



What a year! And it is not over. Never in my wildest dreams could I have imagined the complexities of the issues facing the existence of SIR. But there is good news. As of August, we were able to rescind our Covid protocols. We are seeing members who had not been vaccinated and unable to attend meetings, now returning. Also, new members are joining and we are seeing slight rebound in membership. However, we have a long way to go. Recently, I announced we would be holding a series of forums in November and December to provide members a venue to share their suggestions and concerns. Also, we have scheduled a face to face Town Hall meeting at the Rossmore in Walnut Creek, on January 19th. Your Big Sirs will soon be receiving the information on these forums and Town Hall meetings.



It is apparent that declining membership and lack of individuals to assume leadership roles, both at the State and Branches, are the two top issues facing the survivability of SIR. Given our current downward trend in membership and the large amount of vacancies in our Roster, if we are to survive, we must, as individuals and as an organization, have an open mind into actions that may save SIR.

Now is the time for members to make it a personal goal to bring in at least one new member, hopefully one that is younger than our average age. If your Branch does not have invite cards, ask your BEC to order them and every meeting insure every member has at least two invite cards in their wallets. A personal invitation to join, from you, is the most proven method to gaining new members.

As my last official article in the Happenings, I must thank the State Board, Activities Chairmen, Advisors and appointed positions for all your support and help this past year. Many of you provide this support year in and year out. Words cannot properly convey my appreciation. Friends for Life!

The other great news is your incoming team of State officers led by President Dave Gonzales and Vice President Dale Decker are on top of their game, both very professional strong leaders. They will serve SIR very well in 2023.

Remember, have fun. That is what we are supposed to be doing at this point in our life!

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.**

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

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

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 November 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

Go to <https://sirinc2.org/branch1/sir-publications/> for more great reads!

Meteorologists characterize the alarmingly increased temperatures in the Barents Sea region as "off the scale" and expect they will breed severe weather emergencies in the US and Europe. The newest data reveal unprecedented rates of global heating in the Arctic, up to 7-times faster than the

Sea ice is good at reflecting sunlight, but it is melting away. This allows the darker ocean below to absorb more energy. Losing sea ice also means it no longer restricts the ability of warmer sea waters to heat up the Arctic air. The more ice that is lost, the more heat accumulates, forming an insidious feedback loop.



"The broader message is that the feedback of melting sea ice is even higher than previously shown," said Ketil Isaksen, senior researcher at the Norwegian Meteorological Institute who led the work. "This is an early warning for what's happening in the rest of the Arctic; and if this melting continues, and what is most likely to happen in the next decades."

"This study shows that even the best possible models have been underestimating the rate of warming in the Barents Sea," said Dr Ruth Mottram, climate scientist at the Danish Meteorological Institute. "We seem to be seeing it shifting to a new regime, as it becomes less like the Arctic and more like the North Atlantic. It's really on the edge right now and it seems unlikely that sea ice will persist in this region for much longer."

There was a very strong correlation over time between air temperature, sea ice loss and ocean temperature. Isaksen said the rapid temperature rise would have a very big impact on ecosystems: "For instance, here in Oslo, we have a temperature rise of 0.4C a decade and people really feel the disappearing snow conditions during winter. But what's happening in the far north is off the scale."

global average.

Researchers see the heating in this region as an "early warning" of what could happen across the rest of the Arctic if nothing is done to curb the release of carbon into the atmosphere.

The new data show the annual average temperatures in the area are rising at 5.7°F per decade, with particularly high increases in the autumn months of up to 8.5°F per decade. This makes the North Barents Sea area the fastest warming place known on Earth. Seasoned observers describe these increases as "crazy," "weird," and "simply shocking." Some climate scientists have warned that this unprecedented and —until recently — unimaginable rate of heating will inevitably lead to a more abrupt climate breakdown and ensuing global disaster.

Climate scientists have previously estimated that heating across the Arctic is three times faster than the global average, but the new data show the situation is even more extreme in places.



Treacherous & Persistent Cognitive Bias

Framing Effect

Due to the **framing effect**, when folks are offered a set of options, their choice often can be influenced more by how the information is worded than by the information *per se*. Most folks tend to avoid risk when a positive frame is presented but seek risk when a negative frame is presented. Gain and loss are defined by descriptions of outcomes (e.g., money gained or lost, diseased patients cured or not cured, etc.). **Prospect theory** shows that a loss is more significant than the equivalent gain, a sure gain is favored over a probabilistic gain, and a probabilistic loss is preferred to a definite loss.



The **framing effect** underlies the concept of “spin,” which plays a major role in political opinion polls, where questions can be intentionally posed with phrasing that encourages a desired response. In fact, the common use of this deception has discredited the value of political polls themselves.

Amos Tversky and Daniel Kahneman devised a clever experiment that explored how different phrasing affected participants' responses to a choice in a hypothetical life and death situation. Participants were asked to choose between two treatments for 600 people affected by a deadly disease. The table to the right characterizes the **exact same outcome** with a positive or negative framing. For example, Treatment A was chosen by 72% of the participants when it was presented with positive framing (“saves 200 lives”), but only 22% when the same choice was presented with negative framing (“400 people will die”).

Psychologists have observed the **framing effect** in a variety of other contexts. Following are a few examples:

- 93% of students registered early when a penalty fee for late registration was emphasized, but only 67% did so when this was presented as a discount for earlier registration.
- Pretrial detention may increase defendants' willingness to accept a plea bargain, since imprisonment, rather than freedom, will be their baseline, and pleading guilty will be viewed as an event that will result in their earlier release rather than as an event that will put them in prison.
- 62% of people disagreed with allowing “public condemnation of democracy”, but only 46% of people agreed that it was right to “forbid public condemnation of democracy.”
- More people supported an economic policy if the employment rate is emphasized than when the unemployment rate was highlighted



Framing	Treatment A	Treatment B
Positive	"Saves 200 lives"	"A 33% chance of saving all 600 people, 66% possibility of saving no one."
Negative	"400 people will die"	"A 33% chance that no people will die, 66% probability that all 600 will die."



Frank Hildreth was honored as a Senior SIR at the October luncheon.

Rich Dusine Dons Craziest Shirt

Photo shows Rich wearing the *Bas Couture* that won for him that fine bottle of *Deux Dollar Vin Ordinaire*.



New Members Inducted in August



Robert David, sponsored by Kevin Moran, retired from U.C. Berkeley. His interests include backgammon, biking, bocce, chess, golf, hiking, pickle ball, pinochle, stamps, and travel. He lives in Half Moon Bay.

Michael (Mike) J. Lohnberg was born in England. As a consultant, he was hired to work for Blue Cross and ultimately retired from Blue Cross in California in 2005.



He and Esty married in 1977. They recently moved to the Bay Area to be closer to their children and grandchildren. Mike's main activities include road biking, indoor rowing, golf, and other exercise. Other interests include antique cars, bocce, economic study, horseshoes, investments, pickle ball, and wine tasting.

Thanks to Kevin Moran for the photos!

ID Fake Online Reviews

Don't Be Fooled

Writing for *Wired*, Simon Hill posted an article titled *How to Spot Fake Reviews on Amazon*. When searching for products to buy online, you'll find that Amazon most often appears as the highest ranking option. In addition to Amazon's regular product offerings, often buyers can also purchase products from third-party sellers. The link to them appears under the price for the Amazon product; it reads: "More Buying Choices—new & used offers."

To help evaluate similar products, many folks rely on user reviews. **But there's a problem.** Hill warns that "...many reviews of third-party products on Amazon are fake. Unscrupulous or desperate sellers pay for glowing reviews, and some offer gift cards or free products in exchange for five-star ratings. Occasionally, sellers will even solicit false negative reviews on competing products. It's tough to identify what's real with certainty, but you can reduce the risk of being conned when you know the warning signs. We've compiled some tips that can help."

Most fake reviews "...are positive, extolling the virtues of a product in suspiciously glowing terms. Short five-star reviews are likely intended to game the system by boosting a product's ranking and visibility. But there are also more subtle attempts to persuade you to buy, where paid reviewers will go into some detail, maybe share photos, and even include a con alongside many pros. They might score a product four out of five stars, for example, which can be very convincing." Paid for negative reviews "...are typically one-star reviews that focus on cons and will often mention another product that compares favorably to try to steer you toward it."

A “perfect storm” of motivations fuels the fake review phenomenon. Some sellers are willing to pay for positive reviews to increase sales, while some reviewers are willing to post fake reviews to earn cash or free products.” And both groups are unmistakably “veracity-challenged.”

For big-ticket items and major brands, buyers can easily find legitimate reviews. While fake reviews are a serious problem for more affordable items and unknown brands, especially those that are only sold through Amazon.

To deal with fake reviews, “...start by confirming the product reviewed. Some listings have multiple products or switch the product listing to a newer version but still have older reviews attached.” Next, “...switch the review order from **Top reviews** to **Most recent** to find out what the latest buyers are saying.

“Nothing here is a foolproof way to spot fakes because legitimate reviews will sometimes have these elements. But you can always dig deeper.”

Look for reviews rankings from trusted sources. YouTube videos can help folks get a closer look at a product rather than relying on a few images on the sales page. Look up the brand online. If the company doesn't have an official website, take that as a warning sign. Look for social media pages for the brand and see what they and their followers are posting. You may find alternative reviews on social media or evidence of incentives for positive reviews.

If suspicious, click on the reviewer's name to see their profile. Check out at how many reviews they have written and what other products they bought. Amazon also lists an “Impact” score for reviewers based on people tapping that “Helpful” button under their reviews.

“Amazon claims it's constantly battling the scourge of fake reviews. Search ‘buy Amazon reviews’ on Google and you can see how tough a job that can be. The company says it removes suspicious reviews frequently, and sellers who engage in forbidden practices, such as offering gift cards in return for five-star reviews, are sometimes banned. ... This raises an interesting point: Just because a product has fake reviews doesn't mean it's a bad product. Fake reviews can simply be about trying to gain an edge over rivals or boost visibility. [see: <https://www.wired.com/story/how-to-spot-fake-reviews-amazon/>]

[These red flags help expose a fake review campaign](#)

- ✓ A very high percentage of five-star reviews
- ✓ Lack of detail in reviews and vague praise
- ✓ Generic review titles like “Nice product” or simply “Awesome”
- ✓ Mentions of competing products
- ✓ Wording similar to other reviews
- ✓ Poor grammar and spelling mistakes
- ✓ Multiple reviews on specific dates (especially if there are long gaps between them)
- ✓ “Customers also bought” section contains unrelated products
- ✓ Glowing reviews with one small negative that isn't a deal breaker
- ✓ Emphasizing “pro” and/or explaining away “cons”



Ongoing "Unbiased" Series

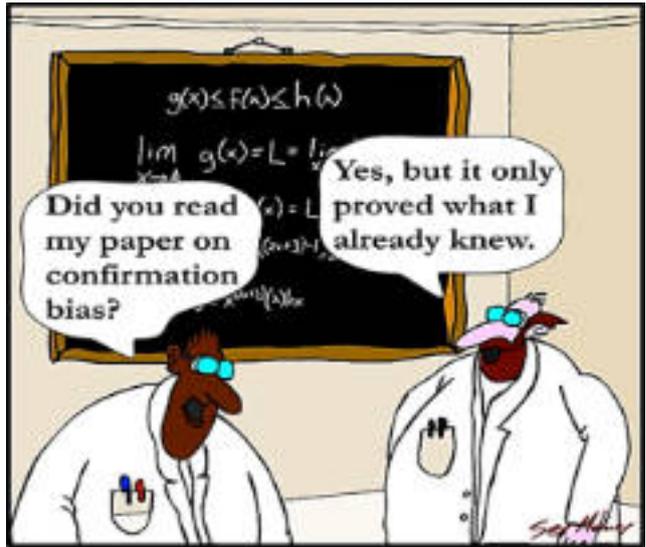
Breaking Free of Cognitive Biases

When processing information, human brains are hardwired to take shortcuts. Dozens of these mental "booby traps" sabotage judgment and subvert decision-making.

Nearly everyone manifests cognitive biases of some variety at various times in certain situations, and many are not aware that they are doing so. These unfortunates blissfully skip down erroneous mental paths that lead them to fallacious conclusions, unpleasant situations, and just plain stupid mistakes. Multiple published studies have shown that merely being aware of cognitive biases helps folks reduce their influence on thoughts, decisions, and actions.

Here are the ones covered so far:

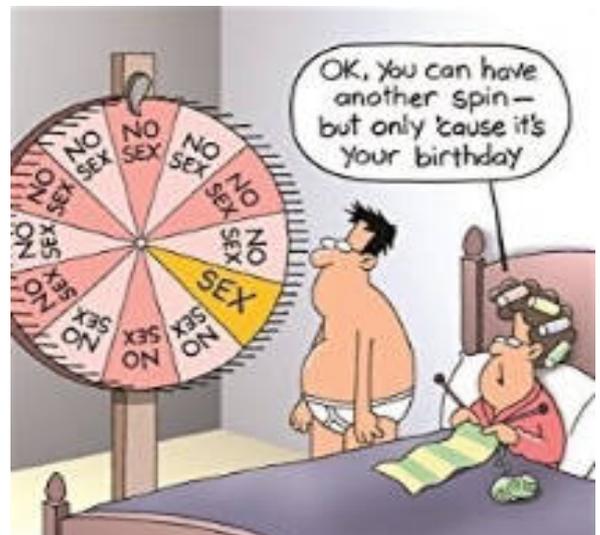
- Ambiguity Bias..... February 2022
- Anchoring Bias..... October 2021
- Availability Heuristic . . . December 2021
- Bandwagon Effect..... July 2022
- Clustering Illusion..... October 2022
- Confirmation Bias November 2021
- Familiarity Bias October 2021
- Framing Effect August 2022
- Gambler's Fallacy..... June 2022
- Halo Effect May 2022
- Horn Effect May 2022
- Illusion of Control October 2022
- Illusory Superiority April 2022
- Insensitivity to Sample Size October 2022
- Misinformation Bias March 2022
- Optimism/Pessimism Bias . January 2022
- Planning Fallacy September 2022
- Self-Attribution Bias..... October 2021
- Snob Effect July 2022
- Survivorship Bias October 2021
- Texas Sharpshooter Fallacy October 2022

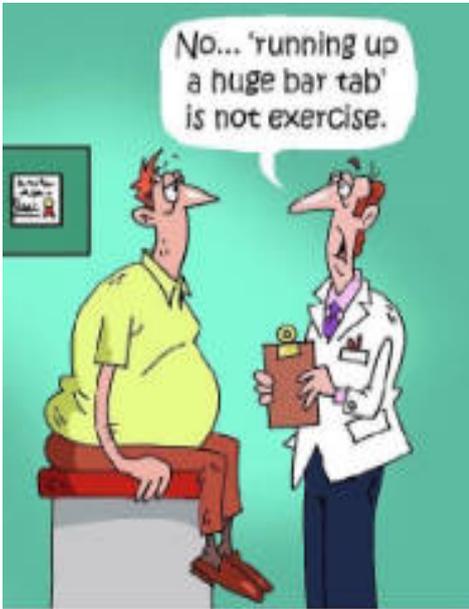


"INSTEAD OF SELLING LOTS OF PRODUCTS AT A LOW COST, I'LL BE SELLING A FEW PRODUCTS FOR \$1 MILLION EACH. NO SALES YET, BUT I JUST STARTED."



"APPARENTLY, SOMEONE WENT ON MY COMPUTER AND ORDERED FIFTY CASES OF DOGGY YUM-YUMS ! WOULD YOU HAPPEN TO KNOW ANYTHING ABOUT THAT ?"





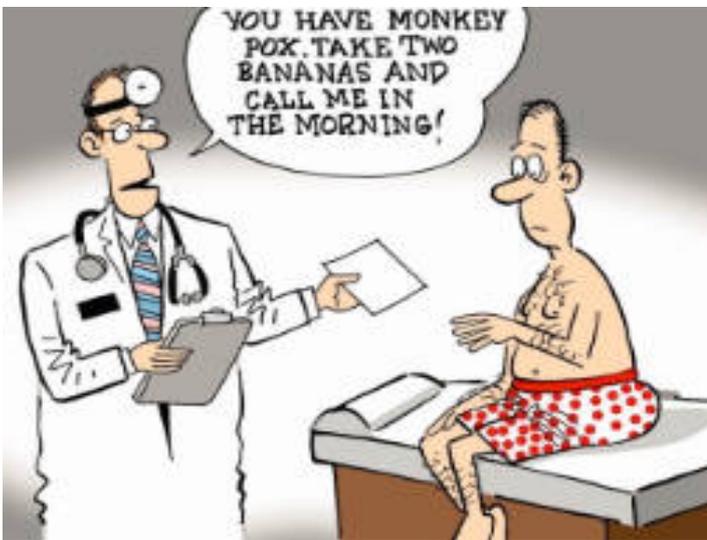
"You've got to be very careful if you don't know where you are going, because you might not get there."

"I always thought the record would stand until it was broken."

*"The future ain't what it used to be."
—Yogi Berra*



*A mint condition Mickey Mantle baseball card purchased for \$50,000 in 1991 sold for \$12.6 million in August 2022, a sports memorabilia record.
Compound annual return: 30% !*





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>



NEW MEMBERS STEPHEN CROWLEY & BRUCE POHORILES

**ANYBODY WHO WANTS TO
PLAY BOCCE SHOULD CALL BIG SIR—Michael
Sommer RIGHT AWAY**

Sticking with my theme from last month, I will highlight ongoing activities that our fellow local branches host that might be of interest to Branch7 members. The State Board has created the new position of State Branch Activity Chairman. Bob Lucido has taken on this position, and we should be hearing from him. His job description will have him helping to stimulate new activities in the branches and coordinate the sharing of activities in geographically close branches.



