



With nearly 200 Branch Leaders attending the Fireside Chat, the State Sir Organization announced the reopening of Indoor Activities, consistent with the State of California Health and Human Services April 15, 2021 guidelines which recommends that fully vaccinated people be allowed to gather with other fully vaccinated people indoors.



The SirInc State Board has issued Protocols and required Waivers for Branches wishing to reopen indoor and outdoor activities, which can be viewed and downloaded on the State Website.

<https://sirinc.org/wp-content/uploads/Protocols-for-Minimizing-Covid-19-Liability-final.pdf>

The State Board, in consultation with our Legal Advisor Alan Meinicoe and State Insurance Chairman Craig Hofines, felt it was necessary to issue these guidelines, for both indoor and outdoor activities after our Insurance Provider notified the Board that there would be a reduction in coverage, excluding claimed losses due to Viruses or Bacteria or Communicable diseases including COVID 19, starting May 1, 2021.

The required Protocols and Waivers are for the protection of our members and the limiting of liability claims against our Branch Officers and Directors.

We hope the necessity for the Reopening Protocols, which includes the requirements to verify vaccinations and the Waivers of Liability will be for a short duration, and normalcy will be around the corner.

Please stay safe and in good health.

SIR President,

Stu Williams

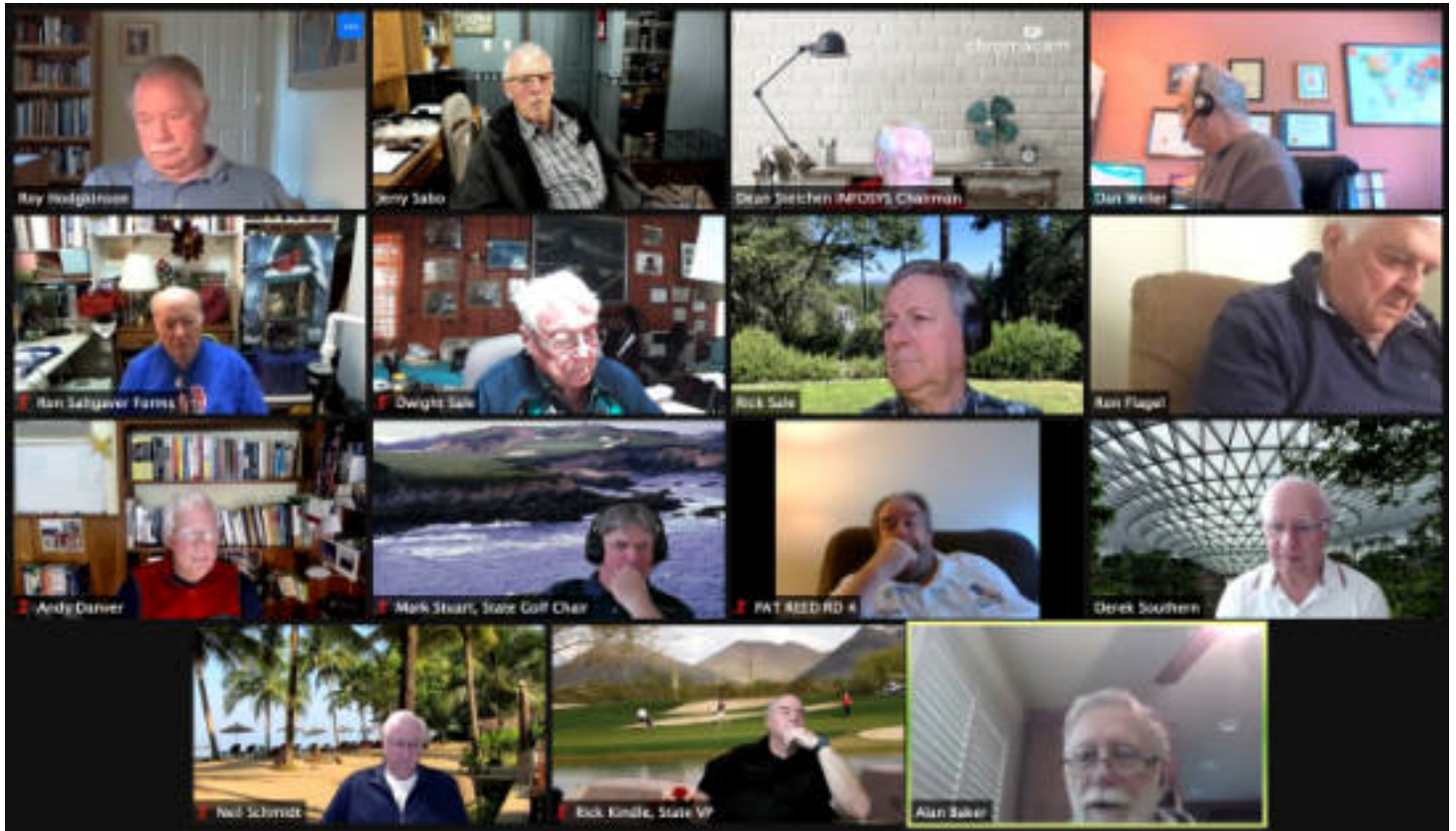
**2021 STATE OFFICERS**  
**STATE PRESIDENT** Stuart Williams  
**Vice-President** Rick Kindle  
**SECRETARY** Ronald C. Flagel  
**ASSISTANT SECRETARY** Lee Moy  
**STATE TREASURER** Roy Hodgkinson  
**ASSISTANT TREASURER** Ronald K. Saltgaver  
**CHIEF ADMIN OFFICER** Dean Steichen

**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*

# SIR Infosys Committee



Keep up-to-date  
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Jerry Sabo



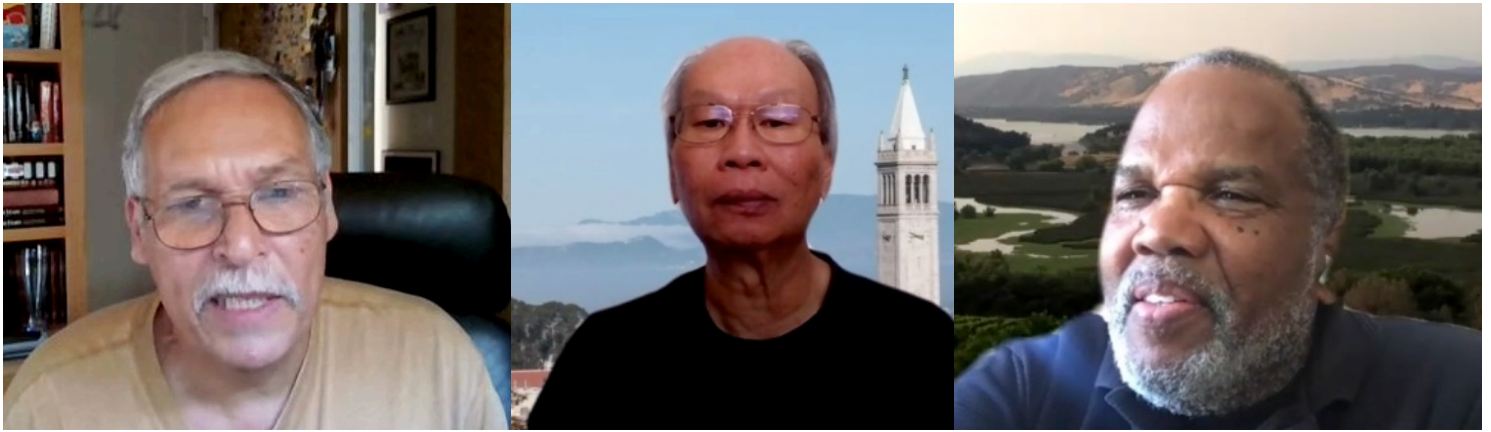
Sammy Lum

*If your Branch Newsletter Editor has submitted your newsletter to the editor, you have been included in this issue. I will not search for on-line newsletters in the future.*  
*Jerry Sabo*

**SIR Happenings is published by the Information Systems Committee.**

Send news and questions to: Jerry Sabo,  
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jlsabo3@comcast.net

Sammy Lum,  
Assistant Editor Email:  
lumsam@sbcglobal.net



Handling the Technology Functions at both SIR Activities Week and the Diversity Forum, are Kent Dutrieux, Sammy Lum and Adckinjo Esutoki.

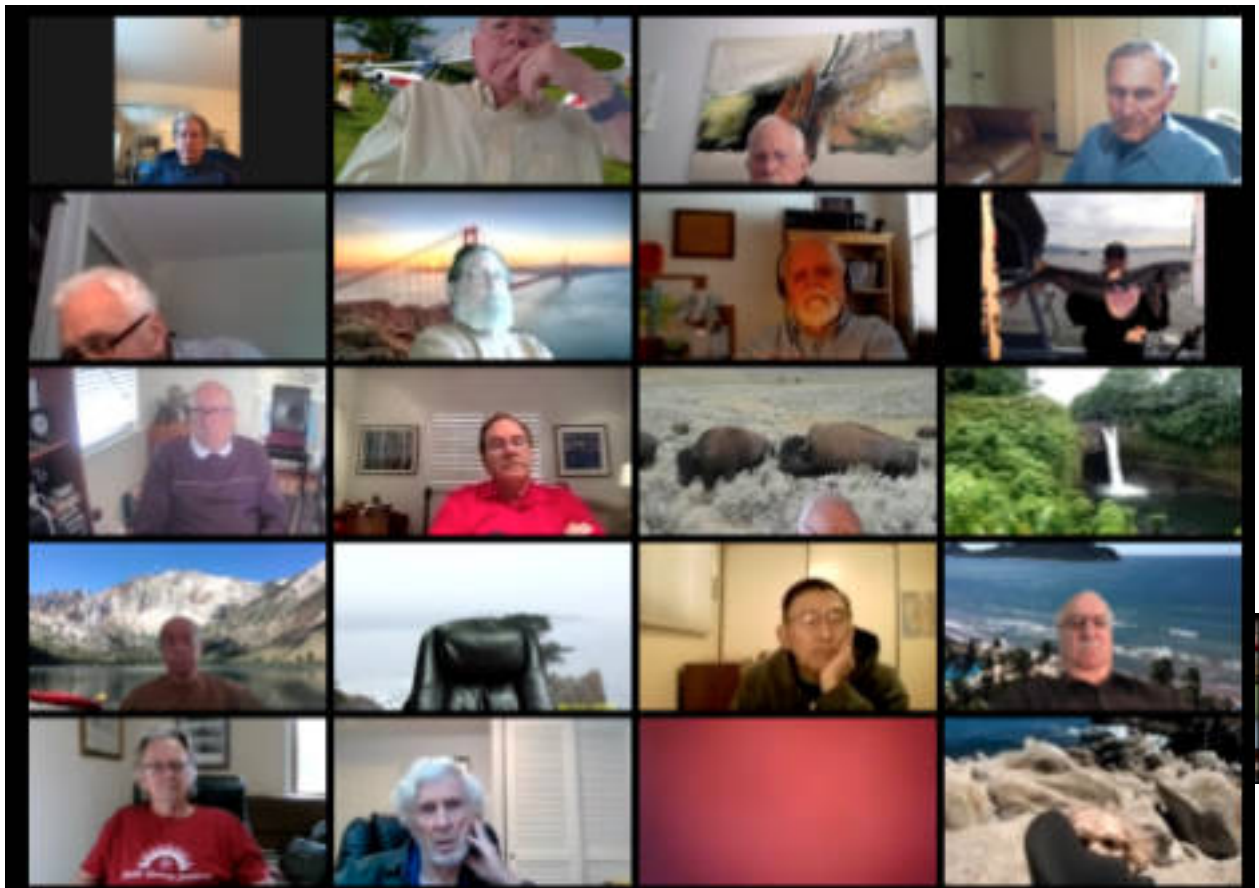
State SIR Activities Week is preparing Branches for the eventual re-opening. Or, as SIR President Stu Williams forecasted, "Immune in June."

During the pandemic, Branches have had an opportunity to retool with 5 days of the Leadership Summit, two forums focusing on Diversity/Recruiting Week, and now a second round of SIR Activities Week.

