



SIR HAPPENINGS

November 2020

Volume 16

Issue 4

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

Live Longer, Live Happier, Join SIR!

www.WeAreSIR.com

www.sirinc.org

October 16, 2020

We're in the last quarter of 2020, and I'm sure you, like I will be glad to see it go. Hopefully 2021 will bring a better health situation and fewer disasters like our burning forests. Although our SIR's activities have been slowed, there are still a number of happenings to report; they will position us to come out of the Pandemic even stronger than when we came in.

2020 Annual Meeting and the Follow-On Town Hall Meeting

On August 19 we held the first ever (but certainly not the last) ZOOM State Annual Meeting followed by our second 2020 Town Hall Meeting. The events were judged to be either highly successful or largely successful by 90 percent of our participants! Congratulations to the behind the scenes technical team that did all the heavy lifting. For all their efforts they received a 20 percent bonus.

The first major order of business was to elect the SIR State 2021 Officers – they are:

President, Jim Johnson

Vice President, Stu Williams

Secretary, Ron Flagel

Treasurer, Roy Hodgkinson

Chief Administration Officer, Dean Steichen

Assistant Secretary, Dale Decker

Assistant Treasurer, Ron Saltgaver

Congratulation to all of you, and thank you for your continued dedication and service to SIR.

Another key purpose of the Annual Meeting is to vote on new and revised Bylaws. Dale Decker, our State Policy and Procedure Chairman, led us through the effort, and all were passed with either a unanimous or near unanimous vote.

The meeting concluded with Roy Hodgkinson, our State Treasurer updating the attendees with our year to date financial results and COVID 19's potential impact on SIR membership and finances.

Immediately after adjourning the Annual Meeting, the Town Hall Meeting was called to order. It began with a presentation by our consultant, Mary Odbert, Principal of MCO Associates, on the subject of building SIR's public image and marketing efforts. Yes, we finally admitted that we needed outside help to provide us plans, ideas and recommendations to accomplish those two efforts which have eluded us for years.

SIR State President continued

After the consultant's report, I covered recommendations that the study provided that did not fit into the public image and marketing basket. Lastly, I reviewed the results from the All-SIR survey that was recently completed. It would take more Happenings space than I'm allowed to even hit the high points of these remarks. I suggest that the readers open sirinc.org, and enter the following link:

<https://sirinc.org/uploads/statemeetingotherdocuments/August-2020-Town-Hall-Mtg-Slides.pdf>, Once there, you will find the Town Hall Meeting slides, and they will give you a more complete picture of the material covered.

State Board Meeting on August 26, 2020 and Continued on September 10, 2020

Shortly after the Annual Meeting a State Board meeting was held largely to decide what actions to take on the fifteen or so recommendations that were generated by our consultant's study. I highly recommend that you review the minutes of that meeting on sirinc.org entering the following link:

https://sirinc.org/uploads/statemeetingminutes/MinutesStateBoardDraft_20200826_20200908.pdf.

The Board approved in concept, the taking of action on almost all of the recommendations. The holdup is primarily financial with a second issue being manpower. Rick Kindle, our Director of Region 2, has accepted the role of Task Force leader, and he will be ably assisted by Dave Gonzales, our incoming Director of Region 1.

Our 2021 State budget has recommended an allocation of \$10,500 in continuing consulting fees to implement the highest priority recommendations. Unfortunately, that's about a third of the total projected cost, but as of now, that's the maximum the Board can allocate given the uncertainty of 2021's revenue from member assessments. Those of you who know and have had contact with Rick and Dave will confirm they will get the maximum mileage from this investment.

UCSF/SIR Survey Collaboration

Our collaboration efforts with UCSF can bring great benefits to SIR, and one of our responsibilities is to occasionally provide them with attitudinal information from our members. We ran a second UCSF/SIR Survey in late September and of the 10,000 surveys emailed to our members only 1359 chose to take the fifteen minutes to participate.

This response is personally embarrassing to me and to SIR, and frankly, it damages the valuable collaboration we are working to build. To those of you who responded, a heartfelt THANK YOU. I will be asking the Board for its thoughts about re-running the survey to add participant data.

Coming Attractions

Items we will be dealing with through the end of 2020 include:

Working to get a handle on what impact COVID 19 and the associated lockdowns and social distancing will have on SIR total membership numbers, as well as Branch leadership and Branch general health
Determining what impact COVID 19 will have on our greatest SIR State expenditure, our insurance, and approving a State budget and the associated Branch assessments to support it
Developing actions to allay Branch closures due to the Branch inability to find leaders to fill the Big and Little Sir positions
Investigating the possibility of Branches collecting members' dues through the use of credit cards and Paypal
Developing and presenting training to Branch leaders in the November time frame

SIR State President continued

Providing Branches with suggestions on how to restart the luncheon program now that facilities are beginning to open, and a few Branches are meeting

Benson's Swan Song

My term as President ends on December 31 as does my ten years of State involvement and leadership. In some cases, it has been frustrating and disappointing and in others motivating and satisfying. Right now, I am looking forward to pulling back, helping my Branch, leading my Branch activities and enjoying some time off.

Thank you for the confidence you placed in me by electing me Vice President and then President of our wonderful organization.

Best regards, and stay safe,

2020 STATE OFFICERS

STATE PRESIDENT
Ed Benson

PRESIDENT-ELECT
Jim L. Johnson

VICE-PRESIDENT
Stuart Williams

STATE SECRETARY
Ronald C. Flagel

STATE TREASURER
Roy Hodgkinson

ASSISTANT STATE TREASURER
Ronald K. Saltgaver

CHIEF ADMIN OFFICER
Dwight B. Sale

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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*

2021 STATE OFFICERS

STATE PRESIDENT
Jim L. Johnson

VICE-PRESIDENT
Stuart Williams

STATE SECRETARY
Ronald C. Flagel

ASSISTANT SECRETARY
Dale Decker

STATE TREASURER
Roy Hodgkinson

ASSISTANT TREASURER
Ronald K. Saltgaver

CHIEF ADMIN OFFICER
Dean Steichen

State Annual Meeting

Imagine
with all
Believe
your mind.
Achieve
with all
your heart.
with all
your might.

"Hats Off" to our 2021 Leaders!

President-elect Jim Johnson
Vice-President Stu Williams
Secretary Ron Flagel
Treasurer Roy Hodgkinson
CAO Dean Steichen
Asst. Secretary Dale Decker
Asst. Treasurer Ron Saltgaver

Profound "Thanks"

Two years at the helm of this fine organization plus all the many years having developed RAMP, may we all express our gratitude to our current



State SIR President Ed Benson.

Recognizing our Technicians



SIR recently completed a most successful State SIR Annual Meeting via Zoom. How about a resounding applause to our tech savior gurus: Regional Director Mark Stuart, Neil Schmidt, Alan Baker, Tom Hodgson, Peter Thurston, Lam Nguyen, Rick Sale, Derek Southern, Mike Kerr, Frank Crossman and Roger Lamm.

State Annual Meeting

**2-term SIR President
Ed Benson**



**President-elect
Jim Johnson**



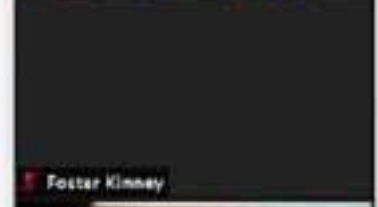
**RD 1-Mark Stuart
Technical Support**



RD 3 Dennis Pangburn



State SIR Annual Meeting—Board Meeting Are You Zooming with Us?

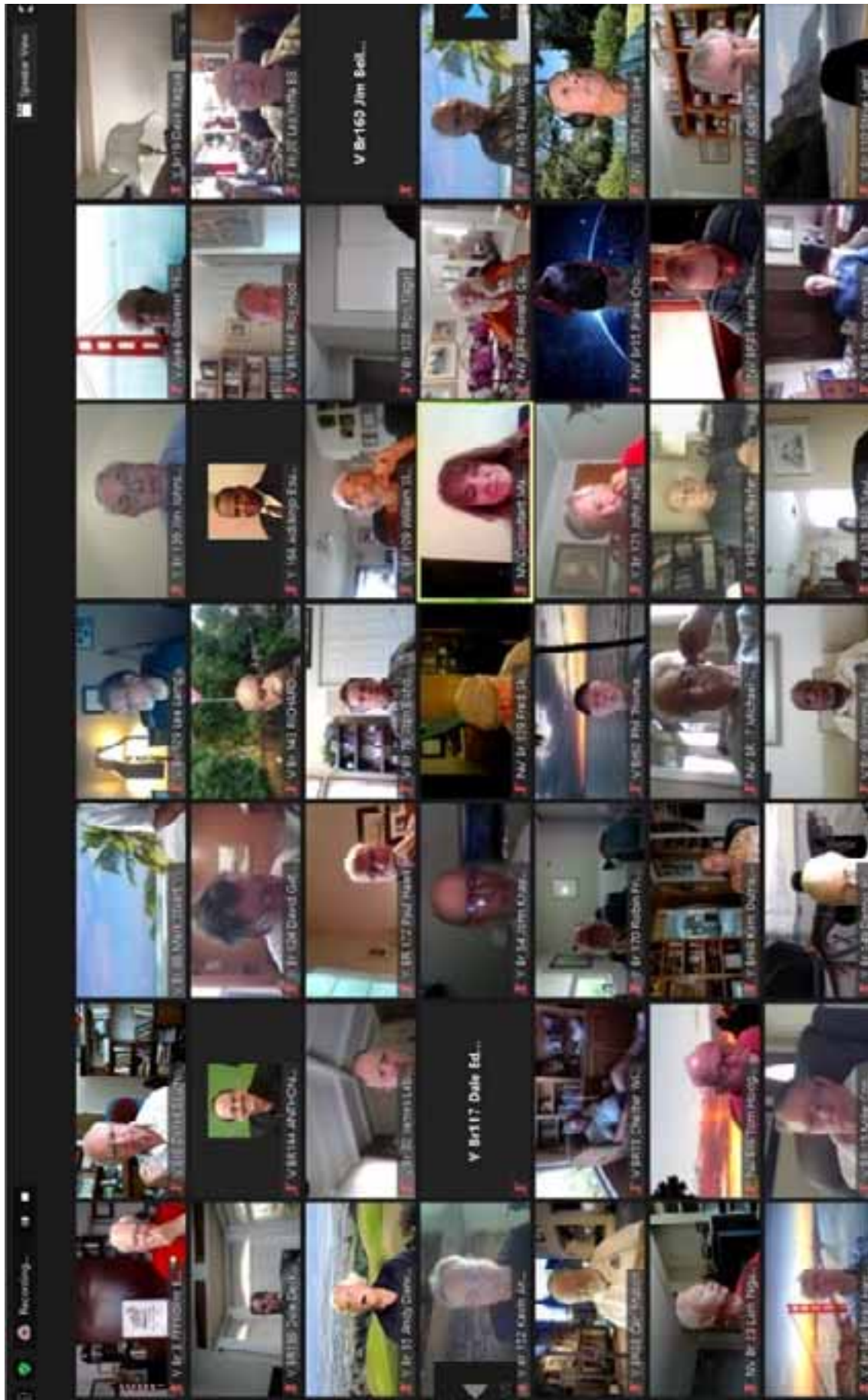


State SIR continues amid the coronavirus pandemic. The Annual Meeting was divided into 2 parts. The first half was devoted to the business of voting on policies & the election of our State SIR officers. The second half—town hall—considered the proposals regarding the SIR image & publicity.

