under the new rules of golf there is no penalty for hitting/touching the flag stick with your ball. This prompted some golf professionals to conduct a study of putting with and without the ‘pin’ in place using a Stimp Meter device to consistently launch balls to imitate repetitive putted balls under various conditions. In all cases, more ‘putts’ were sunk with the flag stick in place. Therefore, always leave the ‘pin’ in place. You will have a better chance of sinking the putt and speedup play at the same time. The only proviso is to make sure the flag stick is fully/firmly seated in the hole and not leaning. Hitting the stick will not prevent the ball from dropping into the hole and will reduce the ‘over run’ when putting speed is too high.
- **Blue Ice:** Don’t buy commercial products meant to keep things cold in an ice chest. They don’t work as well as plain water. Frozen water will last 30% - 40% longer than frozen Blue Ice products of comparable shape and size.
- **Choosing Melons:** When shopping for Cantaloupes, look for a more prominent ‘netting’ on the exterior. Avoid smoother looking surfaces. Also, look for a lighter color in the depressed areas. When shopping for Honeydew Melons, feel the outer surface. Choose melons that have a slightly ‘sticky’ (more dragon the fingers) feel. Avoid smooth, slick feeling exteriors. Look at the ‘belly button’ where the melon was attached to the vine. That spot should be smooth as if it parted from the vine easily when picked.
- **Avoid Dyson Stick Vacuums:** The Dyson stick vacuum loses CR recommendation. “CR analyzed survey data for more than 50,000 vacuum models purchased by our members - because of the results; we took action and adjusted our ratings. About half of Dyson stick vacuums are predicted to break or stop working within 5 years.”
- **Sodium Intake:** The daily recommended limit for sodium is less than 2,300 mg, but you would never know it from the amount packed into restaurant dishes and even some drinks. TGI Fridays ‘Loaded Chicken Nachos appetizer, for example, has a whopping 4,930 mg of sodium; its Blackberry Margarita, 570 mg. According to the Centers for Disease Control and Prevention, 71 percent of the sodium in the American diet comes from processed and restaurant foods. The top dining-out sources are sandwiches, pizza, hamburgers, chicken, Mexican entrées, and salads, according to a report from the Institute of Medicine. Keep that list in mind when you’re looking at a menu.
- **Use Old Tennis Balls:** Cut “X” slits in old tennis balls to temporarily attach them to the legs/feet of outdoor furniture before moving them on any surface. This will prevent marking the concrete, brick, pavers or wood surfaces and also eliminates the horrible sound of metal scraping on hard surfaces. This idea brought to us by Sir Jerald Cerri. Caution: Tennis balls have a very tough exterior. And, because it is a round object, it is very unstable during cutting. Be very careful. Clamp it in a vise or ‘pinch’ it tight with large Vise Grips or Channel Locks to hold while cutting. Use a very sharp Utility Knife with a new, disposable blade.
- **New Car Bargains:** If you are looking for a low price on a new vehicle, dealers are now trying to unload older inventory that do not have the newer suite of safety features such as Blind Spot Warning, Lane Departure Warning, Automatic Emergency Braking, Forward Collision Warning, Rear Cross Traffic Warning, Automatic Rear Emergency Braking and Adaptive Cruise Control. Most of these features will be standard on all makes and models in the 2020 model year on even the lowest level of trim. Cars without these features will be hard to sell. If you are willing to forego these safety features, you should be able to find some low, bargain prices.
- **New Improved Staplers:** If you haven’t replaced your standard stapler/s, you may want to replace your older

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units. Why? Most new staplers now can handle 20+ pages capacity with ease using standard staple refills. I recently got one at Walmart for just \$7 and it works great!

- **Sirius XM Radio Option:** When buying a new car, this is a satellite radio option offered on all new cars. It is a subscription service that costs from about \$15/mon. to \$40/mon. depending upon the channels and features you choose to subscribe to. If you are interested mainly in music, I suggest you try streaming Spotify and/or Pandora via your Smartphone and into your vehicle via Bluetooth. You can try either of those services for free for an unlimited time but they will have short ads. For ad-free service, you can upgrade for about \$10/mon.

- **Clean Your TV Screen:** Not all TV screens are the same. Though the current TV market is dominated by super-bright, big-screen LCD (LED) and OLED TVs, many of us still have older sets, including plasma TVs, which they stopped manufacturing in 2014, and even CRTVs—also called tube TVs—which started disappearing around 2008. If you're cleaning an older tube TV, then you'll have a bit more flexibility, because their screens are made of glass and can be cleaned like other glass items in your household. In this—and only this—instance, it's okay to use a window cleaner such as Windex. LCD TVs, though, are far more sensitive and need to be carefully cleaned so that the screens don't get scratched or damaged. And though plasma TVs also have glass screens, manufacturers often have applied a sensitive anti-glare coating, so they should be treated like an LCD TV rather than a CRT TV set. For OLED TVs, the advice is similar to LCD sets: Clean with a soft, dry cloth to avoid scratching the screen. In all cases, turn off the TV, or even unplug it prior to cleaning, per CR's TV testing program. "In addition to it being safer for the set, it's usually easier to see dirt or finger smudges when the screen is dark. It also gives the TV a chance to cool down. Start With a Dry, Soft Cloth. Screens can scratch easily, and even paper towels or toilet paper contain fibers that can do damage. Use a soft, anti-static microfiber cloth—the kind used to clean eyeglasses and camera lenses—and wipe in a circular motion. (Sometimes TV manufacturers will include a cloth for this purpose.) Gently wipe the screen with a dry cloth to remove dust and other debris, but don't press too hard. If there are more stubborn stains, you can dampen the cloth slightly with distilled water, and gently clean the screen. Don't spray water directly onto the screen, which could cause a shock or component failure if it drips or seeps into the inner workings of the set. For truly stubborn stains, use a solution of very mild dish soap highly diluted with water, once again applied to the cloth and not to the TV itself. (As a guideline for how much soap to use, Panasonic used to recommend a 100:1 ratio of water vs. soap). LCD screens, in particular, are very sensitive to pressure and can scratch easily, so don't press too hard.

- **Blue Light Filter:** You may have seen/heard advice about not watching TV or working on your laptop or desk-top computer just before bed time because they emit a light in the “blue spectrum range” that can have a detrimental effect on your ability to sleep. Almost all new TVs and Desk Top PC Monitors have a ‘Blue Light’ filter built into the screens. Check your Owner's Manual to learn how to turn it on/off. This is per my Optometrist during my last eye exam. Additional note – if you have a Kindle Paper white series E-reader, these do not emit ‘blue light’ and should not interfere with sleep.