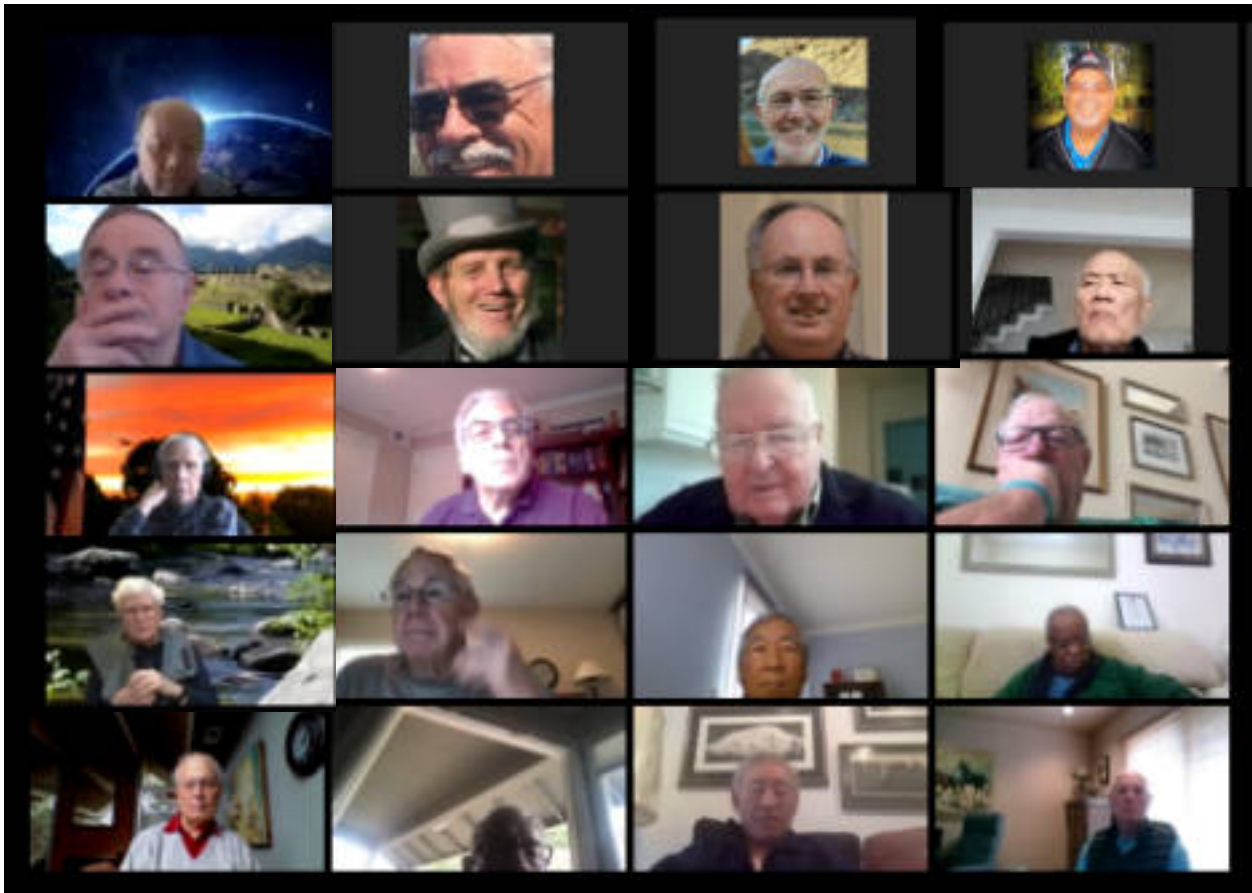
Our knowledgeable SIR members have stepped up to be guest presenters: Ron Rizzo, Bob Benning, Michael Lee, and Rich Knowles.



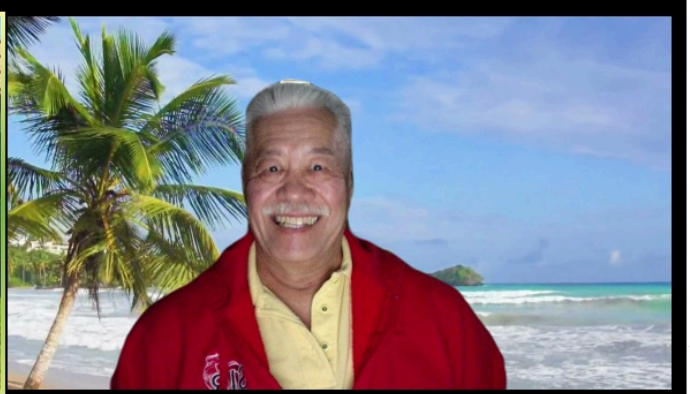
# Diversity Committee Meetings



Lee Moy  
Asst State Secretary



Lee Moy



Diversity Forum  
Lee Moy

IT Hosts  
Sammy Lum  
Kent Dutrieux  
Adckinjo Esutoki

2/19/2021





## Diversity Committee Members-Branch 116

Chairman Fred Wachowicz, Sam Beret, Lee Moy, Jerry Hicks, Terry Sherman, Al Satake, Michael Ward, Jim McCormick, Michael Barrington.

Bring the awareness of increasing recruiting efforts by bringing in people of color to enrich the Branch. Looking to have a diverse membership that is reflective of what is proportionate to the population at-large.

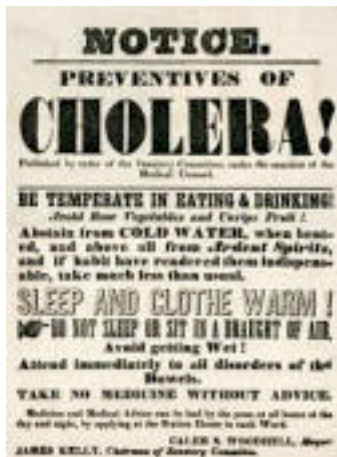
Lee Moy

San Mateo

# Sons in Retirement

"There are no strangers here, only friends that haven't met." W. B. Yeats

## Reasons for Following Prescriptions of Science



The June 15th New York Times included a feature by science reporter Donald McNeil with the subhead (in part) "...science and public spending have saved us from pandemics worse than this one." He recounts the horrendous toll suffered by New Yorkers in past epidemics of yellow fever, smallpox, measles, scarlet fever, diphtheria, typhus, meningitis and especially the recurring cholera epidemics of 1832, 1849 and 1854. After 1860, deaths from such diseases began to decrease, for several reasons. Most people "...finally accepted the 'germ theory' of disease...[and agreed that]...no one was safe until everyone was safe," and made public health universal. New York and other major cities took steps to improve the health of its citizens - many were expensive and most were contentious. They installed sewers, disinfected water, required smallpox vaccinations and milk pasteurization. Libertarians battled against every one of these actions, a harbinger of those resisting actions to control the coronavirus today. "In the Spanish flu epidemic of 1918, many New Yorkers donned masks but 4,000 San Franciscans formed an Anti-Mask League." Nonetheless, "...slowly, science prevailed, and death rates went down." McNeil concludes that "Americans are facing the same choice our ancestors did: We can listen to scientists and spend money to save lives, or we can watch our neighbors die. Or die ourselves!"

## Losing "Touch" Due to the Pandemic

Humans are designed to touch and be touched - which is why so many who live on their own have suffered during the pandemic. Will we ever fully recover? "How does a year without hugs affect our mental health?" asks Eleanor Morgan in her January 24th article in the independent UK newspaper The Guardian: Morgan writes about missing the smell of her friends' clothes and her nephew's hair, but mostly she misses the "groundedness" provided by the touch of another human body. She muses that "...touch exists below the horizon of consciousness..." and that we benefit from touch while still in the womb. A 2010-2018 Pew Research Center survey found that, among folks age 60 or older in the U.S., 27% live alone (compared with an average 16% in the 130 countries and territories studied) and 47% live with only a spouse or partner (compared with 31% worldwide). Among the 40,000 people from 112 countries who took part in

a 2020 BBC survey ("World's Largest Study of Touch": <https://www.bbc.co.uk/mediacentre/latestnews/2020/the-touch-test-results>), the three most common words used to describe touch were: "comforting", "warm" and "love". BBC's Claudia Hammond concludes that, "...the study shows what a critical topic touch is in society today and now with social distancing and the pandemic, touch has taken on a new resonance." "Touch has a huge impact on our psychological and physical wellbeing," according to Professor Robin Dunbar, evolutionary psychologist at the University of Oxford. "With our close friends and family, we touch each other more than we realise." His research shows that as adults folks have a core set of five friends (on average) that provide a shoulder to cry on when needed. "We see exactly the same thing in primates," he says. "Even in much bigger primate societies, groups of five best friends appear at every layer, who do all their grooming together - their form of social touch. In primates and humans, these intense coalitions act as a buffer; they keep the world off your back." Folks may not realize the importance of touch, even when it disappears. "We might begin to realise that something is missing, but we won't al-

ways know that it's touch," says Professor Francis McGlone, neuroscientist at Liverpool's John Moores University, and a leader in the field of affective touch. "...when we talk about the





problem of loneliness, we often ignore the obvious: what lonely people aren't getting is touch." The total absence of touch, particularly when emotions are high, contravenes the hardwiring that regulates us from at least our preverbal years. "Little can be done without touch," says Dr. Katerina Fotopoulou, professor of psychodynamic neuroscience at University College London. "Touch is a modulator that can temper the effects of stress and pain, physical and emotional. We have seen in our research that a lack of touch is associated with greater anxiety," says Fotopoulou. "In times of high stress having more touch helps us cope better, particularly in calming the stress-induced effects of cortisol." When we're not being touched enough, the need can feel very physical, sometimes described as "skin hunger" or "touch hunger". In high-stress states, if there's no one there to hold them, folks can feel as if their bodies can barely contain their emotions. "Lots of studies support the theory that touch gives the brain a signal that it can delegate its resources for coping [elsewhere] because another person is there to help bear the brunt. This relaxes the body..." says Fotopoulou. But touch is not a single sense. Adult's skin teems with nerves that recognize temperature, texture and itch, and other sensations. One set of nerves – so called "C tactiles" (CTs) – exist purely to register gentle, stroking touch (see: <https://www.sciencedirect.com/science/article/abs/pii/S0304394020300000>) These neurons, in the skin of all social mammals, transmit...electrical signals to the emotional processing parts of the brain," says McGlone. "Those in the shoulders and back play a critical role in developing the social brain. Folks love having their backs rubbed, because there are more CTs there. Stimulation of these neurons releases oxytocin and dopamine, and has a direct impact on cortisol levels..." – hormones regulate mood. In 2017, Fotopoulou's team published a study showing that even gentle, slow stroking from a stranger can reduce feelings of social exclusion. But in folk's normal lives, they don't go around stroking each other all the time. "You don't need that touch all day," McGlone says. "We

only need this gentle kind of touch intermittently." In these times of touch deprivation, folks have no effective substitute for what they get from the touch of other people, however, there are ways for folks to soothe ourselves. Fotopoulou's lab will soon publish a study conducted during the pandemic that builds on the theory that, in the same way we think we can feel others' pain, we may be able to experience touch vicariously, too. Researchers have found that seeing touch (on TV or in films) – particularly social, affective or "pet" touch – yields some of the benefits of feeling touch itself. "This is called 'vicarious touch,'" says Fotopoulou. "We can also 'feel' the pain and pleasures of others just by 'seeing' them," she says. "This is not a permanent or complete substitute, but a partial one." Laying a weighted blanket across the chest and shoulders can be calming, showing the instinctive need to stimulate the CTs in those areas. Interacting with animals is also settling. Petting a dog or cat, especially when it's lying beside or on a person, can be settling, partly from its touch and partly from seeing it respond to stroking. A hunger for touch is a signal that a primitive need is not being met. But evolution is on our side. Most scientists are hopeful that, once folks can come together again, we will adjust quickly.



## The Fable of the Chess Board and the Grains of Wheat

A man invented the game of chess as a gift for his king. As a reward, the king offered to grant the man any request within reason. The man asked for one grain of wheat to be placed on the first square of the chess board, two grains to be placed on the second square, four on the third, eight on the fourth, etc., doubling the number of grains of wheat each time, until all 64 squares on the board had been used. The king, thinking this to be a small request, agreed. This shows the dramatic change in exponential growth:  $1 + 2 + 4 + 8 + 16$ , etc. After all 64 squares are covered, the total number of grains covering the board equals 18,446,744,073,709,551,615 (over eighteen quintillion), 1.4 trillion metric tons – about 2,000 times today's annual world production!



## 9 Habits to Boost Your Energy

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

**Habit #1: Go To Sleep Early** Sleep is the foundation of energy. Without enough sleep, people underperform. Some folks claim to work best on six or less hours of sleep, however, research shows they're kidding themselves. Seven to nine hours are pretty much mandatory to stay cognitively sharp over the long run. Some folks suffering sleep deprivation may seem to have mentally plateaued, meaning they feel slightly tired all day, but don't think they're getting any worse. However, experiments have shown that sleep deprivation caused continuous declines in mental performance, even though subjects feel like they were holding steady.

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

**Habit #2: Exercise Every Day** Exercise is a long term investment in energy levels. It's easy to stop in the short term, but overall fitness will decline over time, making it harder to think straight and stay alert throughout the day. For those who struggle to find time for exercise, don't make going to the gym your prerequisite. Make a habit of doing some pushups or "burpees" throughout the day every day (a burpee starts as a squat with palms of the hands on the floor in front of the feet, then a jump back into a pushup position, completing one or more push-ups, returning to the squat position, and then jumping up into the air while extending the arms overhead). These will get your heart pumping and blood moving, and they don't require setting aside two hours every day. Add gym or fitness classes on top of this foundational habit, but this basic investment in exercise will help keep the mind sharp. **Try this: Do 10 or more burpees before each meal every day for 30 days.**

**Habit #3: Twenty Minute (Power) Naps** Napping may feel lazy, but there's research showing it has a range of cognitive benefits. This is particularly true for folks doing a lot of learning, since a short burst of sleep can help with memory. Some might feel guilty taking naps, believing it's a sign of weakness; however, it's definitely a strength. A short nap at midday can re-energize folks for the afternoon, when, without one, they would normally be exhausted. The key is to learn how to take short naps. Many people take naps that are too long, pushing them into deeper phases of sleep, which cause them to feel even groggier when they wake up (although there are still benefit from these naps after the initial grogginess wears off). The key is to wake up immediately with your alarm. Don't add more time and turn a quick nap into a long sleep.

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

**Habit #4: Do Hardest Work in the Morning** Aim to get the most important and challenging work done in the first four hours of the day, starting as soon as possible. The benefits to energy levels, which depend a lot on mood, are mostly psychological. Spending time on unproductive activities can actually lead to feelings of exhaustion and frustration. In comparison, completing important work improves mood and yields a feeling of accomplishment. This then provides the freedom to enjoy – without any sense of guilt – frivolous and fun activities in the second half of the day. The other reason for using this approach is that more intense work is not always sustainable for the full day, and it's better to concentrate it into a specific period than randomly insert it across chunks of time.

