



From your President, Rick Kindle

When I joined SIR many years ago, I never envisioned that I would be elected as your president one day. I initially joined because of my love of golf, joining others in the game, and making new friends. Little did I know then that SIR would engulf me in such a wonderful organization with great luncheons, exciting guest speakers, many activities, and the atmosphere to meet so many others with the same passion and enjoyment that I have.

What more could I ask for than the continuation of SIR, as we face so many challenges at this time as it is the lifeblood of longevity for most, if not all of us.

Covid-19 continues to take a toll on our meetings and a reduction in our membership. For two plus years, we've tried to adjust and comply with State and local policies, and for every two steps forward, we seem to take one step backward. But we will prevail - we have to - SIR is such a great organization that we cannot let it fail!

This brings me to the main point of my letter, which is to bring our member volunteers to the forefront and better recognize them for their support and contributions. Without volunteers, we cannot survive. Many of our members at the Branch and State levels fulfill multiple positions. Many of our past Big Sirs have stepped forward and filled this position again and even taken on that of Little Sir to keep the Branches up and running.

In light of this, I am excited to announce that we are implementing a new SIR award program that is explained in more detail in Policy 10 revisions that will be effective August 1, 2022.

For now, here are the highlights of this new award program that is designed to properly recognize the contributions of all our member volunteers at three levels:

The Honorary Life Member Gold Lapel Pin



1. A continuation of our highest **Honorary Life Member** award earned by those who have clearly made it through exceptional and extraordinary service for five years and stepping forward whenever a need arises. This award is very limited in that only 1 in 50 members in a Branch of 100 or more is eligible (although two are allowed in Branches with less than 100 members). Also, recipients of the HLM hold this award for ten years before it is raised to Senior Level and no longer counts against the Branch limit. This award is available to applicants nominated by the Branch BEC using Form 45, approved by the SIR President and presented by him whenever possible.

The Distinguished Service Award Silver Lapel Pin



2. A new **Distinguished Service Award**, now the second highest award, is earned by those who have clearly earned it through exceptional and extraordinary service for three years or more and stepping forward whenever a need arises. This award has a higher limit in that 1 in 25 members in a Branch of 100 or more are eligible (although three are allowed in Branches with less than 100 members). Also, recipients of the DSA hold this award for five years before it is raised to Senior Level and no longer counts against the Branch limit.

This award is available to applicants nominated by the Branch BEC using Form 45B, approved and presented by the Area Governor. This is a significant enhancement in the approval process for such a prestigious award. However, the position of Area Governor is such an important position within SIR that this is more than appropriate. He is so vital to the success of a Branch in that he provides advice, counsel, and support and acts as a communication link with the State that he is awarded the new Distinguished Service Award upon election.

Additionally, all new Big Sirs will receive the Distinguished Service Award at the end of their current term. However, a present Big Sir in a second or greater term, regardless of the previous time period he served in, will receive this award immediately as it is appropriate for stepping up in a critical time of need. And the DSA awarded to Big Sirs does not count towards Branch limits!

At the State level all current Area Governors, State Board Members and committee Chairmen will receive the DSA for their continued service and carry this award forward through future positions. Others at the State level may be nominated by a member of the State Board, an Area Governor or a committee Chairman using Form 45A, reviewed by the State Honorees Committee and recommended to the State Board.

Finally, a DSA award is authorized for a past HLM recipient when justified by exceptional contributions made subsequent to an HLM award. Additionally, the recipient of a DSA award does not preclude the member from earning an HLM.



The I'm Doing My Part Lapel Pin

3. A third award, the **I'm Doing My Part award**, has been expanded in scope. Initially, it was implemented to recognize members that brought in new members. However, it was not intended to overlook all the other members that do so much for the Branch. From activity chairmen to check-in table attendants to directors. This award is now available to all applicants nominated by the Branch BEC and presented by the Big Sir. There are no limits as to the number that may be presented.

In closing, I want to emphasize how appreciative I am of our members that continue to volunteer and support SIR into the future. My membership in SIR has been a life changing experience for me and I look forward to enjoying the camaraderie for years to come. I wish to thank Dale Decker, our State Vice President for all the time and effort he has put into developing this outstanding program. If you have any questions please contact Dale via e-mail: daledftg@gmail.com.



Travel with SIR

July 13, 2022

To: All Sirs

I hope you all had a great 4th with plenty of burgers, dogs, melon, and appropriate libations. We have some travel actions thanks to Bill Stires, here are a couple of interesting trips he has arranged so contact him if you have any interest at all. If you would like to plan a trip be sure to contact your Branch Travel Chair...

I can tell you there are several trips in the works so stay tuned.

As always, do not hesitate to reach out to me if you have questions.

Cheers,
Milt Smith State Travel Chair.
miltsmith549@gmail.com

Autumn Colors trip to East Coast

October 13 - 22, 2023 Price: \$4,330 double occupancy
Air Fare to be added in December 2022
Deposit of \$500 per person to hold reservation

Highlights: 2 night's stay in Boston. Tour of city, free time on own.

Visit Manchester, Vermont; Burlington, Vermont; North Conway, New Hampshire; Bar Harbor, Maine; Acadia National Park; Portsmouth, New Hampshire.

Scenic drives along the Mohawk Trail and Kancamagus Highway.
Professional local tour guide for entire trip.
9 nights of First-Class Hotel accommodations.
14 meals including a regional lobster feast.
This trip will fill up fast, so sign up early.

Call Bill Stires at 209-988-5445 or email at bstires46@gmail.com to receive brochure.

Scenic Ireland

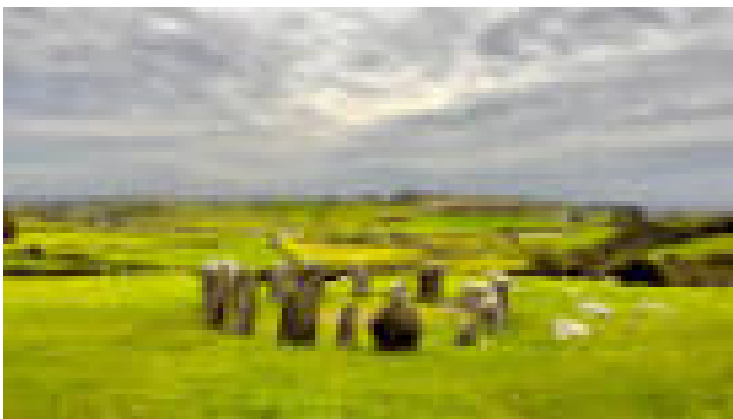


Trip through Ireland and Northern Ireland
April 14-27, 2023
Price: \$5,395 Double Occupancy
Single \$6,195
\$500.00 Deposit to hold your place.
Final payment due on December 15, 2022
This is a small group Departure limited to 24 passengers.



Sign up early to reserve your spot on this exciting trip.

Highlights: 12 nights in First Class Hotels
Accommodations
1 night in Limerick, 1 night in Clifden, 1 in Sligo, 2 nights in Belfast in Northern Ireland, 2 nights in Dublin, 1 night in Waterford, 1 night in Kinsale, 2 nights in Killarney, 1 night in Limerick.



18 meals. Includes gratuities on tour for Tour Manager & Bus Driver

Visit Cliffs of Moher, local farms, an Abbey, Giant's Causeway, Titanic Experience, Hillsborough Castle, Belfast's O'Connell Street, St. Patrick's Cathedral, Trinity College, House of Waterford Crystal, Blarney

2022 STATE OFFICERS
STATE PRESIDENT Rick Kindle
VICE-PRESIDENT Dale Decker
SECRETARY Dick Devoe
ASSISTANT SECRETARY Ed Benson
STATE TREASURER Roy Hodgkinson
ASSISTANT TREASURER Ronald K. Saltgaver
CHIEF ADMIN OFFICER Dean Steichen



Note from the Happenings Editor

When the SIR Happenings gets compiled, I gather information from every SIR Branch that sends their Branch Newsletter to me. If you are not included it is usually because I did not receive a copy of your newsletter.

I would recommend that many of the newsletter editors take the time to go over one of the videos that I uploaded into YouTube involving embedding photos into a document. There is a concern that many of you might have—why is the Happenings (a 60+ page document) less than 5 GB in size while many newsletters that I receive from branches as large as 25 GB for an 8 page document?

See https://youtu.be/YHd2O_kZUPs

Other YouTube tutorials can be found on our Branch 59 website at

<https://sirbranch59.org/cyber-geezer-tutorial-videos/>

Thank you all for your input. I welcome your suggestions and your feedback. What would you like in the Happenings that has been left out?

Jerry Sabo

Keep up-to-date

<https://sirinc.org/>

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

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SIR Publicity

[https://
www.wearesir.com/](https://www.wearesir.com/)

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*

San Mateo

Sons in Retirement

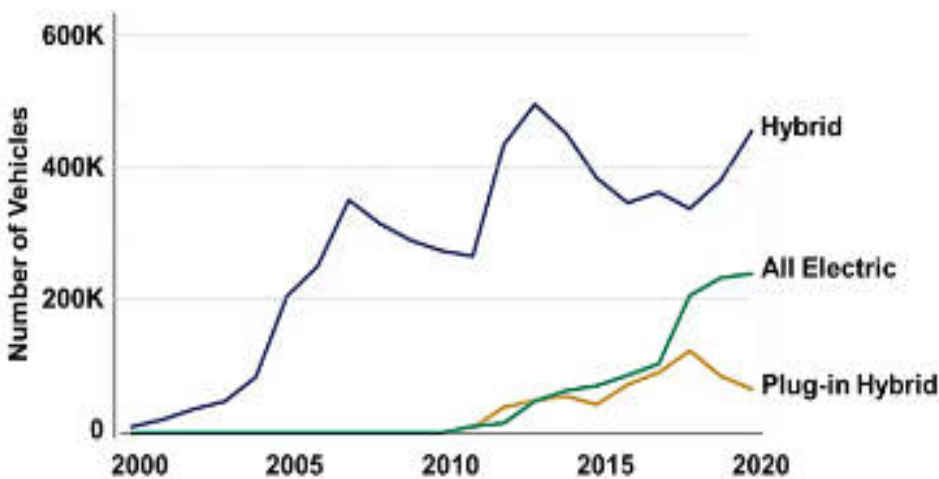
"There are no strangers here, only friends that haven't met." W. B. Yeats

Beginning of Huge Surge...

Growing Popularity of All-Electric Vehicles in U.S.

While hybrid gas-electric cars remain popular, sales of fully electric cars have risen sharply since 2017 as charging infrastructure expands.

As manufacturers introduce new models of electric vehicles (EVs), demand for them is growing steadily. New EV sales in the U.S. roughly doubled from 2020 to 2021 and could double again during 2022, from 600,000 to 1,200,000 vehicles – doubling market share from 4% to 8%. And market penetration will probably reach 50% by 2030 – a compound annual growth rate of 26% between 2023 and 2030.



New Study from the Fed

Is a Digital Dollar in Our Future? (see next page,too)

The Federal Reserve recently published its research report identifying the pros and cons of a digital currency. The stated purpose of the document is to promote discussions about launching a digital dollar. [see: *Money and Payments: The U.S. Dollar in the Age of Digital Transformation*, publication from the Board of Governors of the Federal Reserve System,

<https://www.federalreserve.gov/publications/files/money-and-payments-20220120.pdf>

How would it work?

While details aren't fully fleshed out, the options include a digital cash offering or a central bank digital currency (CBDC), which would be stored in a wallet app on smartphones.

A digital currency serves several purposes:

Cuts out middlemen: Namely, financial institutions, which logged \$110 billion in transaction fees in 2020.

Helps the unbanked: 5%+ of U.S. households have no bank account, so have no way of using digital payments.

Simplifies government payments: A digital currency would make it easier for the government to distribute benefits (e.g., social security payments, pandemic relief checks, etc.)

What are the negatives?

The biggest concerns are:

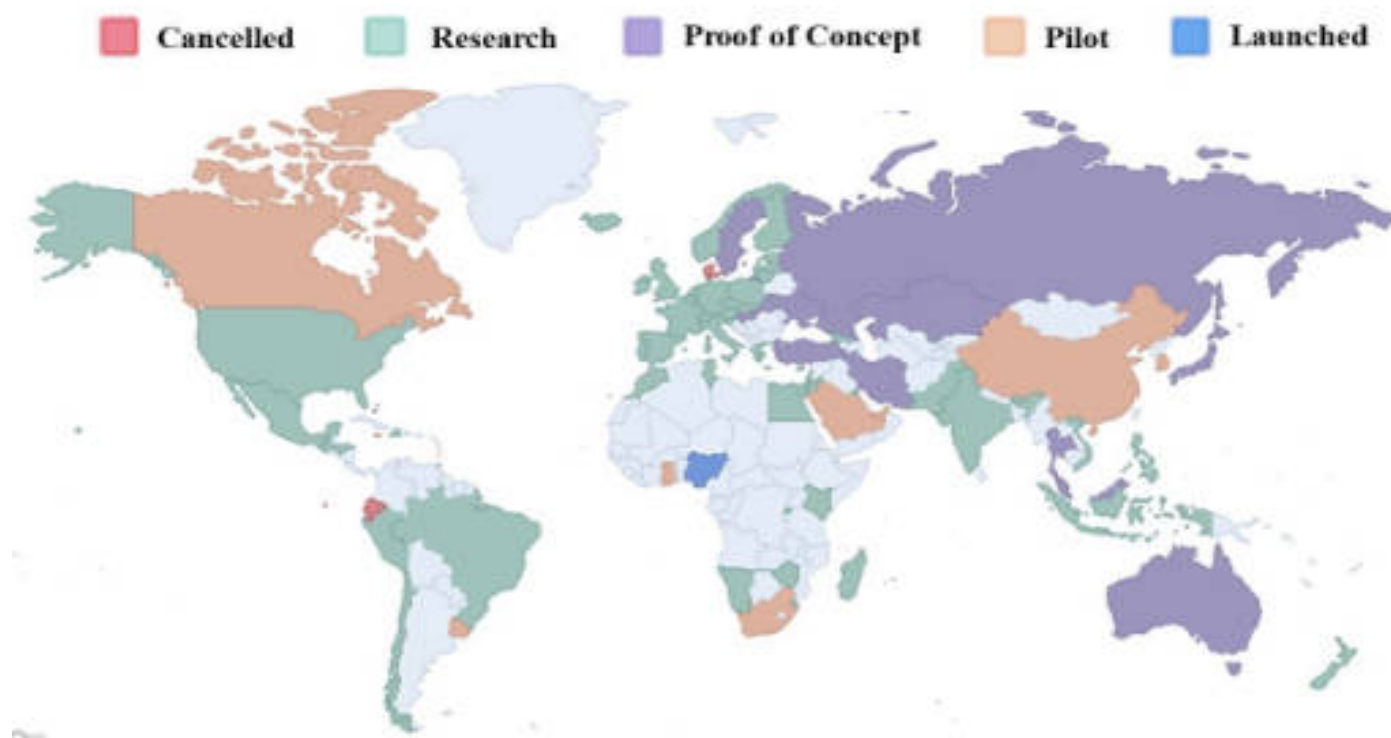
Privacy: The government would have access to a wealth of personal transaction data.

Cybersecurity: The US would likely need to overhaul much of its financial infrastructure to safeguard from hacks.

When is U.S. Digital Currency Likely to be Launched?

Not soon. The Fed's efforts are still in the "Research" phase, and it would have to go through "Proof of Concept" and "Pilot" phases before it is finally "Launched." Experts estimate that U.S. is 5-10 years from launching a digital dollar.

Current Status of Central Bank Digital Currencies (CBDCs)



It's Happening NOW!

The next evolution of digital money?

Economist Tobias Adrian, Financial Counsellor of the International Monetary Fund, addresses the wave of Central Bank Digital Currencies (CBDC) that are "...set to revolutionize our ideas about what money is and how to manage it." [see: <https://knowablemagazine.org/article/technology/2022/next-evolution-digital-money-happening-now>]

As shown on the map (p. 9), the Bahamas and Nigeria are the first countries to issue CBDCs. The Bahamas named theirs "Sand Dollars," which are "...legal tender with the same legal status as their old-fashioned money – paper notes and coins. The sand dollar is cash; it just doesn't have a physical form. Residents of the Bahamas can now download an e-wallet onto their phones, load it with sand dollars, and spend away with a simple tap." The U.S. Federal Reserve, like the central banks of more than 100 other countries, are actively exploring the concept of digital currencies. The best way to understand CBDCs is to perceive them as just another form of money, by pondering the following types of money:

"Cash: coins and bills backed by a government. Allows for record-free peer-to-peer transactions without a bank being involved, BUT they can be inconvenient.

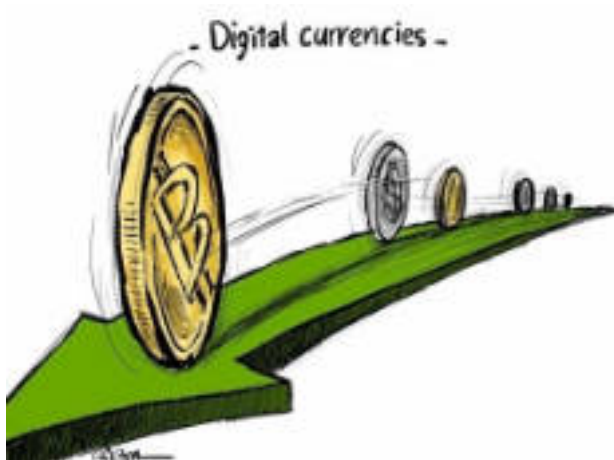
"Bank deposits: Allow for convenient, digital transactions of government-backed funds, and access to bank services like loans and earning interest, BUT international transactions can be tricky.

"Cryptoassets (e.g. bitcoin): Allow for anonymous peer-to-peer digital transactions without intermediary, like a bank, BUT their value is highly volatile.

"Stablecoins (e.g. tether gold): Like cryptoassets but backed by fixed assets such as U.S. dollars or gold.

"Central bank digital currencies (e.g. sand dollars): Digital money with a national stamp of approval; the details vary and there's no international standard yet. "This is an exciting moment in the evolution of currency. In the early 1900s, national currencies were backed by gold and silver. In the 1930s, the U.S. left the 'gold standard' and issued 'fiat' currency whose value is backed solely by the credit worthiness of the federal government. Then, credit cards replaced cash, computers rose in power, and electronic payments became ubiquitous. Recent years have seen a boom in **cryptoassets** (often erroneously called 'crypto-currencies') like **bitcoin**. Now companies are innovating with less risky alternatives, including...**stablecoin**, and nations are exploring CBDCs. This evolving landscape comes with the promise of making international payments easier, improving access to microloans and reducing transaction costs. But there are also great risks to avoid." CBDCs "...combine the digital nature of banking with the peer-to-peer transactions of cash. But there are still many questions about how any given country's CBDC might work:

Digital Money



"Would funds exist in a bank account, or would they come closer to cash, materializing as **digital non-fungible tokens** (see box on p. 10)? Would CBDCs pay interest rates like a bank deposit does, or not? In Bermuda, the country's central bank issues and manages its sand dollars and they do not pay interest.