In reference to the bold red headline above, I have been contacted by Branch 68 regarding

several spots on their bocce ball teams that are available to any of our members that wish to sign up. local branch activities that are ongoing include the following:

1. Art Group that meets the 4th Wednesday of the month 10 to noon at a Novato art studio
2. Photography Group the 2nd Friday 10 AM at the Hamilton History Museum
3. Great Books Discussion Group 4th Thursday
4. Military History usually the 1st Wednesday
5. Foreign Policy 2nd Wednesday.

Additional activities are as follows:
Fly Casting, Fishing, Bicycling, Bocce Ball, Men's Bridge, Poker Club, Walking Group, Computer/ Smartphone Group, Science Discussion Group, Genealogy, Investor Lunch Bunch, Cooking Club

There are several more, but I hope this has piqued some interest in our members to participate in any of the social groups.

AREA 8 MONTHLY MEETINGS

Branch 7 McInnis Park 1st Thursday
Branch 22 McInnis Park 1st Tuesday
Branch 47 McInnis Park 4th Tuesday
Branch 58 Elks Lodge Petaluma 3rd Tuesday
Branch 68 McInnis Park 2nd Tuesday
Branch 134 Embassy Suites 1st Tuesday
Branch 147 Elks Lodge Petaluma 2nd Tuesday





History

Sons in Retirement, Inc., was first formed in Amador County as Branch 96 in Jackson. They received their state charter in 1982. Branch 96 membership grew to over 300, and it was difficult for some members to get to Jackson, especially in winter months. As a result it was decided that a new "Upcountry" branch should be formed, particularly for members that lived in the "upcountry" areas.

In July 1999, under the leadership of the late Ben Arntz, and with help from Branch 96, a new SIR branch was formed and assigned branch number 15. The branch was first called Mace Meadow Branch 15, and received their state charter in early 2000. As the branch grew over the years, the logistic challenges became significant, so in 2012 Branch 15 changed their meeting location and Branch name from "Mace Meadow" to "Up-Country". This more accurately described the area and its members.

Today

Currently Branch 15 has a membership in the 120 to 130 range, with a majority of the members, and their guests, attending our monthly luncheons as well as our many activities and events.

SIR Branch 15 meets the third Thursday of each month at Our Lady Of The Pines Church, Haran Hall. Our two annually scheduled events are the Ladies Day picnic in August and a Christmas party in early December.



SEPTEMBER 2022 SIR15 Lunch Photos



SIR Jaime With Opening Prayer



Big SIR with SIR Ken



SIR Cam Getting Membership Plaque from Little SIR



SIR Don Getting Membership Plaque



SIR Ben With His Pacifier As The Youngest Branch 15 SIR!



Speaker Chris Kalton Receiving Plaque from Little SIR

This 65-inch TV Set To Be Raffled At This Year's SIR 15 Christmas Party!





REDWOOD



Luther Burbank Branch 17

Santa Rosa, CA

New Website: www.sir17.org

THE REDWOOD BARK NEWSLETTER

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 Aug 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



BEC Votes to Continue Original COVID Vaccination and Waiver Protocols

At its September 15th meeting, the BEC voted to continue to require proof of COVID vaccination and signed waivers of liability from all attendees at indoor Branch 17 activities, and to require the signed waiver at all outdoor activities. At a recent State Board Meeting the COVID protocol was changed from a State mandate to a local branch option.

The reason the BEC voted to continue the original COVID protocol was that several members in attendance (both BEC members and non-BEC members) said they would no longer participate in Branch 17 activities if the protocol rules were relaxed. So although we might have gained a few members in attendance who had not for whatever reason provided us proof of COVID vaccination, we assuredly would have lost members. Not worth it!



SIR at the Sonoma County Fair

(Article by Neil Wheeler)

SIR Branch 17 had an information table at the Sonoma County Fair on Senior Day, August 12th and handed out brochures, granola bars, and candy. Eight of our members took turns working the event, and Big Sir Gordon Boultsbee stopped by. Admission to the fair was \$1.00 for seniors. It was a fun and enjoyable afternoon. Thanks go to Art Appling, Dave Harris, Marc Perl, Al Petrie, Gary Bondi, Rich de Lambert, Bill Grafeld, George Traverso, and Neil Wheeler for volunteering!



New Members



Wayne Brigden



Harold Minkin



Chuck Baker



Denis Lezotte



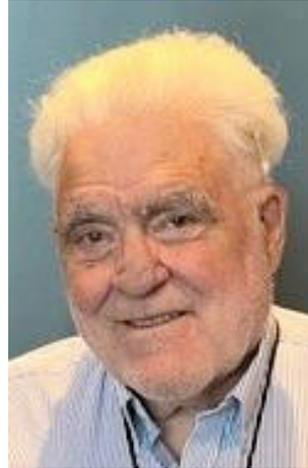
Tony Negri



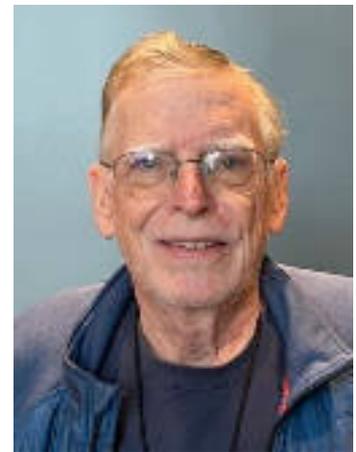
Ken Fox



Fred McMane



Frank Panza



Jim Taylor



Burma Shave Signs

For you who never saw any of the Burma Shave signs, here is a quick lesson in our history of the 1930s, '40s and '50s. Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. They were small red signs with white letters. Five signs, about 100 feet apart, each containing 1 line of a 4 line couplet...and the obligatory 5th sign ad-vertising Burma Shave, a popular shaving cream.



ROOSTER TALES

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

Clayton Valley Branch 19

Social Ties Boost Survival by 50 Percent

WHO KNEW? BEING A SIR MEMBER PUTS YOU AHEAD IN THE GAME!

A meta-study covering more than 300,000 participants across all ages reveals that adults get a 50 percent boost in longevity if they have a solid social network

<https://www.scientificamerican.com/article/relationships-boost-survival/>



Golf – Golden Year Championship

For only \$10.00, SIR Branch 19 Golfers enjoy a competition that starts on April 1st and ends October 31st. Each round played, the golfer earns points based on what place they finish. The points are tallied all season. At the end of the season the top point earners, 25% of all golfers, are invited to play the final Championship round during the last week in October. The victor of that final round is crowned the Golden Year Champion for SIR Branch 19 Golfers. The *runner-up golfers* are awarded a cash prize based on the place they finish. **The Golden Year Champion** is awarded the largest **Cash Prize**, a **Monogrammed, Golden Polo Shirt**, and the chance to keep the **Perpetual Trophy** until it is passed on to the next year's champion.



Past Champions:

2021 Bill Hockenson
2020 Corona Virus
2019 Bill Hockenson
2018 Duane Deonigi
2017 Rob Crabaugh

Sir Bill Hockenson - billhockenson@gmail.com



BRANCH 22, *Ignacio Pacheco*

La Presenter Informe

Promotion of Independence, Dignity and Social Activities For Men

*Published by The. Ignacio Pacheco Branch 22 of SIR, Inc. **

SIR INC is issuing new pins:
Gold for Honorary Life Members. We have three. Silver for Distinguished Service awards given to Big Sir. The Rooster pin, WE Are Doing Our Part, members who have stepped up and introduced a new member to the branch.

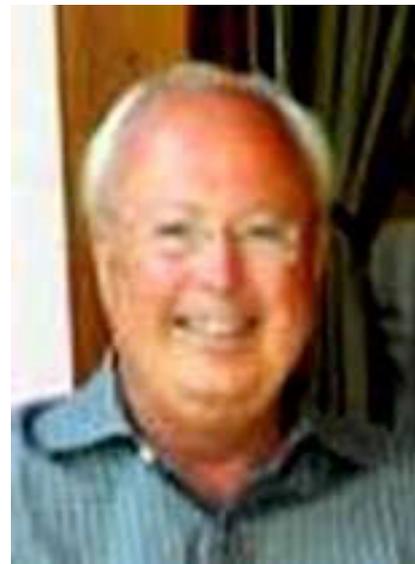


USA has the most heavily armed population of pissed off people on this planet!

BRANCH 22 SIR OF THE MONTH SEP. '22



And getting ~~more~~ **MOAR** pissed by the day!



Jim Boughey

Your Branch 22 has a WEB Page as part of the SIR INC web site. This page is maintained by Member Rich Seyler who is doing a very good job. Check it out with this hyper link.
[SIR Branch 22 \(sirinc2.org\)](http://sirinc2.org)

August 11, Branch 22 Annual Picnic with Hawaiian Theme

Where is this place?! For all of us who attended with our guests we know that this is Mike and Debbi Dean's beautiful home on the Larkspur Lagoons. This was again a beautiful sunny Thursday. What you can not see is the wonderful water view to the right and the unique modern home behind the camera.

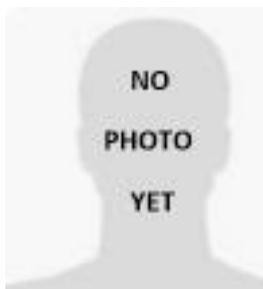
A small combo played live music throughout the event. We enjoyed a social hour around Mike's outdoor kitchen and bar.



NEW MEMBERS



Paul Lesti (Usha)



Jim Thorne (Diane Currie)



Ken Cornwell (Lily)



Robert David (Susan)



JT Tompane (Chris)



Lou Wolner (Nancy)

A Cool hike along the Coast

On September 23rd eighteen SIR hikers took a cool hike along the coast on the Purisima-Cowell trail near Half Moon Bay. Seven new hikers and six woman guests joined the hike, as our SIR hiking activity continues to attract more women hikers.

This new SIR hike lived up to our expectations. August Smith remarked that the “hike was truly

a lovely experience simply enjoyed myself - from the incredible weather, to the magnificent scenery, to being able to converse with some terrific people - I had a great time.”

We were surprised to discover: 1) a waterfall in a shady transition between the north and south trails; 2) that Cowell Ranch State Beach is only accessible by a set of steep broken stairs that only the intrepid hikers attempted; and 3) a picnic table and benches above the stairs that was a perfect place for lunch.

Because we had a wide range of hiker fitness, we broke into groups which hiked at their own pace and distance. After the hike, groups stopped in Half Moon Bay at – Cantina @ Benito House, Cameron’s Pub and Restaurant, for some ice cream.

Branch 35 Monthly Hikes on 4th Friday

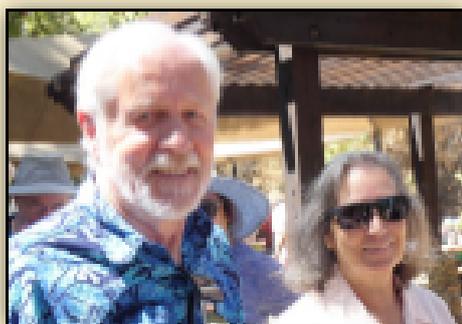
Our monthly hikes, on the 4th Friday of the month, are designed to encourage spouse and guest participation. There will be many opportunities to socialize and to get to make new friends. Pack a lunch and we will stop at a scenic spot to eat and enjoy nature.

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 hike at Henry Cowell Redwoods State Park in Felton on October 28th To join our hiking group, and to get the details, send an email to Peter Thurston, peterthurston@gmail.com.



SIR Branch 35 Annual Picnic July 20, 2022



Jim Quillinan, Movies Activity, jvquill@pacbell.net

A Call to Spy. This intriguing wartime, espionage drama is based on real stories. It is the early days of WWII and Britain is desperate for intelligence. Churchill orders his new spy agency – the Special Operations Executive (SOE) – to recruit and train women as spies. Some of the old-time spooks scoff at women as spies, but others see the opportunities for women to show their special skills. Their formidable mission was to fund and plan sabotage in France with the help of local resistance. The SOE’s “spymistress,” Vera Atkins recruits two unusual candidates: Virginia Hall, a determined American with a wooden leg, and Noor Khan a Sufi pacifist. The infamous Nazi, Klaus Barbie (the Butcher of Lyon), breaks their code with dire consequences. These women and many more helped destabilize the Nazi regime in France. Their legacy is little known, but this film will change that. This is a must see. Rated PG-13 for some strong violence, disturbing images, language, and smoking. There are some bone chilling torture sequences. Available on Netflix. It is a Peggy’s Pick.

Operation Mincemeat. There is a theme this week, this is another British WWII espionage film based on actual events. It is also a must see. This film uniquely combines a high-tension espionage drama with a romance, and a fair amount of humor. It is 1943 and the allies are planning the invasion of Sicily as the next step to take Italy. British intelligence concocts a wild scenario to convince the Nazis that Greece was the intended invasion site. The deception had a dead soldier washing up on a beach in Spain with secret letters and orders for the invasion of Greece. To make this all work required an immense amount of detail work and follow-up to convince the Nazis that it was real. This was all under the supervision of Ewen Montagu (Colin Firth) whose marriage is on the rocks and his hopelessly in love with one of his co-workers. Others in the group are under surveillance for possible connections to the Russians and for trysts. With all of this “stuff” going in they do pull off a coup, the Germans were waiting for the invasion in Greece. The film also features Ian Fleming as an aide writing stories based on the spies and their quirks. An interesting touch. Rated PG-13 for strong language, some sexual content, brief war violence, disturbing images, and smoking. Available on Netflix. It is a Peggy’s Pick.

Mrs. Harris Goes to Paris. They used to make movies like this all of the time. Maybe this will start a trend. Ada Harris (Lesley Manville) is a widowed cleaning lady in London in the 1950s. She covets an Haute Couture Dior gown and sets out to get one. She works hard, economizes a bit and even gambles to raise the funds to go to Paris to buy a dress for £500. Mrs. Harris is buoyant, caring, and indefatigable in her quest. She runs into difficulties, beyond the language, but her charm and wit overcome all obstacles. She not only achieves her goals but saves the House of Dior from its own plight. This is an engaging film with a wonderful cast. Even its Hollywood ending is delightful. Look for Lesley Manville at Oscar time. Rated PG for suggestive material, language, and smoking. In Theatres. It is a Peggy’s Pick..

The Phantom of the Open. If you like golf or a good story or a successful underdog or a lot of British droll wit, this is the movie for you. If you like all four, you are in for a special treat. Maurice Flitcroft operates a crane in a British shipyard. He becomes infatuated with the game of golf. Despite never having played he is able to enter the 1976 British Open. He posts the worst score (121) ever in the Open. He becomes quite a folk hero and is celebrated around the world for his chutzpah. The powers that be change the rules to thwart him from entering again; yet he is still able to enter again using aliases and disguises. The story is true, very funny and heartening. Mark Rylance brings Maurice alive with a big dose of humanity. Maurice even has twin sons who are exceptional disco dancers. They add to the texture of the film as do all of the supporting characters. Rated PG-13 for some strong language and smoking. Available on Amazon Prime. It is a Peggy’s Pick.

Inside the Mind of a Cat. This documentary attempts to explain why we love cats and in essence invite wild animals into our homes. Various cat experts using different disciplines explain the mind of felines from the cat’s point of view. The real capabilities of cats are amazing. They can be trained. They also can revert to a feral, pouncing animal in an instant. Cat lovers will love seeing their cuddly pets at their best. Others will point out their faults. This is 1-hour long documentary is on Netflix and loads of fun no matter your take on these domesticated (at times) carnivores. Rated TV PG for some language. It is a Peggy’s Pick.

It's football season:

Ohio State's Urban Meyer on one of his players: "He doesn't know the word 'fear'. In fact, I just saw his grades and he doesn't know the meaning of a lot of words."

How many Michigan freshmen football players does it take to change a light bulb? None . . . that's a sophomore course.

How did the Georgia football player die from drinking milk?

The cow fell on him.

A University of Cincinnati football player was almost killed yesterday in a tragic horseback riding accident; he fell from a horse and was nearly trampled to death. Luckily, the manager of the Wal-Mart came out and unplugged the horse.

What do you say to a University of Miami Hurricane football player dressed in a 3-piece suit?

"Will the defendant please rise?"

How is the Indiana football team like an opossum? They play dead at home and get killed on the road.

Understanding Engineering

Three engineering students were gathered together discussing who must have designed the human body. One said, "It was a mechanical engineer. Just look at all the joints."

Another said, "No, it was an electrical engineer. The nervous system has many thousands of electrical connections." The last one said, "No, actually it had to have been a civil engineer.

Who else would run a toxic waste pipeline through a recreational area?"

More Football

How do you get a former Illinois football player off your porch?

Pay him for the pizza!

What are the longest three years of a University of Kentucky football player's life?

Freshman 1, Freshman 2, Freshman 3...

Investing

Investing is easy. Buy a stock, and when it goes up, sell it. If it doesn't go up, don't buy it.

—Will Rogers

Not So Strong Medicine

A Native American chief was very sick, so he summoned the medicine man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to bite off, chew, and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief was doing. The chief shrugged and said, "The thong is ended, but the malady lingers on".