**Try this: Spend the first four hours of the morning in a quiet, deep work zone.**

**Habit #5: Plan Intentions the Day Before** Energy is often about momentum. Starting work intensely will overcome procrastination and provide impetus for the rest of the day. A slow start often leads to struggle against negative impulses and can lead to wasted energy on unproductive activities. One way to avoid this is to set a very clear intention the night before of how the next day will unfold. Visualizing this intention and writing it down into a schedule can make it happen more automatically.  
**Try this: Before retiring, write down a plan for the next day.**

**Habit #6: Internalize Goals** Many people simultaneously hold two contradictory beliefs: that other people are really good at persuading them to do all sorts of things they wouldn't do otherwise, but that they themselves have no ability to change their own motivation to do the things they have to do. The truth is, we each need to become the salesperson for your own goals. It starts with packaging — how folks frame their goals and projects has a huge effect on their motivation. Is this something that must be done? Or is it an exciting challenge? Next, energy comes from refreshing and reminding ourselves of our inspirations. What started us on a particular path? What did we hope to achieve? Visualizing goals makes them authentic and exciting. This then provides the energy needed to achieve them.

**Try this: Set aside ten minutes every day to think about what today's activities are building towards.**

### **#7: Renew Friendships and Make New Friends**

Conversations with some folks leave us feeling excited and energized. We cherish those who are "life giving" and "peace engendering". They are the most valuable people in our lives. While we don't exclude those who need our help because they're going through temporarily rough times (we all need a shoulder to cry on from time to time), we try to spend more time with friends, and to make new friends, who energize us.

**Try this: Spend more time with energizing folks and set time limits on friends that drain our energy.**

### **#8: Read Intellectually Stimulating Books**

The best books reinforce a mentality that often occurs at a subconscious level. Such books don't just provide ideas and information, they also subtly change your entire thinking patterns. Audio books can be very useful for this, since we can listen to them and re-listen to them on the go every day. A good book for this is one that, when we listen to it, automatically adjusts our thinking onto the things we need to work hard on to be joyful and peaceful. Just like a good song can be the background for a particular emotion, a good book can be the background for a particular way of thinking.

**Try this: Read books or listen to audio books that help motivate us to achieve critical and important goals.**

### **#9: Align Life**

The last habit is an ongoing effort to bring the different elements of our life into alignment with one another. We can squander our energy when they conflict with each other; for example, folks who demand more and more time, friends who make fun of our goals, or even our internal fears and assumptions that keep us in doubt. Time spent resolving conflicts and rationalizing life's various components gives us more energy to spend on the most important and satisfying aspects of our lives. Sometimes that can be done in the short term, by making a logical change. Sometimes, it requires a long term plan to end unproductive habits or escape toxic situations.

**Try this: Identify people and situations that help advance or retard achieving goals; and focus on the positive.**

[Excerpted from Scott Young's blog: <https://www.scotthyoung.com/blog/2018/11/16/increase-energy/>]

# WHERE LIFE IS BETTER!



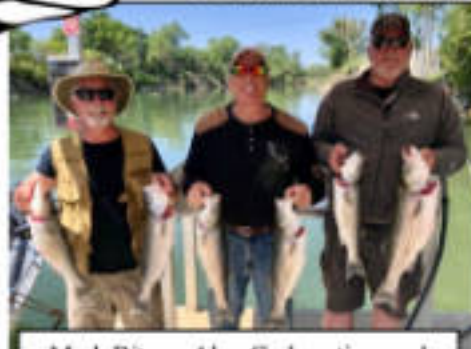
April Branch Zoom Meeting



Brion Beetz is happy with this ling cod and rock cod caught at the Farallons on a party boat.



Alan Blavins caught these nice trout at San Pablo Reservoir



Mark Bitner, Alan Grabenstine, and Brion Beetz caught these stripers on a guided trip from Colusa.



Karl Droese, Stan Wong, Dick Thomson, Pete Gates, Gordon Linebaugh, and Ken Fischer caught these stripers on a guided trip up the delta.



Romano Gnusti caught this fine 6 and a half pound rainbow at San Pablo Reservoir





Ken Main



Ray DeWit



Chick Lowry

The ACC team continues to assist Activity chairs with the creation of their restart plans to present to the BEC for approval. The various golf activities resolved their resistance to accept the protocols directed by the State Sir leadership by suggesting a revised version that could be more easily followed. The State agreed, and the revised protocol may be utilized more widely as other Branches reopen their golf activities. We are currently assisting Dine Out Single Sirs, Dominoes, Mexican Train Dominoes, and both Bocce Ball Activities with producing restart plans.

In order to provide consistency in the restart plan process, ACC is working with the BEC to produce standard guidelines that will meet the Branch liability requirements and make it as easy as possible for the AC's to provide guidance for activity participants. We all know how to behave safely, but if we all follow the rules the same way, compliance will be easily delivered.

The team was successful in acquiring members of two Branches, Br 116 and Br 146, to join our Monthly Zoom speaker presentation. Dr Farnitano of CCC Health Services shared valuable information regarding current regulatory requirements with our own members and those of other branches. We're experiencing our first steps of branch sharing opportunities. There has also been progress with supporting Rossmoor's Branch 81 awakening as the regulations for group gatherings reopen.

Our efforts to connect with other branches regarding activity sharing of existing and new possibilities have been successful with several branches. The initial contact with the activity coordinators was made, we will continue to nurture possible opportunities to share.

Your ACC members: Ray deWit, Ken Main & Chick Lowry"

On March 26th Sirs **Car Enthusiasts** took a Rally Drive to Drakes Beach in Marin County The one and a half plus hour drive took us through some really beautiful areas of the coastal hills. There were eight vehicles and we all managed to stay together for the entire route out to the beach. We had an unexpected surprise upon our arrival as this year's elephant seal pups were in the process of leaving the beach and heading out to begin their lives, someday to return for continuing the life cycle. After a large circle (distanced) gathering to eat a self-supplied lunch, we headed for home an hour or so later than planned. A little more traffic than originally planned, but a safe trip for all. We will definitely plan for more of this type outing while we await the State's reopening to NORMAL! Our monthly **Zoom** meeting for April gave the attendees a chance to share their outing experiences and suggest future drive locations. We also are planning a June excursion to an outdoor service station museum in Woodland, CA. Ken Belfer is looking into the details and we will see if we can entice a few more CE's and other Sir's to join us. The Car Enthusiasts event schedule for 2021 is still a work in progress.

The next CE meeting will be Tuesday, May 4th, at 1 PM. We will meet via **Zoom** and the meeting will run about 1 hour. Come join us and see what Car Enthusiasts is all about. Please contact me if you plan to join us so I can send you a **Zoom** invite when the meeting date is near.

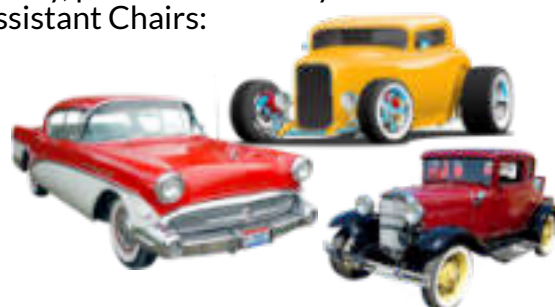
If interested in joining the Car Enthusiasts Activity, please contact any of the folks listed below.

Happy Motoring... Clowry2845@gmail.com Assistant Chairs:

Tom Mohrman - mustangtpm@gmail.com

Bill Koski - billkos36@comcast.net

Tom Hodgson - horsecarriage@sbcglobal.net



# JUST FOR LAUGHS



**I can't believe I forgot to go to the gym today. That's 7 years in a row now.**



Luther Burbank Branch 17

Santa Rosa, CA

New Website: [www.sir17.org](http://www.sir17.org)

THE REDWOOD BARK NEWSLETTER

## BIG Sir George Traverso's

Message

[geosan@sbcglobal.net](mailto:geosan@sbcglobal.net) 528-6987

New Website: [www.sir17.org](http://www.sir17.org)



We take for granted a situation or event that appears right in front of our eyes, yet we do not appreciate and fully recognize the beauty and importance of the object or sense until it is questioned or removed. In some cases, until it is too late.

*Such is the situation that appears to us on almost a daily level.*

During the past year we have been engulfed in a world wide pandemic. The stress on humanity that this disease has unleashed is formidable. During the past 12 months society has witnessed and been forced to adapt to a "new norm." Our socio-economic settings, such as modes of shopping, banking, working and the other many daily routine tasks, have been altered by this scourge.

Now, let us take a moment and reflect and appreciate the blessings that Nature has given us. All too often, when we take a leisurely walk and notice a grey squirrel scampering up a redwood tree at Armstrong Grove Park or a flock of birds flying over a trail near the Petaluma River, we are blind to the beauty in front of us.

I believe that I can speak for most of us who reside in this beautiful spot, that on many occasions one overlooks this beauty and concerns oneself with the dangers of the pandemic, economic pressures and just planning for the next day. Nestled in the Sonoma Valley, stretching along the Santa Rosa Plain and hugging the Sonoma Coast, we live in a beautiful place. Enjoying nature's diversity such as the commanding Pacific Coast to the west, the lovely trails, lakes, creeks and peaceful open spaces that dot our county are gifts for all to enjoy and respect. Granted, we have experienced several devastating fire storms and the occasional shakes from earth movements beneath our feet. However, the beauty of our living space in Sonoma County is often overlooked.

One of the most notable individuals who loved our area is Luther Burbank. Arriving from his native state of Massachusetts in the 1870's, Burbank was a botanist, horticulturist, a pioneer in agricultural science and quickly became a famous Santa Rosa citizen. Working from his experimental farm in Sebastopol, he soon admired the beauty of this area stating, "I firmly believe, from what I have seen, that this is the chosen spot of all this earth as far as nature is concerned." Such words from an individual who devoted a lifetime to the secrets of nature and complimenting the spot in which we live is an affirmation to the beauty that surrounds us.

So, when you feel a little depressed with the media news lately, take a walk, smell the spring daffodils, enjoy the singing birds and wear a mask, maybe a double one!

### Our Future Meetings, via Zoom

The 2021 regular meetings for now will be held on our usual dates of the third Thursday starting at 11:00 am.

MAR 18th Apr 15th May 20th June 17th

The BEC meetings will be held on the first Thursday, starting at 10:00 am.

MAR 4th , Apr 1st , May 6<sup>th</sup> , June 3rd





JIM LUNT 408-252-6804  
jamesdlunt@yahoo.com

## Biking

**2nd Thursday— March 11, 2021, 11:00 AM**  
**Wives and guests welcome Rain cancels ride; Helmet mandatory**

**Bay Trail / Ravenswood Preserve**

**Ride:** It is good to get " Back in the saddle again." For the first ride of the year we thought that a familiar and nearby ride was appropriate. We will ride from the parking lot at Michael's at Shoreline and end up at the restaurants across from Facebook. We will take the familiar Bay Trail to the Embarcadero Road and bypass the Duck Pond ( DO NOT go to the Duck Pond ). We will follow the Bay Trail on up to Bay Road, where we will have to make a decision. At that point we will decide if all will take the streets as it has been in past or to split up. The new Ravenswood Preserve (which is a new path that cuts out almost all the streets) has a sign that it does not allow E-bikes. If we stay together, all riders will take the Streets way or we will split and the non E-bikes will take the Ravenswood Preserve road and the E-bikes will go by the streets. We will come together at the intersection of University Ave and Highway 84. From there we will go to the restaurants across from Facebook.

**All riders must follow the Revised SIR Branch 35 Riding Group Protocols.**

If any question contact me at jamesdlunt@yahoo.com or (408-252-6804) or Gordon Tong at gordy6850@gmail.com. Let us know if you are riding so we can wait for you.



from left to right: Peter Mueller, Mark Serjaant, John Coines, Mike McHenry, Kinzen Wang, Gordon Tong, Jim Lunt, Joe Mullen, and Ron Schoengold

## Movies

**The Lady and the Dale.** It is 1974 and the country is in the grip of a gas shortage. Long lines at the pump and gas rationing are the order of the day. A statuesque lady named Elizabeth Carmichael launches The 20th Century Car Company promising to deliver "The Dale", a super fuel-efficient, three-wheeled car. She captures the headlines, recruits engineers, and eagerly takes large sums of cash for an investment in her company. She is the darling of the media in her day. There is one huge problem, Elizabeth is really Jerry Dean Michael, father of nine, married at least thrice and a conman on the lam. He has traveled all over the country with five of his kids and his wife who is now Aunt Vivian. Jerry is a transsexual in transition and one hell of a salesperson. As Elizabeth he hoodwinked the best, but the law eventually closed in. Even then he jumped bail and was again hiding in plain sight for years before he finally went to jail – in a man's prison. This documentary follows Elizabeth's life with historical footage and contemporary interviews with her family members and co-workers. It is quite a story told over 4 episodes on HBO MAX. It tries to make a statement about transphobia but missed the mark as Elizabeth is not sympathetic, she is just a grifter. Rated TV-14 for language and some sexual content. It is a Peggy's Pick.