Digital dollars "...have the potential to make payment systems more cost-effective, competitive and resilient. They would reduce...a nation's cost of managing physical cash, a sizable expense.... CBDCs could help improve cross-border payments, which currently rely on multilayered banking relationships, creating long payment

chains that are slow, costly and hard to track. CBDCs could also help make payment systems more resilient through the establishment of a decentralized platform, essentially fortifying the payments infrastructure against operational risks and cyberattacks.

"Many countries have large numbers of people without bank accounts: The 'unbanked' often

have no access to loans, interest or other financial and payment services. CBDCs could transform their lives by bringing them into the financial system.

“But there are risks, too. A prominent one is if everyone decided to hold a lot of CBDCs and suddenly withdrew their money from banks. Banks would then have to raise interest rates on deposits to retain customers, or charge higher interest rates on loans. Fewer people would get credit and the economy could slow. Also, if CBDCs decrease the costs of holding and transacting in foreign currency, countries with weak institutions, high inflation or volatile exchange rates might watch as consumers and firms abandon wholesale their domestic currencies.



“There are ways to get around these problems. For instance, central banks could offer lower interest rates on CBDC holdings (these show up as liabilities on a central bank’s balance sheet) than on other forms of the central bank’s liabilities, or only distribute CBDCs through existing financial institutions.

“Institutions are now racing to draw up new rules and regulations to cover all these contingencies and figure out how new forms of money should be treated: as deposits, securities or commodities. The intergovernmental watchdog Financial Action Task Force, for example, has amended its anti-money-laundering policies and counter-financing of terrorism standard in light of virtual assets; the Basel Committee on Banking Supervision has issued a paper on how banks can prudently limit their exposure to cryptoassets. The International Monetary Fund...is on the case, providing independent analysis of these issues.

“Everyone will have to think fast and on their feet. Central banks will have to become more like Apple or Microsoft to keep CBDCs on the frontier of technology and in the wallets of users. Future money may be transferred in entirely new ways, including automatically by chips embedded in everyday products. This will require frequent tech redesigns and a diversity of currency types. Whatever form your money currently takes, in your bank, your wallet and your phone, expect the near future to look quite different.”

One Favors Businesses, One Favors Consumers Two Types of Inflation

Brian Scheid, writing in *S&P Global Market Intelligence*, explains that inflation develops in one of two different ways. It can begin with rising prices or rising wages. Expressed as spirals, they unfold as follows:

- A **wage-price spiral** begins with rising wages, leading to increases in disposable income, consumer spending, demand for goods, and raising prices. Rising prices increase the demand for higher wages, which leads to higher production costs and further upward pressure on prices, creating an economic spiral.

- A **price-wage spiral** begins when businesses raise prices to protect profit margins from anticipated costs.

In response, workers seek higher wages to keep their real income from falling. The increased wages lead to increased prices, creating an economic spiral.

Economist Gregory Daco of *EY-Parthenon* concludes that the current inflation is a **price-wage spiral**. He explains that, “for a **wage-price spiral**, you need people to believe that inflation is going to increase indefinitely... but we're not seeing that.” He concludes that “...current

conditions will not last. Consumers expect inflation will ease in the coming months, while markets expect the Federal Reserve's long-awaited rate hikes, which will raise borrowing costs and curb demand, thereby averting price increases.” Daco hedges by adding, “A wage-price spiral remains a possibility...but inflation and wage growth would need to accelerate and they currently look to be stabilizing.”



Making Better Judgments by Correcting Flawed Thinking

Cognitive Biases: Halo Effect and Horn Effect*

The **halo effect*** (or halo error) occurs when folks are inappropriately influenced by their previous judgments. This cognitive bias is the tendency for positive impressions of a person, company, brand, or product in one area to positively (but inappropriately) influence folks' thoughts and/or opinions in other areas. Thus, the halo effect can cause folks to accept a person, product, brand or company based on the unfounded belief that they are good or beneficial..



Halo effect example: a person finds out someone they have formed a positive *gestalt* with has cheated on their taxes. Because of their positive disposition, the person may dismiss the significance of this behavior. They may even think that the person simply made a mistake, or they may even justify the behavior and connect it with their positive *gestalt*.

The opposite of the **halo effect** is the cognitive bias of the **horn effect** that occurs then folks' perceptions are unduly influenced by negative traits or experiences. Most often, the **horn effect** is the tendency for a single negative impression of a person, company, brand, or product in one area to negatively (but inappropriately) influence thoughts or opinions in other areas.

Horn effect examples: overweight people are unfortunately often stereotyped as being lazy, slovenly or irresponsible. More generally, a hiring manager may have inappropriately negative general impressions about interviewees based on how they look, speak, or even their body language.



Many Ridiculously Expensive, Some Are Not

Weird World of Fancy Fruit

Writing in the April 4, 2022 *Wall Street Journal Online*, freelance journalist Alina Dizik asks (rhetorically) *what Is an Oishii Strawberry and Would You Pay \$6 for One?*

[see: <https://www.wsj.com/articles/what-is-an-oishii-strawberry-and-would-you-pay-6-for-one-inside-the-new-world-of-fancy-fruit-11649073600>]

Luxury tastes can manifest in many forms: sports cars, fancy watches, artwork. What's the newest ways for A-list folks to flex your purchasing power?

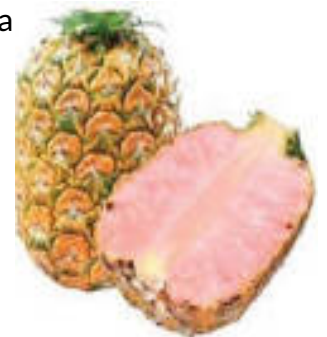
How about \$6.00 strawberries or \$50.00 pineapples.

Take a look:

Oishii Strawberries Called the Tesla of fruit, growers say they offer an "amazing" taste experience. Due to high demand and limited supply, they retail for \$6.00 *per berry*.



Pinkglow Pineapples Named for their unique pink flesh, they ship in a pink and yellow box with a gift card and promise no acidic aftertaste. They retail as high as \$50.00 *each*.



Sekai-ichi Apples *Sekai-ichi* means "world's best." Each apple is hand pollinated and washed in honey. Their sweet taste makes them one of the more delicious apple variants all around the globe. They sell for \$21.00 *each*.



Sumo Citrus Mandarins A cross between a mandarin and California navel orange, they are identifiable by a nub on the peel that resembles a sumo wrestler's topknot. They typically sell for a reasonable \$4.00 *per pound*.



The End of the World is Coming

Read: *Even If You've Heard It All Before*

In the April 6 *Los Angeles Times*, Associate Editor and Op-Ed columnist Nicholas Goldberg rings the alarm bell again and asks, "What will it take to get folks to take the problem seriously?"

"The periodic reports of the U.N.'s International Panel on Climate Change are lapsing into self-parody. This is your last warning, they say. Get a move on. Don't sit idly by. Fix the problem now. We mean it! I am continually amazed that the IPCC scientists don't throw up their collective hands in disgust at humanity's inability to awaken from its slumbers and stop issuing reports altogether. Instead, they keep holding out faint glimmers of hope and encouragement that just maybe, maybe, maybe we will rise to occasion. I can't help but wonder if that's just because, well, any other message is inconceivable.

"According to the panel's newest report, released Monday [April 4, 2022], the world is right on track to blow past the critically important goal of limiting global warming to 1.5 degrees Celsius, or 2.7 degrees Fahrenheit — a target set nearly a decade ago in the Paris climate agreement. If we fail to hold warming to that level, scientists have long said, it will no longer be possible to avoid many of the more dire consequences of climate change.

"There's no big secret about the parade of catastrophes that will follow if emissions continue to rise unabated: **more out-of-control storms, dangerous heat waves, harrowing floods, raging fires and other 'extreme events'** unprecedented in the observational record.' And that's just the beginning. Water scarcity and heat will lead to



Glaciers breaking apart by "calving" in (left) Antarctica and (right) Greenland.

food shortages and malnutrition. Changing agricultural patterns will force mass mi-

grations of tens of millions of people. Conflict and war will result from heightened competition for mineral resources and water. Economies will collapse. This is the stuff of apocalyptic books and cataclysmic sci-fi movies.

"Yet people around the world have mostly responded like children holding their fingers in their ears and yelling, 'Nyah nyah nyah,' to drown out bad news. We have wrung our hands but changed our behavior in only incremental ways. We've taken actions that might have made a difference 25 years ago but are now too little, too late, after decades of stubborn, irresponsible neglect, denial, and passivity.

"You don't have to be crazy anymore to climb on a soapbox and proclaim that the end of the world is nigh. As far as I can tell from the brightest scientific minds in the world (even if I don't understand all the technical details, I have faith in the process that led them to their conclusions), only sweeping, transformational change in the way we live, and work can avert disaster.

"Only plunging massive amounts of money into the problem and adopting broad behavioral changes can protect us. Ending our reliance on coal, gas, oil, and other fossil fuels needs to be accelerated because we're running out of time and alternatives.

"There's been some movement to be sure, which accounts for the IPCC's glimmer of hope. Clean-energy technology has progressed. Although overall carbon emissions continue to rise, the rate of growth has slowed. The use of renewable energy has expanded, just not enough. The United States, for the moment, has returned to the Paris climate agreement fold.

"But the solutions aren't big enough to address the problem. Why have we been unable to respond appropriately?

Neuroscientists, psychologists, and scholars of human behavior have tried to answer those questions. Harvard psychology professor Daniel Gilbert argues that we react instinctively to protect ourselves if a baseball is hurtling toward our heads, but we are not biologically wired to prepare for big, slow-moving threats.

"Here in the United States, our democratic political system is ill-suited to deliver policies that require sacrifice and pain today in exchange for future gain; politicians who support such strategies get booted from office. Our economic system rewards corporate behavior that maximizes short-

term profits rather than focusing on long-term planning for a better, more stable world.

“Although climate change is a slow-moving and often imperceptible threat, that doesn’t mean it’s not imminent. It is not a faraway crisis coming for our grandchildren’s grandchildren. It is barreling toward us right now. In fact, it’s upon us. Yet we consistently fail to meet the challenge.

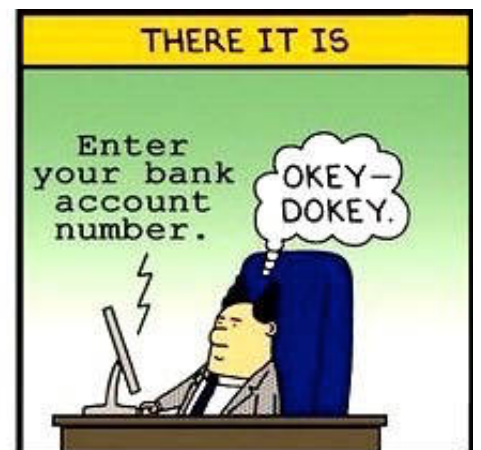
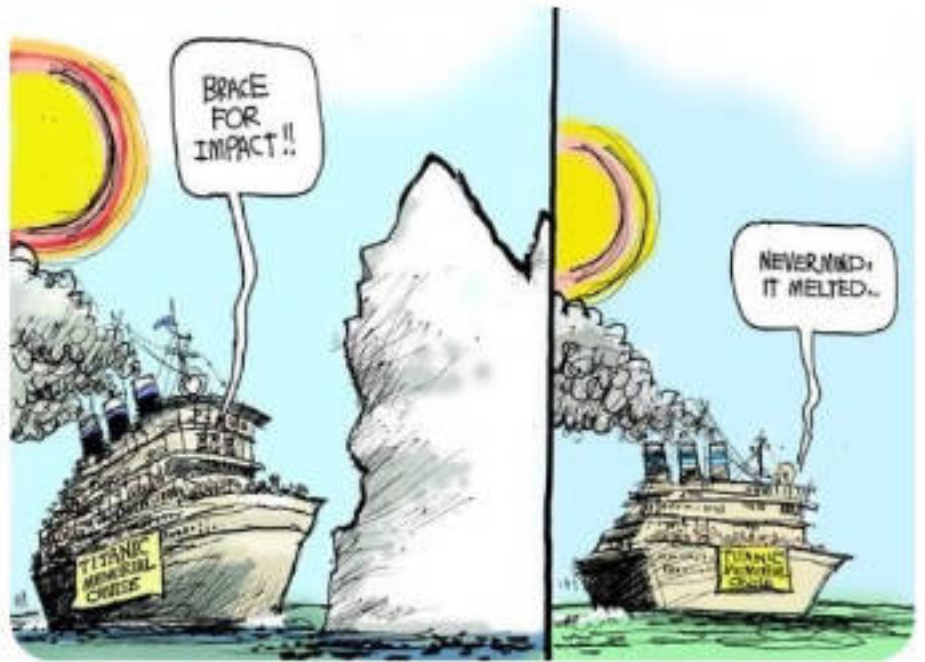
“Scientists have been aware since the late 19th century that adding carbon dioxide to the atmosphere could raise global temperatures. Half a century ago, melting ice in Antarctica had already been documented. By the 1970s, Exxon Mobil understood its own role in the ocean warming and the melting of polar ice. The first international conference to address climate change was held in Stockholm 50 years ago. “When I saw the story about the most recent IPCC report, I nearly ignored it, because just like everyone else, I’ve read it a million times – and written it a thousand times. I knew it would frighten me, make me feel powerless. That’s why such reports can seem counterproductive: People grow inured (accustomed to something). They compartmentalize. They get depressed, vow not to bring children into the world.

“Or they flip to the sports pages, tell themselves other news is more urgent: six people shot to death in Sacramento; Ukrainians massacred as Russian soldiers pulled out of Bucha; the Grammy highlights. **But let’s not kid ourselves. We can click past the IPCC report, but the facts remain. Serious trouble is coming and we’re not doing nearly enough to stop it.”**

As a test, in April...

California Ran On Nearly 100% Renewable Energy

The state, which aims to have a carbon-free power grid by 2045, got a short glimpse of that future on one day in April, when its main grid ran on more than 97% renewable energy. It’s important to note that power production from the sun and wind typically peak in the spring, due to mild temperatures and the angle of the sun allowing for an extended period of strong solar production. “While this all-time high was for a brief time, it solidly demonstrates the advances being made to reliably achieve California’s clean energy goals,” said Elliot Mainzer, CEO of the California Independent System Operator that manages the flow of electricity to 80 percent of California. While hitting the new renewable record is remarkable, California has found itself scrambling for power supplies during the past two summers as it has added more intermittent sources (solar and wind that don’t operate 24/7) and retired natural-gas plants for environmental reasons.



Yep! It's Real

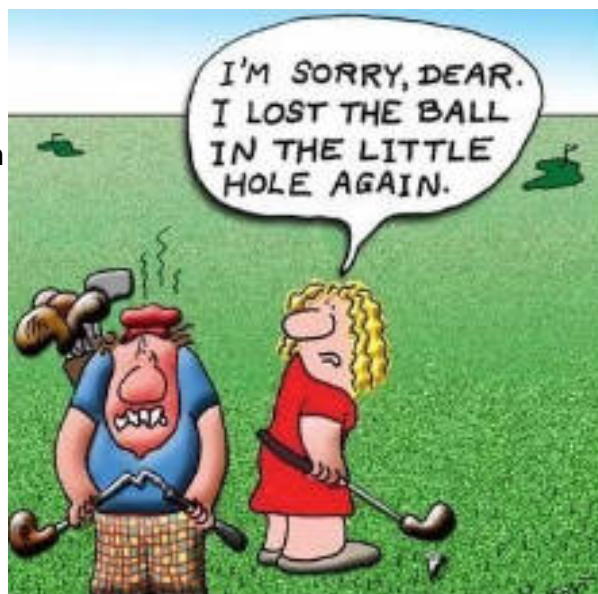
Really? Hole-in-One Insurance

What's the chance of scoring an ace? How rare or common is a hole-in-one? For individual weekend or retired duffers, it's 1 in 12,500; for professionals it's 1 in 2,500. For an amateur tournament as a whole of 100 golfers, it's 1 in 32, if they're playing on a course with 4 par 3 holes. For a professional tournament as a whole the odds are even better. In an average tournament of 144 golfers, the odds of an ace is 1 in 4.5 and over a 4-day tournament the odds are about 1 in 1.

To add excitement to professional tournaments and motivate golfers to enter, organizers often award extravagant prizes to golfers who ace a hole — high-end exotic cars, or \$100,000, or even \$1 million.

To protect against such a payout, tournament organizers often buy hole-in-one insurance. It's a thriving industry.

Golfing Folklore Most folks have heard stories of two players making an ace at the same event on the same hole. Statistically, the chance of this occurring is 1 in 32,000. Maybe folks have also heard the tale of the professional golfer that hits three consecutive holes-in-ones during the same tournament. The chance of this happening on a par 3 course is 1 in 156,250,000. Any golfer would have a better chance of winning the lottery.



Protecting Privacy Online

Removing Personal Info from Google Search Results

Policy Change The tech company now allows folks to remove phone numbers, email addresses, and physical addresses from its search results. Google's Global Policy Leader for Search, Michelle Chang, explained in a post to googblogs.com: "Open access to information is a key goal of search, but so is empowering people with the tools they need to protect themselves and keep their sensitive, personally identifiable information private. That's why we're updating our policies to help people take more control of their online presence in search." [see: <https://www.googblogs.com/author/michelle-chang/>]

Catalyst for the Policy Change A key motivation for Google to implement this new policy may be the gargantuan rise in online fraud. According to TelTech (<https://teltech.co/>), over 11 billion scam messages were sent on American wireless networks in one month (March of 2022). This alarming statistic, combined with ongoing increase in robocalls (<https://www.aarp.org/money/scams-fraud/info-2021/robocalls-rise.html>) plus the FTC report of a 70% year-over-year increase in money lost to scammers (<https://www.ftc.gov/news-events/news/press-releases/2022/02/new-data-shows-ftc-received-28-million-fraud-reports-consumers-2021-0>), creates a "perfect storm" of economic jeopardy for folks online.

How to Remove Personal information from Results of Google Searches Go to <https://support.google.com/websearch/search?q=Request+to+remove+your+personal+information+on+Google>, and identify which information you want removed from Google's search results. The possibilities include the following:

Contact information, including address, phone number, email address

Government-issued ID numbers

Bank account or credit card numbers

Handwritten signature and images of ID docs

Restricted personal medical documents

Confidential login credentials (Continued-next Page)

Choose what you want removed, and Google will review your information and respond to your request. Google does not agree with all requests. If Google decides to remove the information, you should note that it will only be removed *from the results of Google searches*. Whatever sources the Google search found with the information still exist on the internet. To have it removed from the internet entirely, folks must contact those other sites.