State Annual Meeting



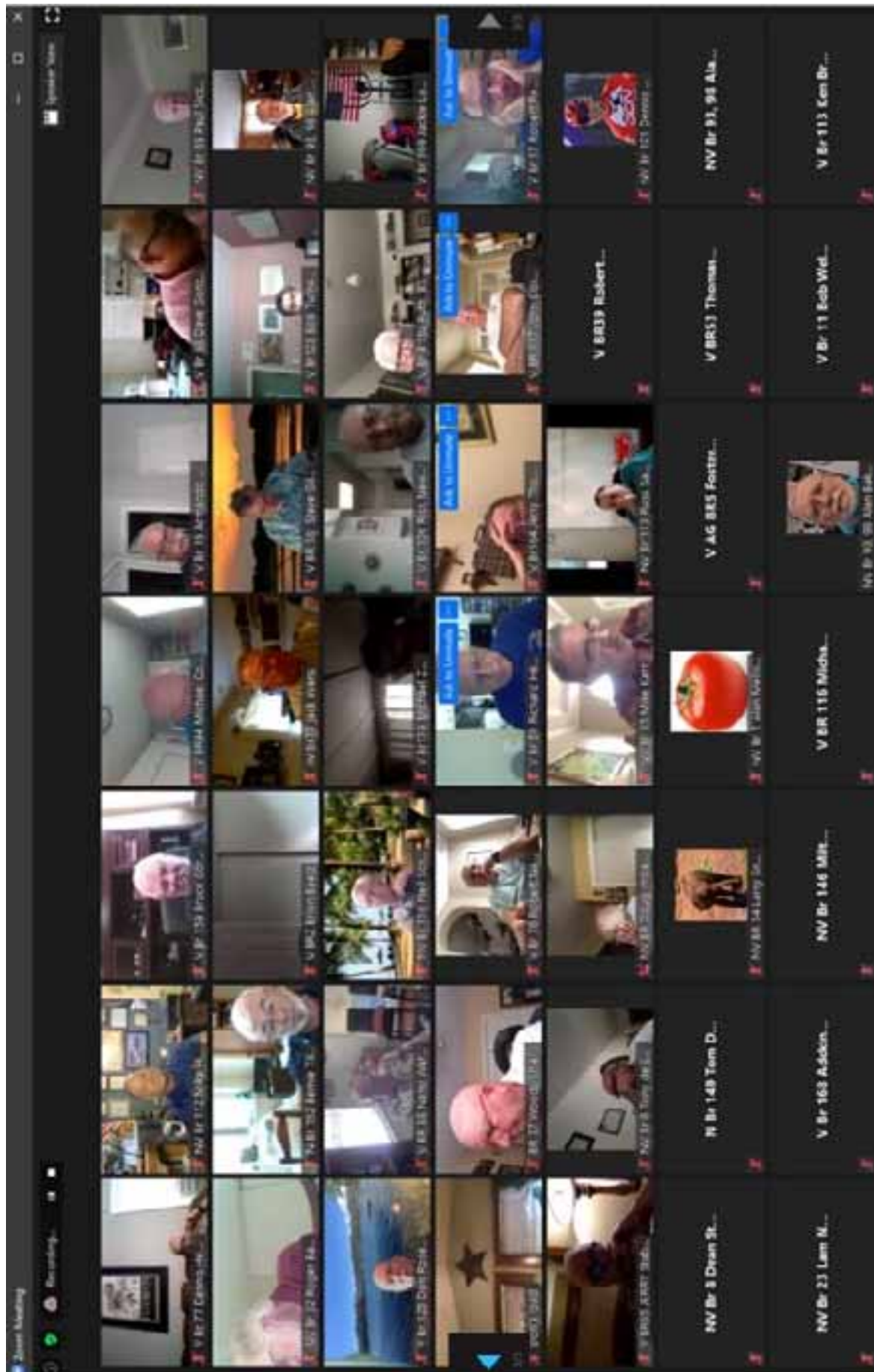
State Annual Meeting



State Annual Meeting

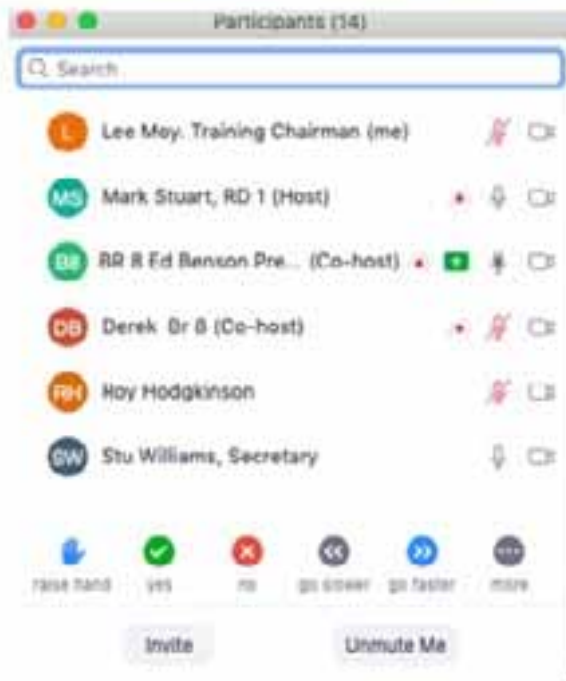


State Annual Meeting



State Board Meeting

State SIR Board Meeting September 10, 2020



SIR Infosys Meeting 9/29/2020



Just in case anyone was curious about the tasks of the SIR Infosys Committee—take a look. The items below were discussed at our February meeting and a follow-up was done at our meeting of September 29th. SIR has two state websites: <https://sirinc.org/> and <https://www.wearesir.com/>. Not only that, most SIR Branches have their own web site. The Infosys Committee coordinates, maintains and updates this technology structure in order to provide all Sir Members with up-to-date information for both individual and Branch functions.

INFOSYS Tasks from 2/29/20 Mtg

ITEM

Post Jan. 30, 2020, State Board Mtg Minutes
 RD/AG & Branch Training webpage
 Ideas, Tools & Examples webpage
 Update Travel Handbook
 Constant Contact Write-Up
 Remove Branch Website Model
 Update Write-up on Develop Br. Websites
 Update Branch Locations Map
 Update WeAreSIR JOIN text with City & Activities
 Add Link to WeAreSIR to SIRINC.ORG
 New SIRINC website prototype
 Monitor Question email from sirinc.org
 Update out-of-date items on sirinc.org
 Password Protect State Treasurer Report
 Move SIR Database to SIRINC3.ORG
 Document Emergency Maintenance for SIRINC.ORG
 Add RAMP members to Branch Data Sheets
 Create State page like Branch Data Sheets
 Update Policy & Procedure Manual
 Update Form 9 Letter
 Update Form 59B footer
 Develop Survey Test for Form 6
 Update Logo on Certificates
 Explore Commercial Packages for some admin.

Person

Williams/Flagel
 Leskin/Steichen
 Hicks/Steichen
 Decker
 Rick Sale
 Steichen
 Baker
 Southern
 Hodgkinson
 Steichen
 Baker
 Steichen
 R.Sale/Steichen
 Steichen
 R. Sale/D. Sale
 Steichen
 D. Sale
 D. Sale
 Decker
 Saltgaver/Decker
 Saltgaver/Decker
 Southern/R.Sale
 D. Sale
 Hodgkinson

STATUS

Done
 Open
 Open
 Done
 Done
 Done
 Done
 Done
 Done
 Done
 Done
 Done
 WIP
 No
 No
 Done
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 Done
 Done
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ZOOMER NEWSLETTER

Summer 2020 Edition

SIR VP Jim Johnson, Zoomer Chairman

Congratulations to the many SIR Branches who have been conducting BEC meetings using Zoom. During this quarantine time, our members have understandably adjusted their interaction all the while operating as "usual".



Wonderful to see many SIR Branches developing Zoom virtual activities. Keep the connectivity going strong.

For the other Branches considering how best to implement Zoom, Branch 8-Diablo have fellow SIRs ready to assist. Give Pat Reed a call today, 209-289-3314. You will be prepared for this year's State SIR Annual Meeting-Wednesday-19 August 2020-9am-noon.

We proudly announce this June's winners:

Category A	Branch 17	Santa Rosa
Category B	Branch 152	Arnold
Category B	Branch 47	Tamalpais
Category C	Branch 35	Palo Alto
Zoom Volunteer Award	8	Diablo

July Zoomer Applications are due by August 5th.



Editor-AG Lee Moy



ZOOMER

newsletter
-July-
limited issue

VP Jim Johnson
Chairman

AG Lee Moy
editor

With nearly 50% of our SIR Branch BEC's zooming and many Branches having Virtual Luncheons, we are keeping our Branches interacting with their members. Keep the connectivity alive!

JOIN US.

Some SIR Branches have enlisted the assistance from SIR Branches 8, 35, 45, 54, 98 & 116. These technicians would walk you through the procedures on how to "host your own Zoom BEC meeting". Give 'em a call. Much appreciated guys!



This month's winners for the SIR Zoomer cash reward & a Certificate of Achievement are:

<u>Category</u>	<u>Branch Number</u>	<u>Branch Name</u>
A	17	Santa Rosa
C	59	Fremont

August Zoomer applications are due by September 20th to task force-Zoomer Chairman Jim Johnson jlj32@sbcglobal.net.

ZOOMER AWARDS



STATE SIR ZOOMER JUNE 2020 WINNERS

Category A: Branch 17-Santa Rosa

Category B: Branch 152-Arnold & Branch 47-Tamalpais

Category C: Branch 35-Palo Alto

Zoom Volunteer Group Award: Branch 8-Diablo

Branch 1 San Mateo

Latest Updates on the Pandemic's Effects on Men Having Fun

How "Active" Are Branch Number One's Activity Groups?

The pandemic has put the temporary kibosh on our Activity Groups. Some of them who could hold electronic meetings have gotten together using ZOOM. Those groups focused on physical activities that could not meet virtually have had to wait until receiving the "go-ahead" for "face-to-(6-feet away) face" get togethers. Following are updates from each of the activity group heads.



"**GENEALOGY** will hold its first Zoom meeting on Tuesday, August 4th at 10:30 a.m. Our speaker Jon Miller with talk on *Publishing your Family History*. For a link to the meeting, email me at m.kevin.moran@gmail.com."



"Our **BOWLING** group (made up mostly of men from Branch 142), announced we would be starting up on July 10 at BelMateo Bowl. -- and we did! I was going to invite all of you to join us, but later that day.....Gov. Newsom shut us down. Men of all abilities are welcome., and I hope you'll consider joining us SOON -- giving yourself a great reason to get out of the house." Mike Garoutte, garouttes@aol.com (650-592-6158)



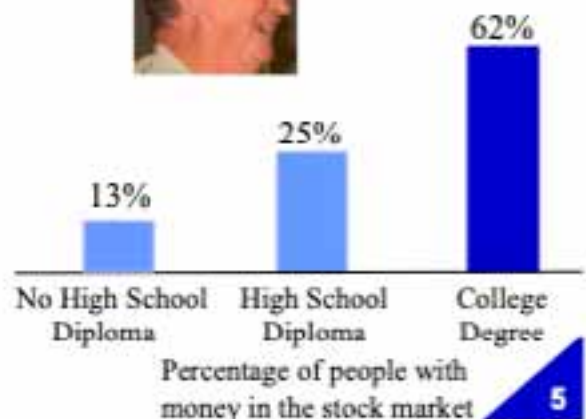
"The **BOOK DISCUSSION** group has held four enjoyable ZOOM meetings. Unexpectedly, it has become a significant **SOCIAL** group, since our biweekly meetings alternate between discussing a specific book and enjoying open discussions on literary and a broad range of other topics of interest to the group's members. To get a flavor for the group, click into one of our Zoom meetings and listen in. Email Kevin Moran and he'll send you a link to the meeting (m.kevin.moran@gmail.com). See page 18 for the list of books the group will be reading." Jon Miller, JM330@att.net (650-349-4106).



"The **STOCK STUDY** group has met monthly on Zoom since May and will continue to do so. The meetings have concentrated on the market recovery outlook, i.e., V, U, W, or L shaped, as well as noting any stock opportunities of interest. To take part in these stimulating and timely discussions, contact Jim Felker (650-342-8103 or jamesfelker@comcast.net) to discuss how you can contribute to the group."



"The **Computer/Technology** Group has not met since February. After some discussion, the group decided to have its first Zoom meeting on July 28th at 10:00 a.m. Look for the official meeting location in an email two days before the meeting. If you're interested but not already on my list, contact me." Ralph Riviello, r.riviello@comcast.net (650-773-9086).



Note Branch 1 produces a 20 page newsletter! I have only included a few of the pages. I apologize for not including more from their informative newsletter. Jerry Sabo (Happenings Editor)

Update on Branch Number One's Activity Groups

(continued)



The **TENNIS** group re-started in early June. "So come out and enjoy the beautiful weather and get some exercise, and hit the ball around for some doubles play. Central Park in San Mateo on Tuesdays, 9:00am." Bill Schmid, 650-343-0959, bill72240@aol.com



"Our **BOCCE** group continues to meet every Friday, 10am-12pm, Beresford Park, 2720 Alameda de las Pulgas, San Mateo. Team play for exercise & fun. If you'd like to join us, please contact Chris Witzel, cawitze38@gmail.com (650-362-3471)."



"Rich and I discussed the possibility of starting up the golf group again on August 5th. However, golf courses have a limited availability of carts due to the need to have one per golfer. The uptick in the number of coronavirus cases in the Bay Area is a concern, because our age group is especially vulnerable to catching the virus and developing life-threatening symptoms. These factors led us to decide that it's best if we postpone playing golf as a group until the pandemic is under control. Some of our members are playing on their own to keep in shape.

We were also scheduled to have our annual barbeque for our club members and their significant others in July but we have had to cancel that as well.

As soon as its safe to golf, we'll let everyone know."

Michael Garb, michaelgarb@comcast.net (650-218-5629) or Rich Castro, rcastro8@aol.com (650-347-8133.)



Share Your Favorites – August Winners

Whatever "Wins Your Contest"

Several Branch One Members *took a few minutes to be silly* and shared their favorite *Whatever* phrases. If you don't see yours below, it will appear in September.

The winning (double) pun (→→) is a standout. "Spin" can mean either drawing out a thread and telling a story, and "yarn" can mean either a long, rambling story or spun thread.

The winners: *Whatever*...

1st Place ...charges your Tesla.

2nd Place ...smokes your jerky.

3rd Place ...dills your pickles.

4th Place ...stuffs your stockings.

→→ **Best Pun** ...spins your yarn.

Risqué ...lubes your libido.



Every one of the entries was amusing in its own way and selecting the winners was at least partly random. The other excellent entries: *Whatever*...

...fluffs your pillow. ...defrosts your freezer.

...starts your fire. ...parts your hair.

...ties your laces. ...fires your pots.

...buttons your shirt. ...swishes your basketball.

...melts your butter. ...grills your grits.

...puffs your pipes. ...tunes your engine.

Please *take a few minutes to be silly* and share your favorite *Whatever* phrases with your fellow SIRs. Send them to JM330@att.net

Read State's SIR Happenings

For current & past issues of STATE SIR Bulletin, go to <https://sirinc.org/newsletters/> (copy and paste into browser).

SIR's Diverse Social Makeup

Major Traits of SIR's Three Generations

The population of the United State comprises seven social groups: Greatest Generation, Silent Generation, Baby Boomers, Generation X, Millennials, Generation Z, and Generation Alpha. All SIRs fit within the first three. Each group has distinct characteristics, which have been studied extensively and clearly documented by sociologists and psychologists. Each generation has changed our society profoundly, mostly for the better.

Greatest Generation, today age 93 and older.

✓ ***Born 1901–1927.***

- ✓ Children or young adults during the Great Depression, when they developed the ability to survive, make do, and solve problems.
- ✓ Primary fighters in WWII when they developed teamwork to overcome problems and make progress.
- ✓ Saved the world and then built a nation.
- ✓ Assertive and energetic doers.
- ✓ Excellent team players.
- ✓ Community-minded.
- ✓ Strongly interested in personal morality and near-absolute standards of right and wrong.
- ✓ Strong sense of personal civic duty, they vote in every election dutifully.
- ✓ Marriage is for life, divorce and having children out of wedlock were not accepted.
- ✓ Strong loyalty to jobs, groups, schools, etc.
- ✓ No “retirement,” worked until death or couldn’t work anymore.
- ✓ The labor-union-spawning generation.
- ✓ “Use it up, fix it up, make it do, or do without.”
- ✓ Avoid debt...save and buy with cash.
- ✓ Age of radio and air flight; the generation that remembers life without airplanes, radio, and TV.
- ✓ Many of them grew up without modern conveniences like refrigerators, electricity and air conditioning.

Silent Generation, today age 75-92

✓ ***Born 1928–1945.***

- ✓ Went through their formative years during an era of suffocating conformity and the McCarthy Era, during which they were “silent” because they decided it was unwise to speak out.
- ✓ Formative years also characterized by postwar happiness, peace, suburbs, television, Rock and Roll, Cars, Mad and Playboy Magazines.
- ✓ Korean and Vietnam War generation.
- ✓ Made the first hopeful drumbeats of civil rights.
- ✓ Pre-feminism women who generally stayed home to raise children; if they worked it was only certain jobs, mostly as teacher, nurse or secretary.

Silent Generation (continued)

- ✓ Marriage is for life, divorce and having children out of wedlock generally not accepted.
- ✓ Men pledged loyalty to the corporation, once they got a job, they generally kept it for life.
- ✓ The richest, most free-spending retirees in history.
- ✓ Avid readers, especially newspapers.
- ✓ Retirement means to sit in a rocking chair and live out final days in peace.
- ✓ The Big-Band/Swing music generation.
- ✓ Strong sense of trans-generational common values and near-absolute truths.
- ✓ Disciplined, self-sacrificing and cautious.