**Malcolm and Marie.** Vituperation is raised to an artform in this deconstruction of a modern relationship. John David Washington plays Malcolm, a filmmaker. Zendaya plays Marie who is his live-in girlfriend and muse. They return home after a very successful movie premiere. Critical and financial success seem assured. Their playful verbal sparring turns into tirades of castigation and blaming. Their curses and invectives hit new highs of abuse. Just as one seems to have spewed enough invective for a lifetime, the other feeds off the invective to achieve even greater condemnation. Their relationship and love for one another appears to crumble but their mutual tongue-lashing appears to be more of a process than really hateful. The intensity and complexity of the dialogue is amazing. The effort it took to clearly deliver their lines is astounding. If you can handle the vulgar language, this is one to see. Rated R for pervasive language and sexual content. Streaming on Netflix. It is a Peggy's Pick.



**Little Fish.** This film was made prior to the COVID-19 pandemic so is chillingly prescient. The world is having to deal with "NIA", Neuro-Inflammatory Affliction. A virus is causing people to lose their memories. Some victims go into a slow decline while others are afflicted precipitously. Newlyweds Emma (Olivia Cooke) and Jude (Jack O'Connell) are living in this new world dominated by fear, angst, and hope. Drug companies are working on a cure. A surgical procedure holds some promise. We get to know Emma and Jude through flashbacks as they remember their courtship and lives together – but whose version is real. With strong affection, together they cope with an uncertain future. The film is a love story with a science fiction tone that is all too plausible. Great performances make this a must see. Not rated but would be R for language. Streaming on Amazon Prime Video. It is a Peggy's Pick.

**The Mauritanian.** This is the best film we have seen in some time and is a true story. It is hard hitting and difficult to watch as it realistically portrays torture, physical and mental. With all of this intensity, at its core it is a story about a simple man with faith who holds to his principles and is rewarded. Mohamedou Ould Slahi (Tahar Rahim), a young man from Mauritania is caught up in the post 9/11 hysteria and is imprisoned without charge by the U.S. Government for years at Guantanamo Bay. He is frightened and in solitary. His defense attorneys Nancy Hollander (Jodie Foster) and Teri Duncan (Shailene Woodley) combat the U.S. government and military to get justice for Mohamedou. They uncover exculpatory evidence but must fight a system that is rigged against them. With some help from an unexpected source, they convince judges to see the real truth and Mohamedou is eventually returned to his family. The film will grip you from its opening scenes and not let up until the credits when we get to meet the real Mohamedou. Rated R for violence including a sexual assault, and language. Available on Amazon Prime and is a Peggy's Pick.

### **Branch 35 Hiking is Active Again!**



(Looking for a Leader)

After over one year of inactivity, Branch 35 Hiking is back. Our last major spouse hike was in January 2020. Here are some of our SIR hikers, spouses, and friends who made it to Mt. Umhumnum's summit and back.

During the hiatus, a few small private hiking groups formed to safely hike following COVID-19 outdoor activity rules including mask-wearing when social distancing was not possible and one-way trail markings on narrow trails. Now that most Branch 35 hikers and friends are fully inoculated, larger groups and carpooling can safely begin. Everyone must be fully inoculated and free from COVID-19 symptoms to participate.

Initially, spouse hikes will be in large nature preserves in the local area not requiring carpooling. Our first spouse hike is planned for Friday, April 23rd at 10:00 am at Long Ridge Open Space Preserve on Skyline Blvd., about 3 miles south of the Page Mill Road intersection. There will be opportunities to socialize and get to make new friends. Peter's Creek will be flowing and spring wildflowers should be abundant. Bring a lunch and we will stop to eat at the Wallace Stegner Bench with a sweeping view of the Pacific Ocean. Any Branch 35 member, spouse, or friend who is fully inoculated and able to enjoy a moderate hike of about 4.5 miles with about 850 elevation gain is invited to join us.

If you plan to join us, send an email now to Peter Thurston, [peterethurston@gmail.com](mailto:peterethurston@gmail.com). If you wish to join Branch 35 Hiking, contact Peter Thurston now, and he will add you to our SIR hiking distribution list. Further details will be sent to the hiking distribution list about two weeks before the hike.

Peter Thurston, SIR Branch 35 Hiking, Acting Chairman.

# SIR Branch #49 Folsom, CA.

EST. 1974

ATTENTION:  
The December  
luncheon has been  
cancelled.



State SIR Website  
<https://www.sirinc.org/>

Branch 49 Website  
<https://www.branch49.sirinc.org/>



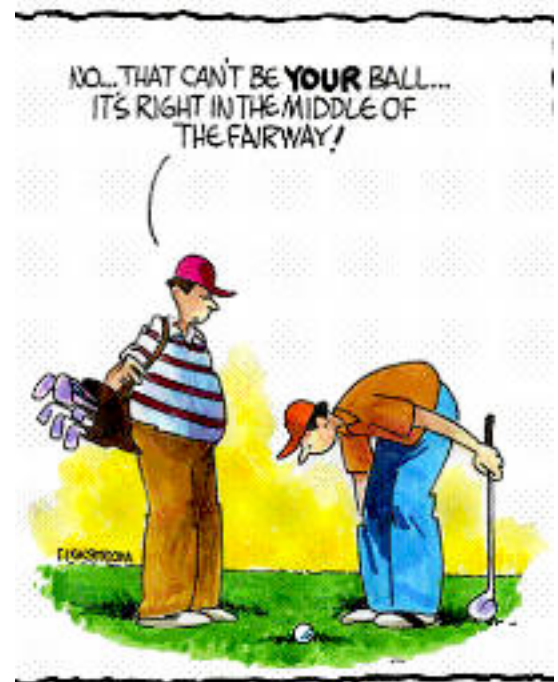
"The more you **read**  
the more **things** you know.  
The more that you **learn**  
the more **places** you'll go."  
-Dr. Seuss

## New blog publication

A member of Branch 161, George Nolta, has written a series of articles available on the internet.

It is titled "Old codgers guide to mortality: Dealing with mortality for the elderly."

George has written a series of eight articles on various aspects of the subject, and you might give it a read. From my recent experience, we do not prepare ourselves for the inevitable reality that you will suffer the loss of a loved one, or your wife might have that happen to her. The Internet address is: [www.codgersmortality.blog](http://www.codgersmortality.blog)



## OUR NEWEST MEMBERS



**MIKE MARZANO** --- Born December 13, 1954 in Woodland Heights in the San Fernando Valley of California. Graduated from Sequoia High School in Redwood City. Joined the Navy in 1973 and discharged in 1985 with the rank of E7. Served during the Viet Nam War. Started work as a Safety Manager in San Mateo and finished his career as a Safety Manager for the Union Sanitation Department for the TriCity area. He lives with his wife Teri in Newark. His interests are antique cars, bocce ball, wine tasting and veterans.



**HENRY ROMERO** --- Born June 17, 1948 in Pueblo, Colorado. Graduated from Newark High School and then went on to College at Cal State East Bay in Hayward. Worked 30 years for the California Highway Patrol. Lives in Fremont. His interests are golf, travel and wine tasting.

## *An Adventure in Africa*



The Safari began when we flew from O.R. Tambo Airport in South Africa to Victoria Falls, Zimbabwe. We met our guide Sandrah, and drove to Chobe, Botswana. We saw animals along the way to the lodge, and of course that is what the trip was about. Sandrah was our Overseas Adventure Travel guide for the entire trip, but at each camp that we visited there was an awesome staff. T-Boss was the director at our Chobe camp and our Safari guides were Six and Genius. Of the 13 travelers in our group 12 were from California and only Carol was from Missouri. That group size was really good, and as we went on Safari, the group split up with different guides and seating arrangements between our two Toyota 4- Wheel drive vehicles. Arrival at each camp was always an experience. When we arrived at Chobe, there was a large group of staff members that greeted us with song, dance, and always a cool washcloth.

The Lodge area is where we ate, gathered and enjoyed a large variety of drinks--non-alcoholic, to beer, wine, and mixed drinks. A running tab was kept with drink prices generally ranging from \$2 to \$4. We were always given a briefing that included an escort to our cabin, a tour of the cabin. The cabins were generally the same. Most all of them had spectacular views. The bed at Chobe was netted for mosquitos, but we really had no insect problem. There was always a Deet type of spray for the body and another spray that could be used for any visible insects--again not a problem. At each camp we were able to have our clothes washed with the exception of "smalls" (underwear that had to be hand washed by us, but detergent was available). There were no additional costs anywhere except for drinks or staff created souvenirs



that were usually available. Each cabin had a separate shower and toilet area, but a clean restroom was at each of the lodge areas also. One problem with being on Safari was that there is no time or place for exercise. For example, after dinner we were escorted to our cabin by a guide. We could not leave the cabins during night hours. Chobe National Park was probably the best place to see wildlife. Each morning we roughly ate an early breakfast (maybe 5:30 or 6:00 am) and then got into our vehicles. Before entering the park, we got out of our vehicle and stomped our feet

in a solution that stopped the spread of hoof and mouth disease, and the vehicle also ran through a tank of the solution, and then we entered the park. The guides went into the entry station with our passports and the permits they held. In the park we had to stay on the roads, which were usually very sandy and full of ruts. The variety of game that we saw was amazing. During our second



or third day at Chobe we witnessed an event that is seldom seen by anyone. We happened to spot a pack of lions that was about 50 yards off the trail we were on, and suddenly a young elephant came out of the bush about 100 yards from the lions. Most of us in our group quickly realized that the elephant was alone, and that the lions would surely notice the situation. The rest happened quickly. We move our vehicle to a spot about 30 yards away from where the lions intercepted the elephant. I took a lot of photos and some video footage of the event, but our group didn't want to stick around to the eventual end. The elephant actually

got up three different times over a period of about 45 minutes. A member of the second vehicle group videoed the entire event. Each day was very similar: we stopped the vehicles after about two hours, took a necessity stop behind a rock or a bush, had refreshments and snacks, drove around for another couple of hours and returned to the lodge where we were greeted with a cool wash cloth. Lunch was ready and always a great lunch with all the trimmings, and then an hour or three for a nap or time to read. No internet, no phones, no TV—just a lot of pleasant company and time to mingle with the staff. The afternoon outing covered new territory in the park and was always highlighted by a “Sundowner”. The Sundowner was similar to the morning necessity stop, but the refreshments included cocktails for some (this time at no cost), special snacks, and a great time to visit and watch the sun go down. Next we headed back to the lodge and usually a great meal: always with a special soup, home made bread/rolls, a salad, main dish such as steak, chicken, lasagna, or whatever you might expect to be served in a fine restaurant—dessert



too. A lot like being on a cruise ship! Plenty of great food prepared by a chef that always came out to announce the meal. After dinner, usually at about 9 pm we were escorted by armed staff back to our cabins. If anyone wanted to stay in the lodge, the escorts would be available. We had a fun outing to a basket weaving shop where we were shown how to make baskets. We next made a stop at the local tavern for refreshments. We stayed at each camp for three nights. Next stop was at a nearby air-



port where we boarded two small planes in Kasane and headed off to the Banoka Camp in Maun, Botswana on the Okavanga Delta.

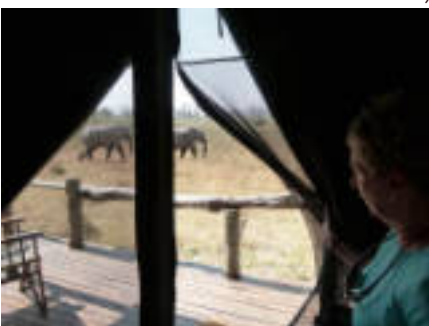
The Okavango Delta was the second safari location of our Ultimate Africa tour. We flew onto a small airstrip near the Banoka Camp. Even though we were a part of an Overseas Adventure called Ultimate Africa, most of the lodges where we stayed were a part of Wilderness Safari. This camp had a special attraction which was referred to as a “loo with a view”. I have never visited a “loo” quite like this one. At Banoka Camp we were greeted by the usual semblance of wonderful hosts, and our guides were Paul and HP. The game reserve here was a private one so we were able to go off road more than in any other camp. One of the first things that we learned was that Paul was a real practical joker with a wonderful sense of humor. I will only say that much, because I don't want to undermine the spreading of his “wisdom” to anyone that will meet him in the future. Okavango Delta is formed from the heavy rainfall of Angola that flood the delta region in Botswana, and the recedes. The high water mark is usually reached in the period from June to August according to Wikipedia. This coincides with Botswana's dry season—the delta



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waters swell up, and animals are attracted to the region to get water. We arrived in August, and the animal population was high with lots of animals.



The Lufupa Camp rested at the confluence of the Kafue and Lufupa Rivers: An ideal site for animals and fishing. We flew out of Banoka Camp, got onto a bus and drove to the crossing point of the Zambezi River. There is no bridge to cross! Evidently the bridge will be built eventually, but for now we saw trucks lined up for what seemed to be miles waiting for the ferry to take them from Botswana to



Zambia. We were told that some of the trucks had been waiting in line for three months. Photo taking is not allowed at the border, but essentially, we left the bus in Botswana, got onto a boat that crossed the river, landed in Zambia where we waded thru dozens of street vendors wanting to part with their wares, got onto another bus, went to the border crossing headquarters and presented passports and visas to the agents. I know that we were much more fortunate than many others entering Zambia. For sure we didn't have to wait in line with the truckers. We then drove to the Livingston Airport, and caught another small plane (two planes for 13 of us) that took us to the Kafue region of Zamb and as usual were greeted by our guides—Golden and John.