Common Cognitive Bias

Bandwagon Effect

The **bandwagon effect** — the opposite of the snob effect — is the tendency for folks to adopt ideas, attitudes, beliefs, opinions, behaviors, styles, fads, and trends simply because others are doing so. The larger the proportion of folks already within a group that hold one of these, the more likely others will “hop on the bandwagon” regardless of the underlying evidence. This effect is sometimes called “herd mentality” or “groupthink.”

Echoing and imitating aspects of a group occurs because folks want to be part of that group, they get their information from people already in the group, and they prefer to conform instead of thinking or acting independently. Much of the driving force of the bandwagon effect comes from folk’s desire to “fit in” and be part of a social group. A common example of this is fashion trends, when the increasing popularity of a certain garment or style encourages more people to buy and wear the same style. Researchers have documented this phenomenon in a wide range of fields, including economics, medicine, political science, psychology, and sociology. When individuals make rational choices based on the information they receive from others, economists have proposed that information cascades can quickly form in which people decide to ignore their personal information signals and follow the behavior of others. Cascades explain why behavior is fragile as people understand that their behavior is based on a very limited amount of information. As a result, fads form easily but are also easily dislodged. The impact of these bandwagon trends is often relatively harmless, such as in fashion, music, or pop culture fads.

However, sometimes they can be dangerous. A current example is the anti-vaccination movement, when folks don’t get vaccinated in spite of data showing that it’s safe and would save them from hospitalization or dying from COVID-19.

The reverse of the bandwagon effect is the snob effect, a cognitive bias that causes people to avoid doing something simply because many other people are doing it.

Common Cognitive Bias Snob Effect

The **snob effect** — the opposite of the **bandwagon effect** — is a cognitive bias whereby folks avoid ideas, attitudes, beliefs, opinions, behaviors, styles, fads, and trends simply because many other people are doing so. The **snob effect** is seen when the demand for certain goods by individuals of a higher income level is inversely related to its demand by those of a lower income level. The **snob effect** contrasts most other microeconomic models, in that the demand curve can have a positive slope, rather than the typical negatively sloped demand curve of normal goods. This situation is engendered by the desire to own unusual, expensive or unique goods. For consumers who want to use exclusive products, price is quality. These goods usually have a high economic value, but low practical value. The less of an item available, the higher its **snob value**.

Examples of such items with general snob value are rare works of art, designer clothing, and limited-edition, custom-made sports cars.

These items are an inherently poor value, and wealthy consumers are lured to them by superficial factors such as rarity, celebrity representation, and brand prestige.

Collectors within a specific field can suffer from **snob effect**, searching for the rarest and often most expensive collectibles. Such examples are classic automobiles, stamps, and coins.

The reverse of the **snob effect** is the **bandwagon effect**, a cognitive bias that causes people to adopt ideas, attitudes, beliefs, opinions, behaviors, styles, fads, and trends simply because others are doing so.



Stranger than Fiction

Why Do Dogs Do What They Do

Zooming around the yard or living room in a sudden burst of lightning speed

Technically, these “frenetic random activity periods” (or “the zoomies”) are simply a way for a dog to release pent-up energy. It usually occurs in younger dogs and those who've just been lying around the house all day.

Circling before lying down

No clear answer has emerged on this one. Some reasonable explanations include the following:

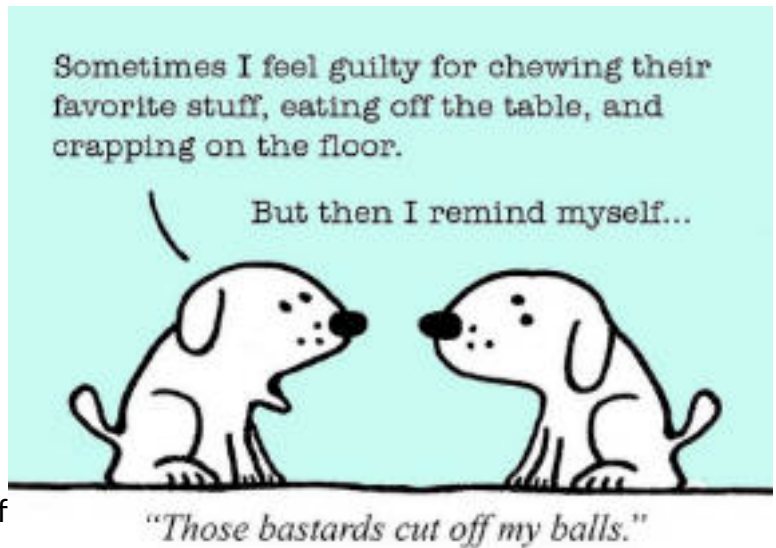
Self-protection: Dogs are checking their surroundings and positioning themselves facing into the wind so they can smell approaching predators.

Preparing their beds: Dogs patting down grass, making a softer place to lie and to clear the area of snakes and insects.

Getting comfortable: Just as humans toss and turn before falling asleep, dogs might habitually circle their bed to get themselves ready to finally rest.

Hanging Their Heads Outside a Moving Car

Dogs' sense of smell is their primary way to assess their environment and they instinctively seek olfactory stimulation. They are able to enjoy a richer mixture of smells with their heads fully out of a moving car's window.



“On the internet, nobody knows you're a dog.”

“The Internet is the most dangerous parking lot imaginable. But if you were crossing a mall parking lot late at night, your entire sense of danger would be heightened. You would stand straight. You'd walk quickly. You'd know where you were going. You would look for light. [Be equally conscious with the internet.] —James Comey

The internet is the most powerful tool we have for creating a more open and connected world. ... We can't let poorly thought-out laws get in the way of the internet's development. Facebook will continue to oppose any laws that will hurt the internet. The world today needs political leaders who are pro-internet. —Mark Zuckerberg



A Non-profit Organization For Retired Men

HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: www.sirinc2.org/branch7

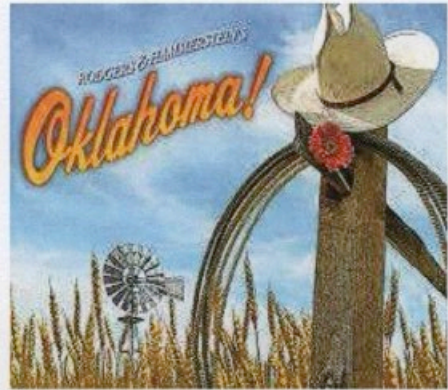
<http://www.sirinc2.org/branch7>

SIR #7

Invites you to join them for the performance of

Oklahoma!

With hosted lunch at Swiss Louis Restaurant
Wednesday – September 7, 2022



OKLAHOMA! tells a story of a community banding together against an outsider, and the frontier life that shaped America. Upending the sunny romance of a farmer and a cowpoke, this production “lets you experience Rodgers and Hammerstein’s greatness anew.” (*The New Yorker*). Without changing a word of text, this visionary production allows the classic musical – and our country – to be seen in a whole new light!

Depart: 10:00 am / Return: @ approx. 5:15 pm
San Rafael – Park & Ride Smith Ranch Rd., parking lot



Cost per person: \$ 105.00

Cost Includes:

Deluxe Roundtrip Motorcoach transportation * Hosted Lunch at Swiss Louis Rest. Pier 39, Entrée choice of: Chicken Marsala, Fettuccine Napolitana or Pan Sauteed White Fish; all served with salad, dessert and coffee or tea * Side Orchestra Seating for the 1:00 pm Performance of **Oklahoma!** @ Golden Gate Theatre (SF)
* Driver Gratuity Included

Contact: Ted Pullen @ 415-499-4610 Make checks payable to: SIR #7

Mail checks to: Ted Pullen @ 455 Cedar ^{Hill} Dr., San Rafael, CA 94903

All travel events and other activities sponsored by Sons in Retirement, Inc., or its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc., and its Branches do not assume any responsibility for the well-being or safety of the participants or passengers, or their property or damage whatsoever, in any manner pertaining to said travel events. Any other “disclosures” or non-responsibility provisions contained herein shall not in any way incur any liability attaching to Sons In Retirement, Inc., or any Branch thereof. All trips, tours and shows are booked for your pleasure. TravelCenter Tours and Travel, Emile Lassalle and tour escort assume no responsibility for any passenger or their possessions. All trips, tours and shows are subject to change and availability. No refunds after final payment unless a replacement is found. Specific conditions apply. CST# 1002945-40

TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523 (925) 937-2223

-----Detach & Return-----

SIR #7 (Oklahoma)

September 7, 2022

Name (s): _____

Phone: (____) _____ Email Address: _____

Chicken Marsala _____ Fettuccine Napolitana _____ Pan Sauteed White Fish _____



MAY 2022 SIR15 Lunch Photos



Little SIR Gives Officer Badge to Big SIR



Little SIR Giving Membership Plaque to Patrick Schoumaker



John Laurent Gets New Badge



Bob Bonilla Guest Ben Freitas, 33-yr Cal Fire vet



SIR 15 Members Listening to Guest Speaker



Little SIR Gives Name Badge to Bob Bonilla

From the State SIR Golf Chairman:
Fellow Golfers,

The final State golf event of the year will be held at the Blue Rock Springs golf courses in Vallejo. The event will be held on September 14th and 15th. This is a 2-day event but if a golfer wants, they can play either of the days or both. I'd ask that you take a look at the flyer for additional information (see next page) as well as the State golf website at www.sirgolf.org. This event is open to all SIR members, their wives or significant other, and invited guests.

Many Thanks,

Mark Stuart, 2022 SIR State Golf Committee Chair

JUNE 2022 SIR15 Lunch Photos



SIR Rooster Carving by SIR 15 member Patrick Schoumaker



Big SIR Giving His Report



SIR Lunch Attendees Listening to Guest Speaker



Guest Speaker Jim Rooney, Amador County Assessor



Little SIR Giving Guest Speaker Award



Big SIR Conducting Raffle



Luther Burbank Branch 17

Santa Rosa, CA

New Website: www.sir17.org

THE REDWOOD BARK NEWSLETTER



New Member Badge # 155
Art Appling



New Member Badge # 101
David August



New Member Badge # 37
Stew Lauterbach



New Member Badge # 109
Mike Requarth

A New Sir Game

Great News! As you may know our SIR club has been very active advertising our Branch 17. One of our programs is to place SIR signs in places around Santa Rosa and moving the location of most of them every 15-30 days. Your branch has had many comments about the signs, but what we are finding is the members don't seem to see them, so we are going to offer a little competition. Starting on July 10th, the first three SIR members who can tell us the exact location of four of the 13 signs that have been placed will receive a wonderful bottle of wine! Good luck gentlemen!!! Contact either of those below:

Rich de Lambert: richdelambert@gmail.com or call him at 707-545-3490

Neil Wheeler: njmwheeler@science-one.org or call him at 707-291-0271



Couples'Night Out: (Article by Fred Rose)

CNO for June was a tremendous success. Dinner at The Riviera Ristorante was great. We sat under the tent, the weather was perfect. Three tables of eight and one table of six made for great conversation. I think we will be back there sooner than later! Check out the pictures on page 12.

About CNO for July. Unfortunately, Catelli's in Geyserville is not interested in hosting us. The Depot Hotel in Sonoma has been sold and is only doing take-out food at this time. Gravenstein Grill in Sebastopol still hasn't called me back.

La Gare French Restaurant, 208

Wilson Street is the chosen spot for **Thursday, July 28th** with the social gathering at 7:00 pm and dinner to be served at 7:30 pm. We will be seated outside with limited seating. Hopefully, it will be another beautiful July night! So get your reservations to me as soon as possible. First come, first served.



Reservations are required!

fredicrose@comcast.net or call 707-548-5797

Pictures from the Annual Picnic with Branch 17 & 176



Temera & Big Sir Gordon Boulton, welcoming all to the Annual Picnic with Bran 176!



New lawn signs available!



Picnic Chairman Ted Scapecchia & Little Sir Gary Bondi



Sign-in area, Bill Grafeld, Glenn Seime, Al Petrie, Pat & Ward Thompson



Marvin Mai

All pictures were taken by Sandra Traverso



Dee Bondi & Lynn Scapecchia



Director, Tom Lubas



Stan Borges checking out the prizes



Judy & David Harris, Bill & George Traverso



Big Sir Gordon Boulton, getting ready to Bingo!

Pictures from the Annual Picnic with Branch 17 & 176



Meryl Lindahl, Mitch Michnevich,
& Howard Blethen from Brn 176



Mark Burchill, Mervin &
Pat Mai looking at prizes



Group looking at prizes



Meryl Lindahl of Brn 176
& George Traverso



Dayle & Ken Johnson,

John & Jackie Gnam

Mary Ann & Bill Gillespie, Brn 176



Frank Treanor, Big Sir Branch 176



Rich de Lambert



Erin Stroud & Stewart Morgan



ROOSTER TALES

*Next meeting Thursday March 3rd
The Greenery Sports Bar and Grill*

Clayton Valley Branch 19

AMERICA'S CONCENTRATION CAMPS The Japanese American Experience During WWII



Milt Momita

Eighty years ago, one of the darkest chapters in American history took place! The evacuation of over 110,000 Japanese and Japanese Americans. They were sent to 10 concentration camps (later called internment camps) for what the government called "their own protection". Sir Milt Momita and his family were among the 1,500 Japanese and Japanese Americans from Imperial County, Ca. who were the first to relocate to Poston, Az. in May of 1942. They were in Poston from that time until their release in

November of 1945. His presentation will cover events leading to this great injustice. He will present

information of events before Pearl Harbor, the evacuation and life in the Camps, and a brief history of the 442nd Regimental Combat Team (the most decorated unit in the history of the US Military for its size and length of service.)

Sirs Rich Peterson & Herb Forthuber



442nd Regimental Combat Team ...

New Sir Members

Mike Treshlea

SIR Trip to the USS Hornet



We had a great time touring the Hornet on Saturday, April 9th. A very knowledgeable docent told us many stories about incidents that occurred on the Hornet including ghost visitations.

We also found out That Sir Rich Peterson knew the docent and had worked with him 35 years ago (see more of the story below).

The Hornet also picked up the Apollo 11 astronauts after they splashed down 900 miles from Hawaii on July 24, 1969.

Here are some photos from the Tour



Apollo 11 test module (similar to the one retrieved)

Inside the test module (not much space)



Hornet Bunks

Wheel House

Our Docent

Locked up in the Brigg



Mess Hall



Joe and I were assigned to two Navy Helicopter Squadrons, HS85 and then HM19, based at NAS Alameda back in the 80's and early 90's. I was a Pilot and Joe was an airman. We flew together on numerous operational and training flights. I had not seen Joe in over 30 years and then he shows up as our docent for the tour of the Hornet. Needless to say it made for a very enjoyable SIR activity.

Sir Rich Peterson

Rich Peterson and docent - Joe Martinez



SIR group below deck on the Hornet tour (a fine looking bunch !!!)

Special thanks to Sir Roger Moseley for organizing this tour and the great luncheon afterwards

NEW MEMBERS



Hank Bottino (Liz) 650-207-4320
220 Timothy Drive bottinch@comcast.net
San Carlos, CA 94070 Ampex, IVC, Dolby Labs
Bridge, Bicycling



Joe Glynn (Liz) 408-806-9951
801 Raintree Drive glynnjoe81@gmail.com
San Jose, CA 95129 IBM
Golf, Tennis, Bocce, Pickleball



Bill Mack (Tina) 408-836-6440
12329 Beauchamps Ln. mackcad@comcast.net
Saratoga, CA 95070 Maxim Integrated Products
Travel, Tennis, Hiking, Bicycling, Bocce, Book Club, Investments



Campbell Scott 408-605-5839
(Joyce)
405 Montclair Road campbell@castlescott.com
Los Gatos, Ca Cornell U., IBM Research 95032
Bridge, Golf, Travel, Hiking, Sailing, Dancing, Photography, Theater, Climate action



Mike Su (Xiaoli)	650-704-2409
996 Clark Avenue	mingong996@gmail.com
Mountain View, CA 94040	Molecular Devices, SRI International
Bowling, Golf, Travel, Hiking, Bicycling, Book Club, Wine Group, Dining In, Investments, Trail Birds	

Celebrating our own Century Sir John Kolb, born November 11, 1921



By far, the hit of the April 20th meeting was John Kolb, our very own 100-year-old "Century Sir". When Stan Barkey called him to check if he planned to attend, he said "Sure, but I'd like a few minutes to tell a few jokes and sing you a song." Hesitantly Stan said "yes" and volunteered to come by and pick him up. Without hesitation, John said "No, he'd prefer to drive himself." He did all of that and was terrific. We celebrated his success with a piece of birthday cake, a rendition of Happy Birthday and a well-deserved standing ovation.



On May 27th SIR Hikers visited Angel Island State Park and did the 6-mile Angel Island Perimeter Loop Hike. We also visited the U.S. Immigration Station and enjoyed scenic views of San Francisco Bay.

Branch 35 Monthly Hikes on 4th Friday
Our monthly hikes, on the 4th Friday of the month, are designed to encourage spouse and guest participation. There will be many opportunities to socialize and to get to make new friends. Pack a lunch and we will stop at a scenic spot to eat, and to enjoy nature.

Branch 35 members, spouses, or friends who have signed the Covid-19 Waiver and are able enjoy a moderate hike of up to 5 miles and up to 1,000 feet elevation gain are invited to join us.

Save the date for our next hike that will be on June 24th. Join our hiking group and to get the details, send an email to Peter Thurston, peterthurston@gmail.com.

Jim Quillinan, Movies Activity, jyquill@pacbell.net

The Lincoln Lawyer. This is a ten-episode legal/crime drama on Netflix. It is based on the bestselling novels of Michael Connelly. Mickey Haller (Manuel Garcia-Rulfo) is a LA lawyer who bends the rules to achieve just results. He runs his law practice out of the back seat of his Lincoln Town Car. His 1963 blue Lincoln Continental Convertible is used on special occasions. Each episode has Mickey using his courtroom skill to achieve a seemingly impossible result. All of the smaller stories contribute to a larger story of the defense of an unlikable computer guru who stands accused of murdering his wife. Mickey balances all of his legal issues with two ex-wives (Neve Campbell and Becki Newton), a daughter, and his addiction recovery. To make it worse, he and his family are targets of a hitman. The legal presentations are sometimes preposterous but also sometimes right on. The plots are interesting as are the characters, so worth watching. They will grab you and lead to binge watching. Check this out on Netflix. Rated TV MA for language and sexual content. It is a Peggy's Pick.