Baby Boomers, today age 56-74

✓ ***Born between 1946 and 1964.***

- ✓ Huge generation; 77 million people.
- ✓ Wealthier, more active and more physically fit than any preceding generation.
- ✓ Criticized often for its excessive consumerism.
- ✓ Two sub-groups:
 1. Counterculture, save-the-world revolutionaries of the 1960s and early 1970s;
 2. Party-hardy career climbers (Yuppies) of the late 1970s and 1980s.
- ✓ Rock and Roll music generation.
- ✓ Ushered in the “free love” and “non-violent” protests that triggered violence.
- ✓ “Me” generation, self righteous and self-centered.
- ✓ Too busy for much neighborly involvement.
- ✓ Strong desires to reset or change common values for the good of all.
- ✓ Most women worked outside the home; first generation to have their children raised in a two-income household where mom was not omnipresent.
- ✓ First TV generation.
- ✓ Accepted divorce as a tolerable reality.
- ✓ Began accepting homosexuals.
- ✓ Optimistic, driven, team-oriented.
- ✓ First generation to use the word “retirement” to mean being able to enjoy life after work and after the children have left home.

The Germ

by Ogden Nash

A mighty creature is the germ,
Though smaller than the pachyderm.
His customary dwelling place
Is deep within the human race.
His childish pride he often pleases
By giving people strange diseases.
If you Dear SIR do feel infirm?
You probably contain a germ!

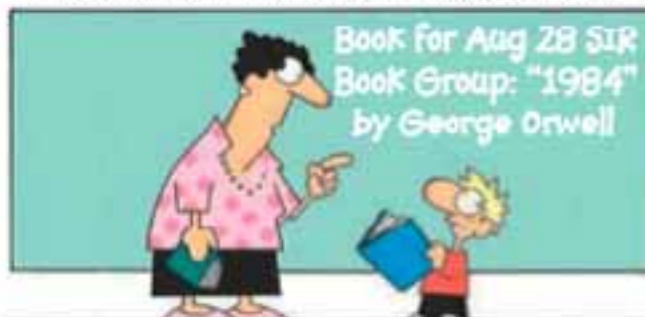
The penultimate line has been personalized. Nash's original read: "If you, my popet, do feel infirm?" Popet (or Poppet) means "an 'endearingly sweet or pretty child,' or 'young girl' in informal British English.



Frederic Ogden Nash (1902-1971) was an amazing American humorist. His short pithy poems with their often unconventional rhyming schemes made him America's best-known writer of humorous verse.

He penned over 500 poems, appearing regularly in the *New Yorker* and in his 19 books. Nash considered himself a "worsifier." Among his best known lines are "If called by a panther, don't anther" and "Candy is dandy, but liquor is quicker". His poems had an intensely anti-establishment quality that resounded with many Americans, particularly during the Depression. Nash was a keen observer of American social life, and frequently mocked religious moralizing and conservative politicians. In the 1950s, Nash focused on writing poems for children, including the collection *Girls Are Silly*.

Hint: One was a Southern State and one was a Border state.



"It's called *READING*. It's how people install new software into their brains."



Profound Question

Describing SIR to Non-SIRs

Recently, when encouraging a friend to join SIR, he asked me to describe the types of men who make up the group. My all-encompassing answer: "SIR includes men who were born and raised in different parts of the county or the world, have different family traditions, varied educational backgrounds, and spent their working life in a wide range of different professions. The veterans served in different branches of the military, achieved different ranks, worked a broad array of assignments and/or fought in different wars. SIR members enjoy a wide range of intellectual interests and hobbies, favorite sports and types of exercise. They come from large and small families and have one, a few, many, or no children. They drive different brands and types of cars (or trucks). Amid all these contrasts, they share at least two attributes: (1) they are determined to make the most of their retirement years, and (2) as part of achieving that aim, decided to become members of SIR. Also, most members are age 65 to 90+.

SIR accommodates and celebrates our shared status, our commonalities and our differences. Amid all this variation, members enjoy gaining insights into the lives and minds of their brother SIRs. This inspires them to think about who they are and to smile at what they've become. SIR's focus is to "Improve members' lives through fun activities and events while making friends for life." Activities are the heart & soul of SIR. They lead to new friendships, the lifeblood of SIR. Our motto is a profound line penned by William Butler Yeats: "There are no strangers here, only friends that haven't met."

Branch 17 Santa Rosa

For most of us in our age group, you will probably remember most of the following words of "bye-gone" days. For those of you that do not remember some of these words, then ask your elders!

Those were the days!!!

I came across this phrase yesterday--'**FENDER SKIRTS**' a term I haven't heard in a long time and thinking about 'fender skirts' started me thinking about other words that quietly disappear from our language with hardly a notice, like '**curb feelers**.'

Remember '**Continental kits**'? They were rear bumper extenders and spare tire covers that were supposed to make any car as cool as a Lincoln Continental.

When did we quit calling them '**emergency brakes**? At some point 'parking brake' became the proper term. But I miss the hint of drama that went with 'emergency brake.'

I'm sad, too, that almost all the old folks are gone who would call the accelerator the 'foot feed.' Many today do not even know what a **clutch** is or that the **dimmer switch** used to be on the floor. For that matter, **the starter** was down there too.

Didn't you ever wait at the street for your daddy to come home, so you could ride the '**running board**' up to the house?

Here's a phrase I heard all the time in my youth but never anymore--'**store-bought**.' Of course, just about everything is store-bought these days. Once it was bragging material to have a store-bought dress or a store-bought bag of candy.

When was the last time you heard the quaint phrase '**in a family way**? It's hard to imagine that the word 'pregnant' was once considered a little too graphic, a little too clinical for use in polite company, so we had all that talk about stork visits and 'being in a family way' or simply 'expecting.'

I always loved going to the '**picture show**,' but I considered 'movie' an affectation.

I miss those made-up marketing words that were meant to sound so modern and now sound so retro. Words like '**Dyna Flow**' and '**Electrolux**' and '**Frigidaire**', introducing the 1963 Admiral TV now with '**Spectra Vision!**'

Some words aren't gone, but are definitely on the endangered list.

The one that grieves me most is '**supper**.' Now everybody says 'dinner.'

Save a great word.

Invite someone to supper and discuss fender skirts!

(Reprinted from many of the internet articles of history)

GOLF:

(Article by Roy Thuestad)



Blue skies
Smiling at me,



Nothing but blue
skies

Do I see...

Come join us
for a fun day of golf.

The place to be is the Bennett Valley
Golf Course - The time to be there is
Monday mornings starting at 8:30.
Hope to see you all out there.

Until next time, Good Golfing,
Roy Thuestad
707-975-4406
roymond@comcast.net

The Poem of the month for September

September

By Dulcetheart

September September
summer is over
the days and nights
are getting ever so colder
school bells are ringing
the wasps have stopped stinging
September September
autumn is coming
the leaves will fall
soon will follow
October November
but for now
we are stuck in
September September

Joke of the Month



Our teacher asked what my favorite animal was and I said, "fried chicken."

She said I wasn't funny but she couldn't have been right because everyone else laughed. My parents told me to always tell the truth. I did. Fried chicken is my favorite animal. I told my dad what happened and he said my teacher was probably a member of PETA. He said they love animals very much. I do too, especially chicken, pork and beef.

Anyway, my teacher sent me to the principal's office. I told him what happened and he laughed too. Then he told me not to do it again.

The next day in class, my teacher asked me what my favorite LIVE animal was. I told her it was a chicken. She then asked me why, so I told her that was because you could make them into fried chicken. She sent me back to the principal's office. He laughed, told me not to do that, again.

I just don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher changed the subject and asked me to tell her what famous person I admired the most. I told her, "Colonel Sanders!"

Guess where I am now, again...

GOLF:

(Article by Roy Thuestad)

And it's a
swing and a miss.



Ooops, that's
baseball.

Come join us
for a fun day of golf.

The place to be is the Bennett Valley
Golf Course - The time to be there is
Monday mornings starting at 8:30.
Hope to see you all out there.

Until next time, Good Golfing.

Roy Thuestad

707-975-4406

roymond@comcast.net

The Poem of the month for October

Old October

By James Whitcomb Riley

Old October's purt' nigh gone,
And the frosts is comin' on
Little heavier every day—
Like our hearts is thataway!
Leaves is changin' overhead
Back from green to gray and red,
Brown and yeller, with their stems
Loosenin' on the oaks and elms;
And the balance of the trees
Gittin' balder every breeze—
Like the heads we're scratchin' on!
Old October's purt' nigh gone.

I love Old October so,
I can't bear to see her go—
Seems to me like losin' some
Old-home relative er chum—
'Pears like sorto' settin' by
Some old friend 'at sigh by sigh
Was a-passin' out o' sight
Into everlastin' night!
Hickernuts a feller hears
Rattlin' down is more like tears
Drappin' on the leaves below—
I love Old October so!

Can't tell what it is about
Old October knock me out—!
I sleep well enough at night—
And the blamedest appetite
Ever mortal man possessed—,
Last thing et, it tastes the best—!
Walnuts, butternuts, pawpaws,
'Iles and limbers up my jaws
Fer real service, such as new
Pork, spareribs, and sausage, too—,
Yit fer all, they's somepin' 'bout
Old October knocks me out!

Joke of the Month



A man was telling his neighbor.
"I just bought a new hearing aid. It
cost me four thousand dollars, but
it is state of the art. It is perfect."
"Really," answered the neighbor.
"What kind is it?"
"Twelve thirty," answered the
man!

Folsom Branch 49

An old man story

I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn because I was taking too long to place my order.

"Take the high road," I thought to myself.

So when I got to the first window I paid for her order along with my own.

The cashier must have told her what I'd done, because as we moved up she leaned out her window and waved to me and mouthed "Thank you," obviously embarrassed that I had repaid her rudeness with a kindness.

When I got to the second window I showed them both receipts and took her food too.



Now she has to go back to the end of the line and start all over.

Don't honk your horn at old people.



Frank Donner—SHLM
Joe LaPilusa
Jack DuBé
* Roy Estep
* Bob Griggs — SHLM
* Frank Reetz
* Bill Staiger— SHLM
* Gordon Vinther
* Ralph Housley

* Deceased



Big SIR - Al Edwards (916) 847-5582

I have an old German beer stein in my office to which I have never paid much attention. On the stein is a man with a stein of beer in one hand and with the other he is holding a string of sausages above his mouth and apparently eating sausage after sausage. Embossed on the stein : "Life is One Damned Thing After Another." A phrase coined in the early years of the last century.

We have all heard the quote but it is as true today as ever. Start with the Covid virus early this year and now a summer of social unrest and California wildfires. Appears we will have an ugly election campaign season. New reports are surfacing that this may be a very active flu season. Just what we need. Life truly is One Damned Thing After Another! As we head into the autumn of the year we need to take care of ourselves and help others whenever possible. We will persevere.

Be safe! Big SIR— Al Edwards



Bob Collier, 78, died September 5th. He had suffered from cancer for several years, and it came back aggressively recently. Bob joined the branch in June, 2012, and volunteered as the attendance co-chair, along with Don Marnach, ever since that time. Here is a picture of him, on the right, with Don at his side, and Jerry Thomas and Bill Mutschler left of Don.

Sir Dan Freeman died on Wednesday, August 26th of a heart attack. Dan was 92 at the time of his death, and had been a member of Branch 49 since November of 1999.

Folsom Branch 49

2020 was the strangest year ever. And it was the most challenging.

I would like to thank Ed Nishio, Tim Hammon, and Jack Dube for working extra hard to make this season a success.

Unfortunately, it does not appear likely that we will have our normal end of the year awards luncheon. We will announce all of the winners online and awards will be given out at future tournaments. (or mailed out)



Currently, the race for player of the year is very close. Chuck Bradshaw has a narrow lead over Jim Miller and Warren Myers. When we determine the winner, we don't want this to be a second Ironman contest. The Player of the year must compete in a majority of the tournaments and they must play well in all of them. After the last tournament at Timber Creek, we will have played 22 tournaments. The person that accrues the most points in their best 20 tournaments will be crowned Player of the Year. Good Luck.

In the Ironman competition, we have 7 players that have competed in all 18 tournaments that we have played. We are going to award prize money to all of the players that will have competed in all 22 of our tournaments. Last week we played at Cameron Park Country Club. It is a beautiful course, it is in excellent condition, and the greens are really fast. If you were unfortunate enough to end up with a downhill putt, it was virtually impossible to stop the ball. I had an unfortunate incident. One hole had a 90 degree dog leg right. I did not hit my drive far enough, I had a shot, but had to keep it low under some trees. *I hit a good shot, it was bouncing along on a good line that was going straight toward the green. However, a flock of turkeys landed just as I was hitting and my ball hit one of the turkeys and stopped well short of the green. I think I should be awarded a birdie on that hole.* I will ask the rules guy. Steve Sims followed me. And, even though I showed him what not to do, *he hit the same shot and hit a different Turkey.*

In the A flight, Frank Haener edged out Chuck Bradshaw and Robert Hedges.

In the B flight, Sil DeLeon edged out Steve Sims

In the C flight, Bill Bertsch was the winner.

In D flight, Ed Puchi was the winner.

I will be sending out information about our winter season shortly.



Branch 59 Fremont



August Speaker

Dr. Ronald Adamson is an Internationally recognized technical expert in performance of zirconium alloys as a component in nuclear reactors.

Received GE's International Power Systems Award (for outstanding individual achievement)

Received ANS Mishima Award (for nuclear materials research)

Received ASTM / Kroll Institute Kroll Medal (for zirconium alloy research and development)

Received ASTM B10 H.R.(Russ) Ogden Award (for technical advancement of reactive metals)

Received ASTM best paper Award (Symposium on Zirconium in the Nuclear industry)

Received ASTM best paper Award (Symposium on Zirconium in the Nuclear industry)

Editor, ASTM's Zirconium Production and Technology: The Kroll Medal

Published over 100 peer-reviewed technical papers on technology of zirconium alloys.

Granted seventeen U.S. patents on materials and components used in nuclear reactors.

Chairman, ASTM Kroll Medal Award Committee.

Contributed two chapters in the book Materials Aging and Degradation in Light Water Reactors.

Conducted Summer School on Nuclear Materials, Halden Reactor Project.

Guest lecturer, UG Berkeley, Nuclear Engineering

Presentation of Super Senior Awards August 2020



Nearly parked illegally. Rob and Rick, going to Dino Montardi's house. Rob reaching for birthday balloons to pass to Rick.



Joseph Jr.'s house. His son at the door. Joseph passed away Aug 4. His 90th birthday was in January.