This camp was the most scenic of the four Safari sites that we visited. The main lodge and all of our tent cabins were on the edge of the Kafue River, and adjacent to the Lufupa River. As usual, when we first arrived at camp there was a welcoming group with nice wash cloths to refresh us. We then went into the main lodge for a brief orientation period; where the bug spray was located, given locking bags for our valuables, had



refreshments, were warned about not leaving our cabins at night without an escort. All the usual stuff. When we first went to our cabin, a large warthog was just outside the screened window. I'm sure that I mentioned it before, but we didn't get any exercise on the trip



because it really wasn't safe going out of our cabins without an escort (often armed with a high powered rifle) nor at any time at night. Most of the time during the day we were either resting, eating, or on the lookout for animals (Safari). At this site, we were not only able to go out in four wheel drive vehicles, but four of us opted to go fishing one morning, and another group went in a larger covered boat. We also had one of our Sundowners in the larger boat.



Editors Note: When I don't always get photos or other news from Branch 59 Members, but I have to insert something. Hope that an adventure from 5-6 years ago will be of interest. Slide shows are available on my web site. <https://jsabo.info/africa/chobe-botswana/>



<https://jsabo.info/okavango-delta/>

<https://jsabo.info/lufupa-camp/>



# The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

**SONS IN RETIREMENT**

**A Non-Profit Organization of Retired Men**

**Devoted to the Promotion of Independence and Dignity in Retirement**

## Branch 62 Web Site

Have you visited our web site lately?  
Want to read the joke from the luncheon?  
Need to contact the speaker?  
Forget the luncheon's speaker details?  
Want to see what other members are doing during COVID-19?  
Want to read back issues of the Rooster?  
Get all of this and more on our Web Site at: <https://sirinc2.org/branch62/index.php>  
Heber Slusser  
[branch62sir@gmail.com](mailto:branch62sir@gmail.com)

## 9 Hole Golf

Nine-hole golf is back playing. We play at Sunken Gardens at 9AM each Wednesday. We currently have 4 players and can get tee times for more. We don't play as a tournament; we just enjoy a round of golf and the friendship of our fellow Sirs. Come out and play. Please let me know if you want to join us.  
Tom Birley  
9 Hole Golf Chairman

## SIR BRANCH 62 ZOOM ACTIVITIES

Several of our activities are now conducted via Zoom. All members are encouraged to join.

•

**Branch Executive Committee (BEC) Meeting:** Third Thursday at 11 AM

•

**Monthly Branch Luncheon Meeting:** Third Thursday at 12 Noon

•

**Monthly Fellowship Gathering:** Third Thursday following the BEC Meeting as time allows before the Luncheon Meeting starts

•

**Branch Weekly Chat:** Thursdays when there is no luncheon at 12 Noon

These meetings have been very successful but we would like more members to participate. If you have business to bring before the BEC, let Heber Slusser know and he will arrange it. The weekly chat is a great way to keep in touch with fellow Sirs and to find out what is going on as well as provide your input as well as expertise to our members.

Want to Improve Your Zoom Skills?

There are some brief, easy, tutorials on our Branch Web site that will help you with some basic Zoom skills such as Rename, Chat, Split Screen, Mute, etc. If you need help with other skills, please feel free to contact Heber Slusser at [hebers@comcast.net](mailto:hebers@comcast.net) or 408+769-1851.

**SIR Travel – Branch 62**

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

**Assistant: Roy Jordan (408 735-8765).**

The Area 11 Coordinated Travel Committee has dissolved. Branches will still sponsor trips when the Covid situation improves. Brochures for these trips will be available on

<http://sirbranch125.org>.

The "SIR Travel Opportunities" newsletter lists a May 2-10 Columbia River Cruise by Branch 32 and a cruise on the Crystal Serenity from Quebec City to New York City, Sept. 25 – Oct. 3 by Branch 146. If you might be interested in these trips, Roy can forward the newsletter, or discuss the trips. We (Branch 62) hope to reschedule our one-day trip to the **Chinese Exhibit at Blackhawk Museum – Terra Cotta Warriors** when the Covid situation permits. Any possibility of re-instating **Normandy Beaches and Seine River Cruise** seems far off, but if you might be interested please contact Jim or Roy.



**Mountain View**

March, 2020

# SIR Branch 79 Newsletter



Hi all  
Another month has passed and the weather is just right for getting out and enjoying the outdoors. I have been doing a lot of work to make my property fire safe but I am having a hard time getting rid of the gophers that are tearing up my lawn, but I'm trying.

The BEC is looking forward to hearing from the Elks lodge on the protocols they have in place to reopen. I expect that with the virus vaccinations ramping up that we will be able to get together for our in person luncheons in a couple more months.

I am looking forward to getting the branch back together and sharing our war stories of the last year. I also look forward to just getting out and not being the hermit I feel I have become. How about you?

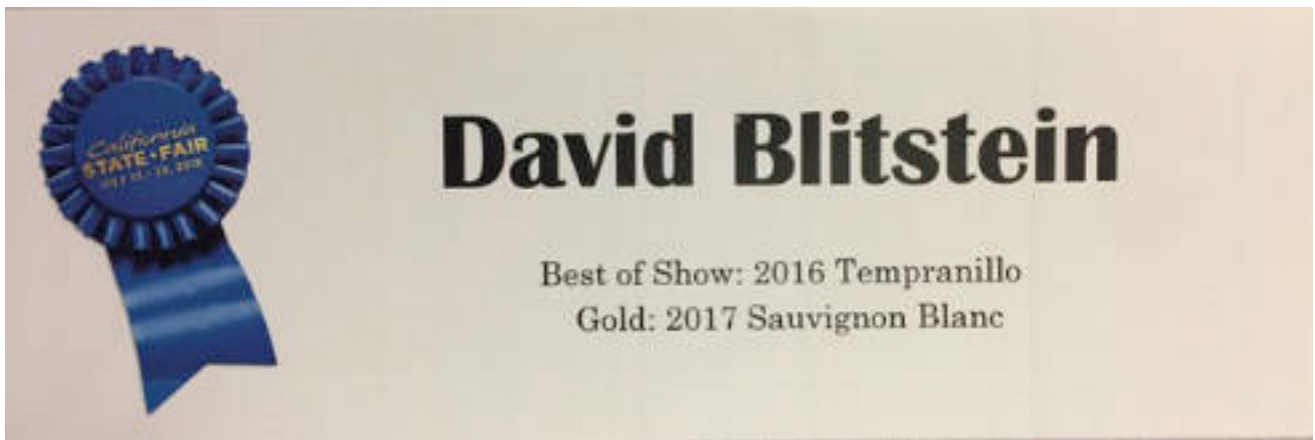
I also want to invite all of us to get together for a zoom meeting on Thursday at 11:00 just to say hello and get your opinion on what is the best course of action to reopen the branch.  
Big SIR Stan Bishop

BIG SIR  
Stan Bishop

## David Blitstein - Past Big Sir and Winemaker

David has his own Vineyard. He sells a lot of his grapes, but does keep some for himself. By the the ictures below, he does well.

Congratulations.





# SIR Solano Branch 88 Newsletter

January  
2021

*"Live Longer, Live Happier, Join SIR"*

State Web Site – [sirinc.org](http://sirinc.org)

Chapter 88 Website – [sirinc2.org/branch88/](http://sirinc2.org/branch88/)



## At this month's ZOOM meeting ...

- Wives/Partners invited
- Draw for a chance to choose a door with a hidden prize
- Enjoy seeing friends
- Laugh at jokes
- Share hopes for a new normal

AS I WATCHED THE DOG CHASING HIS TAIL, I THOUGHT DOGS ARE EASILY AMUSED. THEN I REALIZED I WAS WATCHING THE DOG CHASE HIS TAIL.



Paul Brighton



No Picture

Dalton Cox



Roberto Crescione



Sam Sims

Edwin Tallyn



Marvin Turner



No Picture

Robert Weldon



Our speaker was Mike Barington, the author of "Let the Peacock Sing", a book about the French Resistance during World War II. The book centers on the small town in Southern France, Brive -La -Gaillarde. He had a breadth of knowledge about the subject and contradicted the Hollywood image of the Resistance. Most of the Resistance fighters were initially in small, independent bands that actually fought each other for resources. General DeGaulle did not want to arm them since he felt they were not trained enough in the use of arms, would use them against each other, and would be hard to disarm them once the war was over. There were about 100,000 fighters in 1941. By 1944 there were over 400,000. In Brive -La -Gaillarde there were about 10,000 Resistance fighters. Despite the problems, the Resistance was able to have a real impact on the German supply line and its ability to move troops and tanks. One example was the Resistance's disabling all the "flat bed" train cars in the area. This forced the 2<sup>nd</sup> Panzer division to use roads rather than rail, which took them some 21 days for their move to attack the "D-Day" invasion vs. the 3 days it would have taken by rail. The presentation went well over an hour, but no one seemed to mind. Overall it was a great presentation.





John Krisha



Troy Martin



Fred Beegley



Ken Mohr



Paul Cowles



Pete Paner



Ed Drosch



Bob Silver



Bill Ellis



Hank Sosine



Manuel Futado



Russ Sturgeon



Ron Gervasoni



Fred Warren



Don Kopp



George Fuller and his rescue tortoise, Shelly. George has a second Tortoise just like Shelly whose name is Speedy. Both Shelly and Speedy weigh about 75 pounds.



A man had his 2nd dose of the vaccine at the vaccination center after which he began to have blurred vision on the way home. When he got home, he called the vaccination center for advice, and to ask if he should go see his doctor. He was told NOT to go to his doctor, but just to return to the vaccination center immediately, and pick up his glasses.

At Our Last Meeting ... ZOOM Luncheon Presentation  
**Jan Black, KCBS radio host**  
**Ronn Owens, KGO talk show host**



Last month we had two distinguished guests, Ronn Owens and Jan Black, award winning television and radio news anchors, reporters and talk show hosts. Both have interviewed many famous people including high ranking political figures, Hollywood celebrities and many of the movers and shakers in the country. Due to COVID they joined us from their home via ZOOM. They gave a summary of their careers and were very open and relaxed in their manners. Ronn confessed that during COVID he has been doing his show from his closet for better sound quality. Occasionally he found himself distracted by wondering when he had last worn that coat. Jan gained praise and awards for her actions during the Loma Prieta earthquake in 1989. Although she was in the early stages of pregnancy at the time and was suffering from morning sickness, and she was about to leave for home when the quake hit, she stayed on air for the entire event, giving updates in a calming voice through the time of chaos. We were all impressed by their gentle demeanor and honesty, which at one or more points got into their political leaning which may have disagreed with some of our member's views. I want to ensure members that it is SIR's policy not to bring politics into our meeting, so I hope you understand that this was not intended or endorsed by our branch or SIR.



**Got an opinion?**

Here's something to do during our stay-at-home tenure ...



*"It pays to be opinionated: Google's Opinion Rewards app will pay you anywhere from ten cents to one dollar per market research survey completed. Download the app, and Google will notify you when there's an available survey. You'll have 24 hours to complete it, but most surveys take less than 20 seconds."*

-from the March Reader's Digest

"The first principle is that you must not fool yourself, and you are the easiest person to fool."

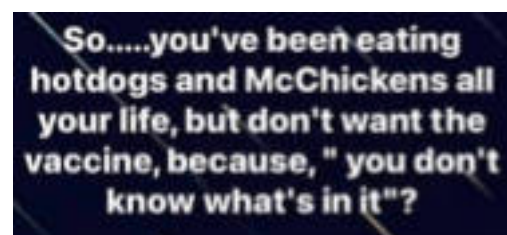
- Richard P. Feynman

A few things children have said -

"Love is what's in the room with you at Christmas if you stop opening presents and listen." -Ethan, age 7

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth." - Billy, age 4 (4!!!)

"Never trust a dog to watch your food." -Joy, age





FRUITRIDGE BRANCH 93 April 2021 Vol. 43/ 04 –

## Words of Wisdom and Hello from SIR 93 Golf – April 2020 Newsletter

The 2021 SIR 93 Golf Tournament Schedule –

As of 03/01/2021 is shown below. Please note that a June 9<sup>th</sup> Tournament at Dry Creek will be played in place of the previously cancelled Carson City Tournament.

Please remember to follow the SIR 93 BEC Approved / State SIR Golf Protocol (Revised 03/24/21) in our SIR 93 Tournaments. The highlights are:

(1) Wear your mask around the clubhouse, pro shop, and other facilities before your tee time. Debit or Credit Cards usage for any purchases.

(2) If the course is offering drinking water, do not drink it. Players may buy beverages and food at the course while maintaining social distancing policies.

(3) Do not touch the flagstick, sand trap rakes (should have been removed already), or other player's equipment & maintain a six-foot distance from all players at all times

(4) Shotgun starts will not be available for the balance of the 2021 Golf Season due to reluctance of the golf courses to change their existing contracts with the SIR 93 Golf Club.

(5) Tee Times only –

No shotgun starts in order to avoid having a large gathering of players. Two riders to a cart are allowed as long as both riding in a cart agree to do so.

(6) No close-to-the-pin events –

Only awards for a hole-in-ones and shooting a gross tournament score less than your age. Not able to backtrack to March's results for closest-to-the-pin-results.

(7) Preferred Lines in Bunkers: When a player's ball lies in a bunker, the player may take a free relief once by placing the original or another ball in and playing it from this relief area: Reference Point: Spot of the original ball & Limits on Location of Relief Area: Must not be nearer the hole than the reference point and must be in the same bunker. Also, a player may have the option to remove the ball from the bunker and play it from a spot no course to the hole –

a 1 stroke penalty will be assessed. Players are encouraged to smooth and surface of the bunker with their foot or club before exiting the bunker.