Hustle. Fans of Professional Basketball will love this tribute to the game and its players. Adam Sandler (Big Time NBA Fan) plays Stanley Sugarman, an over the hill basketball scout for the 76ers. While in Spain scouting the European League, he discovers an incredible street ball player, Bo Cruz (Juancho Hernangomez). Bo is Stanley's ticket to get back into the good graces of the NBA. There are plenty of basketball scenes with Bo and a host of NBA star players from the past. Stanley has all sorts of problems getting Bo into shape for the challenges of the NBA and to qualify for a tryout. They work hard and Bo gets his shot and makes the grade. Stanley has a devoted wife (Queen Latifah) who can hold her own on the basketball court and keeps Stanley focused on what's important. The film is loads of fun with trash talk in English and Spanish. Rated R for language and rudeness. Currently in theatres but moving to Netflix streaming soon. It is a Peggy's Pick.

Benediction. This is the best film I have seen in quite a while. Lovers of the English language and poetry will be ecstatic to see an erudite and poetic performance. The film explores the dark side of war with the Great War as a backdrop. It is based on the real-life experiences of Siegfried Sassoon, a well-known British poet. Writer/director Terence Davies creates a distinctive atmosphere with long pauses, period sets and costumes and photos of the carnage of World War I. Sassoon was a complicated man who was troubled by his homosexuality, was a decorated war hero who used his language skills to sharply criticize His Majesty's Government's conduct of the war. He even married so he could have children. His personal journey for salvation is at the core of the film. This is a movie you must see. It will be hard to find, but it is now in theatres. Rated PG-13 for disturbing war images, some sexual material and thematic elements. It is a Peggy's Pick.

BIKING GORDON TONG 408-242-0557

gordy6850@gmail.com

2nd Tuesday— July 14th, 2022, 11:00 AM

Special Note: For the months of July through October 2022, SIR Branch 35 monthly bicycling rides will REVERT back to the

SECOND THURSDAY. The following are the planned rides:

- Thursday, 14th July 2022. Foster City Bay Trail
- Thursday, 11th August 2022 Los Gatos Creek Trail
- Thursday, 8th Sept 2022. San Lorenzo to Bay Farm Island
- Thursday, 13th Oct 2022. Sawyer Camp Trail



Wives and guests welcomed; helmets required and face masks optional but read latest CDC guidance below:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Foster City Bay Trail Ride: We will ride the scenic and picturesque Foster City Bay Trail from the Oracle Corporate Headquarters to the Poplar Creek Golf Course at Coyote Point. There is another 4-mile extension that would take us to the very southern edge of the SF International Airport for a total round trip of 22 miles. The trail is paved and level but there is some on-going construction that will detour us onto some city streets that have well designated/marked bike lanes. We can decide to ride the 4-mile extension on the day of the ride. There are lunch options along the trail. It might be windy, so bring a jacket or windbreaker. **Directions:** Take US101 North towards SF and exit at Marine Parkway/ Ralston. Turn right on Marine Parkway, then an immediate left onto Oracle Parkway. The meeting point is a tree-shaded parking lot with restrooms to the left of this intersection. If the parking lot is full, backtrack over the creek to 401-501 Island Parkway and park in the Oracle lot. Ride your bike across the pedestrian bridge to the meeting point. If you plan to ride or have questions, please contact Gordon Tong at 408-242-0557 or gordy6850@gmail.com. Hank Bottino at (650) 207-4320 or bottinoh@comcast.net will be my biking group co-leader.

PHOTOS FROM THE APRIL 20TH MEETING BRANCH 35 RETURNS TO THE ELKS CELEBRATION



Cool hike in the redwoods

On June 24th 18 SIR hikers took a cool hike on a hot day in the redwoods in El Corte de Madera Creek Preserve. Five new hikers and five women hikers joined the hike, as our hiking activity participation continues to grow. We were able to form two hiking groups. Four hikers took a shorter 3-mile loop, and fourteen hikers took the longer 6-mile loop. We all managed to meet for a trail lunch at a scenic spot in the shade with a view out to a foggy coastline.

Highlights included hiking in the shady redwoods, a visit to the Tafari Sandstone formation, and a visit to the Resolution airplane memorial. Some hikers stopped at Alice's Restaurant for debriefing after the hike.

Branch 35 Monthly Hikes on 4th Friday

Our monthly hikes, on the 4th Friday of the month at 10:00am, are designed to encourage spouse and guest participation. There will be many opportunities to socialize and to make new friends. Pack a lunch and we will stop at a scenic spot to eat and enjoy nature. Branch 35 members, spouses, or friends who have signed the Covid-19 Waiver and can enjoy a moderate hike of up to 5 miles and up to 1,000 feet elevation gain are invited to join us.

Save the date for our next cool hike on a hot day along the coast on July 22nd. To join our hiking group, and to get the details, send an email to Peter Thurston, peterethurston@gmail.com.



SIR hikers crossing El Corte de Madera Creek

If My Body Was a Car

If my body was a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull. But, that's not the worst of it. My headlights are out of focus, and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But here's the worst of it:

Almost every time I sneeze, cough or sputter, either my Radiator Leaks or My Exhaust Backfires!

Computers and Technology Discussion

Bob Lewis chairs the Branch #36 Computer Club when we are able to meet monthly in person. Bob also chairs a community computer "club" called the Felton Linux Users Group. Known as the Felton LUG for short, it is currently meeting semimonthly using video conference software. See Bob Lewis to be added to either group. Virtual meetings are on the first and third Saturdays at 11:00 am. Members are currently diverse in their technical knowledge and there's always a problem or solution to discuss. It's not just computers, but other aspects of technology and how it is affecting our lives. Of course, there's also the plain social part of getting together and hearing how people are doing and what they are doing. The video conference tool used is Jitsi. The meeting address is: <https://meet.jit.si/FeltonLUG>. It's best to use your Firefox or Chrome browser. No download needed.

Kids Today

Kids today don't know how easy they have it. When I was young I had to walk 9 feet through shag carpet to change the TV channel.

Navigation

I don't always go the extra mile, but when I do it's because I missed my exit.

Shower Etiquette

Never sing in the shower! Singing leads to dancing. Dancing leads to slipping and slipping leads to paramedics seeing you naked. So remember ... don't sing!

Little League

The coach talks it over with his Little Leaguers: "We have to use sportsmanship. No temper tantrums, no yelling at the umpire, and no being bad losers. Do you understand that?"

The kids nod. The coach goes on, "Good. Now explain that to your fathers."

Milkshake

After ordering a milkshake, a man had to leave his seat in the restaurant to use the restroom.

Since he didn't want anyone to take his shake, he took a paper napkin, and wrote on it, "The world's strongest weight lifter," and left it under his glass. When he returned from the restroom, the glass was empty. Under it was a new napkin with a note that said, "Thanks for the treat!" It was signed, "The world's fastest runner."

Psychiatrist

A doctor of psychology was doing his normal morning rounds when he entered a patient's room.

He found Patient #1 sitting on the floor, pretending to saw a piece of wood in half. Patient #2 was hanging from the ceiling by his feet. The doctor asked Patient #1 what he was doing. The patient replied, "Can't you see I'm sawing this piece of wood in half?" The doctor inquired of Patient #1 what Patient #2 was doing. Patient #1 replied, "Oh, he's my friend, but he's a little crazy. He thinks he's a light bulb." The doctor looks up and notices Patient #2's face is getting all red. The doctor asks Patient #1, "If he is your friend, you should get him down from there before he hurts himself!" Patient #1 replies, "What! And work in the dark?"

This and That

So if a cow doesn't produce milk, is it a milk dud or an udder failure?

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.



PLACER GOLD

ATTACH
FIRST CLASS
U.S. POSTAGE
STAMP HERE

SIR Branch 37 Bulletin

Auburn

FOUNDED JULY 1958

Org. March 6, 1972

NEW MEMBERS! WELCOME TO SIR'S BANCH 37



Mark Kahl and his wife Sharol reside in Roseville. A Civil Engineer retiring in 2018. His interests include: Golf, Cribbage and Bridge.

Welcome Mark



Bill Dougherty and his wife Jean live in Meadow Vista. He retired from Banking 2002. Bill served in the U.S. Army. His interests include Pickle Ball, Golf and Pinochle.

Welcome Bill



Dennis Szuszka and his wife Merrill live in Auburn. He was a Software Engineer retiring in 2007. He plays golf in his spare time.

Welcome Dennis

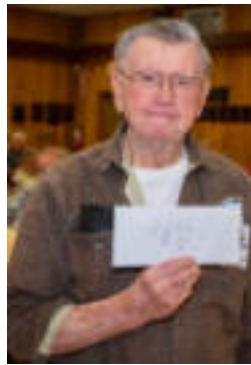
Now Retired
People
Love
Fish



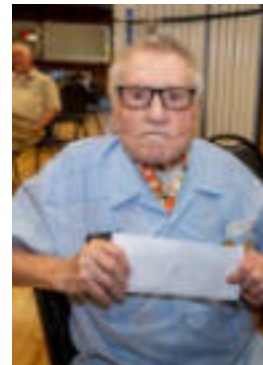
Sirs with birthdays in May who attended.



Sirs with birthdays in June who attended.



Branch 37 Opportunity Drawing winners
The winners at the April Luncheon were (left to right) 1st prize James Dill, 2nd prize Richard Kulhavy, and 3rd prize Bill Conner.



Branch 37 Opportunity Drawing winners
The winners at the May Luncheon were (left to right) 1st prize James Dill, 2nd prize Richard Adams, and 3rd prize Gunter Vogtmann.



Branch 37 Opportunity Drawing winners
The winners at the June Luncheon were (left to right) 1st prize Warren Manley, 2nd prize Pete Thompson, and 3rd prize Bill Conner.

BRANCH 37 ACTIVITIES (contact chairmen for information)			
ACTIVITY	CHAIRMAN	PHONE	DATES AND TIMES
Coordinator	TBA		Meets during Luncheon social hour.
Bocce Ball	Al Andersen	916-652-5656	Monday; 10 am @ Recreation Park
Book Exchange	Ron Mussulmann	805-540-4480	Every Luncheon during social hour.
Science & Technologies	Chuck Vrooman	885-1335	2nd Wednesday; 10:30am via Zoom
Day Road Trips	TBA		Various TBA
Dining Out	TBA		Various TBA
Fishing	TBA		Various TBA
Golf (Area 33)	Gene Vogel	889-2882	Tuesdays; 11am @ Black Oak
Poker	Doug Perry	916-824-2225	Tuesday & Friday afternoons
Theater	TBA		Various TBA



The Pathfinder

Fremont Branch 59

Dear SIRs,

Approaching this blank piece of paper today, I'm torn by the news of the past days, murder in Texas, the war in Ukraine, a missing person in the Bay area, and on and on and on.

For me to write something that is SIRious, I need a topic about which I know something. I could rehash some of the stories I've already written myself. I could replay some of the other stories you have already read. Or I could just babble on about something that you may not know anything about - or me either. I'll give it a try.



The only thing I know a little bit about is photography, and not very much do I know. So, photography is a method of sharing, kind of like this piece you are reading. Is this the type of sharing where we exhibit beauty as we want to see it? Or is this the kind of horror we endure that we must share? Do we etch it into your mind in stark, unreal black and white? Or do we blame someone in glaring, blaring color.

Mostly I like to show scenes beautiful to me, a green tree on a (California) gold hillside. The image of stage performer singing her heart out means a lot to me in retrospect.

How about just a single rose with petals looking like red-painted lips? Then there is the last of the afternoon sun on a winter's day just ready to dip into the horizon, reflected off some puffy clouds into a creek somewhere in the Sierras? With those images I feel content, or warm, or complete.

On the other hand, when a photographer captures the stillness of death on a distant battlefield, or in a familiar schoolyard, or on an local urban highway, it makes me flinch, it makes me care, it makes me sad. And what can I do about it, the pictures ask? Is that kind of sharing what I want to see? Or is it the sharing for which the photographer's editor wants me to react, react with indignation, or pity, or disgust?

The next time you see a photo in the local newspaper, the "Pathfinder," or on a friend's living room wall, or in a doctor's office, try to examine why it's there, what is being shared, be it for fun or education or for a different purpose. Maybe it's showing the fun we have at a SIR Meeting. Maybe it's to jolt you into action for political purposes. Maybe it's soothing to you.

~ Bruce Roberts
Are You SIRious Editor





The photo at the left is that of our friend for many years–Hugh Twomey . Recently Sir Rob Ingebretson received the following from his wife Mary:

Rob,
I am so sorry to tell you that my dear husband, Hugh, passed away June 14, 2022 from cancer.
Hugh so much enjoyed the years that he was a member of SIRS. He was an active member from the beginning to the end, and was very proud to have the Honorary Lifetime Membership award on his home office wall.
On his behalf, I want to express my gratitude for the pleasure he took and the friendships he made during his time with SIRS.
Best Regards,
Mary Twomey

Hugh joined SIR Branch 59 in January, 2000. He was Little Sir in 2009, Big Sir in 2010 and was BranchTreasurer from 2011 until 2019. Hugh also held the post of Director for many years and was awarded the title of Honorary Lifetime member in 2019.

Hugh was an active member in Cyber Geezers and the keeper of the Branch Database. He has truly been an honored and respected member of our branch. He will be missed and remembered.

Thank you Hugh.
 Jerry Sabo
 Pathfinder Editor

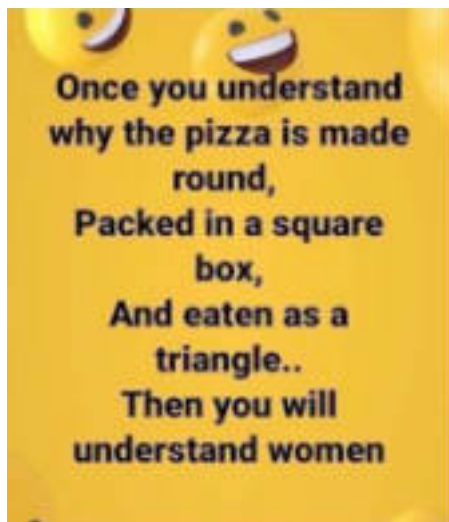
June 2022 Luncheon Photos by Bruce Roberts.



So technically Moses was the first man to download files from the cloud using a tablet.



If jealousy had a face.





The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

SONS IN RETIREMENT

A Non-Profit Organization of Retired Men

Devoted to the Promotion of Independence and Dignity in Retirement

Bocce and Cornhole

Branch 62 has decided to hold a COED Bocce and Cornhole group starting this May. This will be held the 1st and 3rd Thursdays of each Month starting at 2pm. Initially it will be held at Questa Park in Mountain View. If you are interested in joining this group, please e-mail Wally Anderson at wallyowen@comcast.net. I will add you to the Bocce/Cornhole distribution list, and I will be sending out e-mail reminders and a set of rules for each game. When you do come, please plan to bring chairs, water and have fun. We will learn together.

Wally Anderson

Bocce and Cornhole Coordinator

Branch 62 Web Site

Have you visited our web site lately?

Want to read the joke from the luncheon?

Need to contact the speaker?

Forgot the luncheon's speaker details?

Want to read back issues of the Rooster?

Get all of this and more on our Web Site at:

<https://sirinc2.org/branch62/index.php>

Heber Slusser

branch62sir@gmail.com

Meeting Cash Awards

Remember that, in addition to one \$25 cash birthday award at our Monthly Luncheon Meeting; there will be one additional \$25 cash attendance award.

Remember, you must be present on Zoom or in person to be eligible to receive an award. Be involved and have a shot at these riches.

June Winners:

The June drawings were not held at the picnic.

Both the June and July drawings will be held at the July meeting.

Walking Program

Tom Chatfield has organized a Branch Walking Group. Contact Tom at 408 736 8044 or by e-mail at tchatfield761@gmail.com if you have an interest or comments.

Branch 62 Annual Picnic June 9th, 2022







SIR Branch 65
 Volume 47 #7
 July 2022

Napa

SILENT AUCTION HELP!?!?

Lance Houser, Chuck Morse and Jerry Stabile are presently working to obtain items for the September luncheon's annual Silent Auction. **YOU CAN HELP!** How? 1) Let us know if you have a friend in business that may donate an item or service that we can approach. Good advertising! 2) Donate an object from your house to be auctioned. Paintings, antiques, curios, craft items, wine, golf items, china, etc. 3) create a fun gift basket..Napa themed items? Growing old humor, coping items? any creative theme! *On a personal note I still use 2 items I got cheap from the auction, Harvey's 3 wheeled golf cart and a Yeti cup Tom Y. must have won at a casino! ---Jerry*



It is with great sadness that Our Sunshine Report reporter **David Sumbardo** passed away in early June. During his recent illness, Dave kept in touch with us to insure that his column would be attended during his absence. A card was sent on behalf of our Branch 65 to his wife Gloria.



MY FAVORITE PHONE CALLS Through the years, I would get the random call from Dave ...*"Jerry, this is Dave...."* Then before he would get to the point, there was usually some kind of story, or humorous observation. Many times we would have a poor phone connection or like many of us, his hearing aid wasn't working well...*"Jerry can you say that again? your phone isn't loud enough!!!"* By now, my wife knew who I was talking to. His calls, Grapevine articles and his upbeat reports at luncheons with well chosen famous quotes were a welcome breath of fresh air. I'll miss you Dave.....Jerry Stabile

SIR SEEN SCENES #397.....

Keith and Terry are quite the **ROMEOs...** that is they enjoy dining out out with Br. 149's **Retired Old Men Eating Out!** They were seen at the new Huckleberry's in Early June. Terry almost lost his hand on the way out!





Bowling

Dave Ellingson
oreldave@aol.com

Dodging major snow storms five bowlers from Napa made it to Carson City last week to bowl in the fourth tournament of the year. No results yet but some did good and some bad. May 11th we go to Concord for the SIR state tournament. Will have results for Carson City at the luncheon.

ANOTHER BUSY GOLF MONTH Br.65

golfers inhabited a wide variety of Napa County courses this month!
Fun and exercise!



Dear Sirs, my name in the Sir Directory is **Terrence Hendricks** but once a year on Halloween I become the clown "POKO" whose purpose is to encourage fun and happiness in the trick or treat celebration of Halloween. I sit on the front porch of my residence known as "Gadwall House" to be readily accessible to an annual average of 100 Trick or Treaters. I hand out full size candy bars to encourage and reward the costumed youngsters for coming. It's been six years since I created POKO and became a member of the "Clown Connection" which is a Bay Area support group for active and retired clowns who meet monthly on Monday afternoons in Benicia.

Our group of a dozen or so is frequently entertained by invited clown performers. Guests are always welcome so if you are interested to accompany me text to 707-254-5546.