Dino Montardi's house

August Birthdays



Arthur Winkley
Age 93



Gerald Robinson
Age 88



Don Potestio
Age 85



Robert Hixley
Age 84



Robert Compton
Age 83



Arnold George
Age 81



Donal Spicer
Age 78



Douglas Howd
Age 74



Frederick Kanman
Age 74



John Weed
Age 74



Ken Acres
Age 73



Frank Steiner
Age 73



Check out the revamped SIR Website:

<https://fairsir.org/>

Same name but "New" look

September Birthdays



Joe Markovich
Age 92



Austin Smith
Age 91



Bill Stannard
Age 89



Jim Harrison
Age 84



John Treachet
Age 82



Ned Randall
Age 82



John Gates
Age 81



Jerry Ford
Age 80



Robert Ingberman
Age 80



Stan Peters
Age 78



Victor Wong
Age 78



Howard Elc
Age 77



Andrew Lang
Age 75



Richard Henry
Age 74



Craig Rothbeck
Age 73



Paul Penneally
Age 70



Carl Blincoe
Age 68



Bruce Havelin
Age 67



Tom McCoslin
Age 66



Sammy Lum
Age 66

Branch 59 Fremont



Gordon MacLeod with new Shirt. 90th birthday celebrated in July. Rick Henry presenting Gordon with plaque.



Sirs Delivering age 90 certificates to members during Covid-19 pandemic



Lloyd Anderson 90 in November



Interest in SIR Apparel? Check out the Pro Shop at <https://sir.go.customprintcenter.com/>

Branch 62 Sunnyvale

Bridge

The bridge group played its first game of bridge since the covid-19 isolation started back in mid-March. The game was played on-line using the Bridge Base Online (BBO) app for the game play and Zoom for the player communications.

We were able to have two virtual tables play three rounds of six hands each. Roger Falberg set up the pairings prior to the match.

I thought the on-line play went well considering this was the first time using BBO for some of our players.

If you want to join us, we play the first and third Tuesdays at 1:30pm. Let Roger know ahead of time so he can arrange the player tables. If you want to learn how to register or use BBO, contact Roger or me.

John Dieckman – Bridge Publicist

SIR Branch 62 Sunday Zoom Chat

We have held three Sunday Zoom Chat sessions and will continue to do so EVERY Sunday at 2:00 PM in the future as long as people show up. Check your email or contact me for details. Don't be afraid of Zoom ... you can call in from a Plain-Old- Telephone Service (POTS), a smart phone, tablet, laptop, or desktop computer all with or without video. If you have questions, please feel free to call me.

This is a great way to keep in touch with fellow Sirs.

Heber Shusser 408+769-1851 hebers@comcast.net

SIR Branch 62 Zoom Luncheon

We held our last Zoom Luncheon on August 20th and it was a raving success with 17 members present. We had a great speaker with important information. The technology held up and everyone who joined us was able to participate. The September meeting will also be held on Zoom. Please join us – all are welcome! Watch your email for details.

SIR Branch 62 Zoom BEC Meeting



Bob the Branch
Secretary on
Zoom

We held our first Zoom Branch Executive Committee (BEC) in May. It was a success and will be the norm for the foreseeable future. Remember that you can read the BEC, Luncheon, and Treasurer's report on our web site at <https://sirinc2.org/branch62/> under the Branch Info Tab.

Gene Gillman

1926-2020



We are sad to announce the passing of a dear friend and member of our SIR Branch 62.

Gene passed July 14, 2020. He had been very ill the last two years.

Branch 62 Sunnyvale

18 Hole Golf

18 hole golf persists despite the covid challenge. Masks, social distancing (though some still end up too close to their ball – after they hit it) are the order of the day. Kind of miss the hand shake at the end of the round and my elbows are getting bruised.

Your golf chairman is in charge of October golf. I will be running a club championship this month at San Jose Muni. The prize money will come from the treasury since we have no other use for it this year. Two rounds, low net – 10 is the max score on any hole. I hope the greens are in good shape as those putting skills will have been honed at Seascapes.

2021 membership renewal dues for \$45 are payable in October. Please give me a check made to SIRS. Cash will only be accepted in an envelope with your name on it.

October Schedule

- 5 – Seascapes
- 12 – San Jose – Champ 1
- 19 – San Jose – Champ 2
- 26 – Pacific Grove



Screen shot of our September Zoom Lunch Meeting



SIR Travel – Branch 62

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

Assistant: Roy Jordan (408 735-8765).

The COVID-19 pandemic has disrupted our travel plans, along with all other SIR and Branch 62 activities. Branch 62 trips for 2020 have been cancelled. If the COVID-19 situation improves, we might be able to reschedule our one day trip to the **Chinese Exhibit at Blackhawk Museum - Terra Cotta Warriors**, possibly to January or February of 2021. For the time being, we have abandoned plans for SIR trips to the **Normandy Beaches and Seine River Cruise** in April of 2021 and a **Small Ship Cruise on the Adriatic** in November of 2021. The primary reasons for these cancellations are the cost of insurance for SIR overseas trips and the uncertainty of travel due to the COVID-19 pandemic. We may make plans for these or other trips later, if conditions seem more favorable. Please contact Jim or Roy for more information. There is more travel information on our website branch62.sirinc2.org, including the **Area 11 Travel Bulletin**, which shows trips sponsored by other branches. Any questions, please call Jim or Roy.

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

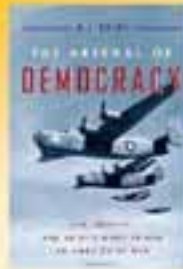
SIR Branch 62 Zoom Luncheon

We held our last Zoom Luncheon on September 17th and it was a raving success with 23 members present. We had a great speaker who shared her experiences as a youngster in Germany during the war. The technology held up and every one who joined us was able to participate. The October meeting will also be held on Zoom. Please join us – all are welcome! Watch your email for details.

Branch 98 Roseville/Rocklin

Guest Speaker Information A.J. BAIME, Best Selling Author

Our program/speaker is **A.J. Baime**, well-known, bestselling author of *The Accidental President*: Harry S. Truman and the Four Months that Changed the World. Previous books include *The Arsenal of Democracy*: FDR, Detroit, and an Epic Quest to Arm an America at War (2014) and *Go Like Hell*: Ford, Ferrari, and Their Battle for Speed and Glory at Le Mans (2009), both of which were optioned for major motion pictures. A.J. is a longtime regular contributor to the Wall Street Journal, and his articles have also appeared in the New York Times, Popular Science, Men's Journal, and numerous other publications. He holds an M.A. in literature from NYU and currently lives in Granite Bay, California. A.J.'s book about Ford & Ferrari is amazing. To sum it up - industry, business, power, egos, dare-devils, death, and victory, intrigue...a never ending series of twists and turns...all battled out on one race track. A.J.'s new book, "*Dewey Defeats Truman*," from the Chicago Daily Tribune, is perhaps the most memorable headline in American political history, and it is the title of A.J. Baime's well-paced book on the 1948 presidential race is getting terrific reviews.



A BIG THANK YOU TO BRIEN HENSLEY

By ROBIN DORIA, Big Sir

Big SIR Robin Doria presenting appreciation plaque to Brien Hensley, for serving on the BEC as Director/ RAMP (Recruitment, Activities, Member relations & Publicity) for the last 3 years and for his significant contributions to our Branch 98.

Brien and Teri are re-locating to Encinitas, a beach community in Northern San Diego County to be closer to both children & grandchildren. Their house sold very quickly and the move is scheduled for August 15.

Brien will be sorely missed and his role as RAMP Director is being taken over by Gary Garner.



LUNCHEON MEETING SEPTEMBER 9

You must have Registered, Contact Jim Gragg

Sir Branch 98 is inviting you to a scheduled luncheon ZOOM meeting on September 9, 2020. If you have already registered with Jim Gragg, you will receive a sign-on link and all you need to do is click on the link and it will take you right to the meeting. If you have not registered yet please contact Jim at (916) 708-5154 and he will help you.

There are a lot of good things happening, we have breakout rooms so if you liked sitting around the lunch table and chatting with friends, here is where it can be done again. Encourage your friends and fellow bocce ball, poker players, golfers, and others to register. We can't meet in person right now but this is almost the same. Check it out.



REGISTER NOW



FREE HAMMOCKS, all over town. It's like a miracle!"



Upcoming Events: SIRS98

Next Luncheon

WE ARE STILL ON QUARANTINE all luncheons are on ZOOM but here is a suggested menu for the meeting **September 9** (virtual menu)

Menu: Roast Beef sandwich on a French Roll w/ Provolone cheese, tomatoes, lettuce Mayo & Steak sauce. Served with Potato salad, Cookie, Water, Ice Tea, and Coffee. (easily done or purchased at JIMMY JOHN'S)



SEPTEMBER Birthdays

- 2 GREG DAVIS
- 2 DENNY HEINTZ
- 4 KENNY BAYS
- 5 RICH NANCE
- 7 RONDOL MOSS
- 8 DON PARKHURST
- 8 RALPH RICK
- 9 CHARLIE AICHELE
- 9 TIM BRYAN
- 11 AL SAVERY
- 12 ED UNDERWOOD
- 17 DICK GOOTEE
- 18 BILL ROTHWELL
- 18 PHIL LANDER
- 18 EARL CHINNOCK
- 19 CARL VANDRIE
- 20 STEVE QUIGGLE
- 20 BOB FRIEND
- 21 TOM WERTH
- 23 KARL ENGEMAN
- 23 BOB SAVAGE
- 26 JOHN LANE
- 27 BRIAN MACADAM
- 28 DAVE TOWNSEND
- 28 STEPHEN SHARP
- 28 DAN KYGAR
- 30 JOHN ELLIS

FLU VACCINE AVAILABLE NOW

BE PROTECTED

This year with the Corona Virus still here, the flu season could be BAD. We have already lost enough people let's not loose more through stupidity or laziness



TWO BAD DUDES

DON'T PROCRASTINATE, VACCINATE

BE SAFE



COVID 19 ONE LINERS

Submitted by Ramesh Thadani

- 🤔 - Never thought my hands will one day consume more alcohol than my liver...ever!
- 😬 - I need to social distance myself from my fridge; I tested positive in excess weight!
- 😞 - We want to publicly apologize to the year 2019 for all the bad things we said about it.
- 🙏 - To all the ladies that were praying for their husbands to spend more time with them... how are you doing?
- 📺 - My washing machine only accepts pajamas...I put a pair of jeans and a message came "stay home"! 🛑
- 😫 - I feel like a teenager... no money in my wallet, hair long and out of control, thinking what to do with my life, and grounded home.

SIR TRAILS – 2020

SIR TRAILS is a Branch 98 walking & hiking activity for members, spouses and guests.

NEXT UP: LAKE NATOMAS TRAIL (Folsom Lake Rec Area)

WHEN: WEDNESDAY, SEPTEMBER 2
Time: 8:30 AM

Where: We'll meet in front of Karen's Bakery & Café located at 705 Gold Lake Dr. in Folsom (set your GPS for that address). Park free on either Gold Lake Dr. or Leidesdorff St.

What: We'll enter our trail off Gold Lake Dr. and hike a manageable dirt and/or paved hiking, jogging and bike trail along the mostly shaded south shoreline of Lake Natomas. There are moderate changes in elevation with great views of the lake and wooded terrain. We'll hike westerly one hour then return the same route.

Expect: Temps in the mid-70s to low 80s; more shade than sun exposure; bring water and wear comfortable shoes made for both dirt trails.

Rules for your safety:

Be healthy and not exposed to anyone sick; wear masks while waiting to start and on the trail; maintain physical distancing at all times.

There will be no social gathering after SIR TRAILS events until physical distancing and safety can be assured.

PLEASE CONTACT ME IF YOU PLAN TO ATTEND:

Alan Ensign, Activity coordinator

aensign3941@gmail.com / 925 407-5335

Future walks & easy hikes (2 hour max):

Future walk (1 ½ - 2 hour max):

9/16 8:30 AM – Details are pending for an easy walk in a central location.*

*Details pending.



Livermore Branch 101

Kayaking

When: 1st Thursdays **Next:** tbd

Where: tbd

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

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

Kayaking is a SIR 101 Approved Activity.

Since re-starting our monthly scheduled kayak trips, we have had two: Moss Landing/ Elkhorn Slough (14.5 miles) and Antioch/ Big Break (11.4 miles). Being more recent, this report will describe the Antioch to Big Break trip.

Eight people signed up for the trip, with five making it after cancelations for health reasons. Antioch was chosen as the starting point, because it is not too distant from Livermore (35 miles), the boat ramp, parking, and restrooms are free, rental kayaks are available, and it is close to interesting Delta destinations. Big Break Regional Park was selected as a destination because Doug Mansur and Dick Ryon had done an exploratory trip there and found it to be good.

Big Break is named for a break in the levee system that flooded an asparagus farm between the San Joaquin River and Dutch Slough in 1928. The break formed a small bay along the river, near the area where fresh water from the river mixes with salt water from San Francisco Bay. The park features a 5,000-square-foot Delta Visitor Center, which operates as a natural history museum, science laboratory, and staging area for paddling and hiking trips along the Sacramento–San Joaquin River Delta. A unique feature is a 1,200 square feet walkable map of the Sacramento–San Joaquin River Delta that shows how water flows through the region.

The Bay Area Sea Kayakers website's Trip Planner predicted a maximum ebb << Kayaking current of 1 mph. It felt stronger, which slowed our progress up-river. Taking advantage of visible eddy-current lines and slower current near-shore, it still took about three hours to get to Big Break, with a rest stop along the way. Once there, we found the forebay to be full of weeds, and the landing spot to be pretty muddy. These conditions were probably due to low tide. We therefore went to a nearby small island with a sandy beach and grassy knoll for a pleasant lunch break.

Doug Mansur departed early back to the starting point because he needed to return a rental kayak. This turned out to be a lucky break, because he was able to see three river otters. He said these otters were a bit smaller than sea otters, will little ears, and were very inquisitive, coming within about 20 feet of his boat. The return trip for the rest of us was uneventful and took about two hours, even with a building breeze in our faces.



Contact Dick for more information.

Paddle and live long, Dick Ryon and Doug Mansur.



Livermore Branch 101

Sir 101 hikes. Photos by Art Hull, Dick Crawford, Bill Leach, Larry Wiley and others Jul-Aug2020.
Remember to Zoom in (Ctrl+) and out (Ctrl-) of all photos.



Turtles basking in the sun



Dave basking in the sun.
Dave checking out the wellhead.



Jeeps basking in the sun.
Jeep graveyard on Tesla.

Wind mills
basking in the
sun.
Wind mills
under con-
struction.