(8) Golfers can stay after the golf event as long as they again maintain mask and social distance restrictions. Small groups are strongly encouraged.

(9) Each hole should have a form insert or upside hole liner to allow the ball to fall only a part way down in the cup. If any part of the ball is below the surface of the putting green and is leaning / resting on that device, the ball is treated as holed. A ball that hits the device and does not come to rest with any part of the ball within the hole is not holed.

(10) Be sure to use only the SIR 93 Club Scorecard –write & score it correctly – return it to the black SIR 93 collection bag when you have completed your golf round.

**The May Tournament Application with tournament fees is to be submitted to the Golf Tournament Sign-up Table: In front of the Riverside Elks Lodge – April 19<sup>th</sup> (Monday) from 10:00 to 11:00 AM**



# THE ROOSTER TALE

## ACTIVITIES INFORMATION

★ **BEER NUTS 4th Wed. Evening**  
 Coord.

**BINGO @ TURKEY CREEK Last Fri. Evening**  
 Coord. ALAN ENSIGN (925) 407-5335

**Bocce Ball 2nd & 4th Wed.**  
 Coord.: GORDON BADOVICK (916) 773-

**Bowling**  
 Coord.: BOB FRIEND (916) 747-0809

**Book Swap Luncheons 2nd Wed.**  
 Coord.: FRANK DORSEY (916) 757-1815

**Breakfast Club 1st & 3rd Wed.**  
 Coord: Tom Pratt (916) 622-4791

**Bridge**  
 Coord.: BRUCE GRANT (916) 791-8055

**Chefs Table**  
 Coord.: PETE MORELLI (916) 772-3257  
 GIORGIO DINA (916) 521-9998

**Classic Car 1st Wed. 9 am**  
 Coord.: Norm Shipley norms40chevy@comcast.net  
 Don Meyers dlmglm32@gmail.com

**Cook's Kitchen**  
 Coord.: BOB ZIMMERMAN (916) 253-7612  
 BOB GILSON (916) 543-0477

**Dinning Out**  
 Coord: Ken Hansen (916) 622-2757

**Golf- Monday Morning Feb. thru Early Dec.**  
 Coord.: PETE MORELLI (916) 772-3257

**Golf -Friday Morning April thru Mid-October**  
 Coord.: LEN SAMPAIO (916) 797-9391

**Golf-Friday Afternoons Sierra Pines All Year Long**  
 Coord.: TOM WERTH (916) 782-3536  
 Asst. LARRY MANWILLER (916) 771-2078



**Golf—Couples TBA**  
 Coord.: CARLOS RAMIREZ (916) 791-3358

**Happiest Happy Hour TBA 3pm Monthly**  
 Coord: CHARLIE WELLS (951) 764-9384

**Top Golf Winter Play 4th WED. Jan. thru Mar.**  
 Coord.: RON MAXIMO (916) 331-0444

**Investment Group 1st Tues.**  
 Coord.: STEVE QUIGGLE (916) 715-9855

**Investment Group 2 3rd Tues.**  
 Coord.: BOB WIKSE (916) 390-8030

**Out & About 4th Thurs.**  
 Coord:

**Poker—First Tuesday**  
 Coord.: Angelo Coero (916) 472-6650

**Poker—First Tuesday**  
 Coord.: DON NOYES (916) 645-7975

**Poker - First Wednesday**  
 Coord.: TOM WHALEN (916) 259-4346

**Poker—Second Thursday**  
 Coord.: DICK KNOX (916) 783-4664

**Poker—Third Thursday**  
 Coord.:

**Poker — 3rd Thurs.**  
 Coord. Mark Santor (916) 778-8026

**Poker-Fourth Wednesday**  
 Coord.: PETE MORELLI (916) 772-3257

**SSS Sirs Search for Superb Burger 3rd Tues.**  
 Coord. Stephen Eastman (916) 548-6641

**Trails — 1st & 3rd WED.**  
 Coord. ALAN ENSIGN (925) 407-5335

**Wine Club**  
 Coord.: JOE LAPIRA (916) 434-8843



**JEOPORDY FOR SENIORS** submitted by Phil Lander  
 Let's see how good your memory is. Don't look at the answers at end.

- After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, don't know, but he left this behind. What did he leave behind?
- When the Beatles first came to the U.S. in early 1964, we all watched them on The \_\_\_\_\_ Show.
- After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '\_\_\_\_\_.'
- What takes a licking and keeps on ticking?
- Some Americans who protested the Vietnam War did so by burning their \_\_\_\_\_ or \_\_\_\_\_
- We can remember the first satellite placed into orbit. The Russians did it. It was called \_\_\_\_\_
- The cute little car with the engine in the back and the trunk in the front was called \_\_\_\_\_
- Alka Seltzer used a "boy with a tablet on his head" as it's Logo/Representative. What was the boy's name? \_\_\_\_\_
- 'The story you are about to see is true', The names have been changed to \_\_\_\_\_
- In 1971, singer Don MacLean sang a song about, 'the day the music died This was a tribute to \_\_\_\_\_

**Answers to: Let's see how good your memory is**

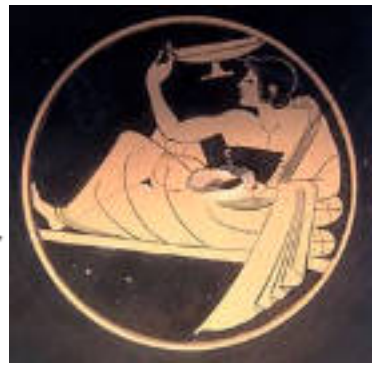
4. Timex watch 3. Limbo 2. Ed Sullivan Show 1. A Silver Bullet  
 10. Buddy Holly 9. To protect the innocent 8. Speedy 7. VW Bug 6. Sputnik 5. Draft Card & Bras

John Benbow is taking us into the Greek wine culture this month. He explains that wars revolved around the grape harvest season!

**WINE IN HISTORY – PART III GREEKS**

By John Benbow, SIR Wine Group

The ancient Greeks (800-300 BC), aside from being the world's earliest democrats, were also known to be the first to institutionalize food fights. Actually they were very serious about their food and wine; wars only lasted March to October so the men could bring in the grape and olive harvests, for example. Breakfast consisted of bread dipped in wine and water, followed by dried figs and olives. It was the formal drinking party (called a symposium) that added sport. They reclined on couches on their left elbows and were served first courses of things like fish, eel, quail and assorted vegetables. The second course of nuts, figs, grapes, cheeses and honey cakes was accompanied by wine mixed with water in a large bowl, into which slaves dipped jugs to refill their master's cups. Good conversation was held in high regard with serious political and philosophical discussion gradually degenerating into hilarity. Riddles were popular; a guest who could not solve one customarily drank a bowl of wine, sometimes mixed with brine. After dinner the men enjoyed a game called Kottabos, the object of which was to hurl the dregs from a wine cup at a target placed on a stand, with bets placed on whose eye was keenest. Vineyards and olive groves flourished on the lower slopes around the great city states. The Greeks terraced their vineyards for maximum sun. Ripe grapes were picked in September and taken to a treading floor made of wood or mortar which sloped down to an outlet. As workers trod the grapes, juice ran into a vat sunk into the ground. It was left to ferment in clay vats lined with pitch or resin – the origin perhaps of today's "retsina." These vats were kept in cool cellars for 6 months after which the



wine was poured into large amphorae for transport. Besides being a main source of wealth for the ancient Greeks, wine had religious functions. Each spring 3 year old boys with flowers in their hair were arrayed at temple doors. A priestly procession then exited and gave the boys small clay jugs from which they took their first sip of wine. The jug ceremony was part of annual festivals in honor of Dionysus, the god of wine. As each child sipped the wine he passed symbolically out of infancy. From earliest times, homes had individual altars where wine was offered to enlist the protection of deities. Drama, too, had a wine connection; its

origin derived from dances and songs performed in honor of Dionysus (who also made a connection with sexual or fertility matters). Next month wine travels to Rome via Sicily and southern Italy. Thank you, John, for giving us these wine history lessons. Until we are able to meet again, Salute, Joe LaPira  
March 2021

**Who said car names don't have meaning**  
**\*FIAT\*: Failure in Italian Automotive Technology.**

**\*FORD\*:** For Only Rough Drivers.

**\*HYUNDAI\*:** Hope You Understand Nothing's Drivable And Inexpensive....

**\*VOLVO\*:** Very Odd Looking Vehicular Object.

**\*PORSCHE\*:** Proof Of Rich Spoiled Children Having Everything.

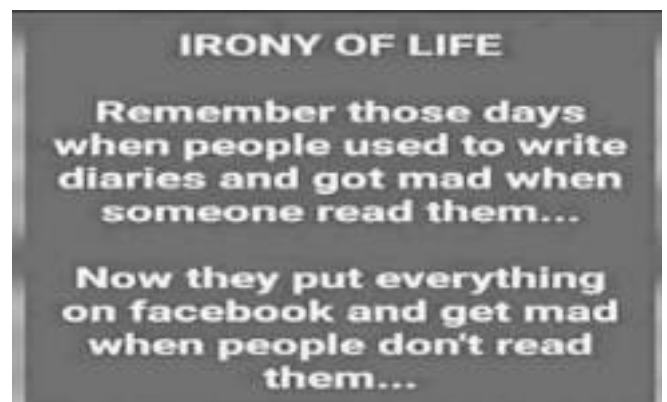
**\*OPEL\*:** Old People Enjoying Life

**\*TOYOTA\*:** The One You Only Trust, Always.

**\*HONDA\*:** Hung Over, Now Driving Away.

**\*BMW\*:** Big Money Waste **\*AUDI\* :** An unwanted debt invitation

**\*MERCEDES\*:** Maximum enthusiasm , recurring cost, ego developed, eagerness to sell



# Bulletin

Livermore

## Hiking and Walking

**When:** Wednesdays

**Where:** South L St. and Railroad Ave.

**Contact:** Art Hull, Chairman, 925-443-5479, SIR101Hiking@googlegroups.com

Dave Lunn, Asst. Chairman, 925-784-2624, SIR101Hiking@googlegroups.com

We meet every Wednesday at the southeast corner of South L St. and Railroad Ave. and leave at 8:30 A.M for our hiking destination. We form three groups of various hiking levels (Amblers, Ramblers, and Scramblers). Bring plenty of water.

The Amblers do a level hike usually at a park such as Sycamore Grove, Shadow Cliffs, or Holdener.

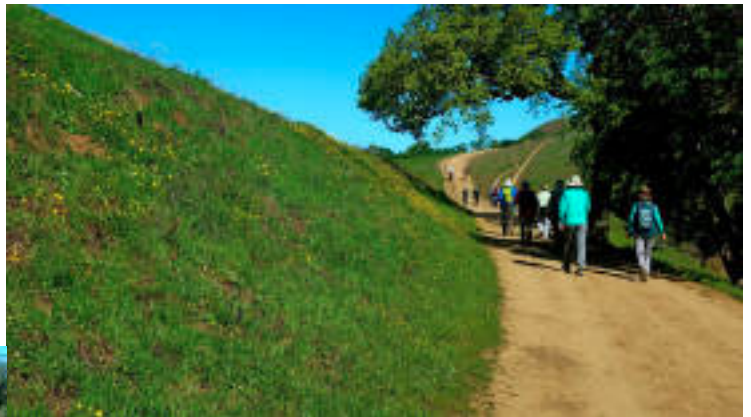
The Ramblers do a moderate hike and the Scramblers do a more strenuous hike at one of the many surrounding regional parks such as Del Valle, Sunol, Morgan Territory or Lake Chabot.

Hiking is good for your heart, good for your brain, and good for making friends. I guarantee we have a group for you. Try it, you might like it!

**Our Motto:** Remember, there's no such thing as bad hiking weather, just inappropriate clothing.

Remember to Zoom in (Ctrl+) and out (Ctrl-) of any page.

Top: Buttercup Sighting at Pleasanton Ridge  
Middle Cedar Camp Trail at Del Valle  
Bottom: Roadblock at Sunol Regional  
Wilderness





Left: Resting at the W-Tree at Sunol Regional Wilderness  
Right: Snack Stop at Brushy Peak  
Bottom: Friends enjoying the sunshine at Sycamore Grove



Apr 7, 2021 Pleasanton Ridge Ramblers and Scramblers





## Investments

When: The last Friday of the month from 10:00 AM to 11:30 AM

Next: Apr 30, 2021

Where: Zoom meeting

Contact: Rod Kiefer, Chairman, 925-447-4173,

SIR101Investments@googlegroups.com

Investments is a SIR 101 Approved Activity.



The goal of our activity is to share investment experiences, strategies, market research tools, and other investment topics the group may be interested in discussing. If you're interested in joining the investment group, please contact Rod Kiefer.

When: 1st Tuesdays Next: May 4, 2021

Where: tbd

## Kayaking

Contact: Dick Ryon, 925-447-8907, SIR101Kayaking@googlegroups.com

Doug Mansur, 925-640-5233, SIR101Kayaking@googlegroups.com

The SIR Kayak group spent a warm, almost windless day at Brannan Island on our first Tuesday of April trip. Six of us (Bob Ackley, Greg Davis, Doug Mansur, John Mulrooney, Roger Perry, and Dick Ryon) participated. The Plan was to launch at the park and paddle up river about four miles to Rio Vista for lunch. As we drove up the Sacramento River toward the park, the river was calm and the nearby windmills were scarcely moving.