Vine Walkers Adventure Club.... Lance Howser

What adventures we have had! The first Tuesday walk was in the Sheveland Ranch area and thru Green Meadows subdivision. We met one of the owners of the original Sheveland Ranch who gave us a wonderful detailed history of the ranch and the race horses bred there including the great Seabiscuit! Our third Tuesday walk took us along a secret passageway connecting Jefferson with California Blvd. We crossed 29 on the walking path bridge then looped back to our cars passing by the excellent JuJu's Mediterranean restaurant. SIR's ! We need more of you to come out! And bring your spouses, friends and pets! We move at an easy pace and make some fine discoveries!



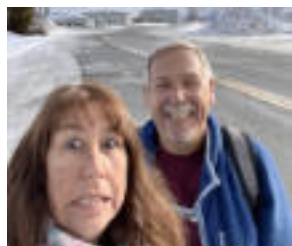
SIR SCENE # 535 Br. 65's resident artist, Jeff Smith was holding court at his booth during Yountville's Sip and Stroll in late May.

LADIES' DAY LUNCHEON





Branch 68



The Lights of Alaska Kent Dutrieux

for us, the Iditarod was over. The race was well on its way, and we were getting updates. But we were on to our next bucket list item and that

would be the Aurora Borealis. We would be leaving our Anchorage base to drive up to Fairbanks. Our first stop on the trail north would be the Iditarod Trail Head quarters in Wasilla which is about an hour north of our departure point. We visited



their museum and gift shop before continuing to Denali National Park. As we drove north, we spotted the site where we had the convoy wreck a few days prior. The snow was still ground up where the truck that hit us went into the side of the hill and got stuck in order to let the fire department past. We arrived at Denali National Park around 2:30 in the afternoon where we had a box lunch at the indoor picnic location. It was our guide's birthday and we surprised him by singing Happy Birthday as loudly as we were able. It was all in good fun and he enjoyed it. We spent a couple of hours in the area of the Denali Visitor Center. Most of the amenities were closed because of it being the winter hours, but we had a fun time there anyway. On our way out we stopped at the entrance sign to get pictures of ourselves. Our trip along the Parks Highway took us along 349 miles of the most scenic area in the world with several stops including Nenana where we bought tickets to the Nenana Ice Classic. The Ice Classic is a lottery where you pick the date and time when the Tanana River ice will break up. This year's prize was over \$250,000.00. Needless to say, we picked wrong. We arrived in the early evening to our hotel where our room overlooked the frozen Chena River. That night we enjoyed a

group dinner at Lavelle's Bistro located in the hotel. The end to a perfect travel day.

Today was going to be a late start with the group, so after breakfast Marianne and I decided to take a walk about town. We had light snow falling as we took a walk along the river front to the Morris Thompson Museum & Cultural Center. As we were approaching the Center we came upon a wallet. It belonged to a British national. We found a business card with the owner's number and email address. We tried to call several times without answer. After some more wandering around we returned to our hotel where we put in a call to the British Embassy, and they advised us to bring the wallet home and drop it off at the consulate in San Francisco and they would return it to the owner. So that is what we decided to do. While we were down in the lobby rejoining our group to head out, I decided to ask the desk if by chance they had anyone missing a wallet. When I approached with wallet in hand the clerk immediately said I know who are looking for and the guy was standing right behind me. When the clerk told him I had his wallet, he went ecstatic. They were just getting ready to get on the bus for the airport and he had been looking for it for a couple of hours. I must have picked it up right behind him. With that happy ending we took off for



the Chena Hot Springs. The Hot Springs are about an hour east of Fairbanks, and when we arrived it turned out to be quite a large complex, with a hotel, activity center, restaurants, ice museum and the hot springs. After stopping at the gift shop to get our tickets for Appletinis, we headed over to the Ice Museum. The museum was a large Quonset hut type building that turned out to be a freezer. Almost everything inside was made of ice. There

were sculptures and rooms that you could stay in, an ice bar and a craftsman making ice glasses. Our Appletini's came in an ice glass and after enjoying your drink you had to break the glass outside and make a wish. It was now time for the hot springs. The interior of the changing room was very humid, and you could barely see if you were wearing glasses. After leaving the changing room you had to do what was called the walk from hell. You went from a very warm building out into the freezing walkway to the hot springs. Once you reached the springs there was a ramp into the pool where you gradually heated back up to a normal temperature. The pool went from a nice hot bath to scalding depending on where you were. We moved around until we found just the right place to be and enjoyed ourselves for over an hour. There was snow on the rocks and steam coming from the water. The whole group hung out and just spent the time talking about our experiences and enjoying the camaraderie. As we left the springs the walk was much more enjoyable. We strolled back to the changing room and only wore half of our layers out to the bus; we were all still very warm from the springs. Once we were back in town, we picked up the one member who couldn't go out to the springs and headed off to dinner at the Fairbanks Pump House. This would be our first night for Aurora watching, so we were told to eat hearty because we would be out late into the evening. We arrived at the Aurora Pointe Activity Center around 10 pm with a couple of large buses already there. In the activity center we got a short science lesson on the Aurora Borealis, what forms it, how it is displayed and such. The biggest lesson I learned is that the Aurora is always there but can be viewed only when it is dark and clear enough to see. The center is a warm room with coffee and treats, television, and games to play while you wait for the sky to clear up to see the display. Us hearty souls stayed out around the fire pit and waited for the clouds to clear. After a couple of hours, the buses left but we stayed for another 45 minutes before calling it quits.

Our last day in Fairbanks would be spent on our own until after dinner. We started the day at the Creperie for breakfast where we met a couple of the group who had the same idea. We made two museum stops, the first being the Yukon Quest Race Headquarters (The Yukon Quest is another 1,000 mile dog sled race which goes from Whitehorse Canada to Fairbanks. This race is held in February and this year's Iditarod winner had also won the Yukon Quest for 2022) and once again back to the Morris Thompson Museum & Cultural Center. This time we were able to do the full tour of the Morris Thompson and it was well worth the visit. After spending the day

about town, we went back to our room to pack. We would be having a long night and an early rise tomorrow, so we didn't want to waste time packing in the morning. In 2009 we came to Fairbanks, but it was in the summer, and it was 94 degrees and the sun always seemed to be up. On that visit we found Big Daddy's BBQ (which was featured on Diner, Drive ins, and Dives). This place is advertised as the Northern most Southern Barbeque. We had a great meal back then and we wanted to try it again. The place was located in the same place we remembered it, but the interior was much more open than we remembered. The food was just as good as we remembered it and it was fun talking to our waitress about our prior visit and her story about how she had been involved with the restaurant since she was a child. Unlike the first time that we were there, we walked out into the dark of the night. When we got back to the hotel, we joined the rest of the group and headed out to the Tanana Valley State Fairgrounds for the World Ice Art Championships. The championship had hundreds of ice sculptures consisting of single to multiple blocks of ice and lit up in various ways. We spent a couple of hours going



from one exhibit to another. After finishing with the exhibits, but just prior to the exit there was a sort of ice carnival. The thing I jumped on were the ice slides. They had several of them and when you used one of their sleds on the slide, you went really fast. From here we were off to our second night of Aurora hunting, but this time we went an hour north to Ski Land, a ski resort located on top of a 2,349 foot mountain. This night would be different than the last one. The sky was clear, and the stars were out. Halfway up the mountain we got our first glimpse of the Au-

rora. We were all very excited now and as soon as we arrived at the lodge we jumped out and started taking pictures. It took us a few minutes to realize that it was very cold and windy up here. After about 15 minutes of -2 degrees, we went inside for a cup of hot chocolate and some warmth. For the next two hours we would spend 15 minutes outside, 20 minutes inside. The show was spectacular. The Aurora covered most of the sky and there were very few lights visible, so we got a good clear view of it. Just like anyone will tell you, the pictures do it no justice. You have to go in person to experience the scope of it. After being dragged away from the lodge we stopped on the way down the mountain at the Alaskan Pipeline. We could still see the Aurora, so we got pictures of it with the pipeline. What an evening! We ended the night around 1:30 am knowing we



would have to be up and ready at 6 am, so we went right to bed. The next morning, we left our luggage outside our room door because it would be sent to Anchorage in the van, and we would be taking the Alaskan Railroad back. At 7 am we were all in the lobby ready to head to the train station. We arrived at the station about an hour before departure, so we had time to check out the gift shop and the model railroad display they had on hand. The ride took all day, and we were served 3 meals, all of which were good. The scenery was spectacular, and we saw several moose and a wolf running along a frozen river. This would be our last full day in Alaska, and this was by far the best way to spend it. On the trip we found out one of our travel mates got frostbite on both of his hands the previous night and they were swollen up pretty good. He spent so much time outside during the Aurora viewing he didn't notice his hand were going numb. When we first got on the train, he was asking for hand lotion because they were itching, half an hour later they were twice the size. We arrived in Anchorage around 8:00 pm where John our driver was waiting to pick us up. While we were taken to our hotel, the injured member went to the

hospital to get checked on. Our last morning was like any other trip; can't wait to get home but hate that the trip has ended. Both groups got together for breakfast one last time and had a lively conversation with a couple who had arrived the night before and would be going to Nome for the Iditarod Finish. The frostbite case was bandaged up and ready to go home. Our flight was in the afternoon, but we rode out with another couple who were flying out in the morning so that John didn't have to make two trips to the airport. We could not check in for our flight until 4 hours prior, so we put our luggage in storage and took a walk around the airport. We walked over to Lake Hood (the seaplane base) and looked around there. This walk took about 2



hours. By this time, we were able to check in and hang out at the lounge prior to our flight to Seattle and then home. We arrived in Oakland at 11:30 pm and got home by 12:30 am. What a long day that was, but it was good to be home. Looking back on this trip, we had nothing bad to say about it. It was fun and adventurous and we for sure wanted to do it again. Marianne still talks of this trip as one of her favorites but missed out on two things she most wanted to do. The ceremonial start (she didn't get to see it, because she was in it!) and the official start (because we were waylaid by an Army convoy). So, we have to go back to fulfill her dreams. Oh poor, poor us!





Bob McLaughlin

Bocce

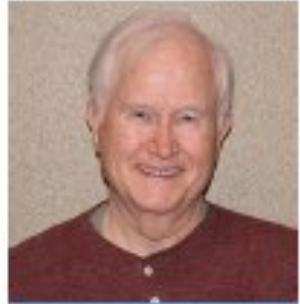
Greetings SIR'S,

The Spring Session Tournament took place on Monday, May 23rd, Wednesday, May 25th, and on Thursday, May 26th. At the time of this report; I do not have the tournament results, but I will report SIR'S team winners at the June meeting. More fun is about to happen as the Summer League will begin on June 6th. The Bocce Garden Party is scheduled on Tuesday, June 28th, at 550 "B" Street in San Rafael from 10:00 am - 2:00 pm. The Garden Party did not occur

during the past two years due to the Covid pandemic. Approximately eighty-five people attended the last party, and this year the goal is to have at least fifty people attend. This event is open to Branch 68 member's, family, and friends as well. It should be noted that Roger Burstrem deserves a special thank you for making the arrangements for one of the best events of the year.

Take care and enjoy Summer Bocce,

Bob M..



Ron Dorville

9-Hole Golf

Monday morning SIR 9-hole is a regular thing now and we are all enjoying it. Along with all the fun competition on the course we are also meeting up for coffee afterwards at the San Rafael Deli on Smith Ranch Road just to the east of the AAA building. The only prize event that is held is one of the par 3 holes is selected for clos-

est to the hole competition at a charge of 2 dollars a hole. If you want to join the emailing list for tee times contact Ron Dorville at vethelo@att.net



Kent Dutrieux

Walking Group

We are still walking every Tuesday morning at 9am on the Bay Trail at the old Hamilton Airfield entrance. Our walks last around 45 minutes. Most walks are on flat ground and require minimal effort with fun conversations. We do have one group that goes up the 8 percent hill and their walk lasts around 30 minutes. For infor-

mation and directions contact Kent Dutrieux at (510) 233-7421 or otrax@att.net



Roger Burstrem

Bowling Group

Looks like Bowling will have a good chance of starting up this fall. The day appears to be on Thursdays at the Petaluma Bowling Alley. Contact Roger Burstrem at (415) 234-6018 or rburstre@comcast.net if you are interested.



SIR Solano Branch 88 Newsletter

July
2022

"Live Longer, Live Happier, Join SIR"
State Website – sirinc.org
Branch 88 Website – sirinc2.org/branch88/
P.O. Box 502, Benicia, CA 94510

Good dental hygiene is important for the whole family ... but flossing your cat was probably a bad idea.



Pool League – Ed Drosch



The league took a break on 6-20 to allow the professionals to perform pool table maintenance re-leveling and re-covering. We were back at it last week. I am currently in the lead, at 7 weeks, with Roger Ford a surprising second spot. From relying on blind squirrels at the start to make shots, he's been constantly improving his game.



Bocce Ball (Co-Ed) – Steve Smith

The first half of SIR's COED Bocce will resume Friday, July 8. After calibrating the scores from the beginning of the season, there was a change in the top tier of the league. Team #3 (EZ Does It) is in 1st place, followed by Team #2 (Inch by Inch), and in 3rd place is Team #5 (Casinos).



As per our league history, the final week of the first half is completed July 8. The league's second half starts July 15 with all teams starting at zero wins and zero losses. Hopefully, there is hope for all teams to improve in the second half.



Great fun - saw many friends. Jim Jewell



Benicia 4th of July Parade 2022



Photo by Harold Parsity

That certainly was a lot of fun. Looking forward to next year. Tim Tarazi



Photo by Pat Venna



Photo by Harold Parsity



Photo by Harold Parsity



I believe that a good time was had by all. Karl Stemmler



Photo by Harold Parsity





FRUITRIDGE BRANCH 93

The SIR Quest for the Best Burger in Sacramento – Alan Baker

The next Burger Quest Outing will be on Monday July 25th at Skip's Kitchen

The April Burger Quest was a wonderful success. We met at Buckhorns at the new Raley's center on Freeport Blvd. The weather was perfect and were able to sit outside on the patio. The service was excellent and best of all the burgers were great.

Our next Burger Quest outing will be Monday May 23 at The Freeport Grill. We have arranged to meet in the patio out back.

The have wonderful burgers AND beer AND I know the weather will be perfect.



The The SIR Quest for the Best Burger in Sacramento

Monday, July 25th @ 11:30 AM

Skip's Kitchen - 4717 El Camino Ave., Carmichael

Place your burger and drink order, pay, then take your number with you, and meet us outside on the front patio (if it is cool enough) or dine inside (if it is hot).

Come and join in the fun for some good eating with some old friends and/or new friends!

Eating outside on the back patio and separate checks

SAVE AUGUST 5TH FRIDAY 6:35 PM SACRAMENTO RIVERCATS VERSUS TACOMA RAINERS

All SIR branches in Area 4 are planning to attend this evening night game, with reserved seats on the shady side. Should be a fun evening to watch a River Cats game & meet some other SIR Area 4 branch members.

Let me know if you want to attend, so that we can get the "group" rate. Tickets should be about \$30 each

Jack M. Reefer Cell: 1-916-531-2551 E-mail:

jreefer@sbcglobal.net

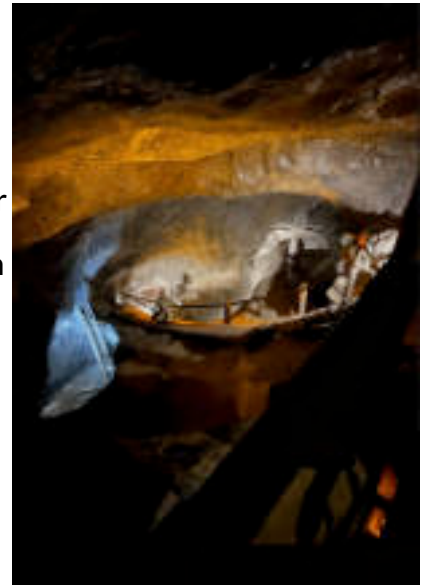


TRAVEL REPORT | CURTIS JOHNSON

My wife, Gaye, and I just returned from a four-week trip to Central Europe, Italy and Croatia. Our trip included: Krakow, Poland; Vienna, Austria; Budapest, Hungary; Prague, Czech Republic; Venice, Italy; and Dubrovnik and Split, Croatia. Our favorite was Vienna - the City of Music! We visited palaces, churches, many UNESCO World Heritage sites, attended several concerts and even learned how strudel is made (which tasted wonderful)! It was nice to travel again and COVID was never an issue. So get out there and enjoy yourself!



St. Stephens Basilica



Salt mine (Krakow)



"How'd it happen?"

BRANCH HAPPENINGS / SIR COMINGS & GOINGS |

Kevin King (PBS) 916-337-9811

Be sure to extend a warm welcome to the following five new members: Alan Bowles, Dan Cattone, Bob Doettling, Alan Sherman and Mark Thompson. All recently came as guests. We must have passed the test because each of them joined shortly after the meeting.

Welcome to our two newest members, Irv Joseph and Charlie Gomez.

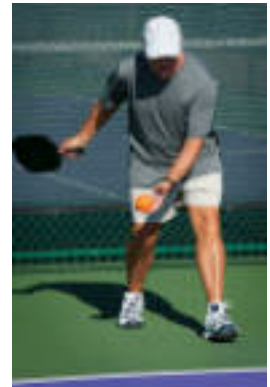
Be sure to welcome our newest (former) member, Ed Bowman.

We've added 15 new members since the start of the year. Continuing to tell your friends and neighbors about SIR membership will help us achieve our membership goal for the year. Likewise, encourage former members that you've remained close with to give us another look.

PICKLEBALL | Dan Cockcroft (PBS) 408-781-0714

Drop-in play on local courts where you'll often find a few members playing. Call ahead for hours and fees.

- El Dorado Hills Community Services District Gym
- Cameron Park Lake Tennis Courts
- Cameron Park Community Services District Gym
- Andy Morin Sports Complex (Folsom) • Lembi Park (Folsom)



E-BIKING | Rich Christensen 916-817-1838

Rides occur on paved bike paths in the area. All levels of riders are welcome. Other riding opportunities exist in the area that are not associated with SIR. Give Rich a call to see what's available and what rides are coming up.

BOWLING | Ray DiBasilio (Branch 113) 530-558-9727

Our branch has joined in with the Pollock Pines branch to offer bowling to our members. Did you know...SIR has a very active state-wide bowling group. With 17 scheduled tournaments throughout the year, bowling is a popular activity! In addition to tournaments, many SIR branches have bowling leagues in which SIR members have a great deal of fun. Some of us are competitive, some just bowl for fun and friendship. No matter what your skill level, all bowling is fun! For more information, please visit <https://sirinc.org/sirbowling-2/>. Your local contact is Sir Ray DiBasilio 530-558-9727.