The Town Crower



Creekside Golf Thursday Mornings



Don Reed and Bob Kredit have arranged for 11 tee-times at Creekside Golf Course every Thursday morning. The first time is 7:30 a.m. and the last one is at 9:10 a.m. To determine who gets to play is by first call until 44 places filled. Anyone not given a time is put on a wait list and will get to play the following week.

Bob Kredit 209-672-0326 bkrod8209@aol.com

Members of SIR Branches 103, 143, 144, and 164 can participate for 9 holes, starting at 7:30 a.m. for the first tee time. This is a SIR event, and these are the rules we will follow. Masks are now required inside the building and recommended while on the property. All tee times will be through Bob Kredit as we have been doing. Email, text, call or at check-in, you must have a tee time before coming to the course. Each player must check-in with Bob in the Grill before checking in with the course. Each player will have their temperature recorded by Bob at check in. Temperatures over 100.4 will not play. Bob will also collect your \$3.00. Course rules are in effect. Do not touch the flag. 2 people are allowed to ride in the same cart. No rakes in the bunkers. You may remove your ball from the bunker and continue play keeping the bunker between you and the flag. No penalty. No 5somes are allowed. At the end of 9 holes you must turn in your card to Don in the Grill with 2 signatures. If you play 18, keep a separate card for the first nine. Closest to the Hole will hole #8. Hand sanitizer and wipes will be in the bag. Do not handle the equipment unless you are on the green. There will not be a common pencil provided. Use your own. There will be no gathering and prize pay-out will be the next time we see you. If you play 18, please post your own score. Don will post on the 9 hole scores.

GOLF

This is the new URL for Area 18 Golf:

https://sirinc2.org/public_html/area18golf/

Golf Committee will be meeting soon to see when and if we can start playing and for 2021 schedule. NCGA dues will be collected starting in October. You can mail or deliver them to John Reedy or Bob Kredit.

Travel

By Bill Stires

14 Night Adriatic and Aegean Medley Cruise Aboard The Newest Princess Ship, the Enchanted Princess Including One Pre-Cruise Night in Rome and One Post-Cruise Night in Barcelona Price: Balcony Stateroom \$5,298 per person Double Mini-Suite Stateroom \$5,850 per person Double New Princess Premier Package: • Free Drinks, Wi-Fi, and Gratuities per person .

Princess Premier Options are Subject to Change Without Notice. These prepaid options are a significant savings from what you will pay onboard at the conclusion of your cruise. April 22 – May 9, 2021

Ports of Call ITALY: Rome, Naples, GREECE: Athens, Heraklion, Mykonos, Santorini, TURKEY: Kusadasi, Istanbul, MONTENEGRO: Kotor, SICILY: Messina, SPAIN: Barcelona Tour Features: • Transfers from Modesto/Turlock roundtrip to Airport. • 15 day cruise aboard the Enchanted Princess. • One night hotel stay in Rome and one night stay in Barcelona Including all transfers from airport to cruise ship in Rome and hotel to airport in Barcelona. • All taxes including port taxes Airfare is not included. Rates available in June Approximate \$800.00 Ship is filling up fast don't delay and get in your deposit to hold your spot.

Cancelled Laguna Arts Festival Pageant of the Masters in Southern California July 26-29, 2020 Rescheduled July 25-28, 2021.

Top of Switzerland, Austria, Germany with Oberammergau and the Passion Play is postponed until August 27-Sept. 7, 2022. More details to come in the future.

Due to cancelled trips and postponements, we are looking at some future trips:

Great Smoky Mountains in September 2021 and Holland Tulip Festival in May 2022.

Our annual trips to Reno for Apple Hill in October and Holiday trip to Reno in December are on hold at this time.

Bill Stires 209-544-2684, cell phone 209-988-5445, bstires46@gmail.com

IN THE BLEACHERS



BY BEN ZAEHRINGER



Chico Branch 110



August 19, 1970: For the first time in the 170-year history of the presidential residence in Washington, DC, the American flag over the White House was flown at nighttime, rather than being lowered at sunset. The change in protocol occurred after U.S. First Lady Pat Nixon had learned that it was proper under flag etiquette to fly the banner after dark if it was illuminated by a spotlight, and would lead to a change in the display of the flag elsewhere in the United States.

The Flag Code states it is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag staffs in the open. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.



Piscatology

We have not been able to join for breakfasts due to the Corona virus. Our waitress Dana, at the Cozy Diner sends her love to all the fishing group. At this time indoor dining is not allowed. We will let members know when we can meet again.

Some members have been fishing on their own and doing quite well. We share stories on line. Below is a couple of our guys, Les VanderVelden and Vern Hartman last season, fishing on Antelope lake.



For more information call Bob Weckerle 894-6698 or Bill Colvin 521-7269
(picture courtesy of Bob Weckerlie)

Woodworking

Having more time at home these days, lots of folks are reportedly drawn into their kitchens and doing things like making bread, with some enjoying the pleasure and feel of kneading dough on a floured breadboard.

Woodworking shares a similar allure in that we enjoy the tactile feel of wood, the smoothness of a well sanded piece, the beauty and color of various grain patterns, and even the smell. Wood speaks to us, and makes us want to respond to its calming effect.

The woodworking group did not hold any activity meetings in July, but at home Bill Jemmison has done a bit of work to help one of his sons who is remodeling his own house.

Dill Gebhardt and Mike Lim have been constructing shipping boxes for Project SAVE that will hold an X ray machine to be sent to Africa (See photos). Since its first shipment in 2004, Project SAVE has collected, stored, sorted, inventoried, staged, loaded, and shipped the equivalent of more than 207 twenty foot containers of recycled medical, dental and other supplies estimated at over twenty million dollars to 44 countries.



Ray Rolls designed and constructed a 3/8-scale picnic table "feeder" for birds and squirrels ... although the squirrels have been dominating it so far. The feeder was designed to mount on an existing wood fence.



Travel

Most tours have been canceled but there are a few available.

For information on tours, contact Jose Lopez at 891-6715 or 864-5978.

A Potential Source of Renewable Energy

By Greg Sanger

Mr. Sanger is a member of SIR Branch 84 and is a contributor to their newsletter. He is a former Chico airport commissioner and is the leader of JetChico, which is a non-profit private-public collaboration with the goal of bringing reliable, convenient and efficient commercial jet service to Chico

We often talk of alternative sources of energy (solar, wind, geothermal and wave, to name a few) as being renewable and clean environmentally. We all know that this is partially true. It seems clear that the future of ground transportation will eventually be dominated by electrically powered vehicles, some autonomous, some not, all of which is great. The problem here is air travel and sea travel. No Boeing 767, or any other passenger or cargo liner, is going to cross the Atlantic or the Pacific using battery power. "It just ain't in the cards." Commercial jets use JP-1 for fuel, commonly known as kerosene*. Airliners like these normally use ~6,000 lbs. of kerosene per hour of flight and generate some ~19,000 lbs. of CO₂ in the process, an environmental disaster. Now, suppose somebody developed a technology that could turn that atmospheric carbon back into liquid kerosene? Well, someone has. A dude by the name of Aldo Steinfeld at the Swiss Federal Institute of Technology, has developed a solar powered (heliostat based) refinery that uses cerium oxide (commonly found in the earth's crust and reusable in this application) to make kerosene. Using solar heating, cerium oxide is heated to 2,700 degrees F where it gives off its oxygen into the atmosphere. After this, and as the reactor cools, air including its' water vapor, is injected into the reactor where the cerium sucks back the oxygen and the added CO₂ leaving a mixture of hydrogen and carbon monoxide called "syngas". This syngas is sent to a subsequent reactor where molecules of liquid kerosene are produced likely using Fischer-Tropsch technology. This means that kerosene is being made from atmospheric CO₂, obviously one of the worst greenhouse gasses. Again, the only by-product is oxygen. Here's one way to look at this. Kerosene is used by commercial airliners that send you on your vacation to Europe. The plane uses kerosene manufactured from the CO₂ in the atmosphere and re-releases it back into the atmosphere. This atmospheric CO₂ is then accumulated by a solar refinery where it is converted back to kerosene with only oxygen as a by-product. The bottom line here is that the carbon footprint of commercial airline and cargo service could be zero, yeah zero. OK, there are a couple of small problems. The first is that this kerosene would currently cost about \$9 per gallon. But, though mass production and improvements in the process could get it close to the current cost of \$5.50* per petrochemical gallon. Also, one would have to have a solar refinery about the size of Illinois to manufacture enough kerosene to supply all the aircraft in the air today. This would obviously be distributed around the globe but still, a lot of solar collector. Sounds ridiculous? Only if you don't understand that solutions such as this and at this magnitude are needed to get global climate change back under control. Can we do it? Yes, but will we?

*Editors Note: Jet fuel is actually more refined kerosene. As of September 7, 2020 the average price of kerosene around the world was \$2.55 per gallon while jet fuel, depending on grade and location could be well over \$5.00 per gallon.

Chico Branch 110

TWO STORIES October 2020 By Dave Rush and Greg Sanger Sometimes a story or two comes along that is just too good not to share with everybody. These two stories, which were forwarded by Dave's neighbor, are very powerful and worth the time you will spend reading them. As both are true in essential details, they lead the reader to some enlightenment and alternative perspective on subjects that we think we know about. I hope you enjoy them as much as we did. **STORY ONE** Many years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder. Capone had a lawyer nicknamed "Easy Eddie." He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time. To show his appreciation, Capone paid him very well. Not only was the money big, but Eddie got special dividends, as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all the conveniences of the day. The estate was so large that it filled an entire Chicago City block. Eddie lived the high life of the Chicago mob and gave little consideration to the atrocity that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had clothes, cars, and a good education. Nothing was withheld. Price was no object. Despite his involvement with organized crime, Eddie even tried to teach him right from wrong.

Eddie wanted his son to be a better man than he was. Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example. One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify wrongs he had done, so he decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some resemblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified. Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a crucifix, a religious medallion, and a poem clipped from a magazine. The poem read: "The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still."

STORY TWO World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare. He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific. One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tanks. He would not have enough fuel to complete his mission and get back to his ship. His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet. As he was returning to the mother ship, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way toward the American fleet. The American fighters were gone on a sortie, and the fleet was all but defenseless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do. He must somehow divert them from the fleet. Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent. Undaunted, he continued the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many enemy planes as possible, rendering them unfit to fly. Finally, the exasperated Japanese squadron took off in another direction. Deeply re-

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lieved, Butch O'Hare and his tattered fighter limped back to the carrier. Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had, in fact, destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of WW II, and the first Naval Aviator to win the Medal of Honor. A year later Butch was killed in aerial combat at the age of 29. His hometown would not allow the memory of this WW II hero to fade, and today, O'Hare airport in Chicago is named in tribute to the courage of this great man. So, the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2. SO, WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER? Butch O'Hare was "Easy Eddie's" son.



September 17, 1970: The Flip Wilson Show premiered on NBC as the first TV variety show to be hosted by an African-American, comedian Clerow "Flip" Wilson. During its first two seasons, its Nielsen ratings made it the nation's second most watched show.



September 21, 1970: Monday Night Football made its debut on ABC, bringing a prime time NFL game to American audiences on a regular basis for the first time. In the opening show, the Cleveland Browns defeated the New York Jets, 31–21, in front of more than 85,000 fans at Cleveland Stadium.

October 21, 1970:

John T. Scopes died of cancer at age 70.

John T. Scopes was the young school teacher caught up in the infamous 1925 "Monkey Trial" over the teaching of evolution in Tennessee.

In 1925 Tennessee had passed the Butler Act, prohibiting any teaching that denied the divine right of God. However, the state required teachers to use the assigned textbook, Hunter's Civic Biology (1914), which included a chapter on evolution. The American Civil Liberties Union asked Scopes to be the test case in court. William Jennings Bryan was the lead prosecutor and Clarence Darrow led the defense. Scopes was eventually found guilty and fined \$100 (Roughly \$1,460 in 2020). On appeal the State Supreme Court acquitted Scopes on a technicality. The trial did much to publicize the theory of evolution in America. The Butler Act itself wasn't appealed until 1967. Scopes disliked the publicity and eventually left teaching to work in the oil industry.

October 30, 1970:

Amtrak, the National Railroad Passenger Corporation, was created as an independent, government-subsidized corporation to revitalize public train travel.

Branch 152—Arnold

NORTHWEST PASSAGE - Dave Baugher



The dogwoods and maples planted at our house showed their fall hues as we pulled into the driveway. When we had left three weeks earlier, the yards and trees were still in their verdant green hues of the forests. The adventure was a long road trip up into the northwest areas of our country to check out some remote sections of Washington State. You might ask, “Didn’t Dave just hike across the Oregon State, so what’s he up to now?” Well, let me clarify it for you.

During July, I hiked along Oregon’s stretch of the Pacific Crest Trail from the California border, near Ashland, to the Oregon/Washington border at the Bridge of the Gods on the Columbia River. In previous years, Luann and I had traversed Oregon, stopping at those locations where the PCT comes close to roads, towns, forests, and parklands. These trips allowed us to see those areas before I was to backpack through them in the future. Our September trip was a similar familiarization venture. Washington was a fascinating state with volcanos and endless forests. Here are some of the highlights from the trip:

- Cascade Locks is a city that took its name from a set of locks built to improve navigation past the Cascade Rapids of the Columbia River in 1895. The town is just upstream from the Bridge of the Gods, a unique bridge that spans the Columbia River. Cascade Locks is used frequently by hikers along the Pacific Crest Trail (PCT) to cross the Columbia River. Here we spent a morning successfully fishing for king salmon in the Columbia River, bringing three back to camp.
- Mount St. Helens is most notorious for its major eruption on May 18, 1980, the deadliest and most economically destructive volcanic event in U.S. history. We took a 12- mile hike around the mouth of the horse-shoe crater, even encountering a herd of mountain goats! The volcano is easily seen from the PCT as it meanders by to the east.
- Mount Rainier National Park is about 59 miles south-southeast of Seattle. With a summit elevation of 14,411 ft, it is the highest mountain in the state of Washington. Due to its high probability of an eruption in the near future, Mt. Rainier is considered one of the most dangerous volcanoes in the world. With 26 major glaciers and 36 sq miles of permanent snowfields and glaciers, Mount Rainier is the most heavily glaciated peak in the lower 48 states. The PCT goes through the park on the eastern side, though Luann and I hiked the Skyline Trail on the southern flank. Undoubtedly one of the most beautiful areas I have seen during my travels.
- Stehekin is a remote small town located at the northwest end of Lake Chelan. The name “Stehekin” comes from a Native American (American Salishan) word meaning “the way through.” It is reachable by passenger ferry (the Lady of the Lake), but there is no road access to the town. Stehekin is accessible from Washington Pass via the Pacific Crest trail, and this will be the last civilization for the hiker until finishing the journey at the U.S./Canadian Border.