Sunday School

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to 'Honor thy father and mother' she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

"Thou shall not kill."

Strike Out

The manager walks to the mound, ready to yank the pitcher. The pitcher protests, "I struck this guy out the last time." "Yeah, but this is the same inning."

Smart Cookie

An office manager was asking an applicant if they had any unusual talents. The applicant said they had won several prizes in crossword puzzle and slogan-writing contests.

"Sounds good," the manager said, "but we want somebody who will be smart during office hours." "Oh," said the applicant, "that was during office hours."

Online Commerce

Just sold my homing pigeon ... on e-Bay ... for the 22nd time!



PLACER GOLD

ATTACH
FIRST CLASS
U.S. POSTAGE
STAMP HERE

FOUNDED JULY 1958

SIR Branch 37 Bulletin

Auburn

Org. March 6, 1972

NEW MEMBERS! WELCOME TO SIR'S BANCH 37



Kurt Simon



John Warren



Bill Hopper

We would like to acknowledge our SIR members that have experienced evacuation from the Mosquito Fire. We hope you are well and will be back in your homes soon. If there is something we can help with, please contact myself or any of your BEC members. Your Big Sir, Gary Willett



Branch 37 Opportunity Drawing winners The winners at the August Luncheon were (left to right) 1st prize Jim Garrett, 2nd prize Dennis Cross, and 3rd prize Mike Moore.



Sirs with Birthdays in September who attended

Our Newest Members



Sir Wid Nojopranoto



Sir Harvey Look



Sir Frank James



Sir Ron Brazil



Sir Daniel Johnson, Sir Clem Paraiso, and Sir Charles Martinek



*Sir Art Winkley -
A Truly "Super Senior" (95)*



Our Song Leader, Sir Bob Benya passed away just prior to our September luncheon.



The Drag Race – by Larry Jett



This tale goes way back to 1967. The 1968 model year cars from the Chrysler-Plymouth Division of Chrysler Motors had just started to arrive at the dealerships in Northern California, of which thirteen of the stores were under my care and control as “The Factory Man.” The nine District Managers worked from their homes without cell phones, GPS gadgets, fax or email interferences or Big Brother schemes that might uncover our playing on the golf course when the Regional Boss called the dealership because our itinerary would indicate we should be working there. Each fieldman got a new car whenever the odometer said 2000+ miles. Since I was the new hire with no connections yet, most were Plymouth Fury III's or Chrysler Newport's, but because Corte Madera to Crescent City was a stretch, a new car every six weeks was not uncommon. My fourth car was 1967 Barracuda Formula S four speed with heavy duty suspension and a/c.

As a 27-year-old-suit-and-tie executive(?), I knew better than to engage in any foolishness, but that car was just sooooo eager to please. Enthusiast magazines of the era spoke of 13-second quarter mile times right off the dealer floor. I left Santa Rosa for Healdsburg one afternoon and a pair of yahoos in an early 60s Chevrolet wanted to street race from a green light. I ignored them for three lights because I knew better but at age 27 I had never had a car worthy of a race in my life. I caved in and the race was on.

I never saw the Chevrolet in my side glass, but I heard it shift three times and always behind the B-pillar of my pony car. As we slowed down, the driver of the Chevy signaled me to stop and compare. The buddy of the owner exclaimed that they had heard of the 383 big-block V8 Mopar installation but had never seen one. As I lifted the hood, the significantly smaller 340 cubic inch engine was in full view. The buddy said, “What is that?” Sez I, “What just whupped you!” The buddy doubled over in laughter exclaiming, “You just got your 409 embarrassed by a mouse motor.”

Huckleberry Daiquiri

In the north of Idaho grow huckleberries. In the fall they are picked, some by bears and some by humans. It has been a long time since I have picked any. In good years my siblings pick as many as they can because in bad years like this one there are few to be found. The story is that the bears get most of them, they just strip them off the bushes and gorge themselves with the luscious, fragrant fruit. For those of you who have never tasted huckleberries, the fruit is small, usually smaller than the smaller blueberries one might find in the local grocery store. Deep purple, they stain pancakes their color as they sizzle on the griddle. They can be used in muffins as well, and I'm sure they can be baked into other foods as well, always coloring them that glorious purple. As flavoring for a daiquiri, they are sooo good.

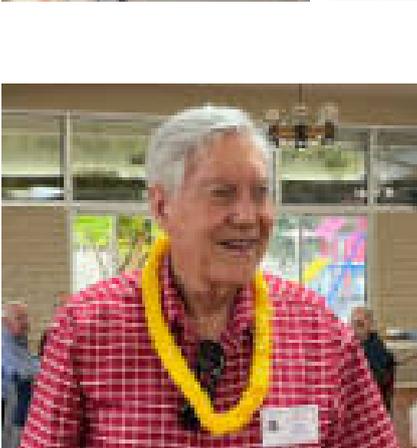
But in northern Idaho on vacation, I had my latest encounter with huckleberries. I speak to you, fellow SIRs, of lunch with a huckleberry daiquiri. To set the scene, I find it important to let you know that it is important to have worked hard to reward oneself with said huckleberry daiquiri.

We, Scott, Trish, Madelyn, and I drove out early from the east bank of Priest Lake to find the Roosevelt Cedar Grove (spared from clearcutting by Teddy many years ago) on the western side of the lake, followed by a visit to the Entrée Gallery to feast our eyes on works of art. I'm not sure that we found the Grove, but we did visit Huff Lake and peat bog in the silence of early morning. This tiny lake developed over centuries as vegetable matter decayed and left a black earth behind – so the spongy green grasses surround a lake with a black bottom, rather surreal. When we arrived at the Cedar Grove parking lot we took the trail up, up and up. At one point, the trail overlooked a diagonal waterfall far below us. At long last the trail started slightly down, and we followed it back to the parking lot. I think we somehow missed the Cedar Grove, because the largest cedars we found were right there in the parking lot. Not determined enough to try the trail again, we drove to the Entrée Gallery. As expected, it contained gorgeous oil paintings of wild animals and the deep woods, sculptures in bronze, glass, wood and other media, beautiful jewelry, and a fantastic photo exhibit of 1940s north woods people and places taken with a revolving-back camera, black and white photos enlarged to six to eight times the size of the negative (2 X 10 inches). Alas, the gallery closed forever on September 18, 2022 after 30 years.

Saddened by the imminent closure of the Gallery, and in need of spirit lifting, we headed to Elkins' Resort for lunch. My drink of choice of course, a huckleberry daiquiri. We ordered a plate of ham and beef nachos for the four of us, and as it turned out, that plate was more than we all could eat in spite of its deliciousness. But to the daiquiri. Served in a nearly 16 oz. glass, purple, frozen daiquiri slush topped with whipped cream (with a straw because it would not pour like a liquid drink) the luscious essence of huckleberry tasted/ smelled like fruit from the gods. More, more until I got a brain freeze. That slowed me down a bit, probably a good idea, because even with the brain freeze, I was a bit happy when I stood up. Yeah, I wasn't driving. I found out later they offer fill-ups if you need more essence of huckleberry. Although the morning was hard work, the afternoon was a delight ...but I don't remember much about it. ~ Bruce Roberts



Recent Birthday boys wearing their identifying lei.





The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

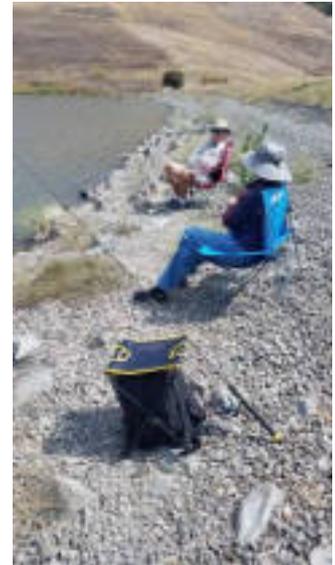
SONS IN RETIREMENT

A Non-Profit Organization of Retired Men

Devoted to the Promotion of Independence and Dignity in Retirement

SIR 62 Fishing Program

On July 29, 2022 three brave fishermen faced the challenges of early hours and a weather forecast of clear skies with occasional blue clouds and a suffering temperature of up to 74 degrees and went fishing to Sandy Wool Lake. Even though the lake hadn't been planted with fish since March, we kept our expectations low. When we arrived, we saw that the lake level was down to about ½ of its total depth (it is a shallow lake) and the water temperature was about that of a warm swimming pool but that didn't deter us at all. We got plenty of casting practice as well as snag untangling. The company was great and we solved most of the world's problems (unfortunately, we seem to have forgotten our solutions). After catching our limit (of sun), we ate pizza at Giorgio's Italian Food Milpitas. The pizza was interesting and, again, the company was great (what do you expect with SIR?). We returned home around 1:00 PM, just in time to complete the "honey do's" that we thought we got out of.



Salmon Fishing in Alaska 2023

The Fishing Activity is currently planning a Salmon/Halibut/Rock Fish trip to Ketchikan, Alaska in the last weeks of June 2023. If you are interested, please contact Heber Slusser or Wally Anderson. It will be an enjoyable adventure (even if you don't fish). Last year we saw whales, sharks, sea lions, orca, numerous sea birds including a rare puffin. Ketchikan is best known for three things: feisty salmon, idyllic scenery, and an incredibly rich Alaska Native culture.

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.

August Winners:

Birthday Award: None

Attendance Award: Walt Strach

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

NEW MEMBER

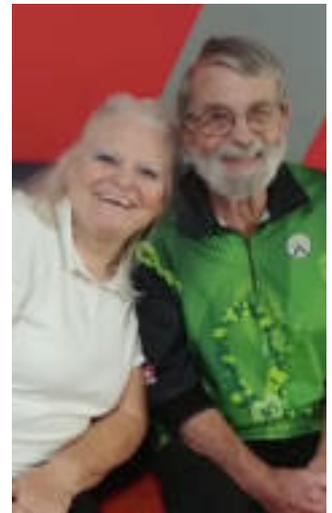


RICHARD BENNETT

This month we welcomed two new members, longtime Mare Island Navy man Gene Young and retired Napa County Superior Court Judge Richard Bennett.

ON THE LANES..... WITH DAVE ELLINGSON

Well, late August and September were bad for tournament bowling. J C and I went to Grass Valley Aug 24. We got third place in doubles but because not many people were there they only paid two spots. Carson City was cancelled again because not enough people signed up. I guess it is just a sign of the times. They have already cancelled the last tournament of the year in December. Next up was Brentwood Sept 27. Results will be known soon. Good news is that league bowling has started but we still could use more bowlers. Come join the fun! League play on Mondays, open bowling events on Wednesday and Friday



(L-R) Dave, Jerry Hall & J.C. Surratt; Adel & Dave at The Brentwood state tournament.

NEW ACTIVITIES!!!

Sitting at the August luncheon, a few of us began talking about playing music and POOF! "SIR SESSION" was born. SIR Session #1 was fun, playing music from rock to folk, acoustically with members that have long time experience and members new to playing. This is purely for our own enjoyment, with no airs about doing anything but have fun. Talk to any of us if you have any interest in playing. We currently are trying to squeeze in a once a month session.

Pictured (l-r) Richard Bennett, Stephen Stafford, Jerry Stabile, Jim Kempton, and Jeff Richard



GOLF NEWS & VIEWS – Marc Longoria, Chair

In local news from Mike Murrell and Jim Keller, our local SIRs played at Eagle Vines, Napa Golf Club (Kennedy), Blue Rock, and Vintners courses in the month of September. Mostly we were blessed with fantastic weather and full turn outs. I don't have individual results, but everyone has been having a good time getting out and playing golf.

For SIR state golf tournaments, we have the SIR Individual State Championship coming up on October 11, 2022, at Rancho Solano in Fairfield.

Making the cut through the preliminaries from our Branch 65 and into the finals are: Jerry Hall, Marc Longoria, and Tom Shoar. Good luck boys!

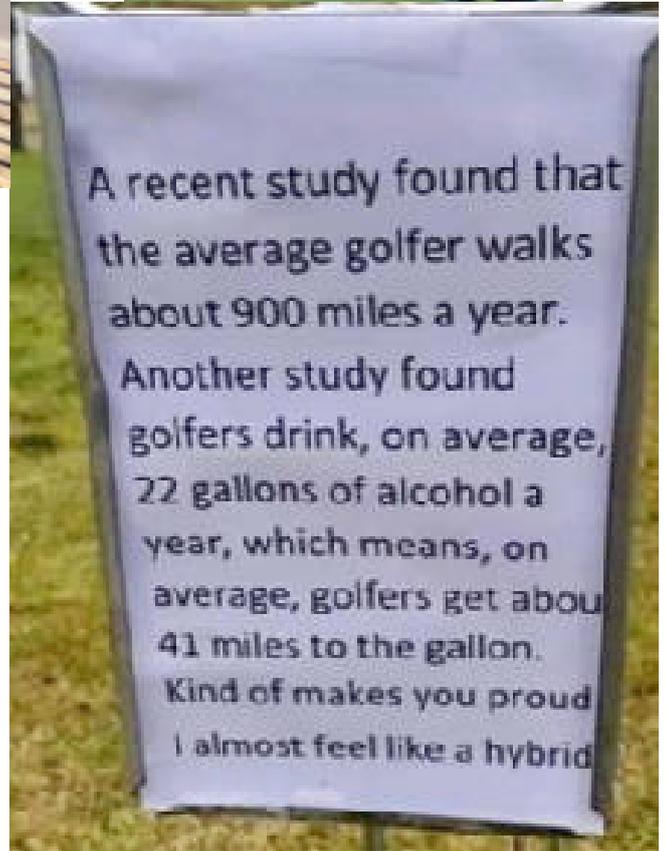
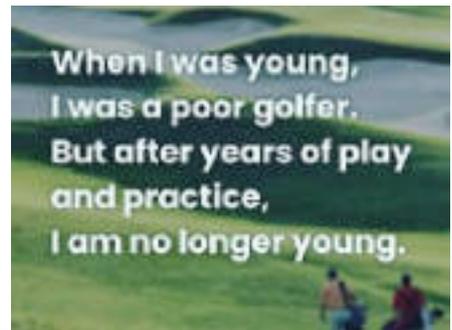
Back to local golf, in October SIRs will be playing at: Chardonnay October 3rd, Eagle Vines October 5th, Napa Kennedy October 12th, Vintners October 26th, and Paradise Valley on October 31st.

As always, Mike Murrell (707-666-5810) and Jim Keller,

Willie (above, right) gets back into the swing of things after a long absence from play. Margis (left) preparesto make apple sauce.



THE 19TH HOLE PROS....(l-r)...Stephen, Dick, Margis, Russ, Gary and Jerry discuss the flurry of birdies, eagles and holes in one that they had at the Napa Golf Course in July!!!





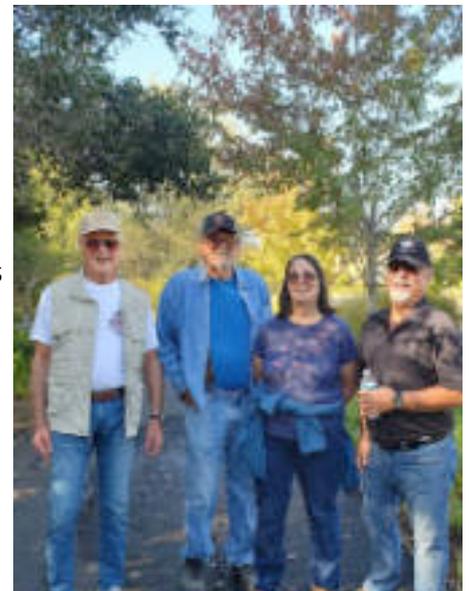
SIR Margis Malisauskas (green windbreaker) and the 149 bike group who ride every Thursday

morning. Last week Margis reports they did a Napa to Yount Mill Rd. (16 mile round trip) ride. They also do some ten mile trips. They keep a steady pace and stop half way to shoot the breeze for 20 to 30 minutes. Bill Shields is the organizer and he said the more the merrier if any more 65 Sirs want to join in the fun. Text from the 149 website...SIR bike riders meet every Thursday morning for rides along scenic roads and trails of the Napa Valley, weather permitting. Our riders have bicycles that vary from road bikes to mountain bikes to hybrid bikes. We even have riders with electric bikes.



We are not competitive riders. We ride to maintain and improve our fitness and health. We welcome and accommodate bike riders of all types and abilities. We make frequent rest stops. No rider is left behind. Come join us for an invigorating and beautiful ride in the Napa wine country! For more information contact Bill or Chuck. Bill Shields @bshields6@comcast.net or Chuck Youngson @hyoungson@yahoo.net

The Vine Walkers Adventure Club Lance Houser, Chair
Our walking group had two wonderful sojourns this past month. The first Tuesday we walked the shaded Napa River Trail since the temperatures were set to soar to 106 degrees!! Our recent third Tuesday walk had our small group, which included two Br. 149 members*, walking through the Meadowood Subdivision which is west and uphill from Browns Valley elementary school. The streets were wonderfully shaded and quiet. The adjacent newer subdivision had a nicely maintained creekside path with a well groomed water/flood abatement course next to the creek. Come join us for these pleasant explorations. Pictured from left to right, new adventurer Barry Robertson*, Glen and Bobbie Mattila, and Lance (our fearless guide) The picture was taken by Don Krieger*.



"You have fits of rage, followed by temporary spells of euphoria, all within several hours. Are you, by chance, a golfer?"