WINE TASTING | Jay Muzio, Big SIR 650-302-1902

This month our wine tasting group ventured away from our usual format. Of the four couples that signed up to attend, none of us were able to host so we all met at Bacchus House Wine Bar & Bistro. We all had a great time sharing stories and appreciating good food we didn't have to prepare. Our featured wine this month was Merlot, but instead of bringing individual bottles we all shared a magnum of Duckhorn Merlot Napa 2018. We also discussed other options for future wine tastings such as meeting at a local winery, meeting for a wine tasting at Total Wine and More when their classes are available again, and maybe doing a wine tasting tour of several local wineries. If you have not joined our group and would like to join, please contact me. We would love to include you in our very social group.



The Town Crower

Volume 39, Number 7

The Monthly Newsletter for SIR Branch 103

July 2022

Stanislaus SIR Branch 103



Big Sir Jeff Chin

I am back from my trip to Guatemala. I have never traveled to a third world country before. The journey opened my eyes to how blessed we are in this country. The group we worked with, Bethel Ministries International, gave us an opportunity to meet and aid families in need. We built two houses, from scratch, the first week, and fitted and handed out 150 wheelchairs during the two weeks we were there. We are in the process of scheduling and arranging for next year's visit. I hope you enjoyed my daily journal posting that I did on Facebook. If you would like to read them, go to Facebook, search my name, which will take you to the site, and scroll down to read the posts.

**2022 SIR Fall Golf Classic
MEMBER AND GUEST TOURNAMENT
LADIES—NO HANDICAP REQUIRED!
Blue Rock Springs West and East Vallejo, CA
September 14 and 15 Applications at
www.sirgolf.org**



Little Sir Dick Nelson giving membership certificates to new members Brian Donahue and Gary Coonce.



Couples Dine Out

Our Couples Dine Out will be on July 28, 2022. It will be at George's Steakhouse, 1001 Kansas Ave., Modesto, at 5:30 PM. The restaurant will be open before 5:30 PM. If you would like to attend, please call Bob Kredit (209-672-0326), or send an email to bkred8209@aol.com.



2022 SIR League Champions - Team 3 Dom Genova, Jim Sterling, Jim Wirowek, and Jeff Chin.



The **Ladies' Dine-out** will be at My Garden Café, 3507 Tully Road, Modesto on July 28, 2022, at 11:30 am. All are

ALL ABOUT ME

Ed Davis is just a few months shy of ninety-eight. He grew up on San Pedro Island, where his dad owned a fish cannery prior to the outbreak of WW II. Ed graduated from high school in 1943 and then went to UCLA graduating in two and a half years with a degree in business and a commission as a young lieutenant in the Navy.

Ed wanted to play first base in high school. His Dad refused to buy him a glove. There was a guy who played first base who could hit the ball three hundred feet, one handed." His name was Enrico." I ran into him years ago and told him." You were the guy who beat me out of playing first base." Enrico commented," Well I guess I should buy you a drink."

Ed was assigned to a Landing Ship Tank (LST) 919 which carried about 200 men right up to the beach while unloading tanks and other vehicles. "One good thing about an LST, it had good ward rooms, plenty of room. Our ship went to New Caledonia, Leyte, and the Philippines. After the war we transported Chinese people from the North to the South. "Towards the end, we were supposed to be getting ready for some mission. My men kept asking me where we were going. I told them I didn't know but that I would tell them when I found out." Years later after reading one of Bill O'Reilly's books I figured out that we were supposed to go to one of the most southern islands of Japan which was occupied by 600,000 Japanese soldiers. They were well dug in and supported by over 100 kamikaze planes."

In 1946 Ed resigned his commission, got married, and went to work for his dad. In 1955 he came to Modesto and went to work for American Can Company as an account executive traveling to canneries from Corning to Lindsay." I drove about 50,000 miles a year and worked for them for 30 years. "I always wanted to be an opera singer." I sang with a small group after I first got married. I belonged to the Singer's Workshop and sang in numerous light opera productions in Long Beach." Also, I did a reading with Sam Goldwyn. He was more interested in me as an actor than a singer. "

Ed has sung at a lot of Sir's luncheons. He's a tall man with resounding pipes and will often break out a few bars. In recognition of his service, Ed will be receiving the Super Senior Sir Certificate.



LST-910 Images from Google



SONS IN RETIREMENT

TWIN RIVERS BRANCH #109

Marysville, California
Incorporated June 18, 1984

FUN

FOOD

FELLOWSHIP



SLOWTROLLERS - Sir Don Allen (530)743-2160

Fishing Report by Don Allen

Last month we had our annual trip to Sugar Loaf cabins on Lake Shasta on May 17th - 20th. A good time was had by all attending, lots of good food and fishing for Bass was excellent.

Those not going to Shasta fished Lake Oroville where fishing was great.

This month we have two Tournaments, the first one is on June 16th at Oroville After bay. The second one is June 30th on Lake Oroville.

Next month we have a "Fun Day" scheduled for Camp Far West on July 21st.

We meet the 1st Monday of the month at the Moose Lodge in Yuba City, 8:30 - 9am Coffee and Donuts meeting to follow a 9am.



DINING OUT Sir Roland D'Arcy 743-8742 or rolanddrc@yahoo.com

Last month we had 25 diners at Marcello's. The July 28th dining out will be at Oya Mediterranean Grill in Marysville. It is located at the corner of 9th and B St. in the northwest corner of the intersection. It fronts the shore of beautiful Ellis Lake and has hookah pipes available on the patio. This restaurant has a 4 1/2 star rating our members who have eaten there. Hope you can attend and let me know.

TRAVEL (No Chairman)

FYI: The SIR state board of directors has not opened SIR travel trips outside the USA, Canada, and Mexico at this time. The trips listed below have been approved by the SIR state travel chair. For additional details on the trips listed below, contact Roy, (530)713-4947.

CRYSTAL CRUISE FROM QUEBEC CITY TO NEW YORK CITY - October 5-13, 2022

- an all inclusive cruise!

**Rhine and Moselle Rivers -- Sept. 12-15, 2022 Bill Britton
bill.britton@comcast.net**



We always hold hands. If I let go, she shops.

*** My wife and I went back to the hotel where we spent our wedding night. Only this time I stayed in the bathroom and cried.**

*** My wife and I went to a hotel where we got a waterbed. My wife called it the Dead Sea.**

*** She was at the beauty shop for two hours. That was only for the estimate.**

*** She got a mudpack and looked great for two days. Then the mud fell off.**

*** The Doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.**

*** The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"**

*** Doctor: "You'll live to be 60!" Patient: "I am 60!" Doctor: "See! What did I tell you?"**

*** Patient: "I have a ringing in my ears." Doctor: "Don't answer it!"**

*** A drunk was in front of a judge. The judge says, "You've been brought here for drinking." The drunk says "Okay, let's get started."**



NEW MEMBERS



Chris M. Burns #81
3416 Canfield Dr., Danville 94526

Mauichrisburns@gmail.com

ART.COM & CFOs2GO / VP Finance & CFO

Bocce, Photography, Golf, Hiking, Pickleball, Yoga

Sponsored by: Randy Cahn #154

Cheryl



Bernard M. (Bernie) Corry #87 Lisa
25 Meadow Grove Court, Alamo 94507

bccorry@sbcglobal.net

San Francisco, Police Officer

Antique Cars, Baseball, Book Club, Bocce, Breakfast, Cooking, Dinner, Golf, Hiking, Pickleball, Wine



Gary A. Fettke #40 Vicki
45 Leeds Court East, Danville 94562

vickifettke@sbcglobal.net

J. E. Roberts - Obayashi Corp, Chief Estimator

Antique cars, Bocce, Golf, Hiking, Travel, Wine

Sponsored by: Rick Pyle #260



Robert (Bob) Fletcher #36 Suzanne
4331 Quail Run Lane, Danville 94506

robertfletcher@comcast.net

Fed Ex Corp

Singing, Baseball, Cycling, Dine In & Out, Dominoes, Golf, Pickleball, Poker, Racing, Travel



Patrick (Pat) Fitzpatrick #47 Janice (925) 487-0266

605 St George Road Danville 94526 jpf@att.net

Livermore Joint Unified School Dist., Director Special Ed Golf, Hiking, Pickleball, Check In Table, Special Events



George P. (Pat) Galloway #99 Kathleen (925) 820-4196

137 Irongate Court Alamo 94507 gallowaygp1@gmail.com

Malpractice Defense Attorney

Hiking, Pickleball, Travel

NEW MEMBERS (Cont.)



Dan W. McGovern #89 Carolyn
2957 Filbert Drive, Walnut Creek 94598
danielwmcgovern@gmail.com
U.S. EPA, Regional Administrator
Bocce, Computer Training, Theater, Hiking, Guest Speaker Search



Richard (Rich) Silva #74 Connie
65 Stonington court, Danville 94526
rich.silva2245@gmail.com
U. S. Food, District Sales Manager (Culinary Chef) Baseball, Bocce,
Cooking, Gin Rummy, Golf, Pool, Races, Wine Tasting, Woodworking,
Check-In-Table
Sponsored by: Mike Freccero #52



David Swedlow #72 Ruth
2165 Canyon Oak Lane, Danville 94506
David@swedlow.net
Physician and Anesthesiologist
Reading, Mexican Train Dominoes, Woodworking, Poker, Bocce, Bass
Guitar



Tom Eager #93 Lynn
520 Glasgow Circle. Danville 94526
tomveager@gmail.com
Global Strategic Account Sales Manager
Day Trips, Golf, Investing, Cooking, Dine-Out,
Golf, Travel, Bocce

SIR JOE VELSON ON TECHNOLOGY



Our next meeting will be on **Wednesday, May 11th at 2:00 PM** via ZOOM. Sir Dan Poulin will present **“The CLOUD – What is It and How to Use It!”**

If you use a computer, smartphone, tablet, smart tv you are usually using what is now referred to as “The Cloud”. “The Cloud” basically facilitates the ability to connect your device to an application and/or data source that isn’t physically loaded on your device. It’s been around for a very long time so we will explore it’s evolution, current state, and future!

Looking ahead to June, Bob Maddox will provide a follow-on presentation to his April presentation on “Improving Your Smart Phone Photography” with a session focused on “Editing Your Digital Photographs”.

For 2022 we have a full schedule of topics lined up. Please visit our website under [ACTIVITIES/ACTIVITY DIRECTORY/TECHNOLOGY USER GROUP](#). Links to our Zoom meetings can be found on the [ACTIVITIES/VIRTUAL MEETING LINKS](#) webpage.



SIR PEDRO CONTRERAS ON FISHING

The fishing group has been very active in the last couple of months as members have ventured out to local lakes and bays. Currently, **halibut fishing in SF Bay has proven very productive** for members. At our last meeting members spoke about success on several 6 pack charters along with open load party boats. Other members have fished from shore at Antioch and the Eckley Piers. **Eight members participated in a 2 day trip to New Melones for Kokanee and bass fishing.** They returned with limits. One member hosted the other 7 at his home near New Melones for this trip.

As we proceed further into spring and **summer fishing** will be wide open for not only halibut but **King Salmon, rockfish and trout.** There are still open spots for many of the trips the club puts together.

One trip of keen interest which is already full is the **biannual trip to Lake Almanor.** This year will be a little different as the Quail Lodge was destroyed last year in the horrendous fires. The owners of the lodge, John and Deb Crotty, have vowed to rebuild. In the meantime the fish master for this trip found a vacation rental for the group and John and Deb will act as hosts arranging all the guiding needs.

In March the **annual auction was held and raised over \$400 for the fishing groups treasury.** This money is used to offset the annual barbecue and Christmas dinner costs.

“Fishing is not always about catching, but the camaraderie with your fellow Sirs.”

The **fishing group meets on the 4th Thursday of the month** (except for November and December when it is the 3rd Thursday) at **8:30 AM** at Legends located at the **Diablo Creek Golf Course**, 4050 Port Chicago Highway in Concord. Members often come early to enjoy breakfast and share fish lies!

For more information and to join the fishing group, please contact Pedro Contreras (petjan@pacbell.net) or Clem Teters (clemteters@sbcglobal.net).

Cooking Tips

Cooking Class—May 2020



We returned to Cooking Class with a smashing success. We had 18 ambitious, hungry souls prepare and enjoy Roasted Salmon with Gribiche Sauce, Roasted Delicata Squash, Greens and Blue Cheese salad with Shallot Dressing and Peach & Blueberry Crisp (with Ice Cream, of course). Recipes are on the website. They are easy, tasty and fun to prepare. Try some.

For an encore, join us in May. We will prepare Roasted Pork Tenderloin with Raspberry Chipotle Sauce, Garlic-Parmesan Fingerling Potatoes, grilled Asparagus and a dessert – yet to be determined. Sign up on the web site.

Boneless chicken breasts. Seems like this is all chicken lovers favorite. Ever notice they are often tough, dry and not all that pleasant to eat. Main reason is they are overcooked. Cooked properly and not a minute more they are moist, tender and juicy. Here’s how:

- A chicken breast is uneven in thickness, so it cooks unevenly. It is thick at the top and tapers to the end. To even out the thickness, simply pound the thick end with a meat mallet or heavy pan. Cover the breast[s] with cellophane wrap and gently pound until it is almost uniform thickness.
- Roast, broil, grill on high heat until the inside registers 145°. Remember the meat will continue to cook after removing from the heat source. Let rest at least 5 minutes before serving.

LONGEVITY AWARDS

20 Years



Tom Mullican

15 Years



Paul Sheckler

10 Years



Bob Maddox



Pat Melissare

5 Years



Fred Ashouri



Bill Chang



Bob Henry

Truman Howard



Vernon Olson

SIR

Newsletter



Three Shastas
Branch 129
Redding, CA

NASCAR/INDY CAR Report by Barrie Lee

Bruton Smith passed away recently at the age of 95. He was one of the most prolific innovators in NASCAR history. Not only did he make the Charlotte Motor Speedway one of the country's greatest venues but he advanced NASCAR as much if not more than the France family. He owned The Texas Motor Speedway, Sonoma, Charlotte, and many more. He owned eleven tracks on the NASCAR circuit and created Speedway Motorsports, his managing company. Bruton Smith was a giant in NASCAR racing and will truly be missed by all that know the sport.



5/22

It's the Sunday before the Indy 500 and I'm watching the second day of qualifying for the 500. Yesterday, they seated the 13th through 33rd starting positions. Today, the top 12 cars are having a shootout to determine the pole position and the first four rows. With Scott Dixon averaging over 234 mph in the first go round, Scott and Alex Palou are the quickest. While watching the runs, I noticed that some of the cars reached 242 mph on the long straightaways. I also noticed they were going through the turns at over 230 mph.

5/29

What an amazing day. The Monaco Grand Prix, Indy 500, and the Coke 600. Most people will probably only watch one event, and some not even one. I get it, but for people like me (and I do apologize) it's my favorite weekend of the year. Monaco was boring for me, with little passing and rain delays. Indy was a different story. The class of the field was Chip Ganassi Racing. With five teams under their control, and Scott Dixon and Alex Palou starting first and second, I expected Scott to win unless some weird problem happened. The other three team members were Marcus Ericsson in 5th, Tony Kanaan in sixth and Jimmy Johnson in twelfth. My neighbor asked me before the start who I thought would win and I mentioned the Ganassi juggernaut including JJ. Since he said he was supporting Johnson, I told him to expect Jimmy to slowly move to the rear of the field, and my main concern was that he not be hurt. He performed as I expected, and I wish people would see he needs to retire. The 500 at Indy is very unpredictable, and the Arrow McLaren team with three great drivers did not disappoint. Pato O'Ward (5), Felix Rosenqvist (7), and Juan Pablo Montoya (6) all drove a tremendous race. McLaren is making huge inroads into Formula One and the IndyCar series. They are the team formed years ago representing Bruce McLaren (a well-known Formula One driver) and have a great history, mainly in Formula One and the CanAm series. Keep an eye on McLaren. Team Penske was a total disappointment, and even though Roger did a great job introducing the race and starting the cars, I was sad to see the Captain showing his age and frailty. He's currently 85 and has had some health issues. I hope he is OK. By the way, I've known Roger for 49 years now and he is one of the most dynamic individuals I've ever met. Donald Trump gave both Roger and Rush Limbaugh the medal of freedom award and he couldn't have picked two better recipients. Scott Dixon did something towards the end of the 500 that cost him the win. He made a mistake, and that is something he never does. He gave the race to his teammate, Marcus Ericsson. I love the 500 and I'm only sad because it's over until next year. Ganassi Racing seemed to have a strategy of letting Dixon and Palou swap the lead to avoid using too much fuel in one car over another. Since the lead car uses more fuel than trailing cars, it's a good plan of attack. It's too bad that Scott was caught on his last pit entrance speeding because he was the best in the field and should have won. He's only won once in the 500 but has won the Indy Championship six times. It shows how tough it is to win this race.

6/5

I was treated to two terrific racing experiences this weekend. I knew that NASCAR was in St. Louis for a three-hundred-mile race and was on FS1. I also knew that IndyCar was in Belle Isle, also known as Detroit Michigan. It's a great street circuit but today's race is the last for now since they will be racing in the streets of Detroit next year. NBC has the rights to show this race, but they've cut their sports network and now charge for people to follow their sporting events. A friend told me it was on the USA channel, and I watched both events. I was sad to see Team Penske do so

poorly last weekend in both the Indy 500 and the Coke 600. However, they came together today and won both races. Will Power held off a charging Alexander Rossi and won Belle Isle by one second at the end. I learned today that Alex, whose home is in Nevada City, Ca. has signed a multiple year contract with the McLaren team for next year and will be leaving Andretti Autosports. I think the timing was perfect for both Alex and Michael Andretti. Keep an eye on McLaren. The Penske team was totally up front with all three of their drivers in St. Louis. It came down to a neck and neck challenge between JGR and Team Penske. Fords showed very well in this race with Chase Briscoe starting from the pole for Steward/Hass Racing and followed by all the Penske guys, including the satellite team of Team Penske, the Woods Brothers Racing and their driver, Harrison Burton. At the end of the day, the race was between Kyle Busch (18) and Joey Logano (22). I believe it was one of the best contests of the year with several lead changes between the two during the last 20 laps. With a yellow forcing a green, white, checkered finish, Joey was able to restart next to Kyle and it hurt Kyle in his attempt to win. Joey started on the inside with his teammate, Ryan Blaney able to push him on the start. However, Kyle had his brother, Kurt right behind him to do the same. Joey won and Ryan came in fourth. Kyle was second and his brother was third. NASCAR heads to Sonoma this coming weekend and since I lived in Sonoma and worked at the track at times, I always look forward to this weekend.