What’s next? Well, October usually finds me up in our local woods looking for mushrooms and fishing the cooling lakes. These trips take me into some fascinating areas steeped with local history, especially where there are early homesteads still standing here in Calaveras and Alpine Counties.

Cigar Conclave 3.0

With 2 gatherings under our belt and before the weather turns cold and wet, we have scheduled our 3rd Cigar Conclave for October 6, 2020.

And, continuing our effort to establish some activities during the current COVID-19 restrictions Arnold SIR will hold its 3rd Cigar Conclave on **October 6th from 4:00pm to 5:30pm** at the home of Jim Walton.

The address is **2176 Manzanita Drive** in the Pinebrook Subdivision of Arnold. Note: parking is a premium – tandem in the drive or along the roadside.

Also note the time is ½ hour earlier.



The following restrictions will apply:

- No Congregating – 6' Physical Distancing to be observed
- Bring your own cigar(s)
- Bring your own beverage (including a glass or cup as necessary)
- Bring your own snack if you so choose
- No beverage or food sharing.

RSVP is required by October 5th. RSVP by replying to jwalton2176@comcast.net. This is necessary in order to arrange chairs for proper physical distancing

Lake Tahoe Branch 160



Big Sir's Salutations.

Dear fellow brothers of SIR,
This is a story of 30-year-old
friends who had a reunion and
were discussing where they

should go for dinner. Somebody suggested that they meet at the Glowing Embers Restaurant because the waiters and waitresses there are young and beautiful. They all agreed. Fifteen years later, at 45 years of age, they met and discussed again where they should have dinner. Somebody suggested the Glowing Embers because the food and wine selection there are very good. They all agreed.

Another fifteen years later at 60 years of age, they once again discussed where to meet. Somebody suggested the Glowing Embers because you can eat there in peace and quiet and the restaurant is smoke free. They all agreed. Another fifteen years later, at the age of 75, the group discussed again where they should meet. Somebody suggested that they should meet at the Glowing Embers because the restaurant is physical accessible and they even have an elevator. They all agreed.

Finally, fifteen years later at the age of 90, the same group of friends discussed one more time where they should meet for dinner. Somebody suggested that they should meet at the Glowing Embers because they had never been there before. And they all agreed.

Since our August meeting at the Mormon Station seemed to go well and we were able to social distance, our meeting on September 28th will be there again. I look forward to seeing all of you.

I pray everyone is doing well and "weathering the storm!"

Kind regards,
Jim



At Silver Oak Golf Course, a new club champion emerged for Sir Branch 160. Joe Carmona, fired a wonderful round of 81, for a net 63, to take the club championship honor." CONGRATULATION, JOE



Our new, and second time winner of the Heldemann Cup, Green Hat and Trophy, is John Gerard, Congratulations, John for this great performance. Of course, Marshall McCurdy and Johnny Meyers had an equally outstanding day. You are all "Heldemann Cup" winners in my book!

Lake Tahoe Branch 160



PDS Skip Hempler on the left receiving a Certificate of appreciation from the State President, presented to him by our Big Sir Jim Bellstein for serving as the Big Sir of Branch 160 for 2019

BEC meeting in August at Mormon park in Genoa



August meeting held at the Mormon park in Genoa, NV General membership



DON'T ASK ME TO VOLUNTEER!

I'd like to belong to your Organization

*I'm willing to pay the dues,
I'll come to the meeting, devour the
lunches
But ask me to work?.....you'll lose!*

*I'm fond of Golf, Bowling
and parties,
I'll come to all those with good cheer
But serve on committees
Ah NO, I cannot volunteer!
You see.....*

*My wife's cat had kittens
My dog has the measles
And I hurt my leg last year getting out
of a golf cart!*

*So I'm not in condition
To volunteer
PLEASE don't ask me to volunteer.*

Bakersfield Branch 163



Sir Don Waln



Sir Lee Moy, Area Governor and Sir Dave Fabrizio, Big Sir



First gathering of the Golden Empire Branch 163 Bakersfield since February

The *Great* Guys of SIR Branch 163 Bakersfield



Sir Jim Smith,
Membership Chairman



Sir Dave Fabrizio
Big Sir



Sir Morris Taylor,
Secretary



Sir Keith Montgomery,
Sunshine Chairman

Bakersfield Branch 163



Membership Check-in by Sir Dean Hatfield



Check-in Crew: Sir Jim Smith 50/50 Drawing
Sir Ron Schilling, Treasurer & Sir Dean Hatfield



Big Sir, Dave Fabrizius



Sir Gary Corbell, House Chairman



Sir Dean Hatfield shooting the
temperature of Sir Mike de Contreras



Sir Ron Schilling,
The Money Man

Branch 163

First gathering since the virus. BEC approved, gloves, masks, social distancing temperature checked. Plenty of great food!

Bakersfield Branch 163



Sir Jim Smith,
Membership Chairman



Dave's Rooster Mask



Hodel's Entrance w/ AG Lee Moy



Sir Woody Allen, Golf Chairman
Sir Keith Montgomery, Sunshine

Branch 163 BEC

15 October 2020

Hodel's
Restaurant

Photos by
AG Lee Moy



Sir Dave Hatfield "shooting"
Sir Jim Smith



Sir Gary Corbell, House Chairman & Sir Dean Hatfield Chaplin



Lt to rt: Sirs Schilling, Taylor, Weigelt, Fabrizius

SIR Branch 169—Gateway “Getting into the *swing* of things”



AG Lee Moy
State SIR Sports

Fresno Branch 175



Fresno Branch 175



Membership Howard Jones
Gerald Stoltenberg



Nominating Tom Lean



Left to right: Bob Spain, Howard Jones, Gerald Stoltenberg, Activities Fred Ketcham, Little SIR Ron Rayburn, Secretary Paul Dean, Big SIR Rob Saulsbury, Marshall Goodwin, Tom Lean, Don Laines



Meryl Knapp



Fresno's Finest

Branch 175

BEC Meeting

Yosemite Falls
Restaurant

Photos by
AG Lee Moy



Golf Don Laines

Windsor Branch 176

At a recent golf outing, Frank brought a fire hydrant, Chris brought his "Birdie Flask" and Howard brought his thirst! Sadly, no birdies were recorded.



Chris Roach – Friendship Report

Friendship: Happy to report no sympathy or get-well cards needed to be sent! Stay safe!



Sister Mary Holy Water says, "Wear that Mask too, or else!"

Please notify me if any of our members or their wives should receive a get well or sympathy card, and I will be happy to send them one. I can be contacted at (707) 490-8510 or Chrisroach@sbcglobal.net

Windsor Branch 176

Little SIR – Frank Treanor Greetings Hope this finds you all well and in good humor. A good laugh every day like some other bodily functions just makes you feel better. Not much to report, playing a little golf and the Big Sir had a BEC meeting this morning via Zoom. Phil Anderson did his usual job of accurate minutes. Any questions give one of us a call or email. Yesterday, I did a tour of the fire zone with our Deputy Chief. Destruction in some areas is total, mostly grass and timber land, but too many homes as well. Surprisingly, in some cases the fire spread to homes because of the bark material used as landscaping, firefighters call it gorilla hair, embers get into it and the fire goes where the wind takes it. Current area of interest is around Calistoga Road and Sharps Road. Difficult terrain for dozers and firefighters and if the wind picks up front page news. Keep the firefighters and the people effected in your prayers. The firefighters are doing a hell of a job in difficult circumstances. Attached is a picture of the cross on the mountain behind the Skyhawk and St Francis areas, it was fading away because the person who created it had passed away, but now with the charred hill, its contrast has come back. Be SAFE



Frank



Senior Center Activities

Link to Senior Center Newsletter

<https://www.townofwindsor.com/DocumentCenter/View/24376/SEPTEMBER-2020-PDF>

Activities Temporarily on Hold

Tuesday Coffee Soon – Gary Jensen

Thursday Bocce Ball - Stewart Morgan Thursday Poker

Rooster Garden

The Corn was harvested and replanted. Bean and Tomato planters are awaiting a Fava Bean cover crop planting.

We will be having coffee tomorrow 10/6 at 9am

John Crooker is inviting you to a scheduled Zoom meeting. Join Zoom Meeting

<https://us02web.zoom.us/j/87646748143?pwd=U2ZzY0JSNkVmTUx6QmFBaWR1aFArUT09>

Meeting ID: 876 4674 8143

Passcode: 953517

See you then!

John

SEPTEMBER 2020 CONSUMER TIPS

NEW COVID-19 PANDEMIC DEVELOPMENTS

❑ **The Sniff Test:** Guests hoping to check into any of the Velas Resorts in Mexico these days will first have to offer up their foreheads to have their temperature taken. Then they'll be presented with a scented sachet. It's not a welcome gift; it's a test. Sniff and identify: Is that garlic, coffee or citrus? The sensory check, part of the chain's extensive new "Stay Safe with Velas Program," is intended to detect probable cases of COVID-19, the hotels' management has announced. Velas based the safety requirement on British research. "In a recent study by King's College, London, it was revealed that there are six distinct 'types' of COVID-19, each distinguished by a particular set of symptoms," the statement said. "Across all six types' there was a consistent symptom: loss of smell." Guests won't be the only ones taking sensory tests. All employees at these Los Cabos, Puerto Vallarta, Riviera Maya and Riviera Nayarit resorts will be required to do the same, both at home before departing for work and upon arrival. Other stringent safety protocols are outlined in a 15-page Velas manual based on World Health Organization and Mexican government standards. ¹

¹ Source: Valley Times, Aug. 24, 2020 edition.

❑ **Proper Face Mask Fit:** We see a lot of people donning face masks but leave their nose uncovered. This is improper. University of North Carolina found that the nose is more prone to Covid-19 infection because there are more cellular docking sites located in the nasal cavities. One professor calls the nose the "Grand Central Station of viral infection." Covering your nose will afford some filtration and, therefore, some protection against Covid-19 virus infection.

GENERAL CONSUMER TIPS ITEMS

❑ **Beware of "Deals!"** This was seen on both TV media advertising and on a online 'special' just last week: Online and on a TV ad - **MY FOLDAWAY FAN by Bell & Howell. Rechargeable Fan Ultra Lightweight Portable Compact Extendable** . " 2 payments of \$19.99 + shipping & Handling. The Amazon Prime price for this very same item is just \$29.95 and free shipping for Prime Members. This is a savings of \$10+

❑ **Steam Option on Washing Machines:** One of the optional features on high end washing machines is a Steam Cycle meant to deep-clean and sanitize the load of clothes. Per a recent issue of Consumer Reports, they say this is not a good option to purchase. They can use up to 600% more energy and increase the amount of water by 18 more gallons used. Yet, for all of that, CR tests show no improvement in stain removal or washing capability.

❑ **Home and Auto Cleaning Tips** Google or search 'how to clean' basically anything, and you'll likely get results that suggest using distilled white vinegar. Diluted with water to about 5 percent acidity, distilled white vinegar is hailed as a natural non-toxic cleaning marvel, killing bacteria, dissolving hard-water deposits, and cutting through grime at a fraction of the cost of brand-name cleaning products. But don't believe all the hype. "There is a common perception that vinegar can clean everything, but it isn't the catchall ingredient that you might think it is," says Brian Sansoni, senior vice president of communications at the [American Cleaning Institute](#).

Distilled white vinegar is good at [descaling your coffee maker](#) and [leaving windows streak-free](#) because "the acid reacts with the organic chemicals in stains and dissolves them away," explains Joe Glajch, a chemist and owner of JLG AP Consulting in Nashua, N.H. "But just as it eats away at coffee stains, imagine it doing the same thing to other surfaces in your home." Here are nine instances where you should skip the vinegar and grab a different cleaning agent for the job. In most cases, that's going to be a product formulated for that specific purpose. For more cleaning tips (including easy, green cleaning solutions), pick up a copy of [CR's book How to](#)

Consumer Tips

Clean Practically Anything.

Clothes Iron: Using vinegar to clean the inside of your iron can corrode the heating element and permanently damage the inside of the appliance. Most steam irons have a protective coating inside the chamber, but acid can gnaw away at that lining and then the metal parts are next. The best way to clean an iron really depends on the model you have. We spoke to Rowenta, the largest manufacturer of irons, and were told there's no universal method. Your best bet is to read your iron's manual and follow the cleaning recommendations.

Countertops: If you want to keep your stone countertops looking beautiful, don't reach for vinegar. The acid etches and dulls natural stone such as granite, marble, and soapstone. It can make them lose their shine and cause pitting or scarring. Instead, we recommend wiping down these types of countertops with a sponge or dish towel dipped in mild detergent. Use only plastic scrub pads to remove stubborn spots.

Dishwashers: You may have heard that running a dishwasher with a bowl of vinegar in it will help get rid of hard water film and lingering odors. Some people even use vinegar as a rinse aid. CR's testers have tried it out in our dishwasher lab to see if vinegar could remove water film. "It didn't do a thing," says Larry Ciufio, head of the dishwasher lab at CR. "It was perhaps better than nothing back in the day, but there are specially formulated dishwasher cleaners today that work really well." Ciufio recommends using a dishwasher cleaner, such as those from Affresh or Finish, to remove hard-water film. Not only is vinegar ineffective at getting rid of water spots, but dishwasher manufacturers, including Electrolux and Bosch, warn that the acetic acid can eat away at the rubber parts in dishwashers. "There are dozens of rubbers out there with different chemical compositions, some of which react with vinegar and some that do not," says Glajch. "If you don't know what kind of rubber is in your appliance and the manual doesn't say you can use vinegar, then don't."

Electronic Screens: Vinegar's great at leaving windows streak-free, but never use it on an electronic screen like that on our computer, Smartphone, tablet, vehicle touch screens or home TVs. "Vinegar can damage a screen's anti-glare properties and even make a touch screen less responsive," says Antoinette Asedillo, an electronics product tester at CR. Use a soft sponge or cloth dampened with plain ole water instead. For stubborn spots, try a solution of dish soap highly diluted with water, applied to the cloth and not to the screen itself. (As a guideline for how much soap to use, Panasonic recommends a 100:1 ratio of water to soap.) **Note:** *Recently, after shopping at Trader Joe's, I used one of their sanitizer wipes to wipe down my hands after reentering my car. Then I used it to wipe down the controls I normally touch in the act of driving the vehicle. This included the touch screen on the Infotainment Center Screen. This sanitizer removed a portion of the anti-glare coating on this touch screen! The resulting glare now makes the screen more difficult to see in bright sunlight.*

Flooring: Many flooring manufacturers, including Lumber Liquidators, warn against using vinegar to clean your hardwood floors. Some will even void the warranty if there are any signs that vinegar was used. Diluted vinegar can dissolve the finish that protects the wood and leave it looking cloudy, dull, or scratched. (The same goes for wood furniture.) Follow the manufacturer's cleaning recommendations or pick a cleaner that's made specifically for hardwood flooring. If you have stone tile flooring, you'll want to skip the vinegar, too. See "Countertops," above.