Devices used to find water





Branch 68

Rossi's Trivia Corner



JIMMY VAN HEUSEN:

Jimmy was Frank Sinatra's best friend, songwriter in chief, and some-time traveling partner in the hard swinging 50s. Jimmy was born Edward Chester Babcock. His favorite word, for more than one reason, was "cock."

When Frank and his entourage stayed at Rome's Grand Hotel, Van Heusen would step onto his balcony each morning and like some crazed American rooster, crow out the word at the top of his lungs. Back in the States, piloting his own plane cross-country, he would screech it into the radio until, inevitably, some poor, confused air traffic controller would squawk back, "Please identify yourself." At which point Van Heusen would declaim it louder still. Even after suffering a stroke in his late 60s, wheelchair-bound, language having largely deserted him, "just out of nowhere, he'd yell "Cock! "

Upon arriving at any American city, he had this habit of leafing through the directory and phoning at random anyone who's last name, Hancock or Woodcock happened to end in the same pungent suffix as his own. If a woman answered, "Mrs. Glasscock?" He'd say, in his W. C. Fields-can tones. "Chester Babcock calling. I just wanted to check on what the other cocks were up to." Sinatra would roll on the floor every time.

Actress Angie Dickerson having been close to both Sinatra and Van Heusen said, "You would not pick him over Clark Gable any day, but his magnetism was irresistible. He was clever and funny. He used to take his hand, spread the fingers, and roll them down a woman's arm—saying 'Beaut-tee-ful. Playing her like a Piano! Jimmy was the most confident man I ever met," she said.

CARL GOTTLIEB: "THE JAWS LOG". Highly rec. Carl was the screenwriter of the film released in 1975.

"Robert Shaw was having a drink between takes, at which he announced, ' I wish I could quit drinking.' When it came time to shoot the infamous USS Indianapolis scene in the movie Shaw attempted to do this monologue while intoxicated as it called for the men to be drinking late at night. Nothing in that take could be used. A remorseful Shaw called Steve Spielberg late that night and asked if he could have another try. The next day the shooting of Shaw's electrifying performance was done in one take."

Elvis spotted a little girl in his audience and when he bent down to give her a scarf, he saw she was blind. He said something in her ear, kissed the scarf and placed it on her eyes. He sent her to the best doctor to find out if something could help. A surgery could and did help. He paid to have it done.

SHECKY GREENE:

Mr. Shecky Green, is 96 years old , originally from Chicago now living in Las Vegas.

GREEN WORKING IN VEGAS: "I hated working for the corporations in Vegas who signed me to a big contract. There was no joy. I'd rather work for the guys with the gun in the shoulder holster. The hoodlums were very warm and giving."

Shecky earned \$25,000.00 a week working Vegas in 60's. He had a serious gambling addiction and drinking problem. He was alleged to have pushed a piano out a penthouse window. "I never had an act," he said. He simply did mostly impressions. On talk shows I didn't think he was so funny. But on a Vegas stage in the lounge, I'm told he was a legend. If any of our SIR's have ever seen Shecky in person on stage, please email me. Greene intrigued Frank Sinatra endlessly, because he reminded Frank of himself. "It was a strange thing that the people he couldn't control, (like Dean Martin) he gained respect for you," said Greene.

One night about to go on stage, Sinatra says, "Shecky stick with me, and I'll make you the biggest star in show biz." Shecky told Frank, "If being a big star means being like you then I don't want it. He grabbed me in front of a mirror and threaten my life. And I grabbed him under his arm and pulled him in front of the mirror and told him there's the sickest son of a bitch I've ever met in my life. I may be 2nd but believe me your first and I'm a long way from you."

Copacabana in N.Y. C.

Shecky didn't like working there. "First time I played there the boss came back stage he said, "the chicken was better than you."

Iceland Trip

Back in 2019 when life was carefree and the economy was doing good, the wife and I were doing the planning for our 2020 large trip. We came upon the decision to take a cruise to Iceland. Disney was doing an 11-night trip from Copenhagen to Iceland ending in Dover England. We decided to add on 4 days in Copenhagen and a week in Southern England with a drive from Dover to Portsmouth to see the HMS Victory. Then as you know the shutdown of 2020 occurred in March, we thought it would only last a few weeks and we would still be able to go when it ended. When they cancelled the cruise in June for the August sailing, we moved all reservations to August 2021 with the ship now leaving Dover and ending in Copenhagen. We had a whole year for the pandemic to end so we were confident that we would be going then. Since we were ending in Copenhagen, we decided we would rent a car and drive to the Netherlands to see family. They were all very excited that we would be coming by. Long story short, 2021 blew up in our faces and we moved the trip to August of 2022 with the starting point once again being in Copenhagen and ending in Dover. We cut our Denmark stay down to two days and ended the trip with a week in the Netherlands after Portsmouth because the family really wanted to see us after teasing them that we would come in 2021.



We departed San Francisco on the afternoon of the 14th of August. Knowing that we would be flying business on a Boeing 777 with British Airlines and that we would be able to sleep on board we woke up that morning at 2am so that we would feel normal at 9 in morning on the 15th when we arrived in London for our connection to Copenhagen. We arrived in Copenhagen around 3 pm on a hot sunny day. After clearing customs, it was a 15-minute metro ride and about a 10-minute walk to our hotel on the Strand. Our first order of business was to get a Covid test so that we could board the ship in two days. Our hotel was two blocks away from the Nyhavn district, so we were right in the middle of almost everything. We could walk or take the hop-on hop-off bus which we did for the next two

days. Dinners were in some of the most colorful and friendly restaurants in Copenhagen all with outdoor seating and the temperatures were in the high 70s to mid-80s our entire stay. Copenhagen is a very friendly city and two days was not enough to enjoy it fully. This was our second time here and it was just as nice as the first one over 10 years ago.

On the 17th, the day of our sailing, we packed everything back into our suitcases, had breakfast one last time downstairs and called for a taxi to head to the port. As we drove out to the cruise terminal we passed a tremendous amount of construction, they were building an entire new city out there. From the time of our arrival, it took us about an hour and half to check-in and wait for our boarding time. As soon as we completed our muster requirements we went up to buffet and had lunch out on the open deck on a warm day looking back at the city. We were once again on our favorite ship the Disney Magic. While we were awaiting the sail away, we had a few hours to relax on deck watching an international sailing regatta's practice session with 8 America Cup style catamarans. Even the tall ship Christian Radich, a Norwegian training ship sailed past us on its way home. The activity around the ship was incredible. We departed Copenhagen around 5 pm and the trip we first booked in 2019 was finally on its way. Our first day was a sea day and we took full advantage to relax and catch up with the time zone. Days at sea are my favorite aboard ship, we did a lot of walking around and joined in some activities around the ship. This night was formal night and since we weren't the dress up kind of people, we enjoyed a light meal up on deck watching the sunset. We were back in our cabin by 10 pm because we would be having an early start the next day.



On August 19th we pulled into Alesund Norway midway up the west coast of the country. We docked at 7:30 and would be leaving at 2:30, because of this we decided to take a guided tour at this stop. On this tour we took a bus through 3 sea tunnels to the island of Giske, where we visited the Giske



Church, which is a 12th century marble parish church with a cemetery of graves dating back to at least the 18th century. After that we went to island of Godoya where we stopped at the Alnes lighthouse for cake and tea at the visitor center. I got some great pictures from the top of the lighthouse of the surrounding area and the village of Alnes. The climb to the top was via some very steep stairs that could almost be called a ladder. The end of the tour was a stop at the Fjellstua Viewpoint which overlooks the city of Alesund. There was a restaurant, but it was closed. At this point we could either walk back to the ship via the 418 stone steps down into town or take a 15-minute bus ride. We opted for the bus ride so that we could spend the last two hours of our stay wandering

through town. In 1904 most of the city was destroyed in a fire and was rebuilt in the Art Nouveau style with a lot of fun shops and things to see. We were back on board by 2 o'clock and having lunch on the back deck in the open air. The temperature for most of the day was around 60 degrees with overcast, we wore jackets but were not cold.

We would spend the next two nights and a full day sailing from Norway to Iceland. We spent the day involved with shipboard activities and strolls along the 4th deck which goes completely around the ship with 3 circuits making a mile. Just before it got dark on our second night, we spotted Iceland. It would take the rest of the night to make it into port. Our ship docked about 5 miles away from downtown and the tour we would be taking today was a long one called the Golden Circle Tour. After a long drive from Reykjavik out into the countryside our first stop would be Thingvellir National Park where the Atlantic Ridge is creating a rift valley between the North American Plate and the Eurasian Plate. We were able to take a walk along the western edge of the rift valley to see the edge of the North American Plate, across the valley was the edge of the Eurasian Plate which we would see later. We walked along a trail that descends down along the side of the continental plate for a few hundred feet until we reached the rift valley where we walked on young land only a mere 25 million years old. After spending an hour at the rift, we took off for lunch and a stop at the Haukadalur Geothermal Field. We had Icelandic Salmon for lunch at the Geysir Restaurant across the road from the geyser field. We visited the field for about 45 minutes. They had one geyser that was about fifty feet tall and went almost every five minutes. After wandering around all the steaming and bubbling mud pots we departed for our next stop. It was about another 45 minutes to Gullfoss Falls; these falls almost look like the United States side of Niagara Falls except that it falls just over 100 feet into a narrow chasm to make a 90 degree left turn down stream. The water is also very brown because the glacier that is providing the water has been scraping a lot of sediment over the years. We spent well over an hour at this sight, hiking to various locations to get different perspectives of the falls. After the falls we stopped at a working geothermal station for a quick tour before heading back to the ship. We started the tour at 9:30 in the morning and were arriving back at the ship at 6:30, our plan was to get a quick bite



and head back out to town because we would be spending the night here. They had kept the dining room open late for us (our normal dinning was 5:30) and were told to head straight in to get dinner before the late setting at 8:30. As soon as we sat down our bodies collapsed and the best we could do was to go down to the pier and check out the souvenir shop on the dock before turning in at 9:30 for



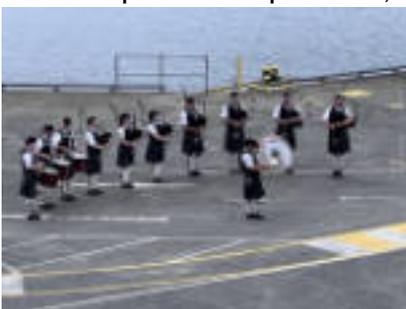
another early start the next day. On August 21st the ship was scheduled to leave at 1:30 in the afternoon and since the Blue Lagoon was too far away and opened too late, we were unable to go there. Marianne always joins the Facebook group for whichever cruise we take, before the cruise she saw that there was a private tour for the Sky Lagoon. This lagoon is close to town, and it is fairly new. We had seen this lagoon on YouTube, and it looked great. We had to wake up at 5 in the morning because our tour would be before the official opening so that we could finish up in time to make it back to the ship. We also had to do an immigration check because we would be heading to the UK soon and we had to check out of the European Union, we got an Iceland Stamp for that, then it was off to breakfast. After

breakfast we joined our group and 60 of us had the whole place to ourselves from 8:30 to 11:00. We had a large warm water lagoon with a walk-up bar and infinity edge. Included with our package was the seven-step ritual to truly enjoy an Icelandic experience. That afternoon we departed Reykjavik for Akureyri in the northeast end of the island.

We arrived in Akureyri on a warm sunny morning, after breakfast we went down to the second deck to disembark to join the private tour which we once again found on the Facebook group. We started our tour deep into the interior of the country. We would be seeing the same type of things we saw on our first tour in Iceland but different. One of two highlights of the tour was the Grjotagja Rift, which consist of a lava cave with a hot spring and a crevice that runs for miles and is very deep. The other one was the Myvatn Nature Baths where we spent another hour in a very large hot tub with a few hundred other people having drinks and generally enjoying ourselves. When we returned to our cabin that afternoon, we found a Blue Nose Certificate waiting for us, this indicated that we had crossed into the Arctic Circle the night before. At dinner that night we sailed out of the port for a day at sea and then on to Kirkwall Scotland.



On our day at sea, we had UK Immigration on board to check us in but did not get a stamp because the UK and USA don't do that for each other. We arrived in Kirkwall on another sunny day and started our day with breakfast out on deck. This is our second time in Kirkwall, so we would just be doing a walking tour in the morning to get the city history, then spend the rest of our day on our own in town. Kirkwall is the administrative center of Orkney which also encompasses Scapa Flow , which up until 1956 was the UK's chief Naval Base.



Kirkwall has a fun pedestrian walkway with shops and restaurants downtown with St Magnus Cathedral at its end. At the end of the day, we took the shuttle bus back to the ship where we were greeted by a troop of bagpipers playing to the ship. After dinner we spent the evening watching a Disney movie on the funnel vision out on the pool deck, what a pleasant way to end the day while we sailed on to Invergordon.

Invergordon Scotland would be our final port of call for our cruise. We had been here back in 2016 and we had done a private tour with Gavin a local tour guide. Prior to this cruise Marianne had contacted Gavin to see if once again he would set up a tour and we would offer it to the



Facebook group, he was glad to do it. Since 2016 Gavin had built up his family business into a large tour company in northern Scotland and he assigned one of his newest guides to our group. After breakfast we went ashore to see if we could find our tour guide and group. When we arrived at the location specified, we ran into Gavin, it was nice that he still remembered us, and we spent the time catching up on what was going on. At 8:45 Fiona showed up and the group walked up to Gavin's sister's house where the coach was parked. We spent the day seeing a lot of the Scottish countryside along the Kyle of Sutherland where we stopped at the Falls of Shin Fish Leap on the River Shin which feeds into the Kyle. It was the off season, so we saw no fish swimming upstream, but the falls were still nice. From there we went to Dunrobin Castle. The castle is from the Middle Ages but

most of what we see today is from 1835 - 1850. We arrived just in time to catch the Falconry show, where we saw several birds go through their routines. We spent a couple of hours at the estate wandering the gardens and the interior of the castle. We had lunch and some time to



wander around the village of Dornoch where we saw the location of the last witch burned in Scotland, this site was marked by a stone tablet in the ground with 1772 carved into it. It sits in the middle of a quiet neighborhood. It was strange to see history in someone's backyard. We spent the rest of the day in Invergordon looking at the murals painted on the buildings along the main street and doing a little shopping before returning to the ship.



Our last day on the ship was a day at sea as we sailed to Dover England via the east side. It was an overcast day, but we still enjoyed activities around the ship. On our last cruises we had sat at a large table with other people we had never meet prior to the cruise, some of our best friends have been made this way, but due to covid we were sat at separate tables. During the cruise we had gotten to know the people around us and on the last night we asked our waiter if we could move our tables together. We could, they told us that they couldn't offer to do it or make that suggestion, but they could help with the passengers wishes. It worked for all of us, and it made it easier for the waiters because they were now just dealing with one table. We had a grand final dinner aboard ship. We arrived early in the morning at Dover and after breakfast we disembarked and took a taxi to our hotel in Dover. This ends my first installment of our trip, next month look out for "Left, Right, Oh No a Roundabout"





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

We had a field trip to the Duckhorn Winery in St. Helena on August 29. Before the tasting we all went to Gott's which serves high-end burgers and shakes. We all ate our burgers (mine was a Kimchi burger ... a little spicy!) and one Nutella shake in the outdoor eating area.



The winery allowed only ten of us at the tasting so not all our members could attend, but those that did had a great time. This was supposed to be a tasting of five wines, but they generously slipped in three or four additional bonus wines, and a couple of charcuterie plates. Our host "Tony" was very friendly, informed, and funny. At about 3:30, our "designated driver" got us headed home. Overall, a great day!



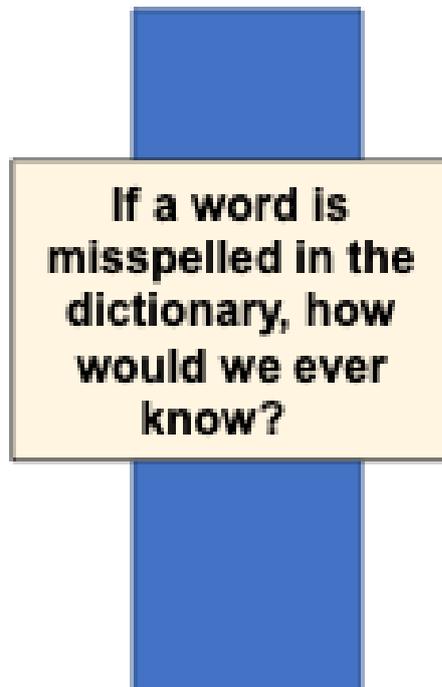
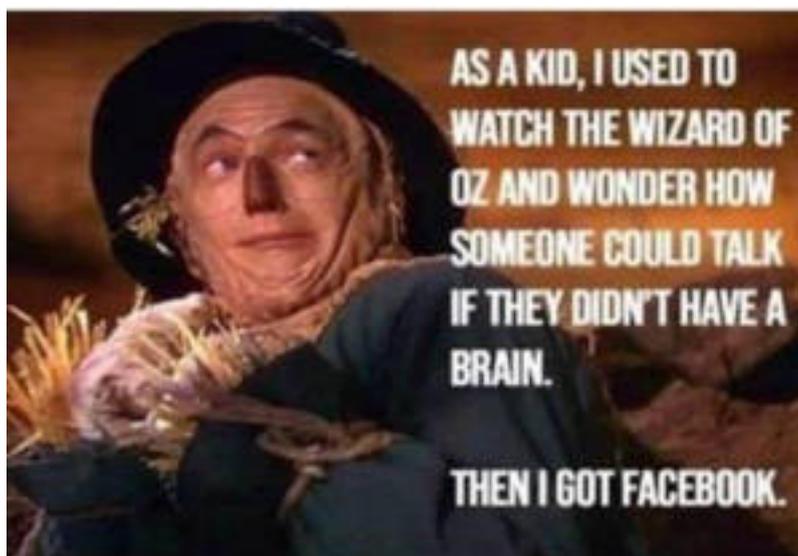
What Does the SIRs State Organization Do for Us?