After paddling a bit more than a mile from the launch ramp on Three Mile Slough to the Sacramento River, we encountered wind and choppy water. Since not all were comfortable with these conditions, we returned to Three Mile Slough. After about four miles without wind on flat water, we found convenient turn-around place for a break. We saw a decaying body of a 5 ft. sturgeon. There was also a sea lion, over 60 miles from the Golden Gate! We returned to the Brannan Island starting point, after enjoying about four hours in good company.

Four of us decided to drive to our intended lunch spot at Foster's Big Horn Restaurant in Rio Vista. The place is just as remembered from forty years ago, when I would visit my parents who then lived in Rio Vista. It was commented that some wives would disapprove of the place because of the numerous large animal heads on the walls. To me, it is a natural history museum, with a bar and restaurant! (Who knew that a rhino horn was more than three feet long?)

Our next outing is to be decided. Likely, it will be on San Francisco Bay, maybe at Alameda Island. If you would like to join us, contact either Dick Ryon or Doug Mansur SIR101Kayaking@googlegroups.com. We have extra kayaks to lend if you don't yet own one.

Paddle and live long.

Dick Ryon



# The Town Crower

Volume 38, Number 2

The Monthly Newsletter for SIR Branch 103

January 2021

## SPECIAL COVID-19 VACCINE EDITION

Volume 38, Number 2 The Monthly Newsletter for SIR Branch 103 January 2021

### Stanislaus SIR Branch 103

DEDICATED to the PROMOTION of INDEPENDENCE and DIGNITY in RETIREMENT INCORPORATED In a race to produce a COVID-19 vaccine, scientists turned to a new technology involving our body's own genetic process. Inside our cells, DNA produces RNA that produces proteins. The Moderna and Pfizer vaccines transport RNA in a lipid or fat membrane to our cells via the vaccine. That RNA then instructs our cells to produce a protein like the one found on the surface of the SARS-CoV-2 virus, which causes COVID-19. Our immune system recognizes the virus's protein as an invader and produces antibodies to block the protein from proliferating in a future infection. People typically get infected by breathing in airborne droplets from a person who is carrying the virus. The droplets are spread if the carrier coughs, sneezes, talks or just breathes. SARS-CoV-2 has spike proteins on its surface, giving it a "corona" or crown shape. The proteins latch onto receptors on human cells, allowing the virus to invade the cell. As the spike protein attaches to one of our cells, it dramatically changes its shape. Peptides shoot into the cell and pull the cell wall apart, allowing the virus to invade. Once inside, RNA in the virus uses the cell's own genetic process to replicate large quantities of the virus that eventually burst out of the cell. In our bodies, DNA produces RNA that produces proteins. This happens inside our cells. The Moderna and Pfizer vaccines take advantage of this natural process by transporting RNA in a lipid or fat membrane to our cells and then instructing our cells to produce a spike protein like the one found on the surface of the virus. RNA vaccines work by getting our cells to produce the spike protein free of any virus. Our immune system recognizes the protein as an invader and produces antibodies to block the protein from binding with receptors in a future attack. In a major breakthrough, scientists at National Institutes of Health and the University of Texas realized that making a vaccine with the proper shaped protein could be much more effective. The antibodies produced as a result of the vaccine remain in our system, ready to bind with the spike protein of SARS-CoV-2 in the event of exposure. This blocks the spike protein from binding with healthy cells. The virus is unable to invade our cells. The virus is rendered harmless and is flushed out of our bodies. As we wait to be vaccinated, we can effectively prevent the spread of the virus: Wear a mask in public. Stay at least 6 feet away from others. Wash your hands frequently. Avoid touching your face. Get tested and quarantine if you suspect you may be infected. All of us are under attack right now by a virus, COVID-19. We, as all those over 65 years old, are susceptible to this virus, which could cause death. We need to take action now by seeking a vaccine. This special edition newsletter has been produced to give you information about the vaccine and where you can go to begin the process. Vaccines help our immune system fight infections in the future. COVID-19 vaccines will protect us from the virus that causes COVID-19 without having to get the illness. It typically takes a few weeks after the last dose in a series to become fully protected. On the days after taking the vaccine, you may have a sore arm, aches, fatigue or fever, but these are not harmful. These symptoms signal that your immune system is developing

The CDC, Centers for Disease Control, has an excellent website, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>, that gives information about the vaccines. There are sections about:

- frequently asked questions
- facts about COVID-19 vaccines
- benefits of getting vaccinated
- what to expect at your COVID-19 vaccination appointment

# Travel

**Top of Switzerland, Austria, Germany with Oberammergau and the Passion Play is postponed until August 27 – September 7, 2022.**

## **Trip to Louisville to Nashville September 16-24, 2021**

Featuring a tour of Churchill Downs and the UNESCO World Heritage site of the Great Smoky Mountains National Park, including 2 nights in Louisville, Asheville, and Nashville. Tour features included: Roundtrip airport transfers, Airfare into Louisville, returning from Nashville. 8-day guided tour with tour manager, guided tour of Churchill Downs, home of the Kentucky Derby, 9 nights first class accommodations, 12 meals. Gratuities on all included features, bus driver and tour guide. Price: \$3,895 per person, double occupancy, \$4,893, single occupancy. \$550 per person deposit required to hold space. \$850 per person deposit required after May 20, 2021. Space is limited and sold on first come basis only. Final Payment due June 1, 2021.

## **Holland Tulip Festival Tour Featuring Mackinac Island's Grand Hotel May 12-19, 2022**

Trip highlights: airfare into Chicago, returning from Detroit, gratuities for tour manager and bus driver, spend one night in Chicago with a guided tour of the city, attend the annual Tulip Festival in Holland, Michigan, visit Veldheer-DeKlomp Musiekparade (music parade), spend two nights at the Grand Hotel, the crown jewel of Mackinac Island, tour Mackinaw Island via a horse-drawn carriage, take the River Rouge Ford Factory tour, \$40 in Mayflower Money. Price: \$3,565 per person, double occupancy, \$4,715 single. As this trip was cancelled last year, it will fill up fast.

Mc Henry Bowl has reopened

McHenry Bowl has reopened starting Monday, April 5, 2021. There are no leagues or special events. Just bowling for exercise and practice. The hours are Noon to 10 pm daily. The rates are the regular bowling rates -per game or hourly rental rates. Reservations are not required, but suggested. Masks are required while in the bowling center. Membership form must be completed on the first visit. No membership fee is required.

McHenry league members from last season are automatically registered. Call (209) 571-2695 between Noon-10 pm for more information.

## **Laguna Arts Festival Pageant of the Masters in Southern California July 25-28, 2021**

**COVID-19 VACCINATION NEED FOR TRIP** Private bus for our group will be provided Trip includes: Round trip airfare, deluxe motorcoach transportation, 3-night stay at Best Western Plus in Long Beach, tour of Ronald Reagan Library, gondola cruise, dinner at Naples Rib Company, roundtrip transportation aboard the Catalina Express, Avalon scenic tour of Catalina Island, tour of Mission San Juna Capistrano, admission into the Sawdust Festival, dinner at Terra Laguna Beach, reserved main tier center seats for Pageant of the Masters "Made in America" theme, guided tour of Los Angeles, admission to the Space Shuttle Endeavour exhibit, 5 meals: 3 breakfasts and 2 dinners, all taxes for features, all gratuities for bus driver and guides. Price: \$1,995 double, \$2,490 single. Deposit of \$500 to hold spot. Final payment due May 1, 2021. Early reservation is urged to insure main tier center seating.

If interested in any trips, call Bill Stires at home phone 209-544-2684, cell phone 209 988-5445, or email [bstires46@gmail.com](mailto:bstires46@gmail.com) to receive a reservation form. Friends, neighbors and relatives can go on any of the SIR trips.

# Bowling



# Rooster's Tale



**Sons in Retirement – Branch 110 No December Meeting!!**  
1705 Manzanita Avenue, Chico, CA—**No Luncheon –No Executive Committee Meeting**

The State Leadership has reminded all branches that when its activities resume, it is critical that activities obtain BEC approval and have it entered into the minutes for insurance coverage.

**Golf:** Hey...WE'RE BACK !!!!! We received approval, had necessary items read into minutes, so we are allowed to play golf again! The first tournament is scheduled at Bidwell for April 26. Unfortunately, Bidwell is not offering our usual discount (because we are too busy) and the fee will be \$42 with cart. We are limited to 40 players, so first 40 to sign up play...send me an e-mail @ darrellhands@gmail.com to enter. Bidwell has strict COVID guidelines that we must follow. The worst is one person per cart and they may run out of carts. I must have your response by April 16 to let Bidwell know how many will play. There will be no signups the day of tournament!!!! The 2nd tournament is at Table Mountain on May 10. There is a better fee @ \$33 with cart and they allow 2 people per cart if they agree to ride together. Please let me know by May 3 if you are going to play...Again...no signups day of tournament!!! We will hold off on prize money \$5 ea. time until we figure out a way to collect, can't collect on site anymore...if everyone would mail me \$5 in currency in a well hidden paper inside envelope to: Darrell Hands 1009 Adlar Ct. Chico, CA. 95926. We will try this the first time until we come up with a better solution. LOOKING FORWARD TO SEEING EVERYONE AGAIN !!! DARRELL AND DOUG

**Hiking:** Nothing new on hiking. I am, however, trying to find out what the new protocols are for hiking activities. Jim Hertl. (Hiking Branch 84).

**Piscatology:** The fishing group received approval from the BEC to plan our first trip of the year. About 9 or 10 members plan to fish Davis Lake (near Portola) on April 27-29. Right now there's ice on the lake, but by then we hope for 45 degree water and that the wind doesn't blow us off the Lake. If anyone has a recommendation for a dinner in Blairsden (Tuesday and Wednesday night), call- Bill Colvin at 521-7269.

**Woodworking:** According to sources at high levels, the woodworking activity has been approved by the BEC to re-open for SIR members. State SIR pandemic requirements allude to SIR branches obeying local restrictions in activities. New Improved - schedule announcement: Bill Gebhardt has said his shop will now be open every Thursday of the month. Same hours: 10 AM to 2 PM. Go through the wooden gate to the right of the big garage door and you'll see the backyard shop. We lunch at Bellachino's Cafe from 11:30 to 12:30. It's on Bruce Road opposite the California Park Drive entrance. Call Bill at 879-0429 or Craig Lindquist at 898-8483 for information. Some of us stayed active in our shops during March. Bill sketched a design of a nightstand he is planning on building for his granddaughter (see image of his design). Craig Lindquist made two screen-bottom garden baskets for his daughter, who has a big garden at her home. They can pick veggies or fruit and wash them right in the basket (see photo). Michael Kobelt made five small finger-jointed trays for desktops or drawers (see photo). Woods used are ash, cherry, curly maple, walnut, and zebra.



**Travel:** Most tours have been canceled, but there are or were a couple available.

- May 2-10, 2021, Columbia River Cruise aboard the American Empress
- July 11-19, 2021, Canadian Rockies by Train For information on tours, contact Jose Lopez at 891-6715 or 864-5978.

## Persistence and Determination

On January 31, 1872, a boy was born in a small town in Ohio. For whatever reason, his parents named him **Pearl**. That name of Pearl would follow him into adulthood. Perhaps in efforts to prove he was nothing like his name or perhaps related to his father's punishing him with severe beatings as a child, Pearl frequently engaged in violent brawls. Irascible and antisocial, by age eleven, Pearl had become the leader of a gang of about ten boys who engaged in petty thefts which led to random vandalism where windows of occupied homes were smashed. This was the work of his gang who called themselves the "terrorist gang".

For unknown reasons, he tired of the gang activity and focused on his other interests of fishing, baseball and writing. Pearl wrote his first story (one about the gang), Jim of the Cave, when he was fifteen. Pearl's father, who was a dentist and part-time preacher, destroyed that manuscript upon discovering it. He tore it to shreds and beat Pearl.

Perhaps to avoid his father's further wrath, while he longed to express himself through writing, he channeled his interests into baseball. Pearl became a very accomplished player as a pitcher and hitter and played summer baseball for the Columbus Capitols, with aspirations of becoming a major leaguer. Eventually, he was spotted by a baseball scout and was offered scholarships to several universities. He chose to attend University of Pennsylvania which was known as an excellent training ground for major league baseball players. In addition, undoubtedly due to his father's influence; he was able to pursue a degree in dentistry at Penn.

He became a star on Penn's Baseball Team but was forced to give up the dream of playing major league baseball due to injuries.

After graduating, Pearl established his dental practice in New York City, in 1896. He began to write in the evening to offset the tedium of his dental practice.

He dabbled in semi-professional baseball and wrote his first stories and novels. They were not successful,

By 1905 at the age of 33 he had become tired and frustrated with his profession; he closed his dental office permanently and decided to leave dentistry to pursue his dream of writing.

In 1909, he wrote a new novel, describing the adventures of a western hunter and guide. Harper's editor Ripley Hitchcock rejected it. It was the fourth rejected work in a row. He was told, "I do not see anything in this to convince me you can write either narrative or fiction."

The man who had not proven to be successful in baseball or dentistry wrote dejectedly, *"I don't know which way to turn. I cannot decide what to write next. That which I desire to write does not seem to be what the editors want ... I am full of stories and zeal and fire ... yet I am inhibited by doubt, by fear that my feeling for life is false."*

With the birth of his first child pending, he felt compelled to complete his next novel. He wrote it in four months in 1910 (at the age of 38). It quickly became a bestseller. The successful author took his next work to Hitchcock again; and this time Harper published his book and continued publishing his next ninety or so works.