Knives: You want to keep vinegar away from metals. Tools with exposed edges, like [kitchen knives](#), are especially vulnerable. Not only can vinegar damage the finish on knives, but it can also leave the knife's edge pitted, warns Jim Nanni, head of appliance testing for CR. Other common metals in the kitchen that you should keep away from vinegar include aluminum and copper. The best cleaning option is dishwashing liquid and warm water.

Ranges: Vinegar won't necessarily damage your [range](#) or [cooktop](#) (the metals in ranges are typically coated in enamel and smooth cooktops are made of glass), but if it's a greasy mess you're looking to clean, vinegar simply won't cut it. "Acids make for lousy degreasers," says Glajch. "Instead, opt for an alkaline cleaner, like ammonia or Borax."

Consumer Tips

Small Appliances: The plastic and glass surfaces on most small kitchen appliances, such as blenders, coffee makers, and toasters, are safe to clean with vinegar, but you want to avoid any rubber parts or metal that vinegar can corrode. This includes stainless steel. “There are different grades of stainless steel,” says Nanni. “The lower-quality ones are often used for small appliances and less resistant to rusting, which can be spurred on by acid.”

When in doubt, use diluted dishwashing soap instead. Get more advice on how to clean your small appliances.

Washing Machines: Vinegar is sometimes used as a fabric softener or for getting rid of stains and odors in laundry, but as with dishwashers, it can damage the rubber seals and hoses in some washing machines to the point of causing leaks. It’s a problem that Steven Grayson, owner of Foothills Appliance Service in Wilkesboro, North Carolina, sees fairly frequently: “With continual use, vinegar can literally melt hoses, causing leaks and thereby possibly all kinds of additional damage to the house,” says Grayson. In his experience, front-load washers are especially susceptible to vinegar-related damage. Plus, it may not even be doing much. “Vinegar isn’t very useful with stains that have already set into clothing, including food stains and bloodstains,” says Sansoni. Consumer Reports’ recent tests of laundry stain removers reveal products that are great at removing tough stains, and you don’t have to worry about any of them melting the rubber in your washer.²

² Source: Consumer Reports, past issue

❑ **Keep Ziploc Closure Channels clean for good sealing:** Most people simply fold the top opening over onto itself to form a rolled-over, inside out collar to avoid contamination of the sealing grooves in the Ziploc closure while filling the Ziploc bag with wet food items or immersed in sauces and dressings. An alternative method is to take a clean plastic bag of similar size and cut it in half so that you now have two ‘bags’ with open tops and bottom on one and 3 sealed sides on the remaining bag. Cut the bottom closure of that 3-sided sealed bag so it becomes open at top and bottom, as well. Now use either of those 2 cut up plastic bags to slip into the mouth of an open Ziploc to use as a collar to protect the inside top areas of the bag you are filling and sealing. This will ensure a clean closure strip for good sealing.

❑ **Keeping the Bottom Track Clean on Sliding Glass Doors and Windows:** Use a vacuum cleaner keep dirt and debris out of the bottom track. If there is debris caked or trapped in this track, use a nylon bristle brush and a mild soap solution of dishwashing detergent to clean the track. When finished cleaning, dry with a cotton towel to avoid attracting future dirt and debris. This ensures smooth operation of your sliding glass windows or doors.

❑ **Fungal Toenail Maintenance:** If you have toenail fungus, hand filing of the hardened, misshapen toenails can be a painstaking exercise. A much more efficient and faster method is to employ an electronic toenail pedicure tool that can easily and precisely grind down and smooth over any hard toenail buildup. The Amope Splashproof Electronic Foot File Foot Spa Pedicure Tool Callous Remover-Pedi Perfect Advance 2 Speed unit. This one is from Amazon for just \$20 and it works really well: <https://tinyurl.com/y6eds6rz>. You will save time and have a much easier experience in the trimming of your toenails.

PERSONAL CYBER SECURITY

Phishing Attempts to secure your private information: Scam of the Week: “Are you human?” New Attack Uses a CAPTCHA as Camouflage. **Have you ever found yourself staring at a wobbly letter trying to decide if it is an X or a Y, just to prove to a website that you’re not a robot? This funny little test is called a CAPTCHA and it is used to help prevent automated malicious software, known as “bots”, from accessing sensitive information. Unfortunately, cyber-criminals are now using CAPTCHAs as a way to make their phishing scams seem more legitimate.**

In a recent Netflix-themed attack, scammers are sending a phishing email that claims “your payment did not go through and your account will be suspended in the next 24 hours”. To resolve the issue, you’re instructed to click on a link in the email to update your information. If you click the link, you’re taken to a CAPTCHA page.

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Once you pass the CAPTCHA, you're redirected to an unrelated webpage that looks like a Netflix login page. Here you're asked to enter your username and password, your billing address, and your credit card information. Don't be fooled! Anything entered here is sent directly to the cybercriminals.

Remember these tips: Phishing emails are often designed to create a sense of urgency. In this case, "your account will be suspended in the next 24 hours"! Think before you click, the bad guys rely on impulsive clicks.

When an email asks you to log in to an account or online service, log in to your account through your browser and not by clicking the link in the email. That way, you can ensure you're logging into the real website and not a phony look-alike.

Remember, anyone can create a CAPTCHA webpage, so don't fall for this false sense of security.

Source: KnowBe4 Scam Blog

FOOD SHOPPING TIPS

❑ **Fresh Cucumbers:** When shopping for fresh cucumbers, look for the plastic shrink-wrapped "English Cucumbers." These will be a bit higher in price but they will keep so much better without spoiling and there is a lot less internal water because they are 'seedless.' They are wrapped with shrink-wrap plastic because their skin is very thin and fragile.

❑ **Country of Origin Food Safety:** Always check all food for their country of origin. By law, all food products sold in the U.S. must state the country of origin. However, we all know that food packaging, handling, and growing practices are not of equal safety among all nations.

• Foods to avoid from China due to poor sanitation, food/agriculture laws and packaging practices: **Watermelon, Farmed Cod, Garlic, salt** (heavy metals), **Rice Noodles** (Unfortunately, the factories that produce rice noodles have been known to use sulfur dioxide. In theory, the chemical helps the noodles appear "fresh". In practice, however, sulfur dioxide has been linked with cancer. Stay away from this harmful chemical and try to find a source for your noodles that's a little closer to home.), fresh or dried mushrooms (Beyond being filled with harmful chemicals, imported mushrooms are also sprayed with preservatives to appear fresher. Food inspectors have found many problems with mushrooms imported from China over the years.), **Rice** (Many rice factories in China include a synthetic resin in their rice. Not only are you basically eating plastic, but the chemicals included in the resin are known to cause cancer. If you don't want to eat plastic rice, try to find a brand that isn't made in China.), **Shrimp** (As with other seafood items from China, imported shrimp shouldn't be at the top of your grocery list. A few years ago, the Institute of Environmental and Human Health food lab at Texas Tech University studied different bags of shrimp bought from different stores around the US. At the conclusion of their study, they reported that every sample was contaminated with enrofloxacin, chloramphenicol, and carcinogen nitrofurazone. Each of these substances is available in antibiotics that are illegal in the US. Due to the conditions in China, the shrimp are exposed to all of them. Consequentially, anyone who buys the shrimp then ingests those substances. **Tilapia** (Tilapia may grace your table more often than cod, but this fish isn't any safer if it's coming from China. Much like cod, tilapia sit in tiny tanks teeming with fish. The water in the tanks is full of toxic chemicals and other damaging substances that you never want to put in your body. If your fish is imported from China, don't buy it. Before they end up on your dinner plate, the fish have spent their lives soaking up the chemicals around them. They're perfectly primed to pass those chemicals to you, so shop with care if you're planning a seafood-themed dinner.), **Canned Peaches** - it's not what's inside the product that makes these Chinese goods dangerous—it's the can that they come in.), **Canned Tuna** (Much like canned peaches, canned tuna from China is known to come with a significant amount of lead hidden in the metal of the can. Believe it or not, that's not the only reason you should avoid imported canned tuna. In addition to the dangers of lead poisoning, canned tuna includes many of the harmful substances found in other fish exported from China. The fish farms are filled with pollution and toxic chemicals, and the fish are largely fed on a diet of animal waste. Each of those substances then finds its way into your can, threatening your health each time you buy

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a new supply. Oil (While not all oil from China is tainted, the lack of security precautions and food safety laws make it far too easy for Chinese manufacturers to sell disgusting products. Their actions with oil are especially egregious. A while back, a massive food company in China decided to take used oil from restaurants, filter it, repackage it, and sell it as new oil. If you're buying oil from China, you might be purchasing recycled oil that has been "cleaned," rather than new oil. Since you don't know where that oil has been, it's better to be safe and purchase oil not exported from China.), Soy Sauce (Unfortunately, soy sauce imported from China is known to have 4-Methylimidazole, a cancer-causing chemical. While this chemical isn't in every soy sauce bottle, it plagues over 25% of all the soy sauce that comes out of China. If you want to keep your favorite condiment in your kitchen without fear, don't purchase a bottle that comes from China.)³

³**Summary of excerpts from Medical-News.org.**

FOOD AND CULINARY TRENDS IN BAY AREA

□ Ghost Kitchens – The Latest New Development in the Food Service Industry.

A revolution in the restaurant and commercial food service business has been underway during the last few years but has accelerated tremendously with the arrival of the Covid-19 Virus. Isaac Yosef the owner of Frena Bakery & Café, a Kosher eatery in San Francisco, was in Israel when the shelter-in-place was suddenly implemented. He immediately flew home to find an empty establishment. He knew he had to do something. Fast. Downtown was dead," Yosef recalls. "Half of our business was corporate catering and that was gone, too. We quickly

decided that if people can't come to Frena, Frena will come to them." During the pandemic, pop-ups and other forms of geographic outreach are becoming an essential way for established San Francisco chefs to reach customers outside the city. Some, like Frena, drive a van to corners across Northern California. Others, like China Live's George Chen, have opened ghost kitchens - commercial kitchens for delivery-only fare - from Berkeley to Belmont, so loyal customers who used to drive into Chinatown for his dumplings can enjoy them in the comfort of their homes. The tactic is not new. Before opening a brick & mortar establishment, Yosef and his partners cooked their kosher dishes in a commercial kitchen and popped up in San Francisco and around the South Bay. But this roadshow is different, with a rigorous weekly schedule - frenabakery.com/weekly-schedule - that clocks hundreds of miles. At night, they bake and prep everything from falafel mix to pizza babkas, pack up each morning and head to Chabad centers and other gathering places, hitting three to four cities per day. On Wednesdays they're in San Mateo, Menlo Park and Palo Alto; Fridays in Oakland, Walnut Creek and Pleasanton, often in little to no traffic. Yosef says the response has been amazing and that it currently accounts for the bulk of their business. We now have customers that have never been to the Bakery! He says, "We are lucky to have this supportive community and not have to rely on tourists and business professionals in San Francisco."

Last week, they went to Morgan Hill, Santa Cruz and Monterey for the first time. On Fridays, Frena synchronizes its stops with the Richmond District's Hummus Bodega and Walnut Creek-based Afugã Coffee so customers can have creamy, authentic hummus and lattes to go with Frena's freshly baked pita and chocolate babka. This little culinary pod, at first unexpected, is now a pandemic mainstay, tucked into the suburbs, of all places.

Famed George Chen considered the food truck model as a way to curb lost revenue during the the pandemic. But it wasn't the right fit for China Live, a massive culinary destination for modern Chinese cuisine. "We have five kitchens. You can't put giant dumpling pans in a truck. And the heat required? It wasn't feasible," he says. Chen ramped up retail with meal kits and condiments, but knowing that 70% of his clientele was driving 10-plus miles to reach China Live before the Pandemic, he found a more relevant and long-term solution in Virtual Kitchen Co.'s Local Food Halls. The San Francisco-based company helps restaurants prepare local executions of their most popular menu items. Last month, Chen launched 10 satellite kitchens in neighborhoods around the Bay Area, from San Jose's Willow Glen to Sunnyvale and Berkeley, offering China Live Signature Dishes like the Shanghai-style Shen Jian Bao, for delivery via DoorDash and other delivery apps. He hopes to

Consumer Tips by Sir Jim Quon

add kitchens in Oakland, Walnut Creek and Marin County next. This Geographical distribution model has been very good for usll,” Chen says. They’ve added more than 30% to our to-go revenue in a very short time. This is here to stay. If you don’t pivot you’re gonna die like a dinosaur.”

That’s why Brandon Rice of the Mission District’s forthcoming Ernest (www.ernestsf.com) is thinking ahead. Rice, the former chef de cuisine at Rich Table, is weeks away from opening his highly anticipated first restaurant – for takeout only. To preview his globally driven cuisine to the San Francisco public, Rice has been offering Ernest at Home dinners, everything from porterhouse steaks to prawn and scallop dumplings. On the Fourth of July, he offered a wildly popular barbecue menu, complete with baby back ribs, buckets of fried chicken and New England-style lobster rolls. But, it wasn’t just in San Francisco. Rice drove out to Walnut Creek, popping up near a park where his girlfriend’s sister lives. Naturally, news of a Michelin-cred chef bringing his food to Larkey Park traveled quickly on Facebook. Rice sold out for the holiday and at the two pop-ups that followed. He plans to return to Walnut Creek again, at least until he feels ready to open Ernest’s patio for outdoor dining.

What does all this mean? Using ‘Ghost’ (remote) kitchens working to produce finished food for multiple restaurants and food retailers is a tremendous cost savings. The above are scenarios of how creative entrepreneurs are developing their business to become more efficient, lower the cost of securing and keeping their customers and spreading their business footprint over a much wider area to more easily acquire incremental business they formerly could not reach. This likely means that we will see more casual dining establishments operating with minimal kitchen investment, faster changing menus and a further melding of various types of restaurant operations, cuisines and serving formats. These are challenging and exciting culinary times we now live in! These remote kitchens are not new. “Commissary Kitchens” were used in many chain restaurant and institution food service for over 50+ years.³

³ Summarized from an article By Jessica Yadegaran, jjadegaran@bayareanewsgroup.com

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Tips for a Better Take Out or Delivery Food Order Experience

Ordering food from a restaurant for takeout or delivery can be a less than good experience. Any number of problems can mar the experience. Here are some ideas to minimize these problems.