Some people resent having to pay an assessment to the State mainly because they do not understand we could not function without them.

About half of the funds go to Insurance coverage. Most of you know our branch was sued some five years ago. The State's insurance company provided attorneys and defended us. The State does all the required tax forms, California and Federal, and the CAAG registration each year.

The State provides training for Best Practices, Town Hall meetings, Website workshops, Zoom workshops, Leadership workshops, and State activities -Golf, Bowling, Bocce Ball, RVs, Group Travel Races, Baseball.





Cribbage-Michael McCamish



**Pool League –
Ed Droesch**

Into the final weeks of play, I am tied with Ed Brice for the lead running into the final three weeks of the tournaments. Next week we do not play, and the final game of the tournament ended on September 26th.





Listing of Officers / Chairman for 2022

Big SIR: George Thoma
Little SIR: Bob Luttrell
Branch Secretary: Dave Pevny
Assistant Branch Secretary: Vacant
Branch Treasurer: Dave Saxby
Assistant Treasurer: Warren Weber
Membership Chairman: Alan Baker
Nominating: Craig Chalmers Dale Cummings Jack Reefer
RAMP: Currently Vacant
Activities: Vacant
Publicity: Jack Reefer
Travel: Bob Perez
Web Master: Brent Williams
Golf Club Chairman: John Senna
Golf Club Handicapper & Newsletter Editor: Connor Chin
Bowling (Tuesday) at Country Club Lanes: Michael Combs and Hansel Johnson
Bowling (Thursday) at The Alley (Elk Grove): Bob Olsen & Kenneth Hill

The SIR Quest for the Best Burger in Sacramento – Alan Baker
The next Burger Quest Outing will be on Tuesday, August 23rd at Urban Roots Brewery



The SIR Quest for the Best Burger in Sacramento
Tuesday, August 23rd @ 12:00 AM
Urban Roots Brewery – 1322 V Street., Sacramento



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 front patio and separate checks
Questions: Craig Chalmers 916-826-0513 or ctchalmers93@att.net



GOLD COUNTRY BRANCH 95

SIR is a non-profit organization whose mission is to enhance the lives of our members through fun activities, luncheons and events while making friends for life.

BRANCH HAPPENINGS / SIR COMINGS & GOINGS | Kevin King (PBS) 916-337-9811

Please welcome our two newest members Ray DiBasilio and Ron Wadsworth. Ray is also a member of Branch 113 (Pollock Pines) and will maintain a dual membership. Ray is quite active in his branch and at the State level in bowling and has agreed to be our Bowling Activity Director. He is a retired meat cutter and Department Manager at Safeway. He and his wife, Cindy, live in Placerville.



Ron is a former VP of Operations for Cardinal Health. He learned about us while out for a walk through Promontory Park and picking up one of our brochures during one of our drop-in bocce activities. He's a good golfer and has already been very active with our golf group. He and his wife, Tami, live in El Dorado Hills.



Please be sure to introduce yourself and welcome our two newest members - Marshall Armstrong and Craig Smith. Marshall Armstrong, who goes by Marsh, worked in commercial banking for a number of large banks. He came to our August meeting as Jay Muzio's guest. He's already joined our golf group. He and his wife, Elaine, live in Serrano in El Dorado Hills.



Craig Smith recently retired as a strategic planner for Cemex - a global leader in the building materials industry. He learned about SIR through our brochure that he picked up at Empire Ranch. He was a guest at our August meeting and joined shortly afterwards. He's already joined our golf group and has expressed an interest in our wine tasting activity. He and his wife, Mary, also live in Serrano.



Please extend a warm hand of welcome and invite our three newest members to join you at your table: Randy Hood transferred to our Branch from Branch 106 (Tri-Cities - Vacaville/Fairfield/Suisun). He grew up in the foothills and was anxious to return when the opportunity presented itself. He currently lives in Camino with his wife, Terry. In his previous life, he was a PE teacher as well as football and baseball coach in the Fairfield-Suisun Unified School District. He is a low handicap golfer and can already be seen on the links with the rest of our golfers.

DJ Peterson joined us following our September meeting where he was a guest of Jay Guertin. DJ's dad was a member of the branch in South Lake Tahoe so he knows a little something about SIR. DJ is a magician and also owns his own company, All Party Art, that does face painting, ballon twisting and magic entertainment for celebrations and parties. DJ worked as a consultant for the California Department of Education. He and his wife, Judi, live in El Dorado Hills.



Brian Lemley also joined following the September meeting. He learned about our Branch through one of the local magazines that we publicize our group in. Brian expects to retire in the next couple of years. He currently works as an IT consultant and manager for IBM within the California State Prison System. In his spare time, Brian is a member of a band, Neon Moon Band. Brian and his wife, Betsy, live in Placerville.

**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)
- Heritage Village Park (EDH) - NOW OPEN



IR BRANCH 95 CLUB CHAMPIONSHIP (l-r) Bill Yeager (2022 Club Champion); Dan Cockcroft (4th); Peter Apel (2nd) and Dan Link (3rd)

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

The September 15th wine tasting event was held at the home of Jay and Irene Muzio. There were five couples in attendance. This month was a little different from previous events. Rather than having a single varietal, we paired different wines with selected See's candies. The following is the list of wines in the order in which they were favored by the tasters. I have also noted the suggested chocolate that goes with each wine.



- First place went to the Renquist Petit Sarah from Salmon Vineyard in Clarksburg (\$30). The Petit Sarah was paired with a dark chocolate chip truffle.
- Second place went to the Amancaya 2018 Malbec from Mendoza Argentina (\$23). The Malbec was paired with a deep dark chocolate truffle.
- Third place went to the Postmark 2019 Napa Merlot (\$29). The Merlot was paired with a dark salted caramel.
- Fourth place went to the Harebrained 2019 Napa Cabernet Sauvignon (\$40). The Cabernet was paired with a dark pecan bud.
- Fifth place went to the Tera D'oro 2019 Amador Zinfandel (\$26). The Zinfandel was paired with a dark raspberry cream.

A delicious potluck followed the wine tasting. The dishes included smoked pulled pork sandwiches, fresh green salad, potatoes three ways, mac-and-cheese and a fruit topped cheesecake.

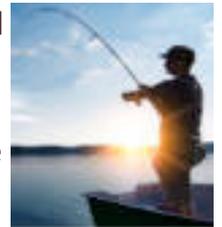
Our next wine tasting will be October 20th. If you have not already joined the wine tasting group and would like to join, please contact Jay Muzio at jaymuzio@gmail.com.

This story concerns Eleazar, a Jew in Roman times, 100 B.C.E., who finds himself before the gates of heaven, ready to meet his maker, when he is stopped by the patriarch Abraham, who tells him that to meet the Lord he must be worthy of the honor and must recount an instance of bravery. Eleazar relates that once he found himself before the Roman emperor, and to his face he told him he was a camel's behind, an oppressor of the Jews of Jerusalem and spat in his face. Abraham is impressed: "When did that occur?" he asks. Eleazar responds: "About 10 seconds ago."

FISHING |

Dan Maglionico 916-719-6821

I'm looking forward to cooler weather and early winter rains to bring lake levels up so that we can get back out there. I'll keep the group posted. In the meantime, let me know if you have any planned fishing trips



E-BIKING |

Rich Christensen 916-817-1838



Join SIR members and other biking enthusiasts on weekly rides in the local area. Rides occur on paved biking trails. All levels are welcome

NORTH TO ALASKA | Lewis Chapman Remember the 1960's Johnny Horton song, North to Alaska? Great memorable song about the 1860's gold rush to Alaska. My wife, Kitti Rae and I got to visit and learn about aspects of the Alaska gold rush during our recent trip. It was a "golden" experience.

We have had the great fortune to travel the globe over our 70+ years, via business and personal travel. However, Alaska, our 49th state is a place we had never visited. Do you remember we purchased the Alaskan territory from Russia in 1867 for just \$7.2 million? That is 2 cents per acre. Do you know that less than 2% of Alaskan land is privately owned? The rest is National Forest, State Forest, National Parks, BLM land, etc. Denali National Park and Preserve is 6 million acres. Our takeaway is that Alaska is water, snow/glaciers, rivers, trees, and mountains everywhere. Oh yea, and salmon (5 main kinds) and wildlife.

The trees in the tundra are predominantly white and black spruce which are skinny and short for confers and give the landscape a distinctive appearance. We were in the Tongass National Forest during most of this trip. It is the largest rainforest in North America at 16.7 million acres in Southeast Alaska. But this same conifer forest stretches all the way south to the lower 48 and into Oregon. The point is this is a vast and beautiful landscape as many of you probably know from trips there.

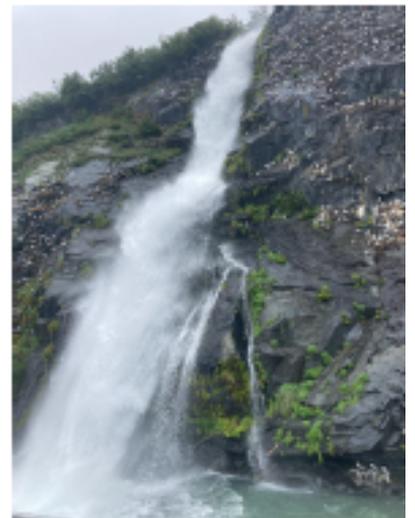
Here is a summary of our trip and some of the highlights and lowlights. First, I'll tell you that due to ongoing COVID-19 travel requirements, we have never had to do so much paperwork, submit so much information for any travel, ever. This included a medically supervised negative COVID antigen test 48 hours before we departed, as well as having to enroll in FLYSafe, ArriveCan, etc. (lowligh). That's all expected and appreciated as who wants to get on a ship if there are any sick folks aboard?

After all this homework we traveled to Vancouver BC and boarded the Noordham for a week cruise via the Inland Passage, stopping in Ketchikan, Juneau, and Skagway— the cruise ship standard stops. The inland passage is interesting as it gets surprisingly narrow in places and navigating it is challenging for any boat let alone a ship. The towns, while very touristy, were interesting. A



highlight in Ketchikan was a trip up to the Mendenhall Glacier, see photo. That is us in front of the glacier at a distance with fireweed in the foreground It was very impressive from a distance and up close (highlight) . Leaving Skagway, we cruised the famous Glacier Bay and lost count of the glaciers in view. Most impressive was the Marjorie Glacier, the northernmost one in the bay; it's actively calving and receding 6-8 feet per day.

After we arrived at our cruise terminus in Whittier, we took a fast catamaran trip into the Prince William Sound to see the "26 Glaciers." While it poured rain all that day, it didn't matter as our cat cruised right up to the face of several glaciers. It had been raining hard for the few days before, so there were waterfalls everywhere. There was a Kittiwake bird rookery at one of the waterfalls where there were thousands of birds. We saw one glacier "calve" twice (that's where the face of the glacier falls off) while we idled around. It's true, the glaciers are melting fast, but they are still everywhere (highlight).



We spent a couple nights in Anchorage, then took the Alaskan Railroad to Denali National Park and Preserve. Here is one of my shots of Mt. Denali, 20,305 feet tall. We are now members of the 30% club, seeing Denali on a day when it is not shrouded in clouds. Our view was spectacular as you can see, still over 30 miles away (highlight). These days unless you are climbing it, you can't get much closer short of a flyscenic tour. So, that is a brief overview of a really nice trip to Alaska. The only souvenir we brought home that we didn't want was COVID-19. It's fun to be back traveling again, but not without risk. I'll see you real soon when I'm 100%. North to Alaska, the rush is on.

SIRS ON THE GO | Terry Starkel

We booked a Viking Ocean Cruise in 2019 to celebrate our 50th wedding anniversary in 2020. It was cancelled, we rebooked for 2021, it was cancelled. We made it in 2022. We had three main concerns going forward with this trip. Would our flights be relatively on time, would our luggage make it, would we be healthy coming home. We were fortunate in that our three goals were accomplished.



After 20 hours of airports and flights we arrived in Bergen, Norway. After catching up on some sleep in port that night, we spent the next day seeing sights around Bergen before heading to Flam, Norway. We spent time in a total of four Norway ports and a train trip to interior parts of Norway, before a day at sea on the way to the Faroe Islands.

We visited a 300 year old farmhouse, a national heritage museum and many other sites. After leaving Torshavn, we had another day at sea on the way to Iceland. Our first stop in Iceland was at Seyðisfjörður. Then

onto Akureyri and a visit to the Goðafoss Falls and other sites.



Geothermal is big in Iceland. Most of the population lives around Reykjavik. After visiting a geothermal plant we also visited a geothermal area. After a couple of nights in Reykjavik, we had a 16 hour journey home, following the sun the entire time. Overall, a good trip. Average daily temperatures



in the mid-forties to mid-fifties. Rain most days, but only one day where wind, cold and rain provided stinging results. A couple of sunny days as well. Waterfalls aplenty and green hillsides, deep valley fjords and small communities. Some of our stops were at villages (population 640 to 740) at the end of a fjord. It was so nice to be able to see some different scenery after being mostly housebound for the last two years.

BOOK EXCHANGE | Lew Chapman
510-912-5658

Scary Books



Inasmuch as Halloween happens at the end of the month, I thought I would write about scary books, the Steven King type. I'm not much of a suspense or thriller reader, so I did some research and found out these things.

- The bestselling thriller, mystery or suspense novel of all time is Blue Moon by Lee Child, 2019, with over 5 million copies sold.
- Coming in second is a recent book, 2021 named Project Hail Mary by Andy Weir, who also wrote The Martian (good movie too with Matt Damon) which sold over 2 million copies.
- Third is The Stand by Stephen King, 2012, having sold over 2 million copies.

MENSA CORNER

If FP = 10 and HX = 16, what does DS = ?

Answer: 15. The number is the number of alphabetical places between the first and second letter.

THE ROOSTER TALE

Proposed 2023 Slate of Officers



Big Sir – Joe Alameida

Little Sir - Gary Carrier

Secretary – Charlie Wells



Treasurer – Bill Kemper

Asst. Treas. – Greg Davis

Asst. Sect. – Bill Warfield

Directors



Kent Miller / Email

Mike Flanagan / RAMP

Robin Doria / Volunteers



Tim Maurice / Membership

Tim Bryan / At Large

Jim Gragg / At Large

A Doctor was addressing a large audience in Tampa...

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG.

High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that's the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake."

APPLICANTS FOR MEMBERSHIP IN SEPTEMBER 2022 By Tim Maurice, Membership Chair

We started with 275 active members and inducted 5 new member and lost 16 members. This brings our total to 264 active members.

<p>REN HART DOB: 4/03 Roseville, Tel: 831-277-0226 Email: renhart@sbrglobal.net Partner: Barbara Sponsor: transfer Pebble Beach</p>	<p>Gary Coats DOB: 12/28 Lincoln, Tel: 916-730-2961 Email: Gary4Realestate@gmail.com Partner: Melissa Sponsor: Tim Maurice</p>
<p>Gary Savelli DOB: 5/14 Loomis, Tel: 707-980-1325 Email: jamminwithgary@comcast.net Partner: Lorene Sponsor: transfer Vallejo 88</p>	<p>Michael Savelli DOB: 5/14 Loomis, Tel: 707-230-8554 Email: michaelandfriends23@gmail.com Partner: N/A Sponsor: transfer Vallejo 88</p>
<p>Ed Kriz DOB: 8/28 Roseville, Tel: 916-223-7714 Email: ed_kriz@comcast.net Partner: Bobbie Sponsor: Tim Maurice</p>	



Beer NutZ Outing @ University of Beer

Jim Friedrich

Beer NutZ went to University of Beer otherwise known as UOB. We took advantage of the specials. Lots of free stuff. The Stout was a little thin but the Pugilist brought out the fight of flavor. Our largest Nut had a Hefeweizen and found it tasty. The Ales we tried were called Slaying Power and Blood on the Trax. Both were beasts in our group. Next month we return to Kathrin's Kitchen in Rocklin for some German beer. Why? Because it's Oktoberfest. All are welcome on Thirsty Thursday, October 20.

SIR's Search for the Superb Burger Steve Eastman



Today we went to Granite's located on Foothills (near Blue Oaks). At Granites we were served some great Burgers. We had 10 SIR 98 members not all of which had hamburgers. Granites scored a 4.3 out of 5.0. A pretty good score. Of the people that did not order a

burger 3 or 4 ordered a cheesesteak which is outstanding at Granites. They also specialize in Wings, but nobody tried those today.

Our next Search for Superb Burgers is going to happen at Leatherby's in Lincoln. Leatherby's is located at 620 Twelve Bridges Drive in Lincoln. See you there at 11:30 AM on October 18, 2022.