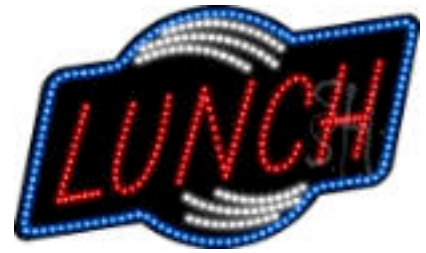
6/12

Sonoma, as well as Redding turned cooler Sunday after both locations hit the 100-degree mark on Saturday. Hendricks Motorsports held the pole and 2nd position at the start of the race. With Kyle Larson taking the lead from the beginning and Chase Elliot following closely behind, I was prepared for a Hendricks day. I love this track and have driven it many times. But for some strange reason, it's hard to follow the leaders throughout the race because of the stage's strategy. As an example, Kyle Larson led the first stage and won the stage. That gave him 10 points in the leaderboard column. The top ten finishers in each stage receive points for their finishing positions. 2nd gets 9 points, 3rd gets 8 points, etc. If you win a race, you have a great chance of being in the playoffs. There are 16 places open in the playoffs. If you don't win a race in the first 26 races, your point count will be your score card. If there are 16 winners, they all will make the playoffs. If not, any open positions without winner credentials will go to the highest points leaders. Today showed the racing strategy of many teams and I'll try to explain what I witnessed. Kyle Larson pitted after winning the first stage, but his teammate, Chase Elliot had to come up with a game plan that would put him in front at the end. So they pitted with three laps left in the first stage which would put his team in front at the start of the second stage. I hope you all know that you can't pit with two or less laps left in any stage. So that gave Chase the lead in stage two, and I didn't see Kyle moving forward enough to make a stand in stage two. However, so many different teams were running extremely well during the race that adjustments were being made for all concerned. Chase's lead fell apart due to other cars making advancements. So as luck would have it, Joey Logano won stage two by staying out when others pitted because Joey and his crew chief felt that they didn't have a car to compete for the win, so they went for the stage points and gathered 10 for the stage. Justin Marks won the trophy from the press for performing so well this year with a new 2 car team. He campaigned Daniel Suarez the last couple of years in the 99 Trackhouse Racings car. He also bought out Chip Ganassi racing's NASCAR team at the end of last year and hired Ross Chastain to drive the #1 Trackhouse car for the team. Ross has won twice so far this year and has shown his proclivity at being one of the best. Entering the third stage today I was shocked when I saw a major mistake being made by the #5 team. Just so you know, Kyle Larson was the class of the field, and when I saw Chase Elliott's team get him in front of Kyle through strategy, I was semi surprised. I began thinking about how I would get him up front again, when the unheard-of happened and Kyle lost a front right wheel coming out of the pits and climbing up the grade to turn two. The wheel took off and Kyle limped back to the pits for another wheel. At that point, I didn't know what to expect, and honestly believed that Kevin Harvick had a chance. So I mentioned Sonoma and how things change drastically during the race. Justin Marks deserved a win for his #99 team, and they've been working extremely hard to make it happen. For me to see Suarez leading Chris Buescher for all those laps and knowing how good Chris is was a major surprise for me. Great drive for my Amigo, and all his loyal followers. I have to apologize for the length of this column, especially to Lee Lamp who happens to publish the newsletter each month. I feel the need to explain racing to the people who follow my column, and it sometimes takes a lot of room. I'm willing to write my own newsletter but I want to support Lee and the SIRS. I also want to tell you how much this means to me, but I don't want to overdo it. I missed the IndyCar race today at Road America in Elkhart Lake, WI. Too many irons in the fire. I do know that Josef Newgarden won the race for Team Penske and donated a major portion of his winnings to charity. See you next month.

Lunch for Bunch

by Duane Nelson

Lunch Bunch is moving again. This time to the third Wednesday each month. July will be dark but plan for Aug 17th at Final Draft, downtown Redding on California Street. Please remember that we'd like you to RSVP to Duane (email bandan@msn.com or call 530-547-5157) so they have an idea how many will be attending.



Informational Links

SIR Branch 129 Facebook page link.

<https://www.facebook.com/socialactivitiesformen/>

SIR Branch 129 Private Facebook page link.

<https://www.facebook.com/groups/401463741647384/>

For more information on Zoom: Go to

<https://sirinc.org/Zoom/LearningZoom.pdf>

State SIR Newsletter "Happenings".

<https://sirinc.org/newsletters/>



9 Hole Golf

Report by Bob Goetz

Our June 9-hole outing was at Gold Hills. This was our first event at Gold Hills this year as the first date was cancelled due to weather. The course was in good shape, and the greens were very fast. As normal for the 9 hole group we met in the lounge after the round and had a beverage. The kitchen was closed so we could not have lunch. While we were there the junior golfers were receiving recognition for their participation in the junior golfing program. That was fun to watch. Our next event is at Lake Redding Golf Course on July 12th.

HOW TO SIGN UP TO PLAY

Signup sheets are at the SIRs monthly meetings, or you can send me an email (lakehead6@gmail.com), call or text me (530-213-3850). When texting, please include your name in the text.

The next three events are on the schedule in this newsletter, but you can always login to the Redding SIRS website to access the latest information on golf as well as other activities. The web site is at <https://sirinc2.org/branch129/>

Our 9-hole activity is a great activity to get some exercise, meet new people and to socialize, so come on out and let's have some fun. Remember, you can invite a spouse or friend to play. Hope to see you at a future event...



Larry Welch and Henry Perez getting ready to tee off at Tucker Oaks.

Our New HLM's

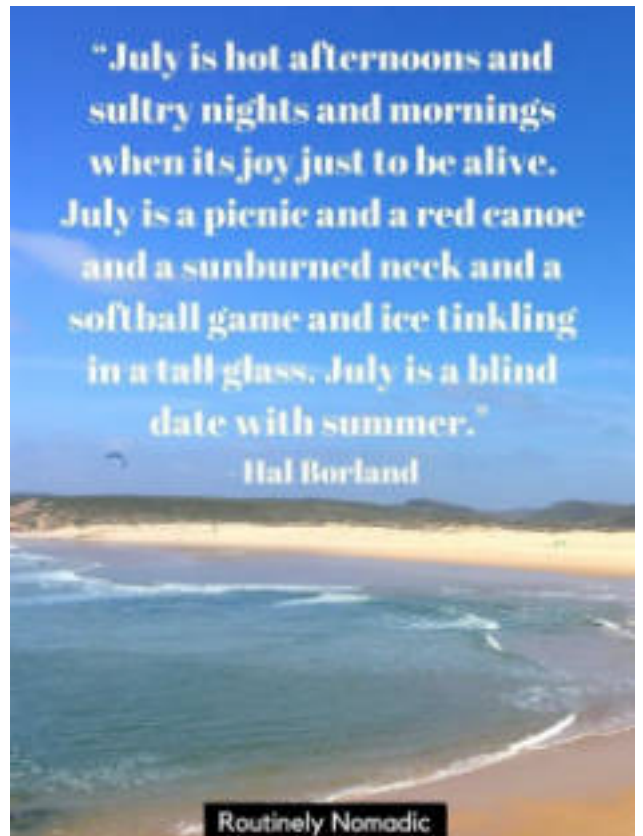


Cris and Diane Andrews



Joe and Cheri Beck

Breakfast Gang by Murray Blake
We are meeting on Friday June 3rd at 8am,
Lumberjacks Restaurant on Cypress Ave. RSVP to
Murray Blake please. (530-241-0964,



Branch 149



“On May 20, 2022, Dennis Pangburn, Region 3 Director, and Stu Williams, past SIR State President, presented a certificate to Ed Clerici who turned 100 years old on 2/26/2022. Ed is a charter member of SIR Branch 149.”



The Mountain Messenger

Branch 152 Arnold, CA

TRAVELS WITH DAVE - Dave Baugher

Happy May and no more road travel for us.

Our April trip through the western states was a success, and we returned home on May 5th. No crime, just desert vistas and beautiful sunsets. Last month's presentation from Steve Lauterbach got me revved up to do some hiking. Do you know my favorite trail in our area? The Arnold rim Trail, of course, but what is my next favorite? Let me share it with you...



The Stanislaus River Canyon Trail is one of my secret hiking pleasures in our area. The trail can be accessed directly through Calaveras Big Trees State Park or the fire road at the end of upper Moran Road.

This is NOT a gentle stroll along our meandering river, but a strenuous hike into and out of the Stanislaus River Canyon. The walk can be 8-10 miles round-trip, depending on your route, with an elevation change of over 1,000 feet. If the adventurer is not ready and fit, this trail can be miserable. The challenges are that it's a very steep path, and during the summer it's very hot along the exposed stretches of trail.

To access the trail, start hiking on the North Grove Trail within the park. Just past marker #2, stay right to the North Fork of the Stanislaus River and follow it up to the Scenic Overlook, or from Upper Moran Road follow the fire road to the Scenic Overlook. At the far end of the Overlook lot, there is a restroom, a display describing the trail, and access to the trail. From here, you start hiking, descending 1,000 feet over 3 miles to the Stanislaus River below.

This trail descends the lava bluff, entering the forest, and follows a dry creek course to Oak Flat Campground, where restrooms and water are available. Continuing downwards, in a mile or so you get to the river. The water spills through a riparian corridor at roughly 3800 feet.

To return, you will retrace your steps, traveling 3 miles and ascending 1,000 feet back up again to the Scenic Overlook. Be sure you are physically able to do this hike and carry plenty of drinking water. There is no trail guide for this trail, but it is shown on the park map. If you decide to walk back along the park road, be aware that it is a lot longer and just as hot. Allow 4-6 hours.

During our Utah trip last April, we had an exciting experience when we arrived at Zion National Park in the late afternoon during a rainstorm. Upon opening the Suburban's doors, the weather changed to sleet and snow. Ugh! But we put on our raingear and began hiking the Watchman Trail. Arriving at the top just when the storm past, we were greeted to clean vistas, and waterfalls pouring off the canyon's rim.

Our April Utah trip was a grand adventure beginning with an exciting experience at Zion National Park; the entire trip was a great adventure. However, our first hike on the first day was quite memorable. Lions? Tigers? Bears? No, a desert rainstorm in Zion Canyon, with snow and ice mixed in the downpour. Here is the story...

We arrived late at the park to see the visitor center, talk with the rangers, get up-to-date information, and take a short hike. A full day of hiking adventure was planned for the following day. However, as we pulled into the parking area, it began to drizzle. Luann looked at me, shrugged, and said, "We have our rain gear." That we did.

Just as we stepped out, it began to pour, and both of us had a time putting on our outer rainproof shells in the inclement weather. Then the temperature started to drop, as I slid my leg into my pants, the rain changed to sleet and snowflake mix. Fun? It was challenging.



However, once we were insulated from the wet stuff, we locked up the truck and hit the Visitor Center. Folks were standing in any location, under eaves, bathrooms, and walkways that offered protection. But we were ok. We spoke with the rangers, purchased a small commemorative magnet, and confirmed our plans for tomorrow. Once we had finished our goals, why go back to camp? Let's take a short walk, stretch our legs, and see the park in the rain. We decided to hike the Watchman Trail

Starting near the Visitor Center, the Watchman Trail is a short trail (roughly 3 miles round-trip) that heads up to a viewpoint on top of the first layer of cliffs approximately 300 feet above the canyon floor. While the trail doesn't take you to the top of the Watchman mountain, you can still get a beautiful view of the famous and photogenic peak to the south and a good bird's eye view of the whole Visitor Center complex below.

The rain turned the trail into a clingy, muddy soup. We slipped and skidded up the trail with clods of mud on our boots. Unprepared folks were streaming off the trail, soaked and cold from the unexpected rainstorm. But we trudged onwards. Was this going to be worth it? The rain stopped as we approached the top, and the clouds lifted. Streaming waterfalls could be seen across the snow-capped canyon walls – We had the place to ourselves.

Once we had our fill on the loop trail at the top, it was time to head back down to the main canyon. As we approached the visitor center, new groups of folks were heading up the now only slightly muddy trail. We smiled at the folks as they navigated the mud and pools of water and let them know it was worth the trouble.

Lions? Tigers? Bears? No, just a little rain. However, we have had a few bear issues in Arnold around the homestead. Next month we can talk about Yogi, the sweets-loving bear... Dave



TRAVELS WITH DAVE -

Dave Baugher

We have had a few bear issues in Arnold around the homestead. I'm sure everybody has their own bear story. Still, we recently had a stupid encounter with Yogi – leaving the garage door open with a refrigerator full of treats. Let me share what happened...

I took a brief trip to the valley to go and pick up my jeep from storage. Right when I arrived in the town of Gustine, Luann called, "Did you get the picture?" she asked. "Nope," I replied as the phone began to buzz with an incoming photo. There was a picture of a black bear lounging by our bocce court, enjoying a bag of Ghirardelli chocolate it had snagged out of our refrigerator in the garage.

To add insult, when he raided the fridge, Yogi had also drained our hummingbird feeder hanging in a tree and took a stick of my summer sausage. The fault for this situation rests with yours truly. I had left the garage door open when I left the house. Luann came home to see and deal with the results. One week later, Yogi returned again and climbed a tree next to the house to get at the newly filled hummingbird feeder.

Around Arnold, after every big weekend, we see the consequences of improperly stored refuse as the bears have learned to open garbage cans, storage lockers, and even car doors – Ask Ed Stahlberg about his experience with a car-door opening bear. These bruins are intelligent and can access anything they set their heart to do. A lock is the best deterrent. But should we be actually scared of our local bear population?

In Ben East's book "Bears," there is a chapter titled "The 'Timid' Bear as Man-eater." The entire chapter was devoted to this question, "Does the black bear ever resort to deliberate man-eating?" The answer is yes, so please be careful. Since 1900, 61 people have been killed by black bears in North America. Fortunately, since 1986, there haven't been any fatal black bear attacks in California.

But still, remember, there are approximately 35,000 black bears in California, and here in Arnold, we live in the middle of their territory. Always be vigilant. Keep the garbage inside or in a locked container, and don't leave the garage door open when you are not around.

Many have asked, "Have I encountered many bears while hiking the Pacific Crest Trail?" Yep, three encounters, and still counting, on the trail since starting the hike in 2014. However, a few years back, I had a scary encounter with a local bear while fishing in the Stanislaus River. That event left me shaken. Fishing alone, staring down a substantial aggressive black bear, in a location where no one knew I was, I knew my time had come for all those years of recklessness in the outdoors. Tell you about that story later; I'm back on the PCT in July and plan to finish at the Canadian border in the first week of August. I guess that will be another story....



THIS MONTH IN BRANCH 152

HISTORY - [Kevin Andel](#) Twenty Years Ago – July 2002

Big Sir [Bob Manning](#) shared his thoughts on how much stronger America is now ten

months post 9-11. He also mentioned our Charter allows for 160 members and our membership count is currently 123. A

good time to recruit new members.

Our annual Ladies Day lunch was held July 16th. All had a great time. And our SIR RV Rovers were planning a trip to Graeagle.

Ten Years ago – July 2012

No speaker this month as 54 members attended the luncheon. The greeters were [Karl Krause](#) and [Paul Penney](#).

Sir [Ed Nissen](#) advised our membership that it is likely the Murphys SIR branch

will be dissolved due to a lack of volunteers to fill the Executive board. It

has been discussed that those members would transfer to the Arnold branch

Five Years Ago – July 2017

Big Sir [Tom Gosswiller](#), shared comments on Independence Day and our country's first celebration on July 4, 1777. He also recognized the great work done by First Responders across our country. They put their lives on the line every day for us and deserve our appreciation.

Little Sir [Jim Walton](#) mentioned that we had a very successful Ladies Day luncheon in June. Preparations are underway for the annual summer picnic next month. Seventy-nine attendees enjoyed the afternoon.

Cigar Conclave #3 2022 New Location for July

We have had two fun gatherings so far, one in May and one in June.

Our next gathering will be at a new location, held on July 12th from 3 to 4:30 PM.

We will gather on July 12th at Brian Raley's home in Dorrington.

The address is: **2868 Ute Place**. Take the Big Trees Village exit off Hwy 4 (before you hit Dorrington). Make a left at the first "T" and make a right onto Ute Place. The house will be on your left. Park in front of the house and along the roadside. Walk down along the right side of the house to the patio.

RSVP is required to: bplaguna1999@yahoo.com

MAY 2022 CONSUMER TIPS

GENERAL CONSUMER ITEMS/ISSUES:

What To Do If You Lose Your Cellphone:¹

STEP 1: Call the phone ASAP: Call or text your phone from someone else's phone and listen for the ring/ping. If you don't hear it, and if you've previously enabled a Find My Phone service, log into it from a secure device, such as your laptop. Use these services to make your phone play a loud sound, which may help you or others locate it. You can also remotely lock the screen and have it display a number to reach you at. If you're worried that the phone might fall into the wrong hands, there's also an option to erase the data on it remotely. Wiping the phone means you'll lose any photos stored locally on the device, but you will still have access to any thing you synced to your computer, iCloud, or other cloud storage service.

STEP 2: Report the loss to your service provider. Let your mobile carrier know that your phone has been lost or stolen. If you suspect theft, the provider can suspend service, thus preventing someone from using the device on its network. It may also be able to mark the phone as unusable-even with a new carrier or a different SIM card.

STEP 3: Change important passwords: Use your computer to log in to every account you had on your phone and change your passwords. Start with your email account and the financial and shopping accounts that have your credit card on file, such as Amazon or your bank, and quickly move on to social networks.

STEP 4: Notify the police: Reporting your loss to the police launches an official recovery attempt and can speed up the insurance claim process.

STEP 5: If you recover the phone, consider wiping it. You never know what malicious app or spyware someone may have installed while the phone was gone (especially if returned days later by someone you don't know). Use the "Reset Everything" option in your Settings. Before you wipe it, though, check your computer or cloud service to make sure that you have copies of your photos and videos.

3 WAYS TO SAFEGUARD YOUR PHONE NOW (BEFORE IT'S LOST):

Add a password. Even if you unlock your phone using facial recognition or your fingerprint, you should also add a strong password. Go to [CR.org/strongpass](https://www.consumerreports.org/strongpass). for tips.

Enable 'Find My Phone.' These services can help pinpoint on a map where a lost phone is hiding. Make sure that location tracking (GPS) is also turned on.

Know your phone's unique ID number. A smartphone has a special serial number etched into its circuits. When you report a stolen phone to police, you may be asked for this number. To find your ID number, look in Settings or dial "#06#" from your phone. The number should pop up on the screen. Write it down and store it in a safe place.