The retired dentist continued to write popular novels about Manifest Destiny, the conquest of the Old West, and the behavior of men in elemental conditions.

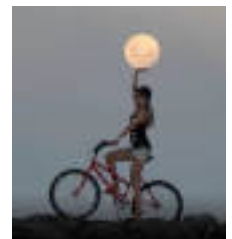
Oh yes by the way, when he had opened his dental practice in 1896 he dropped the name of Pearl and simply went by his middle name and became known as Zane.....Zane Grey.



Moon



Photography





## Climbing Mt. Everest and Other Feats

with SIR Las Trampas  
Branch 116

A View of the Kangshung,  
East Face of Mt. Everest.

During these challenging times, we are always seeking to improve our member's experience, so what better way to start off 2021 than to commit to engaging high-level speakers to present to our members at our monthly meetings.

**SIR Las Trampas Branch # 116** started off the new year with our January monthly meeting featuring

our improved virtual meeting format and a fantastic speaker: **Mr. Ed Webster, mountaineer extraordinaire**, presenting his 4-man team's most thrilling adventure of Climbing Mt. Everest—over 27,000 feet--- without oxygen bottles, fixed ropes, radios or Sherpa assistance; an ascent hailed at the time as a most audacious mountaineering feat!!

We were all held spellbound for well over 40 minutes and were also able to get answers to some of our questions ---very similar to our in-person meetings. A completely rewarding experience for all of us!!

The feedback from members was gratifying—here are a few that encapsulate the feeling

“I loved it so! ...I have had many adventures and this reminded me of them”

“you guys hit a home run!”

So far this year we have been averaging about 80 of our 204 SIR Las Trampas Branch # 116 membership participating via Zoom at our monthly meetings. We typically start the meeting with a half hour of social get-togethers in “breakout rooms” that members can choose to join. It is a lot of fun to talk and catch up with each other in small groups. This new feature of our virtual meetings is a really great way to socialize; the next best thing to being there in person. Our Big SIR for 2021, **Sam Beret**, deftly leads the meeting with assistance from Little SIR, **Fred Wachowicz** and our indispensable (in this age of Zoom) “tech” SIR, **Neil Schmidt**.

One of the great things about using Zoom, is that we are not tied to only getting guest speakers that can travel to our usual in-person venue at Walnut Creek's Boundary Oak. Rather, we are getting fantastic speakers who live in other parts of the US.

As an example, in June of 2020, we hosted **Michael Bishop, Director, National Churchill Society**, speaking to us from Washington, DC. where he provided an exceptional presentation about Winston Churchill.

For February, our featured speaker was **US Army Major General Garrett S. Yee, Assistant to the Director of the Defense Information Systems Agency**. He spoke on the subject of Cybersecurity, a hot topic in this day and age.

In addition, General Yee graciously agreed to participate after the formal meeting, in our **Las Trampas Branch # 116 Diversity Support Team's** discussion of our new “diversity” initiative.

March's meeting featured the folks from **Wilderness Travel** who provided us great tips, things to consider and ideas on travelling during 2021 and beyond; something we are all itching to do once it is safe to do so.

For our April meeting, we are hosting a speaker from **Tony La Russa's Animal Rescue Foundation (ARF)** where they will present information on their "Pets and Vets" program.

In May, we will be hosting the highly regarded football coach from **De La Salle High School**.

These days, maintaining our connections with each other and participating in our activities is a challenge, but absolutely necessary. In addition to our monthly meetings, we have two separate virtual social get-togethers hosted by members who are interested in helping us stay connected. No agenda; just folks getting together to talk.

Starting in March we opened up our outdoor activities following strict protocols to keep us safe.

Our branch 116 walking group—the **Amiable Amblers** (pictured below at the start of a two hour walk) has also re-started. We meet every other Friday and usually get 16 or so participants. It's an early morning start (8:15 AM!!) and is one of our branch activities that is coed.

Our SIR Las Trampas Branch 116 has a long-standing, well organized and successful golf program for all levels of golfers. Our **9-hole golf** group meets each Wednesday at one of three golf courses in Contra Costa and Alameda Counties. Our **18-hole golf** group typically meets on Monday's at Boundary Oak Golf Course as well as other "away" courses in the San Francisco Bay Area. We are also in the process of re-starting a golf clinic that was suspended last year.

Pictured at the right- SIR Branch 116 members at Blue Rock Springs Golf Course, Vallejo, CA

**On May 19 & 20, our 18-hole golf group will be hosting our annual branch 116 golf outing.** This year we will be playing the outstanding and challenging Bayonet and Black Horse courses at Ft. Ord. in Monterey, CA.

**Pickle Ball** is also cleared to play and we are trying to figure out how we can play **Bocce Ball** again.

Virtual meets via Zoom continue with our two **Book Groups**. And some of our **Bridge Players** have found a way to play Bridge on-line with others. The book groups are now looking at meeting outdoors now that the weather is warmer.



Our Las Trampas Branch 116 "**call initiative**" has been very beneficial. This is where a group of SIR branch officers and directors place a phone call to members on a call list. Some of our members who may not participate in our virtual monthly meetings or are not participating in our approved activities still need that connection. Also, we find that this is a good way to tell all our members about upcoming events, monthly meeting topics and speakers, gain their valued input or just to say hello and make sure they are well. We also used this as a means to find out if anyone needed help getting a vaccination appointment. Fortunately, the county where most of our members live, has been very successful in rolling out their vaccination program and most of our members are now vaccinated.

As things continue to "open up" we are hopeful we can again host some of our traditional "**in person**" **outdoor events**, such as our annual 18-hole golf group event and other social get-togethers and experiences. We are planning an **outdoor dining event for August or September** to get everyone together if we are allowed to do so in a safe manner by then.

So, the message to all is that *there is a true benefit to be engaged with our Las Trampas branch # 116 of SIR!!* Our goal is to foster friendships and offer events and activities throughout the year that keep us active and engaged.

Best to all

**SIR Las Trampas Branch #116**



# The Mountain Messenger

January 2021

Branch 152 Arnold, CA

Volume 32 No. 1



## YOUR BIG SIR - Kevin Andel

Wow! That's all I can say about the storm that hit us the last week of January. WOW! We lost power twice at our home for a total time down exceeding 8 days, as I'm sure most of you did, too. Trees are down everywhere, and the roads are in bad shape. Too many homes with trees either on or through them! PG&E and the County had so much work to do get the town running again. I know there has been some concern about drought due to the past couple of winters being very mild. I guess it's the old adage of, be careful what you ask for...you just might get it. But things are much improved, this last storm should go a long way towards filling our lakes and aquifers.

## THE BEST LAID PLANS - Dave Baugher



*After getting snowed in without power for seven days, Luann and I decided to take a road trip down across the southwest's warmer climates. Warmer climates? Hah! We returned home early, so are you ready for some adventure tales*

*from the road? Let me tell you about our road trip.* The winter blizzard of 2021 did a lot of damage to the Arnold area. The Ebbetts Pass Fire District reports they ran nearly 100 emergency calls, think that's a record? Nope, during the winter of 2009, the Department ran 240 calls over 7 days. Calaveras County was declared a national disaster area – think that was the worst storm ever? Nope.

Our area's record storm season occurred between September 1906 and June 1907 in the Ebbetts Pass Corridor. Up at Tamarack, measurements actually set the world record for a single year's snowfall. That record held for nearly 90 years, with over 73 feet of the fluffy stuff falling.

However, for Luann and I, those 7 days without power and deep snow were enough. We decided to take a road trip, camping through the southwest, and enjoy the warmer weather. Leaving on March 3, we drove straight to Joshua Tree National Park for a couple of nights. The weather

was pleasant that first night; however, trouble was a-brewing across the West.

Our simple plan was to make a loop through the southwest, visiting Joshua Tree, Saguaro then the Petrified Forest National Parks. We would then stop in Las Vegas for a tropical drink out by the pool. After resupplying, resting, and recharging, we planned to head westwards into Death Valley and then return home. Sounded great and warm!

But unbeknownst to us, a wet, low-pressure system was forming in the Pacific. As you all know, the system came into California, dumping 12" overnight on March 6. The edge of that system grazed the southwest during our trip. We woke up to a 21-degree morning in the Petrified Forest National Park, drove through a blizzard in Flagstaff, and were greeted by snow in Las Vegas when we arrived in the evening of March 11.

The following day we awoke to more snow and decided to head home. We decided that it would much rather enjoy the white fluffy stuff from our living room's comfort than the southwest's deserts.

*April brings spring showers and weddings. On April 18, our son Jacob is getting married in Temecula, CA. We will take advantage of the wedding to loaf around San Diego and Temecula for extra days, so there is an April story following the next newsletter.*



## DISPATCH FROM A FUNGI - Dave Baugher

**A** couple of months ago, I mentioned that I was going to the Fungus Fair. Well, event was understandably canceled, and my Mountain Messenger article the winter storm. Fortunately, I've gone to many Fungus Fairs in the past, so let me tell you about them...



The Santa Cruz Fungus Fair is an opportunity to learn about all there is to know about the fascinating world of mushrooms. Mushroom enthusiasts fan out and collect fungi of all shapes and colors from coastal California's surrounding areas. These are then displayed at the Loudon Nelson Community Center for the public to see.

However, did you know that we'd have no bread, cheese, beer, or wine without fungus or that anti-cholesterol medicine was developed from mushrooms? This event features hundreds of local California fungi species presented uniquely as a recreated woodland forest for display in the main hall for all visitors to examine.



I've had the opportunity to collect for this event in the past. On one occasion, I collected a bunch of one of the most poisonous mush-

rooms known, the Amanita Phalloides. A few mouthfuls of the death cap mushroom can kill, and yet it looks, smells, and tastes delicious. When someone eats a death cap, they typically won't experience symptoms for at least six and sometimes as many as 24 hours.

Eventually, they will suffer from abdominal cramps, vomiting, and severely dehydrating diarrhea. This delay means the symptoms might not be associated with mushrooms. They may be diagnosed with a milder illness like stomach flu.

Meanwhile, the poison stealthily destroys the liver. It binds to and disables an enzyme responsible for making new proteins. Without this enzyme, cells can't function, and liver failure results. Without proper, prompt treatment, the victim can experience rapid organ failure, coma, and death. Scary!

The fair also showcases speakers on various mycological topics, cooking demonstrations, a special Kids' Room, and a taxonomy panel of experts to identify any fungi - Bring your own; these guys are the real authorities. Many books and mushroom-related items are also available for sale, as are wild mushroom delicacies. See you next year perhaps?

*Our publisher Mr. Utter will probably come up with a pithy comment about fun-guys, but let's face it since we live in Arnold, we all are. After getting snowed-in without power for seven days, Luann and I have decided to take a road trip across the southwest. We will be home by the time the next article is due, so get ready for some adventure tales from the road!*

## THE BLIZZARD OF '21: - Bruce Utter -Editor

I thought I might share a text message I sent to a few out-of-town friends on the third day of the blizzard:  
*Guess 4 ft. of snow.*

*Shoveling:*

*- Day 1: "I've got to stay ahead of this."*

*- Day 2: "I've got to keep up with this."*

*- Day 3: "There's no effin' way I can keep up with this."*

*Power out 1/27. Estimated restoration 2/6.*

*Double solitaire: Linda 22, Bruce 4.*





*"The SIR" ~ LAKE TAHOE BRANCH 160 ~*



**CHARTERED APRIL 22, 1991**

**MEMBERSHIP OPEN TO MEN REGARDLESS OF AGE, RACE, COLOR, OR RELIGION  
GETTING TOGETHER FOR LUNCH AND ENJOYING OUR VARIOUS ACTIVITIES**

**HIGH MOUNTAIN NEWS**

## **TWO NEW MEMBERS**

Jessey Fenton, P, O, Box 190 Minden NV 89423  
Badge #88, 775-691-4373, nevadabuilders@aol.com

Daniel Mares, 196 Sussex Place, Carson City NV 89703, Badge # 103, 951-551-4072,  
danielmares7@yahoo.com

**CELEBRATING THIRTY YEARS**

**SONS IN RETIREMENT  
LAKE TAHOE BRANCH 160, INC.  
April 22, 1991**

**CHARTER MEMBER  
STILL ACTIVE**

**KEN KOEGL  
THE REGULAR, NORMAL GUYS IN THIS CLUB SALUTE YOU SIR.**



It looks like we will be able to meet this month. I think all of us are ready to be able to sit down with friends for the first time in several months and have lunch, tell some jokes, and maybe lie about your golf score, or the weight you lost during the winter, or just visit.

We will still have to maintain distance and wear masks when not eating or drinking, but at least we will have a meeting and be together again.

I don't have a speaker at this time but try to find some willing and able. If you have any thoughts for speaker or areas of interest let me know and I will try find someone to address your topic.

That's all for now, see you at meeting  
Little Sir, John Lilygren



**SIR Mission Statement:**  
 The Mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life.  
 Visit the SIR INC Webpage:  
<https://sirinc.org/>

Senior Center Activities The Sebastopol Senior Center has Zoom SitN'Fit twice a week. Coffee – Gary Jensen Rooster Garden We planted Fava Beans as a winter cover crop. The plantings are doing well!

**Bocce and Fava Beans at the Rooster Garden**

**Recommended pills to get you through these rough times. (Thanks Chris)**



**Fava Bean cover crop cropped!**

**Ready to plant Corn, Beans, and Squash (3 Sisters) in early May.**