S.I.R.s 98 WINE GROUP

By John Benbow

WINE TASTER TO WINE MAKER



Wine group member, Marty Wade, and his wife, Diane, joined the ranks of amateur vintners last month as we changed red grapes to Bordeaux style wine. Picking Cabernet Sauvignon and Petit Verdot grapes in Clarksburg, the trio vinted and cellared the wine in Rocklin (that's Marty filling the crusher/stemmer). After fermentation and blending, the former juice and new wine will age at least 2 or more years before reaching its full potential. Each fall up to two Wine Group members have an opportunity to learn winemaking (and finish with 2 cases for their efforts).

The Town Crowder

Volume 39, Number 7

The Monthly Newsletter for SIR Branch 103

July 2022

Notes from Norway

Modesto SIR Branch 103

Dave Cooper recently returned from a trip to Norway. Here are his notes from his visit.

Our latest trip to Norway was to the beautiful city of Bergen on the southwestern coast. It is a cosmopolitan city surrounded by mountains and fjords. The entire area is made up of islands connected by bridges and ferries in addition to many tunnels. Bergen has a beautiful harbor surrounded by restaurants and colorful houses. A stunning view of the harbor and downtown is from the top of Floyen Mountain that is reached by a funicular trolley.

Seafood of every type is a mainstay in Bergen's homes and restaurants. On our first night, the dinner table at our son's house was set with a huge platter of unshelled shrimp. Everybody digs in and starts shelling. There are big plates of bread and various sauces. The idea is to peel enough shrimp to cover a large piece of bread, adding the desired sauces and eating it like a sandwich. Contrast this with a wedding dinner we attended catered by a genuine pitmaster (who has traveled numerous times to Texas) that included brisket, ribs, sausages and potato salad. Having grown up in Texas, I know BBQ, and this was the real thing. I told you Bergen was cosmopolitan!

The weather in Bergen and Norway in general is characterized by a lot of rain. In fact, most of power in the country is hydroelectric. Rainy weather means nothing to Norwegians – life goes on as usual. They have a saying: There is no bad weather, just bad clothes. Norwegians are very health conscious. They walk a lot and hike all year. Winters will be cold, windy and rainy (or sleety). I remember on a winter trip seeing kids playing soccer at night with sleet blowing horizontally. These are hardy folks. Clear days are glorious. In the summer, it is light by 4am and gets dark about 11pm. Norwegians take full advantage of the long summer days. Many have large gardens or grow veggies in pots on decks.

An advantage in Norway and Scandinavia in general is that most everyone speaks fluent English. Kids start learning English in the 3rd grade. Many signs are in English as well as menus. Bergen is the birthplace of the renowned composer Edvard Grieg. Music is at the heart of activities in Bergen. Music concerts are frequent in concert halls, churches and in outdoor venues. Brass band music (not John Philip Souza style) can be found everywhere. This type of music, which arose from the Salvation Army bands in England, is characterized by all brass ensembles of 25 or so players and also includes a percussion section. The music is unique and complicated and some of the most beautiful I have ever heard. Brass band competitions are frequent. Elite adult bands compete yearly for the European Championship. Bergen is a beautiful city with stunning views, a friendly atmosphere, and a multitude of things to see and do.

ALL ABOUT ME

Paul Bender is a quiet unassuming man who surprised me one Monday at Creekside. "I have had an interesting life." Paul hails from San Jose. His Dad had a company, "telephone solicitation." That was different than what we think of today. He sold ads to a lot of veteran's groups like the American Legion, VFW., San Jose Speedway. I went to James Lick High school and played third base. I wanted to play pro ball. I was offered a contract by the Sacramento triple A team, but that only paid a couple of hundred bucks a month. You had to pay your own expenses. Being underage, my Dad had to sign the contract. He wouldn't do it. He wanted me to play pro baseball, but he also wanted me to get an education. I went to San Jose State for a year. I wasn't a much for school. A friend asked me to play softball on their team. I was playing semipro baseball. I thought softball was a sissy sport. I was building a car and walked into this chrome shop where I bought parts. The owner was the sponsor of the team I was playing on. He told me, "if you guys win today, you don't have to pay me for the parts." We won the city championship and eventually he offered me a job as a salesman. Our team played an exhibition against Eddie Lopat known throughout the US as the King and His Court. He could do amazing stuff. Most of his pitches were illegal. He'd hide the ball before he released it. Before the game he came around and introduced himself to us and told us that he was going to embarrass every one of us but it was for the fans. I had two at bats... struck out twice, fouled one pitch off. The funny thing... he was pitching perfect strikes, blind folded from second base. My Dad told me, "Learn how to sell and you will never go hungry." My Dad produced an indoor car show at the San Jose Civic Auditorium, but he wasn't really interested in it. I was 22 and thought

this was something I'd like to do. It cost about \$5,000 to produce. I sold it about 25 years later and when it cost about \$90,000 to produce. I was the first to sell naming rights., so the San Jose Autorama became the Budweiser San Jose Autorama.

I did everything, the contracts for the buildings, the advertising, contracted with agents for TV personalities. The radio guys were always glad to see me. I'd tell them exactly what I wanted and where to put the ad. One year I had 14 car shows. This was all my side job. I always had a regular job. My Dad sold ads for the programs at the San Jose Speedway. I'd go to the track and watched the starters. I thought that was something I'd like to do. The starter told me to come back when I was older, and he would teach me how to do that. I was intrigued by race cars. Thirty years later I was the premier starter on the West Coast, and a Nascar official for over 30 years. I am in the Grand National Roadster Hall of Fame, and the San Jose Speedway Hall of Fame. Racing is a dangerous sport. I like the atmosphere, the smell, adrenaline, the excitement. The Indy 500 is the greatest racing spectacle. There's stuff going on all day long. No parking. Every house on 16th St. has a table on the front lawn with coffee and food," Welcome race fans, help yourself." I went in 1990 and remember the winner, Arie Luyendyk. The day before I had gone to watch to watch the midget races. I was watching this one car, very fast and very smooth driven by 19-year-old Jeff Gordon from Vallejo. I know why they call Richard Petty the "King." I saw him in Phoenix. The race was over, and we could not get out. There was a long line of people waiting for autographs and pictures. He signed everyone of them. He rode a bicycle through the pits and introduced himself to everybody. He was an ambassador. Paul was wearing a San Jose Speedway shirt, while riding with Joe Bradley at Creekside. Conversation ensued. Joe reminded Paul that he raced at San Jose. Paul told Joe,"You were car#38." Joe's response," You were that damn starter."

Paul met his wife Vicki on a cold night at the Watsonville Speedway. He noticed she was shivering. He loaned her his jacket and eventually offered to buy her a cup of coffee. She worked in the Nascar office and was learning how to be a scorer for races. Between them they had five kids and have been married for 51 years.

Above Paul's desk is a picture of his son's race car, a red and white Sprint car, with two wings, 410 cu in engine and more horsepower than you could imagine screaming around a dirt oval running wide open. Paul has been a member of Sirs since 2002. He has the most time-consuming job as treasurer of Area 18 golf. He tracks the checks, pays the bills, and the individual winnings." Barry Meiselman and Joe Adams asked me to do this. I made the mistake of telling them, "if you can't find anybody else, I'll do it." Cars and racing. Paul Bender has seen the racing greats, heard the roar of the crowds and dropped the starter's flag innumerable times. He has been an integral part of the Nascar racing community in California for a very long time and that's an interesting fact.

Little Sir Dick Nelson will interview members each month. The member who Dick interviewed this month is Roy Bruk.

I met a soft-spoken man who wears Hawaiian shirts to special events and plays golf regularly. He mans the Sign In table at our monthly lunches with Jim Bickner. On the course, he is very even keeled," Ah, what the heck." That's as close to an expletive as you'll ever hear. He is a modest man, cultured, and intelligent. I asked him," Roy how did you get to be such a nice guy?" He told me," My parents." This is where the story begins in a rough outline. You'd have to ask Roy for some additional information.

Roy was born in Serbia, which was formerly Yugoslavia. (As you might remember, a young 18 year old Serbian shot an Austrian Archduke and started a chain of events, which spiraled into WWI.) Roy's Dad was a military officer who had graduated from the Serbian equivalent of West Point and served in the King's Army. During WW II, he was in a German POW camp. Roy's Mom was the first woman to graduate from a Serbian University. She was a Professor of Literature. Roy grew up in a country under German occupation for several years. Roy left Serbia with his family and came to San Francisco in 1955. He was 13 years old.

Roy graduated from Lincoln High School before attending UC Berkeley. He met his wife Lisa at Berkeley and eventually transferred to San Francisco State in 1963. Upon graduation, he came to work for Tri Valley in Modesto. His wife was both an editor and writer and worked for several area magazines and newspapers.

However, Viet Nam intervened. Roy wrote," In 1966, I was commissioned as a 2nd lieutenant in the Army and after attending Psychological Operations School at Fort Gordon, Georgia, I was sent to Viet Nam. I served with the 25th Infantry Division at Cu Chi where I had a Mobile Civil Affairs/Psych Ops platoon." Roy was in Viet Nam from 1967-68 during the Tet Offensive. When asked whether he ever wanted to make a career out of the army, Roy responded. "I was the only Junior Officer on the General Staff at Fort Bliss. I was encouraged to stay, but I really wanted to get back home to my family and work." Roy worked for Tri Valley for 30 years handling national accounts and traveling all over the country.

He retired in 2000. He and his wife have traveled to Scandinavia, Ireland, Germany, England, Egypt, Jordan, Greece, and Serbia. They have two children. Their daughter is a Biology Professor at University of Colorado, whose daughter is a recent graduate of Oxford. Their son is an ex-military and commercial pilot who currently works for the FAA.

Roy has been a member of Sirs for 12 years. His other interests include reading (John Grisham, Dan Brown, Ken Follett), RVing on the central coast, golf, fishing and cooking. By all measures, he is a most interesting man.



SONS IN RETIREMENT

TWIN RIVERS BRANCH #109

Marysville, California
Incorporated June 18, 1984

FUN

FOOD

FELLOWSHIP



"You can't get rich in politics unless you're a crook."

-- Harry S. Truman



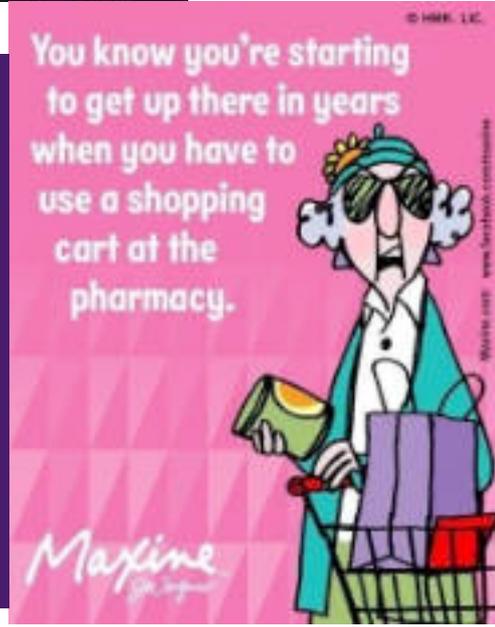
Friends please put on a mask. It saves lives. Yesterday a friend of mine went out with his girlfriend and on the way passed by his wife and she did not recognize him. The mask really saved his life



I went to visit a psychic. I knocked on her front door and she yelled... "Who is it?" So I left.

Threw out my back sleeping and tweaked my neck sneezing so I'm probably just one strong fart away from complete paralysis.

NEVER LEAVE HOME WITHOUT A KISS, A HUG AND AN 'I LOVE YOU!' THEN REMOVE THE DOG HAIR FROM YOUR MOUTH AS YOU WALK TO THE CAR.



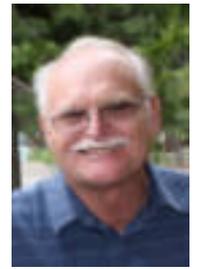
Riding Lawnmower \$300

SLOWTROLLERS - Sir Don Allen (530)743-2160 dsallen74@comcast.net
Fishing Report by Don Allen



Last month we had 2 "Fun Days" on Lake Oroville one on September 15th and another one on the 29th, all Anglers reported catching lots of Bass. This month we are again Fishing Lake Oroville It will be a 7 fish "Team Tournament" on October 20th. Bass fishing remains good at all Local Lakes

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.



What is a clinical trial done in October called?
A trick or treatment.

A man meets a Native American with flawless memory. When he meets this Native American Chief he notices he is older than most. He asks the Chief many questions, and the Chief replies flawlessly to each one. Then he thinks of a random date and asks the Chief, "What did you eat on October 18, 1987?" The Chief replies "Eggs". He leaves the Chief and goes home. A year later he meets the Chief again. Feeling respectful he approaches the Chief, and says "How!" and the Chief says, "Scrambled!"

A guy walks into a bar and orders a beer. "Ah, October! Almost time for Halloween. This season reminds me of how I met my wife. I went to a costume party and saw her across the room. Standing there tall and gorgeous next to her friend. They'd come to the party together dressed as the number ten," he tells the bartender. "That's when I knew, she was the one."

I can't believe people are letting fireworks off in October!
It's scared the dog so badly he's knocked the Christmas tree over.

I always carry a stone with me that I use to throw at people who play Christmas music in October. I call it my Jingle Bell Rock.

Apparently I was supposed to wait until October 31st to dress up like a ghost.
Guess I spook too soon.

An Alaskan was on trial in Anchorage.
The prosecutor leaned menacingly toward him and asked:
"Where were you on the night of October to April?"

I found a ghost passed out on my stairs last night.
He must have been really into the boos!

I hate that SEPTember, OCTober, NOVember and DECember aren't the 7th, 8th, 9th and 10th months...How could they mess that up?

BOCCE BALL Chairman - Carey Saunders (530) 632-1859 / Jack Schoen, Assistant - (719) 400-9830



Bocce Ball is an easy game to learn but it can be a very hard game to master. It is sort of a combination of bowling and billiards. Bocce is played with eight large balls and one smaller target or object ball called a jack or pallino. The objective is to throw your bocce balls closer to the pallino or jack than your opponent.

We play every Tuesday at Kingwood Park on Gray Avenue at 10:00.

Please come and join us.



SIR

Newsletter



Three Shastas
Branch 129
Redding, CA

NASCAR/INDY CAR Report by Barrie Lee

8/27 & 28

It's the last race of the regular season in the NASCAR Cup series. It was to be held Saturday night, but the weather changed that to Sunday morning. We're running Daytona's oval for the second time this year. Since Kurt Busch's team withdrew his car from the playoffs, we now have two open spots on the list of 16 openings for the final playoffs. If there is a repeat winner today, both Ryan Blaney and Martin Truex Jr. could fill the last two positions. In a crash-filled race, both Ryan and Martin were both involved in wrecks. However, Ryan was wrecked early in the race and had to keep his damaged car alive for the remainder of the contest. Martin received damage later, but it wasn't all that significant. He managed to finish the race as did Ryan and was higher than Ryan in the order. However, Ryan had more points accumulated from the season and since a new driver won the race (Austin Dillon) Ryan made the finals on points and without a race win. He did win the \$MILLION shootout this year but it didn't award points for the series championship. It was a great race with many stories, and it wasn't decided until the final lap. It doesn't get much better.

9/4

The IndyCar race in Portland, OR just finished and Scott McLaughlin won the race in his Freightliner sponsored #3 Dallara Chevy for Team Penske. His teammate Will Power finished second in his Verizon sponsored #12 Dallara Chevy. Scott Dixon was 3rd for Chip Ganassi Racing, Pato O'Ward was 4th for Arrow McLaren and Graham Rahal finished 5th for Rahal, Letterman, Lanigan Racing. Colton Herta (6th), Alexander Rossi (7th) Josef Newgarden (8th). A beautiful 80-degree day and a smooth and enjoyable venue. I'm happy to report that the NASCAR race today in Darlington, SC just finished with Eric Jones winning for Petty/GMS Motorsports. The last time the Petty team won here was 50 years ago. No, Eric is not in the playoffs, but it doesn't matter. Everyone seems happy to see him win. JGR had all four of its teams in the top 10 for most of the race and Kyle Busch led a lot of laps. With that said, Martin Truex Jr. was the first JGR car to fall out with mechanical issues. And within a few laps, Kyle Busch's car lost an engine to the cheers of the crowd. So Jones wins, Hamlin in 2nd, Reddick 3rd, Logano 4th and Christopher Bell 5th. A long and semi boring race for some of us.

9/11

The last Indy Car race of the year was held today in Monterey, CA. I planned to be there but had to cancel. Beautiful day with warm temps and a fun race. Alex Palou won his first race of the year for Team Ganassi Racing in his #10 Dallara Honda. Josef Newgarden surprised the crowd by coming from 25th position at the start and finishing second. He finished second in the championship to his teammate, Will Power, who won his second championship of his career and broke the all-time Pole Position competition yesterday during qualifying. Mario Andretti was on hand to congratulate Will. Mario had the previous record of 67 poles and Will now has 68 poles. Congratulations to Team Penske for winning another Indy Car Championship. NASCAR raced in Kansas today which was the second race of the 10 race playoff series. Bubba Wallace won, with Denny Hamlin (2nd) Christopher Bell (3rd) Alex Bowman (4th) and Martin Truex Jr. (5th). As you can see, JGR had three cars in the top five. This is the second race of the playoffs with non/finalists winning, to move to the next round. Since I watched the Indy race and the 49ers lose, I'm moving on to other news.