- ☐ **Keep your order simple.** The more complex the order - the higher the chance of the kitchen making errors. If you call your order in, have the person taking your order read your whole order back to you for confirmation that they have taken it down correctly.
- ☐ **When ordering via a delivery service, be aware.** The menus displayed by Uber Eats, DoorDash, GrubHub, etc. carry the penalty of higher prices. The added charge is in addition to a delivery fee. All the delivery services hike up the prices. It’s part of their business model, that’s where the bulk of their profits come from. It’s food the restaurants wouldn’t have sold otherwise, so they’re expanding their base. The prices are higher even for restaurants that aren’t partnered with any delivery *app companies*. This extra markup can be 15% to 35%. There are some cities/counties that are trying to enact legislation to limit this markup by establishing a cap for the markup. Restaurants are also charged a fee by the delivery app company. It can be so high that the restaurant may even lose money on the orders they put up. The best way is to call the order in by phone and pick it up yourself. That way you enjoy a lower cost and the restaurant makes a better profit.
- ☐ **Be aware that many Asian restaurants use more oil for take-out orders** than for dine-in orders for the same dishes. Why? Because in the take out business, time is money. The more oil they use, the faster they can produce the finished items, the more orders they can jam through during peak business hours. And, the customer won’t be on the property when they discover the pools of excess oil in the bottom of the individual food cartons. The customer won’t be there to complain about it.
- ☐ **Deep fried foods can easily lose their crispy exterior texture.** Often, deep fried items – French Fries, Fried Shrimp, Egg Rolls, Popcorn Chicken/Shrimp can quickly turn soft/mushy - hot food in an en-

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closed container tends to ‘steam’ the food items soft. Better restaurants use ventilated containers or will cut large ‘breathing’ holes in the standard containers to alleviate this ‘steaming’ effect. Ask the restaurant staff how they ventilate the hot fried foods. If they have no way to vent the hot food, avoid fried food items. If you have a hot air fryer at home, you could crisp things up using that kitchen appliance.

☐ **Always check your packaged order before you leave the restaurant.** That way you might avoid one of the most common disappointments – wrong or incomplete orders – when you get home.

Improve the Fit of Cloth and Surgical Masks for Best Virus Protection and Comfort.

☐ Many masks come in adult and children’s sizes. Make sure that you choose the right size for your facial size and structure. Choose masks that have a soft, bendable wire at the top that can be squeezed/bent to better fit your nose.

☐ If you wear eyeglasses, choose a fitted mask that will fully cover your nose and cheeks - stopping just short of the bottom of your eyes. Remove or raise your eyeglasses when donning the mask and then put your glasses on so that the nose piece rests on the mask at the nose point and that the eyeglass frame sits atop your mask on both cheeks. This will help improve the seal at the top of the mask to your face to mitigate fogging of your eyeglass lenses while breathing.

☐ If you also use BTE (Behind The Ear) Hearing Aids, choose masks that have very thin elastic straps that loop around your ears. A thick elastic strap will be more likely to knock your BTE devices off your ears when removing the mask. This is risky as you might lose them or damage the devices if they fall to the ground. Also, when removing the mask, be sure to lift the top elastic strap from one ear and lift it high enough to clear the top of your ears while leaving your BTE units undisturbed. Remove the elastic loop completely from one side before proceeding with the other side.

☐ If your BTE devices constantly become dislodged or simply fall off with even slight movement, it is likely that the wired piece that goes into your ear canal is not properly sized to fit your ear canal. In that case, go back to your Hearing Aid Provider and have them change those inner ear pieces for a better, more snug fit. There should be no charge for this service.

General Consumer Items

☐ **Non-Contact IR Forehead Thermometer:** These thermometers are used by many businesses and institution to screen people for possible fevers before admitting them onto their premises. The advantage is that there is no contact with your skin so there is no Covid contamination issue with the instrument. And, the reading is obtained in just 2 – 3 seconds. And the temperature is easy to read on the color-coded, digital display. The cost of these units ranges from \$20 - \$40 from online etailers. We recently got a \$20 unit from Amazon Prime and it works very well. Link was not working so removed.

☐ **Monitoring Local Air Quality:** If you or anyone in your household has bronchial or other medical issues that are particularly sensitive to bad air pollution, you may want to consider installing AQ monitors in and outside your home. These are relatively easy to install and use your home WiFi to send/receive the data from the monitoring devices. These can be installed to show the AQ to your own household or it can be set up to be shared with neighbors. The PurpleAir PA-I-Indoor sells for \$199. The outdoor unit, PurpleAir PA-II costs \$249, online. There are other companies that make home consumer units, as well. **TIP:** When using your Smartphone or computer to obtain the Air Quality Index in your local area, choose a website that indicates and allows you to choose the specific AQI Sensor nearest your home. I’ve been using <https://www.wunderground.com/>. With good success. It allows me to choose from 14 different sensors in the San Ramon area. The AQI can vary considerably from each sensor location.

☐ **Consider the use of a home Air Purifier.** Due to the recent wildfires in California and Oregon that have produced extreme air pollution in our local area, we recently acquired a new **Winix 5500-2 Air Purifier** with True HEPA, PlasmaWave and Odor Reducing Washable AOC Carbon Filter. The cost was \$160

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from Amazon Prime (free shipping for Prime Members). It features True HEPA filter captures 99.97% of airborne pollutants; dust mites, pet dander, pollen and other allergens as small as 0.3 microns, washable AOC Carbon Filter, made from activated carbon granules for removal of household odors. It is super quiet at 27.8 dB, compact and can be placed into service anywhere you have access to a standard AC outlet. It's very easy to move it from room to room in the house.

❑ **Internet Security:** We receive Phishing and other scam emails almost daily. How can we tell the legitimate emails from the scam emails from the bad guys? Sometimes, it's obvious that the sender address looks suspicious and can be disposed of as Spam. If there is any doubt, simply copy a portion of the message or request and do an online search. Here is a sample phrase from one of my emails pretending to be from Comcast: ***“The Classic version of Comcast Mail will be replaced by our new version. So it's time to verify, before you lose your email access.”*** I pasted this phrase into Google Search and confirmed my suspicion that it was, indeed, a phishing attempt. The scammer is simply trying to obtain my password and other account data.

❑ **During This Pandemic How Much Should You Tip?** ¹ Consider this - 20% is the new starting point – from takeout to actually eating out. The vast majority of restaurant staff still depends on tips to earn something close to a living wage, an issue that's become even more urgent as more restaurants close for good or severely cut down on staff hours to survive. In an ideal world, everyone would get paid enough to live, and we wouldn't have to worry about tips, but that's outside the scope of this guide. Furthermore, as of now, only a tiny handful of Bay Area restaurants, notably Zazie in San Francisco, have eliminated tipping entirely and managed to stick with it. So what should you tip?

FOR TAKEOUT AND DELIVERY: Start at 20% in all cases. Though traditionally, getting takeout used to merit paying a smaller tip (if anything), takeout is sometimes the only thing a restaurant is able to offer right now. Pay as if you were dining in.

Curbside pickup, where you can wait in your car while a staff member delivers your takeout order to keep you from having to enter the building, is an additional courtesy provided by the restaurant, so tip in those cases as well.

Some places use a digital interface with three options for gratuity percentages; for example, you might be prompted to choose between 15%, 18% or 20% when you pay your bill on a Square tablet. Each business can set its own range, but you should feel free to ask the cashier to input another number if the percentage you actually want to give isn't displayed.

On the third-party apps like Postmates and DoorDash, you'll be given a multiple choice option for your tip. Be advised that the third-party delivery apps have faced criticism in the past for essentially commandeering tips and having them go to the companies rather than directly to drivers. Feel free to tip in (sanitized) cash, or ask your driver if you can send them money through an online payment app like Venmo or Cash. When ordering online or through an app, look for an option on the menu that says “buy the kitchen a drink,” or something similar. Those are usually a roundabout way of ensuring that the restaurant staff actually gets a tip, since delivery tips go only to the couriers. For example, Rich Table allows patrons to “order” a \$5 tip for restaurant staff on Caviar. Make sure you add that to your cart. Another thing to keep in mind for ordering online is that every interface is different, and you may end up accidentally finishing the transaction without tipping at all if you miss the prompt. Double-check before for you pay.

FOR DINING AT AN OUTDOOR RESTAURANT: In cases where you have to order at the counter and fetch your own food, tip a minimum of 20%. If you're able to sit and be served by a person in protective gear, go higher. Tip at least 30%. Be aware that, due to the requirements of social distancing, servers can't interact as intimately with tables as they did before. Read that behavior in good faith and don't penalize “aloof” service with a lower tip. Many restaurants have opted to add 18% to 23% service charges on their final bills. You don't have to tip on top of that, though you're entitled to do so if you wish. No hard feelings if you don't.

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OTHER CASES: At bars, you can't currently order any drinks without ordering food in California, so tip on the whole bill as you would in a restaurant.

At coffee shops, throw in \$1 per drink. Treat this as a starting point if this pandemic has instilled anything in the populace, it's a greater appreciation for the people who make food happen. In fact, tips are generally up in the Bay Area. Square, a company that provides point-of-sale systems to many local food businesses, found that average tips at full-service restaurants increased slightly to 18.9% in April of this year. Quick-service restaurants, the kinds of spots where you traditionally order at a counter, saw greater increases between those same periods: 16.8% in 2019 to 20.7% this year. That doesn't account for transactions on third-party delivery apps like Door Dash or Postmates, which have become more popular as even fine-dining restaurants offer takeout and delivery.

If 20% is your baseline for tipping on a normal restaurant dinner in pre-pandemic times, perhaps that baseline should be higher now that worker's job descriptions have changed so drastically. At Fish, in Sausalito, staff members have been tasked with sanitizing public areas of the restaurant on top of their regular cleaning protocols, and the menu has been streamlined to make work easier for masked cooks working in the hot kitchen. And Palette Tea House, a popular dim sum restaurant at Fisherman's Wharf and in the Hillsdale Shopping Center, San Mateo, has staff clean tables and chairs three times after each party leaves.

¹Source: San Francisco Chronicle, 09/06,2020 Page L6

Kitchen Tips

□ **Better Browning:** The scientific term for the browning of meats, fowl and other proteins is called the Maillard Process. The Maillard reaction is heavily influenced by the pH balance (alkaline or acetic) of the product. Adding a base like baking soda will considerably heighten the surface pH. This will make the Maillard reaction happen much sooner. A light dusting right before it hits the heat is all it would take. The appearance of the finished food item will be more pleasing and the flavor will be much improved.

□ **Tenderizing Meats and Fowl Before Grilling:** Briefly soaking meat in a solution of baking soda and water raises the pH on the meat's surface, making it more difficult for the proteins to bond excessively, which keeps the meat tender and moist when it's cooked. Typically, a 15- to 20-minute treatment is all that it takes. Dissolve baking soda in water (for every 12 ounces of meat, use 1 teaspoon of baking soda and ½ cup of water). Soak the meat in the solution for at least 15 minutes. Remove, rinse and pat the treated meat or fowl dry with paper towels or clean towels to prevent any steaming effect of the protein surfaces. Adding a light dusting of baking soda per above can also be done before grilling on a hot grill or frying pan.

□ **Add Baking Soda to Ground Beef or lamb:** Adding a baking soda solution with the meat (about ¾ teaspoon baking soda to 2 tablespoons water for 2lbs of grind) and letting it sit for 15 to 20 minutes before cooking, the beef/lamb loses less liquid, browns faster and tastes better.

□ **Removing Coffee Stains From Cups:** All you need is baking soda and water! Sprinkle a little baking soda into the stained coffee cup. Add just enough water to make a paste. Scrub the cup with a dishwashing sponge.

□ Corn Cobs:

It's now the tail end of the corn season for this year. But, if you get any more corn this year, don't throw the cob away after you have eaten the corn off the cob or stripped of kernels it for use in cooking. The cob is useful for flavoring of broths/soups/soups. After that, allow the cobs to dry and they can be used for smoking foods in place of wood chips in your outdoor grill. Save this tip for use next year!

□ Fire Extinguishers in the Kitchen:

Every kitchen should be equipped with at least one portable, multi-purpose fire extinguisher. They should be placed/mounted in plain view or within easy reach for immediate access in an emergency. Check them an-

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nually to make sure they are still holding pressure. They should also be multiple-purpose rated to handle various types of fire in the home. A:B:C fire extinguishers can be used for those three types of fires. **Other multi-purpose** fire extinguishers may have a combination of these classes, such as A-B or B-C.

Class A extinguishers are rated for fires that involve ordinary household items such as wood, cloth, paper, rubber and plastics. The numerical rating on class A extinguishers represents the capacity in terms of an equivalent volume of water. Class 1-A extinguishers have the equivalent of 1.25 gallons of water and a 4-A has the equivalent of 5 gallons.

Class B extinguishers are rated for fires involving flammable liquids such as kitchen grease, gasoline, oil, solvents and oil-based paint. Class B extinguishers are numerically rated on the number of square feet of fire they can put out. A 10-B extinguisher can cover 10 square feet of fire.

Class C extinguishers are rated for fires involving energized electrical equipment, such as wiring, circuit breakers, machinery, electronics and appliances. This class does not have a numerical rating.

□ **Asian, High Heat/Toss Fry (aka stir fry) cooking** is possible using a wok or cast iron Dutch oven gas, electric or Convection stove tops. Typical residential stoves do not have enough heat output for the effective high heat/toss-fry technique. Very high heat allows faster cooking time but the individual ingredients retain most of their normal texture, color and nutritional value as well as flavor. The work around for this is to augment the stove burner's heat output using a butane kitchen torch – larger than the small ones used for crème brûlée or other small jobs.

Place your pan/wok on the highest setting, add oil and toss the ingredients while pointing the butane torch at the food and the bottom of the vessel. Adjust the flame for a hot, strong, blue flame. This high heat cooking technique will produce dishes that taste really fresh, retaining their original texture, color and flavor – all hallmarks of classic Chinese cooking.

□ **Protect the Nonstick Coating on Your Cookware:** It may sound harmless - even counterintuitive - but using a nonstick cooking spray, such as Pam or Smart Balance, can damage your pan's nonstick finish. Sprays leave a film that adheres to the nonstick coating and with use, turns into a hard resin-like surface and cannot be removed with just soap and water. Over time, that buildup of propellant reduces a pan's performance, and food may start to stick to it. Instead, try a light seasoning of butter or olive oil - which is what we use during our nonstick food - release tests, says Cindy Fisher, CR's lead cookware tester. Then we fry eggs and evaluate how easily they slide off. A pan that gets an Excellent score in this test allows eggs to slide off without any assistance and without any bits of egg left behind. ²

² Source: Consumer Reports, November 2020 issue.