¹ Source: CR Reports, May 2022 Issue

GPS Pet Trackers:¹

The CR lab team tested seven pet trackers, evaluating their tracking ability, ease of setup (including installing and connecting the app), and ease of use (how easy they are to charge and attach to a dog's collar). In addition to our lab testing, we had a dog owner spend several weeks using all of the devices to track his dog. Here's what we found.

► It's worth investing in a GPS tracker that also has Cellular Service. Trackers that don't impose a recurring cellular service fee (up to \$20 per month) may seem like a better deal, but we found their tracking abilities are far more limited than those that used both GPS and cellular service. The GPS-only Petfon below, for example, had a limited range: between just two-thirds of a mile up to 3.5 miles. But models with both GPS and cellular, such as all of the recommended models shown here, extended to anywhere there was cell service.

► The mapping feature is great-but not perfect. These trackers typically geolocate only once every few minutes (partly by design in order to preserve battery power) and are approximate-but good enough to help you find a lost pet.

► Learn how to use the device and app before you really need to. Even on the best models we tested, some features aren't intuitive, and you don't want to be figuring them out while frantically searching for a missing pet.

- Tractive GPS Dog LTE (TRNJAWH), \$50, OVERALL SCORE: 97 (Best Buy)
- Fi Series 2, \$150, OVERALL SCORE: 94 (Recommended)
- Whistle Go Explore, \$115, OVERALL SCORE: 94 (Recommended)
- Cube GPS Real Time, \$30, OVERALL SCORE: 93 (Recommended)
- Link The Smart Pet Wearable, \$135, OVERALL SCORE: 91 (Recommended)
- Petfon Tracker, \$235, OVERALL SCORE: 60
- Pawscout Smart (Version 2.5), \$15, OVERALL SCORE: 29

¹ Source: CR Reports, May 2022 Issue

Smartphone Stand:

When working on your PC, Laptop or tablet to write letters, reports or other text documents, it's handy to have a Document Holder or Copy Page Stand when having to refer to hard copy documents or information on your Smartphone, Tablet or eReader. For those purposes, check out this handy little device: <https://tinyurl.com/54wj55km>. This is from Amazon and only costs \$5.99 (free shipping for Prime Members) in Black or \$6.99 in four other colors.

I use a device similar to this when I write the Consumer Tips articles and I have to refer to hardcopy pages from magazines, newspaper clippings or from stored notes and items downloaded from the Internet. To use it as a copy holder for a magazine, I use this Smartphone Stand and insert my 7" Amazon Fire Tablet and 'lay/lean' the magazine opened and folded to the page with the material I'm referring to against the tablet and it will work nicely to prop the magazine at a good angle to be able to read the page without glare or other difficulties.

Another alternative is to use a simple little page stand device, "Page Up Document Holder" from the Container Store @ \$8.99, each <https://tinyurl.com/mry8ypsw>. It's very small and uses almost no desk or workspace. It's also handy to use as a 'note stand.' We keep one in the kitchen when we want to leave a note/message for another member in our household. We simply insert the note into the slot in the holder and place it on the Kitchen Counter for easy visibility and access.

And here is one more flexible Smartphone Stand device: <https://tinyurl.com/2tp-t8yi8>. The four outstanding features of this highly portable stand are: 1. Extremely inexpensive @ 3 units in the package for only \$4.99. 2. Very small size that folds flat and can fit in any kind of pocket. 3. Super simple to use – no intelligence required! 4. Best of all, if you are ever in the neighborhood of a "99¢ Only Store," they have them for just 99¢! Look for them in the Smartphone accessories section.

Rodents Under The Hood of Your Car: ²

This can be a real problem if these rodents chew on the wiring of your vehicle. The damage can mean serious repair costs – as much as \$1,500 or more to replace damaged wiring! Here are some preventive measures you can try: If your vehicles are always parked in your garage, you can try eradicating the rats/mice/rodents using commercial poison products or rat/mouse traps but be sure to keep any wandering pets or children away from these types of products. Other alternatives might be to place things under the hood but secured and out of the way from any of the engine compartment components that will drive the pests away. You can also try Dryer Sheets or small chunks of Irish Spring Soap. These are said to be effective because the smell is offensive to the rodents.

You can also try a [P3 International Under Hood Animal Repeller](#), a battery operated, weather resistant device that can be easily mounted within any car, tractor, snowmobile, boat or other vehicle or mechanical device. The unit produces powerful sound waves that are very irritating to small animals. Random blasts of this high frequency sound keep pests from getting comfortable insuring that they move on and leave your car alone. It's safe for use around wild animals, pets and children. It also avoids the problem of handling any dead rodents for proper disposal.

² The above is based on an article in the San Jose Mercury News by Staff Columnist Gary Richards, "Mr. Roadshow."

Inexpensive Food Saver Vacuum Bag Kit:

Most kits for this type of Food Vacuum Bags sell for \$50 - \$75 just for the vacuum machine and a few sample bags. Additional bags would have to be ordered if you intended to use this food saver system with any kind of regularity. Instead, look at these two very inexpensive kits: <https://tinyurl.com/y5ez4vcc> and <https://tinyurl.com/2p926xpy>. The first link is for the Manual Pump Kit + 15 reusable bags (5 small, 5 medium and 5 large). The cost is only \$12.99. The latter link is for a Rechargeable Battery Pump kit + 10 reusable bags (2 small, 4 medium and 4 large). The cost is only \$16.99. This battery driven pump also includes a Vacuum Wine Stopper to evacuate the air out of a partially consumed bottle of wine for longer storage without the wine turning from oxidation. Both of these kits use pre-formed bags and do not require the user to cut and make their own bags. These bags are food safe and are heavy duty for use in Sous Vide applications.

I have both the Manual Pump and the larger, heavy duty, AC driven Vacuum Pump and Sealer unit. Both the above kits will work just fine but the Manual Pump will require a little more effort. These are really good for extending the shelf life of any food you want to store in these vacuum sealed bags. As an example, Small Persian Cucumbers placed in the refrigerator in the flimsy, plastic, store produce bag will only last about 3 days before they start to become slimy on the outside. These same cucumbers placed in the vacuum bags will last about 2 weeks plus, before they start to go bad. Fresh meat, chicken will last up to 2 weeks in these bags. Leftovers from either home or restaurant meals will similarly last a lot longer if transferred to these bags. As an example, I purchased 2 Jersey Mike's Hoagie Sandwiches #13. When I got home, I cut both of them in half to yield 4 halves' and sealed them in two of the bags. I ate the first half piece a couple of days later and the second half at the end of the week. I did the same with the second Hoagie and they were all fine. I did place each half, unwrapped, in an Air Fryer for about 3 minutes before eating it. This crisps up the exterior of the roll and takes some of the chill off the inner ingredients.

One caution - there is a learning curve on successfully evacuating all the air out with both the Manual and Electric Pump units. Here's an excerpt from a review posted on Amazon: "Tips for sucking out the air: I thought my bags were defective. Nope. Tricky to get the hang of getting the air out. Not tricky, just need to learn how. On a hard surface put suction device over the marked hole. They are naturally sealed well for all the right reasons. Pull the plunger up sharply several times. Some are harder to start than others. It sucks a small amount of air every stroke. Mine works well." My experience is the same as this reviewer. Be patient and "play" with the pump (manual or electric). If you still have trouble, call or email me!

JUNE 2022 CONSUMER TIPS

GENERAL CONSUMER ITEMS/ISSUES:

FORGOT TO TURN OFF MOTOR ON NEW HYBRID VEHICLE?

Dear Car Talk:

I am a dinosaur when it comes to new technology. I parked my wife's new Toyota RAV4 Hybrid in our garage. Not hearing the engine, I went in the house. But the ignition was still on. Fortunately, my wife needed the car 15 minutes later, and there were no fumes in the garage. Would the electric motor have just died if she had not used the car so soon after I left it on? Xavier

No. This is a pretty common problem, Xavier. We've done that ourselves at the garage. We'll have a hybrid in for an oil change, and one of the mechanics will put it up on the lift and drain out the oil. Then, all off a sudden, the engine will start up. Usually, the guy's eyeballs will pop out of his head, like in an old Saturday-morning cartoon. Then, he'll climb up the lift like a guy who's escaping from prison, in order to shut off the ignition. Fortunately, in your case, Xavier, the car would have turned itself off. If a Toyota hybrid is stopped and the transmission is in park, the car will shut itself off after about an hour - figuring another numbskull did what you did, Xavier. It's also smart enough to know that if someone taps the brake, there's a human in the car, so it'll reset the timer. Now, depending on the condition of the battery (whether it needs charging), the power train management software may turn on the gasoline engine from time to time to charge the battery. So, if your garage is attached to your house, keep in mind that it may produce some exhaust fumes. But, given the number of minutes it'll be running, and that cars these days produce so little carbon monoxide from their

tailpipes now, I don't think you'd be in any danger. Fortunately, Toyota had you (and me) in mind when they created this feature, Xavier.

Source: Ray Magillozzi, Car Talk Columnist, San Jose Mercury News

TRAVEL TIPS:

► THINGS TO PACK IN YOUR CARRY ON BAG:

A pen & Notepad. If you're like me, you can only spend so much time staring at your device before your eyes glaze over. A pen comes in handy if you want to do the in-flight magazine's crossword puzzle, fill out customs forms, or simply doodle.

A pack of gum. [According to Hearing Healthy](#), chewing gum or (sucking on a hard candy) will stimulate frequent swallowing, which helps equalize air pressure.

Portable phone charger. It's a humbling moment when you get that low battery notification on your phone and you know there's nothing you can do about it. Don't get caught unprepared; invest in a [portable charger](#) to give yourself a fighting chance to stave off boredom on your cross-country flight.

Sunglasses/sleep mask. [The jury is still out on who has the right to the window shade on a flight](#), but you can make that a nonissue. Slipping a mask on is much easier than getting into an etiquette debate with a stranger.

A stick of deodorant. You're going to experience varying temperatures as you travel from the outdoors through the airport and on the plane. Given the close quarters you're going to be in, it doesn't hurt to be able to reapply (discreetly in the bathroom, of course) as needed.

Tissues. Tissues are one of those things that you want to have on hand before you need them.

Snacks. As airlines continue to find areas to cut back to keep their overhead down, you can no longer count on them to provide you with sufficient snacks for the duration of your flight. [Just consider buying from Trader Joe's or other local retailer instead of Hudson News.](#)

A magazine. The reason I opt for a magazine is because I can thrust it in my bag without caring about keeping it in good condition the way I would for a book. Plus, is a nice excuse to indulge myself by reading something trashy.

Headphones. Perhaps the most important item you can have, headphones are going to come in clutch the second you're looking for something to drown out those plane engines or crying babies. Just make sure your charging case is fully juiced before take off.

Source: Lifehacker.com

Note: Here are some additional personal ideas – 1. a small roll of blue Scotch Painter's Tape can be incredibly handy for small/minor repairs during travel, for use as a removable label for reminder notes, etc. This adhesive is UV resistant so it can be used outside in direct sunlight. 2. Another good item to take – some 1 quart size Ziploc Freezer Bags for organizing loose things during travel. Don't use the Sandwich Bag size as they are smaller and are not nearly as durable because of the thinner gauge used in their manufacture. 3. Pack a light-weight, nylon, utility bag a light duty duffle bag. This takes no room at all and can be used as a dirty-laundry bag and can double as an emergency bag for packing overflow items as you accumulate them while shopping during your trip. This can be checked with your other bags but there may be extra charges for additional bags.

KITCHEN & COOKING TIPS:

▪ **HANDLING/COOKING CORN:** The peak season for fresh corn is now upon us. Here are tips for quicker/easier prep and handling of fresh corn.

► Cook corn in microwave oven on high for 2 minutes per each corn cob before shucking the husk. This will make it so much easier/faster to strip the leaves and the corn silk will come off easily and in one hunk.

► To strip the corn from the cob, use a very sharp, thin-bladed paring knife. A larger blade will result in individual kernels flying all over the place. A thinner/sharper blade will not cause the corn to 'launch' away from the cob.

▶ As an alternate – use an Oxo Good Grips Corn Stripper: <https://tinyurl.com/5n8fypws>. Another device from Amazon: <https://tinyurl.com/ve2xxkin>. Both of these items are less than \$10 from Amazon.

- **CRISPY EXTERIOR ON FRENCH FRIES OR WEDGES:** If you make your own French Fries, Potato Wedges, Hush Puppies, etc., place them in an ice bath immediately following peeling and other prep steps. This will rinse off excess starch and tighten up the interior flesh and will result in a much crisper exterior while maintaining a nice, smooth, almost soft/creamy interior.
- **AIR FRYER BASICS:** Due to the popularity of the Instant Pot and other Multipurpose cooking pots, I've received a number of comments and queries about how/what to use an Air Fryer for. The following is not meant to be a comprehensive answer but to give you some basic ideas and tasks it can perform well. Think of an Air Fryer as a mini convection oven on steroids. Don't think of smaller units as a "cooking" appliance. Instead, think of it as a very efficient, high heat, small kitchen appliance for heating or reheating foods. Like a microwave oven, I rarely use it to cook with. What you now do in a Conventional Toaster, Toaster Oven, Fry Pan, Microwave Oven, etc., much of it could be done faster and better in an Air Fryer. Large Air Fryers are more likely to be viewed as a real cooking appliance. Reheating leftovers: Anything baked or fried – use a rack to keep the food items off the bottom of the basket for best hot air circulation. Use highest heat setting. Check frequently to avoid burning the food. "Toss" smaller food items (hush puppies, French fries, small appetizers) to ensure even heating/browning. Use fork/spatula or chopsticks to rotate/turnover larger food items (chicken wings, pastry items, baos, fried dumplings, leftover steak, fried chicken, Fried Sesame Balls, potato wedges, baked potatoes, burritos, pizza slices, calzones, corn cob, lamb shanks, larger appetizers, Garlic Bread chunks, etc.). Commercially Frozen Foods: (pot pies, fried chicken, small steaks, casseroles, Cassoulet, Duck Confit, Lasagna, Piroshkies, hand pies/turnovers, etc.) Do not thaw before heating in the air fryer. Use highest heat to begin with and reduce the temperature until interior reaches 145°F. Use an 'instant read,' long probe thermometer to monitor interior temperature. Crisping Up Food Exterior: Foods often lose their texture, especially when reheated in the microwave oven. These can easily crisped back up and may taste and feel better than when initially baked or fried.

PERSONAL/FAMILY HEALTH & SAFETY:

▪ **PREVENTING FALLS:** As we get older our physical health generally declines. Falls are a leading cause of accidental death for our Seniors. Falls can easily result in death if the head strikes any solid object or surface. This is especially true if the individual is on any kind of blood thinner therapy. Anyone suffering a hard fall should go to the local ER to get checked out, especially if the individual has been on any blood thinning therapy. Do this even if there was no head involvement during the fall. A brain bleed can result from a fairly innocent appearing fall. Note: Some years ago, we lost a golfer, Terry Dolan, from a fall during golf. He fell while climbing out of a shallow bunker. He never hit his head and those that witnessed the fall didn't think it was serious at all. It turns out that any sudden body movement can cause the brain to be jostled inside the cranial cavity, the space formed inside the skull. The brain occupies the cranial cavity, which is lined by the meninges and which contains cerebrospinal fluid to cushion blows.

The cause of many of these falls is lack of good personal balance ability. To improve your balance, check with your local Community Center for Senior Programs featuring walking, exercise and fitness programs as well as your own Health Provider, HMO or PPO. If none of these are easily available to you, consider enrolling in specific exercise or stretching disciplines like Yoga, Pilates, etc. The benefits of Pilates, Yoga and other similar programs are:

- It increases core strength. Pilates is famously known for its emphasis on the core – the center of the body from which all movement stems. ...
- It improves posture. ...
- It decreases back pain. ...
- It prevents injuries. ...

- It increases energy. ...
- It enhances body awareness. ...
- It decreases stress. ...

The goal is to improve your neural sensitivity and muscle tone so you can quickly react to catch yourself before you fall.

Source: Kaiser Permanente News Letters, various Yoga and certified Pilates Instructors and Healthline.com

Note: I suffered from terrible nerve impingement pain to the point I had two back operations (Cervical and Lumbar Laminectomies) but after 12 years, the Sciatic Nerve pain came back. The Kaiser Spine Clinic recommended that I pursue alternative treatments for non-invasive techniques after I refused to undergo any further surgical procedures. After trying various other exercise/stretching disciplines, I found Apparatus Pilates (more aggressive than Mat Pilates) and after 4 months of this machine Pilates, I was able to return to golf and after another 6 months, I was playing tennis (doubles) and pickle ball. Pilates sessions can be expensive but what price do you put on the elimination of pain and the regaining of a former, active lifestyle?

Another area that you can investigate is your general posture and skeletal/muscular condition. Older people tend to become sedentary in their lifestyles. This can bring on a 'forward tilting' body posture when walking and standing and a short stride, shuffling walk. This is called Kyphosis, an exaggerated, forward rounding of the back. It can occur at any age but is most common in older women. This, along with Scoliosis (side to side curvature of the spine) can result in pain from various nerve impingements along the spine. Severe cases result in people bent over so far they cannot lift their body, neck and head up to a more normal, upright position. If this condition sounds/looks like you – go see your Primary Care Physician for a referral to find a suitable therapy to improve your posture and improved body flexibility. Meanwhile, lengthen your stride and practice a full forward heel/toe motion when walking. Do not shuffle walk! Walk with purpose. This will improve your balance and may help you to avoid falling.

Source: Mayo Clinic and multiple Pilates Instructors

DO YOU KNOW WHAT PFAS ARE?

Per - and Polyfluoroalkyl substances (PFAS), known as "forever chemicals," can be found not only in nonstick and waterproof gear but also in the grease-resistant packaging that holds your food from takeout chains and supermarkets. Packaging made with PFAS often resembles paper or cardboard - a seemingly virtuous alternative to Plastic. But salad dressing and fry oil do not leak through.

In recent decades, PFAS exposure has been linked to a growing list of problems, including immune system suppression, lower birth weight, and increased risk for some cancers. This raises alarms about the use "We know that these substances can migrate into food you eat." Another concern: When things are thrown into the trash it can end up in landfills and PFAS can contaminate water and soil or it's incinerated and the PFAS are scattered directly into the air.

To reduce the amount of PFASs you consume at fast food chain operations, avoid Chick-fil-A – sandwich wrappers; Chipotle – fiber bowl with 4 compartments; McDonald's – bag for French fries/cookies/Chicken McNuggets & container for Big Mac; Panera – all wrappers & containers; Taco Bell – bag for chips; Trader Joes – bkdry bag for pancake bread; White Castle – clam strips container; Whole Foods – soup container. The following fast food chains appear to have made a real effort to eliminate PFAS from their wrappers and containers: Five Guys, Popeye's, Shake Shack, Smashburger and Wendy's,

Source: Consumer Reports, May 2022 issue