9/13

Kyle Busch is moving to the #8 RCR for next year and leaving JGR. I had picked Stewart/Haas and the #41 replacing the underperforming Cole Custer. My bad. It doesn't appear that there is anyone in charge at the present Stewart/Haas organization, just ask Kevin Harvick after watching his car burn up at the race in Darlington. See you at Bristol.

9/17

Night race at Bristol with Cris Buescher winning, Elliot (2nd), Byron (3rd), Bell (4th), and Kyle Larson (5th). Great race for the new RFK racing team and drivers Brad Keselowski and Cris Buescher. Popular win for them and three HMS teammates in the top five. JGR had Bell in 4th.

9/21

I'll wrap up the October report after this coming weekend in Texas. I should mention that the round of 16 is complete with Austin Dillon, Tyler Reddick, Kevin Harvick and Kyle Busch being eliminated from the championship. I'll miss our Corning native, Tyler Reddick, in the playoffs.

9/25

Sunday's race in Texas was all about Goodyear tires or the lack thereof. It started with Kyle Busch hitting the wall with only a few laps into the race. Many others followed and no one knew who would be next. NASCAR and Goodyear need to find out what's going on. Tyler Reddick won the race for RCR in the #8 Chevrolet, followed by Joey Logano in second. My recorder stopped early so I know Ryan Blaney was fourth, but I don't have the other drivers in the top ten. Next week we'll be in Alabama at Talladega for a wild race. The race in Texas was too long and I don't think we need 500-mile races at tracks that are not at least 2 1/2-mile super speedways. Yes, the weather drug this race out but come on folks.



Gold Hills 9 hole players: Bob Goetz, Gerry Dodge, Hal Leininger, Lee Dickey, Phil Perry



Hal does not like to stray far from the cart path



A Lighter Side submitted by Len Napoli

I'm at a place in my life where errands are starting to count as going out.

My goal for 2022 was to lose 10 pounds. Only have 14 to go.

Ate salad for dinner Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce and cheese - FINE, it was a pizza....

OK, I ate a pizza! Are you happy now?





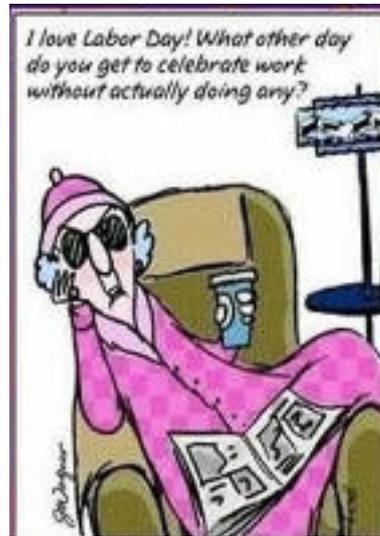
BULLETIN

Website: sonorasirs.org
SONORA BRANCH #136

FISHING CHAIRMAN

Chuck Simons - (209) 532-9550
simons4890@yahoo.com

Only fished local once the whole month. The heat was not my favorite conditions. Trolled 4 hours at Don Pedro with not one strike. One report I got said if you can find the shad the bass fishing can be good. Went to Alaska and did very well. Caught salmon sea bass and halibut. Freezer is well stocked. We even had some sun and warm temperatures. Far less than the 100 plus here at home. Keep your line tight.



CAR CLUB CHAIRMAN

Rick Bronner - (408) 318-4826
bronnerrick@gmail.com

September turned out to be quite a month for our car enthusiasts. First off was the annual Harte Hot rod show held in Twain Harte on September 3rd. There's not a lot of room in downtown Twain Harte but somehow, they were able to fit around 50 cars or so there. I ran into several SIR's member there as well. Stan Enos was there with his really cool 1946 panel truck as well as Rich Ricardi with his cool convertible GTO. I also ran into Dennis Losher the owner of the vintage UOP number 16 race car. I recanted the time I was at Laguna Seca in 1974 as a teenager and watched the UOP



Shadow DN3 car driven by James Hunt no less. Later in the month I attended the 12th annual Snelling car show at Henderson Park with fellow SIR's member Gene Mendenhall from branch 77. The event was hosted by the Yosemite Corvette club and featured several Corvettes of all years as well as a wide range of Hotrods. There was a nice BBQ to be had for lunch. The event was well attended with around 100 cars on display. Looking forward I don't see much on the horizon for car shows. But I'm always interested in looking for cool cars to write about. Got something hiding in your garage? I'd love to come check it

KAYAKING

Sol Robin (707) 315-1284
solrobin57@gmail.com

Branch 136 Chuck Simons and his wife Francesca (in kayaks), Sol Robin (standing), and Branch 172 Tom Francis (taking picture along with Rip) leisurely kayaked at Pinecrest Lake on 9-27-22. It was a beautiful day, with pleasant conversation, and good exercise. Next paddle, weather permitting, will be Tuesday, October 25 at Pinecrest. Please contact Sol at 707-315-1284 or solrobin57@gmail.com for more info or to join in!





The Mountain Messenger

Branch 152 Arnold, CA

If you are reading this, I'm gone.

TRAVELS WITH DAVE - Dave Baugher

Forget the bears that we spoke about last month. I've left California and am hiking in the State of Washington. Currently hiking the Pacific Crest Trail, I'm fighting a record year snowpack, mice, pikas, and marmots. Here is a short story from my last year's PCT adventure:

"Err, Dave - Do you really want to setup up your tent in that location?" questioned my son-in-law Patrick as we organized camp after a long day of hiking the Pacific Crest Trail. Immediately looking up, positioned right over my preferred campsite for the night, was a fallen tree wedged between two others in a precarious tripod arrangement. The top of the fallen tree protruded nearly fifteen feet directly over the bare spot of dirt where my tent's footprint lay on the ground. Solemn silence - Ever get a funny sensation along your backside? "Guess not," I quietly replied, sitting down on a rock to contemplate, then finding a much more excellent location for my tent. Even better than expected, I discovered a nice patch of mushrooms, king boletes, concealed under a fern bank adjoining my tent site. A delightful addition to our dinner that evening. Not 20 minutes later, another group came into the campsite along Trout Creek in southern Washington. One couple checked out that very same location, and there was that moment of silence as they, too, looked up at the tree. It's funny; those peculiar feelings sometimes felt by us mere mortals. We broke camp the following morning and crossed the bridge over Trout Creek. Finn Bastian, a.k.a. "Colors" 2019, was permanently inscribed on a grey, rectangular memorial planted alongside the Pacific Crest Trail past the bridge. Later we would discover the tragic story of the young German who died after a tree fell on him while hiking the PCT in Washington. Rotted at the base, the tree crashed onto Finn as he crossed that wooden bridge over Trout Creek. Despite the rapid response from fellow hikers and emergency response teams, Finn passed away in the Washington woods along the bank of Trout Creek. Deaths along the Pacific Crest Trail are rare, but folks always continue to worry about me. I'll be careful and always cognizant of those funny sensations along my backside. *If you are reading this, I'm gone, trudging to the Canadian Border, and should reach the monument at the Northern Terminus on August 8th. Tell you about it later.*



Last month when you read my comments, I was trudging toward the Canadian Border reached the Northern Terminus of the Pacific Crest Trail on August 8th. That was absolutely a trip of a lifetime; here are a couple highlights for you to ponder:

This nine-year, 2,650-mile hike along the Pacific Crest Trail took me through the three western states and multiple National Parks, State Parks, and countless forests. My trek began on March 3rd, 2014, at the US/Mexico border in San Diego County, and the journey ended on August 8th, 2022, at the US/Canadian Border in the wild northern forests of Washington. My goal this year was to complete the last 280 miles of the trail, which was an experience! The first 180 miles took me solo from Snoqualmie Pass to the hamlet of Stehekin, WA. Several days were spent recuperating with family, and I returned to the trail on Wednesday, August 3rd. But now, Luann and my Brother-in-Law Mike Barr joined me for the hike. The next day, my son Jacob and son-in-law, Patrick, joined our group, making a total of five of us journeying to the end of the trail together. I've discussed many experiences over the years about hiking the PCT. This year, Jacob and Patrick decided they would present me with "Badges of Merit" for my exploits on the trail every night we were together. These presentations were accompanied by a wee dram of scotch, and hikers from around our camps would join in for the entertainment. These badge presentations were all accompanied by songs, or poems, sung by one of the young men. Here they are in order: The Painkiller Badge, The Mosquito Survival Badge, The Trail Magic Badge, The Trail Communication Badge, The

Rascally Varmint Badge, The Survival Badge, and The Moments of Appreciation Badge. Visualize the scene; fire glow illuminating the troupe, annoying mosquitos buzzing around our heads, bright but tired eyes in the twilight, and a song ringing through the night:

THE TRAIL MAGIC BADGE (to the tune of 'Do you believe in Magic,' by the Lovin' Spoonful):
Do you believe in magic, in a hiker's heart?

How a burger can free them whenever it starts

And it's Magic when there's water to soothe me

It makes you feel happy like an old-time movie

I'll tell you about magic, and it'll free your soul

But it's like trying to tell a stranger about rock n roll.

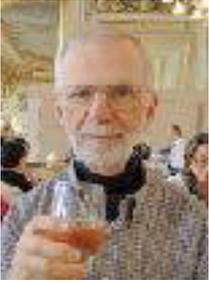
The song continues for several more verses, and the warmth and smiles in my heart will remain forever. The trip was an incredible success, and we all were triumphant when we reached the end. Fortunately, the soreness, blisters, and weary backs were quickly forgotten. As you finish this month's story, I have a confession: I'm gone again in September, this time to the Alaskan Aleutian Island of Unimak, six hundred miles west of Anchorage. There is not much there except the town of Cold Bay, WWII outposts, brown bears, mosquitos, salmon, ptarmigan, ducks, and geese. Why would I be going there? I'll have to let you know next month.

In September's newsletter, I mentioned that I would be absent from the monthly meeting because of a pre-planned trip to the town of Cold Bay on the Aleutian Island of Unimak. Why go there? WWII outposts, brown bears, salmon, ptarmigans, ducks, geese, and long hikes over tundra were all good excuses for the trip. Here are a couple of the trip highlights:

Hey bear! HEY BEAR! The words echoed in the cool evening air just as I cast my line into Russell Creek for silver salmon. Turning, I saw our guide, Scott, raise his shotgun to his shoulder and fire a round at the feet of an oncoming brown bear. A second shot went over the bruin's head, forcing it to turn around and disappear in the bushes. The bear had magically appeared just thirty paces away from our truck and was heading directly for our group. Glancing over to my brother, Steve, we shrugged and continued fishing. The third in our group, Mike, stood riveted to the ground with a candy bar in hand and mouth agape. Over the next three days, Mike never left the lodge without a gun ensconced on his shoulder. The Island of Unimak has one of the largest concentrations of brown bears in Alaska, and we saw plenty of the bruins during our week on the Island. Lots of salmon, ducks, and geese were harvested, and we spent long afternoons hiking the tundra in search of ptarmigan. This area has one of the largest saltwater lagoons in the world, hosting immense beds of saltwater eel grass, which feed vast flocks of waterfowl. Unimak is the easternmost Island in the Aleutians and the ninth largest Island in the United States. It is home to Mount Shishaldin, one of the ten most active volcanoes in the world. Over the week, we explored the area by truck and boat, yet we never really had a chance to see the entire region. Cold Bay is significant to American history with the Japanese invasion of the Aleutians in World War II. General Simon Buckner, Jr. ordered the creation of Fort Randall, an airbase on the shores of Cold Bay, in 1942 as a part of a general expansion of American assets in the Aleutians. It served as a base for the 11th Air Force to provide protection to the only deep-water port in the Aleutians at the time, Dutch Harbor. This protection was necessary when a diversionary attack was launched against Dutch Harbor during Yamamoto's Midway Campaign. The surprise presence of P-40s stationed at Cold Bay repulsed the initial attack. A second larger attack with its own fighter escorts the following day caused minor damage. Later, with the victory in the Pacific, the forces grew to 20,000 troops. The Quonset huts that housed this massive encampment still stand around the community. The two-mile-long airfield is one of the longest in Alaska. *October? Well, I'm not going anywhere this month. It's time to button up the house, prepare for winter, and plan next year's trip. In 2016, Frank Hengel asked me, "Dave, what will you do when you finish the Pacific Crest Trail?" I was at a loss for words. Frank quietly replied, "Why not keep going?" I just might consider Frank's words. We can talk about that later.*

ON TO TURKEY - Malcolm Gaissert

ON TO TURKEY - Malcolm Gaissert



In preparing for my trip to Turkey I had read several books. One, on travel writing by William Zinsser: "Travel writing means going to great places and taking your readers with you." No small task. His student Rick Steves described --"Today's Rothenberg's barns are hotels, and its livestock are tourists." "Alexander's Path" by Freya Stark, 1956, gave me a good look into Turkey's antiquity, and a couple of trips off my bicycle itinerary. Michael Wood's, "Troy" let me know what was happening on Greece during the time of the Trojan War.

But I was unprepared for the flight over the North Pole. From my window seat I saw a huge sheet of ice covering the water, and a huge ball of setting sun was almost obscured by the wing tip. The ice had cracks that were shooting to the horizon where clouds were a subtle pink changing to lavender as the plane approached them. We have progressed from a sunset to a sunrise. The cracks have become large open spaces of water. The floats of ice reminded me of ice crystals. Over Greenland which was anything but green that May. Snow was everywhere. The island was shrouded in clouds almost obscuring the white of glaciers filling the divide between mountains. I was able to see moraine matter streaking down the snowy mountain sides showing as a cold gray white.

The landing in Frankfurt and further flying to Istanbul airport were uneventful. But at the Istanbul airport I saw no car waiting for me. So, I found a station wagon for my bike and luggage and me. My hotel, a small one owned by the son of a hotel family, was on a street of hotels behind the Blue Mosque. Doğan was very helpful. He sold rugs, but he never gave any pressure as did his fellow countrymen in the rug markets I walked past.

Istanbul is a paradise of smells and sounds. On one of my walks around town I saw the train station that is the end station for the Paris to Istanbul Express. Nice. Nearby was the permanent market where vendors had spices piled high and so were the smells. A few years ago, someone was looking into a hole in the ground in the city and saw fish swimming below. After a search in history, it was found that a giant cistern had been built below the city using many columns from destroyed buildings. It is now open with colored lights and the effect is very good. Didn't see any fish. .

During a street repair workers dug up a road from about the Blue Mosque to the harbor covered in a series of cartoon Mosaic pictures. The entire road was dug up and a museum was built over a section that wasn't removed and the rest were placed in the museum. The handicraft was so good that from a distance the pictures look as if they are painted.



There are a huge number of ruins of abandoned cities along the west coast of Turkey, some of them with students re-searching their history.

My first city of toppled stones on this trip was Troy. I found a hotel and guide next door. My guide told me all about Troy, even bringing up the Roman ruins to the south. But in that area no one is interested in Roman ruins. He lamented the 10 meter wide cut that Schliemann had made in the northern side of the city. Schliemann had found many important items that are now scattered around Europe in five different museums. From my notes: Troy is basically a city of layers that have occurred over thousands of years and from bedrock, the walls of many generations of Troy have been built one over another. Earthquakes and fires and maybe a few wars have reduced it to ruins many times. Many walls are still standing but are buried under the dirt from the mud bricks that were used for many of the houses. After each episode, of whatever, the buildings were raised and more built on their debris. Hence the city grew by 15 meters in depth from the first to the last era - 3000 BC to about 1500 AD - 4500 years of activity for a city - not bad.



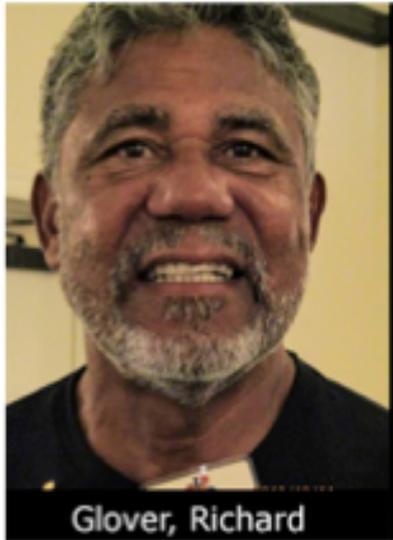
Now speeding on past Troy and Gülpınar and Assos to Ephesus, a city that use to be a seaport.



The Chanticleer

SIR BOARD NOMINATIONS FOR 2023

TO BE VOTED ON AT THE AUGUST LUNCHEON



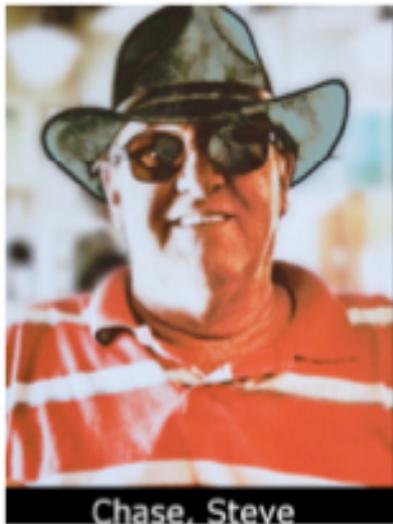
Glover, Richard



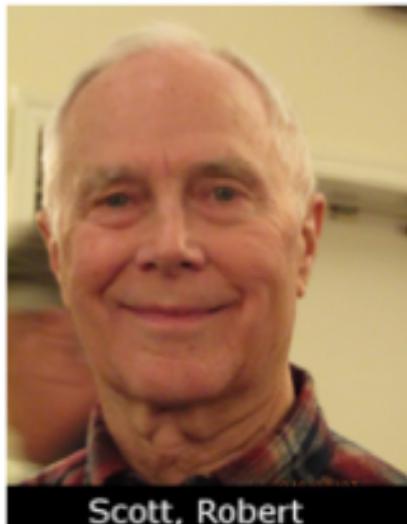
Elliott, Garry



Crawford, John



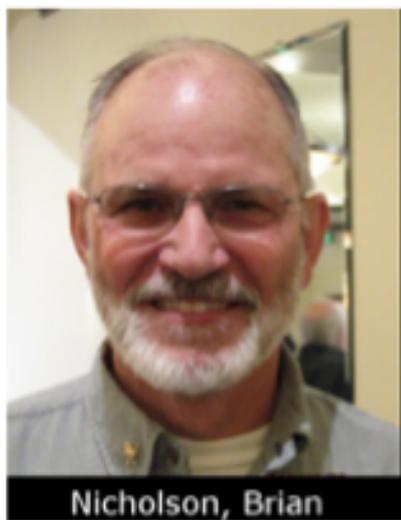
Chase, Steve



Scott, Robert



Openshaw, Pete



Nicholson, Brian



Bayley, Brett



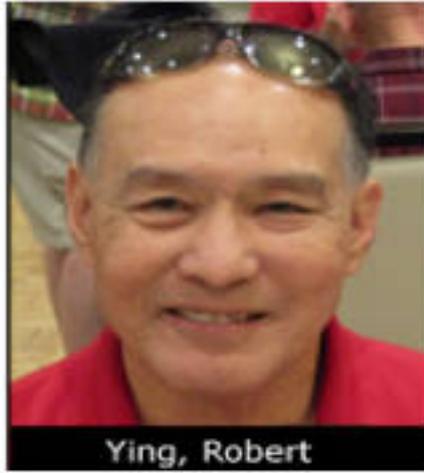
Briceno, John

**SIR BOARD NOMINATIONS FOR 2023
TO BE VOTED ON AT THE AUGUST LUNCHEON**

NEW MEMBERS



Brady, Jerry



Ying, Robert



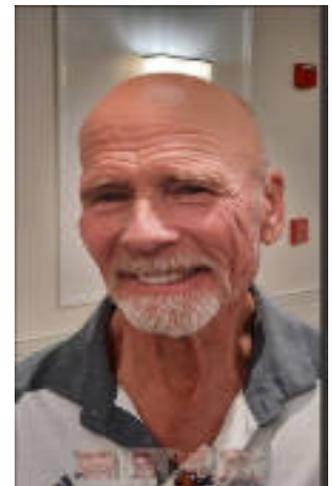
SHANE CARROLL



Isonio, Mark



Conrad, Russ



Cliff Finch

NEW MEMBERS



Dr. Alfred Peters



James Bowman



Bill [Louis] Eigeman

9 HOLE GOLF

“Hey! Charlie Barrett here to remind you about how very pleasant (and inexpensive) it is to stroll (or ride) around nine holes of golf at Airways on a fall morning. It is positively charming, satisfying, and wholesomely relaxing (unless you chunk every swing like I do). “Join us! The boys moved it up to 9:30 each Wednesday morning of the year, to give us a bit more time in the clubhouse. Affordable golf with invaluable wholesomeness, a doable pace, and priceless camaraderie. “I will see you there!”

Ten Best Caddy Responses:

Number :10

Golfer: "I think I'm going to drown myself in the lake."

Caddy: "Think you can keep your head down that long?"

Number : 9

Golfer: "I'd move heaven and earth to break 100 on this course."

Caddy: "Try heaven, you've already moved most of the earth."

Number : 8

Golfer: "Do you think my game is improving?"

Caddy: "Yes ... You miss the ball much closer now."

Number : 7

Golfer: "Do you think I can get there with a 5 iron?"

Caddy: "Eventually."

Number : 6

Golfer: "You've got to be the worst caddy in the world."

Caddy: "I don't think so ... That would be too much of a coincidence."

Number : 5

Golfer: "Please stop checking your watch all the time. It's too much of a distraction."

Caddy: "It's not a watch - it's a compass."

Number : 4

Golfer: "How do you like my game?"

Caddy: "It's very good - personally, I prefer golf."

Number : 3

Golfer: "Do you think it's a sin to play on Sunday?"

Caddy: "The way you play, it's a sin on any day."

Number : 2

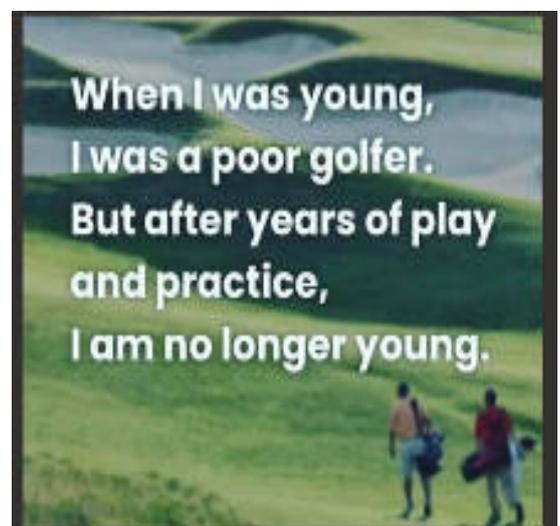
Golfer: "This is the worst course I've ever played on."

Caddy: "This isn't the golf course. We left that an hour ago."

And the Number : 1 Best Caddy Comment:

Golfer: "That can't be my ball, it's too old."

Caddy: "It's been a long time since we teed off, sir!"



GENERAL CONSUMER ITEMS/ISSUES:

■ **PACKING FOR TRIPS:** As we get older, our memory tends to get worse and worse. If you travel infrequently, you may forget how and what to pack for various short or long trips. To get a leg up on packing, think about your last trip and make a “**Packing List**” for use as a guide for your next trip. You’ll be less prone to leave something behind you wanted to have with you! And, while you’re at it, add an **itinerary** to your bag/luggage interior in case it gets lost. When found, your itinerary could give the finders a way to ship/send your bag/s to you. Therefore, add specific dates, addresses and your cell number or the phone number at each of your destination points.

■ THE HEALTHIEST OILS FOR HOME COOKING

Whether you love to cook or mostly stick to a few simple dishes, you likely have some kind of cooking oil in your kitchen. But which one? And is it the best cooking oil for your health? With all the different kinds available – from avocado and olive to coconut and peanut – the options can seem endless. The reality is that not all oils are created equal, and not every oil works for every kind of cooking.

Alexis Brooks, registered dietitian with Kaiser Permanente Southern California, shares helpful tips and guidance on cooking oils. By learning which oil is good for what, you’ll be ready to reach for what you need with your health in mind.

[The healthiest cooking oils](#)

Unrefined oils, like extra virgin olive oil and cold-pressed coconut oil, are higher in nutrients than refined oils like grapeseed and soybean oil. According to Brooks, some of the healthiest oils for cooking include:

- **Extra virgin olive oil** for low to medium heat
- **Peanut oil** for medium to high heat
- **Sesame oil** for medium to high heat
- **Coconut oil** for high heat
- **Cold-pressed canola oil** for high heat
- **Unrefined avocado oil** for high heat

In addition to unrefined versus refined, it’s also important to consider unsaturated versus saturated. As with all food, oils are made up of different types of fat, and some fats are healthier than others. “Oils have different compositions of saturated and unsaturated fats and that affects us differently,” says Brooks.

Unsaturated fats, specifically monounsaturated fats like olive oil, are healthy for our heart and brain. They also can help reduce inflammation. Olive oil is the staple of the Mediterranean Diet, which is known for health benefits like lowering the risk of heart attack, lowering cholesterol, and preventing heart disease.

Saturated fats like coconut oil can be associated with increased cholesterol levels, but they also hold some health benefits including antioxidant properties. These saturated fats can be included in your diet if it’s in moderation.

The daily recommended intake of cooking oil for an adult is about 4 to 6 teaspoons, depending on individual needs. So, if you’re looking for a healthier option to cut down on cooking oil, you may consider baking, grilling, roasting, broiling, or air-frying as low-fat cooking methods.

[Why temperature matters when using cooking oils](#)

Each oil has its own smoke point, which is the temperature at which the oil starts to smoke. So, there’s a limit to the amount of heat you should apply. It’s possible to make a healthy oil unhealthy by heating it past its smoke point.

“Once you see or smell smoke, the oil is unstable,” warns Brooks. “The flavor changes and will taste burnt. It can also become less nutritious and harmful to your health. As it’s breaking down and becoming unstable, free radicals are released, which can cause cell and tissue damage. This can lead to inflammation and a variety of diseases and conditions.” So, if you prefer to cook at a high heat, it’s best to use an oil that can withstand the heat like coconut, canola, or avocado oil.

[The best oils for baking and salad dressing](#)

“Heating oils can change the flavor and the nutrients, so it’s good to know the basics when it comes to cooking, baking, and dressing with oils,” explains Brooks.

For baking, the best oils are coconut oil and olive oil. Coconut oil is more stable than olive oil at higher temperatures. However, olive oil can be heated to 350 degrees F, which is a common baking temperature.

As for cold or room-temperature dressings, olive oil, avocado oil, and peanut oil are popular choices. Other oils that work well in dressings but don’t do well when heated are walnut oil and flaxseed oil. These oils shouldn’t be used for cooking or baking since they’re too delicate and unstable.

[How to store your cooking oils](#)

Most oils should be stored in a cool, dark place to keep them from going rancid. The goal is to avoid heat, oxygen, and light getting to the oils before you’re ready to use them. Some oils, like flaxseed and sesame, keep best when stored in the refrigerator. According to the United States Department of Agriculture, you can keep olive or vegetable oils unopened in the pantry for 4 months.¹ But guidance varies as other food sites state oils can last for about 2 years unopened, and about a year once the bottle is opened.²

For more food tips on healthy eating, see all our [stories](#) about healthy eating. For recipe ideas and inspiration, visit our [Food for health](#) blog. You’ll find recipes like [curry quinoa](#) and [grilled avocado and tandoori chicken](#) that recommend using olive oil, as well as a [Buddha bowl](#) that recommends using sesame oil and vegetable oil.

Source: <https://thrive.kaiserpermanente.org/thrive>, April 8, 2022

■ **HAND WASHING DISHES WHILE SAVING WATER:** You’ve seen the ads on TV for Dawn Powerwash! The accompanying slogan is “Spray, Wipe and Rinse.” It really does work for most dishes, pots and pans similar to the illustrations on TV. The new, unique pump/nozzle makes aiming and controlling the detergent foam spray easy and accurate.

But, to really save water and energy, if you have a relatively new/modern dishwasher, wash as much as you can use your much more efficient DISHWASHER. Newer dishwashers use just 4 gallons of water or less. You can’t really wash/rinse much by hand using that small amount of water.

■ **ALIEN TAPE TV ADS:** I’m sure that you have recently seen the TV ads for Alien Tape. Does it sound/look too good to be true? Well Consumer’s Report, CNET Review, NBC Consumer Reporter – all report that their own experiments/tests of this product say they cannot duplicate the success shown on TV. In fact they state it in a manner just short of calling it “fraudulent!” I’ve also played with a small test strip and have come to the same conclusion – it doesn’t really work. In most cases, the heavier test objects placed on smooth or walls or paneling would stay for about ½ hour to 2 hours and then simply fall off the wall. As for the ‘removability’ feature without damaging the wall or other substrates, it’s just not true. It will come off but so will a big portion of the wallboard! FYI, it is also sold under the brand names of Nano Tape and Gecko Tape. These are identical to Alien Tape and perform just as poorly!

■ **DISCOUNT MOVIE TICKETS/PASSES:**

Spending the afternoon in an air-conditioned movie theater can be just the ticket on a hot summer day. Unfortunately, like seemingly everything else, prices have gone up at movie theaters across the country. And it’s no fun to have to break the bank just to see “Jurassic Park Part 48” (or whatever chapter we’re currently on). The good news is that many movie theaters offer discount days and other such cost-conscious bargains. The following is a little roundup of cool discounts offered by the major theater chains in the Bay Area. That way movie fans can beat the heat and inflation at the same time.

AMC DISCOUNT TUESDAYS: The world’s largest movie chain, with many locations around the Bay Area, offers a great deal for its AMC Stubs members on Tuesdays. Tickets usually run about \$6.50 (at least at most Bay Area locations) which can represent more than a 50% savings. More information on AMC Stubs is at: www.amctheatres.com/amcstubs.

AMC MATINEES Sure, it’s fun to go to an evening screening. But fans will save up to 30% (off the regular evening prices) if they attend a movie starting before 4 p.m. at an AMC location.

CINEMARK DISCOUNT TUES DAYS: Basically everybody saves on ticket purchases made on Tuesdays at Cinemark spots. Yet, members of the theater chain's Movie Rewards program save even more. It's \$6.50 for non-members, while members get in for an even \$6. More information is at www.cinemark.com/movie-rewards-info.

CINEMARK EARLY BIRD : Theaters offer discounted tickets for the first matinee showing (of each movie) starting before 1 p.m.

DISCOUNT AT THE DRIVE IN: The Bay Area-based West Wind Drive-In company offers good discounts on Tuesday nights at its three local locations – San Jose, Concord and Sacramento. Regular admission is \$6, while kids (ages 5-11) are just \$2. Those under 5 get in free. Plus, since we are talking about drive-ins, you can further save by stocking up the car with: your own snacks and goodies instead of buying popcorn and such at the concession stands.

REGAL CINEMAS TUESDAYS: The chain, with locations in Oakland, Dublin, San Ramon, Berkeley and elsewhere, also provides nice discounts on Tuesdays. Members of the Regal Crown Club get discounted movie tickets as well as 50% off popcorn.

■ **HOW TO CONSERVE CELLPHONE BATTERY:** If you're starting off for the day and notice that you forgot to charge your cellphone last night and there is no charging stations near you – Here's what to do. **1.** Turn off all non-essential opened apps. **2.** Turn off the Airplane Mode. **3.** Turn off any apps that constantly track your position. **4.** Turn off any other apps that constantly 'look' for connections, websites to automatically connect with.

■ **SOME NUTRITIONALLY UNSUSPECTINGLY BAD FOODS:** ¹

12. Margarine

Butter's bad rap has seen folks flocking in droves to margarine instead. But Paul Salter warns you against making the switch. The dietitian told *Reader's Digest*, "Margarine is high in trans fat, which has been shown to lower 'good' HDL cholesterol and raise 'bad' LDL (and total) cholesterol."

11. Thomas' Cinnamon Swirl Bagels

Deli-made bagels may be a delight, but buying one every day for lunch is going to put you considerably out of pocket. That's where store-bought breads come in, although you should probably give Thomas' Cinnamon Swirl Bagels a miss. They contain ten grams of sugar and just three grams of fiber each. Not the best combo, really.

10. Frozen Whipped Cream

Lindsey Pine made an interesting point about "lower fat" frozen whipped creams to *Reader's Digest*. She said, "Just because something seems to have less fat than the real thing doesn't make it the better choice. Whipped toppings are mixtures of hydrogenated vegetable oils, corn syrup, high-fructose corn syrup and artificial flavors. Just eat real whipped cream to top your treat."

9. Nissin Cup Noodles Chicken Flavor

Remember your days as a college kid or a broke twenty-something? We bet you ate your fair share of cup noodles and didn't give a hoot about the nutritional content. Now that you're older, though, you should know that the chicken flavor of Nissin-brand noodles houses 1,070 milligrams of sodium in a single container. Yes, you're reading that correctly.

8. Bugles Nacho Cheese Flavor

Think of cone-like corn snacks, and Bugles probably pop into your mind. You're getting hungry, right? But if you're now compelled to grab the nacho cheese flavor at the store, bear this in mind: there's way too much saturated fat in the bag. In fact, a single helping of the chips could account for close to half of your recommended daily sat fat intake.

7. Johnsonville Beddar With Cheddar

Cheesy sausages – a unique concoction, wouldn't you say? However, while that combo may sound delish, your heart won't thank you for placing a pack of Johnsonville Beddar with Cheddar into your cart. A single sausage carries 17 grams of fat, you see, as well as a relatively meager eight grams of protein. So, yeah... They're not ideal.

6. Canned Spaghetti And Meatballs

Like the look of a can of spaghetti and meatballs? Don't be taken in by that clever marketing. Instead, listen to Neda Varbanova, who told *Reader's Digest*, "The colors [on the can] are fun, but there's nothing healthy about this concoction." Specifically, processed spaghetti and meatballs are full of both sugar and sodium.

5. Horizon Shredded Cheddar Cheese

Grabbing some shredded cheese for your salad? You're best off buying a block and using a little elbow grease. Bags of the Horizon brand in particular are infused with cellulose – otherwise known as wood chip powder. Yes, really. Apparently, it stops the cheddar from "caking." Gross.

4. Buddig Original Beef

Beef slices are great sandwich fillers, but Buddig's packs leave a lot to be desired on the nutritional front. Just two ounces of meat contains seven grams of fat and three grams of saturated fat as well as a whopping 600 milligrams of sodium. That's pretty hefty! Surely you can find a better option?

3. Bar-S Classic Bologna

Whether you know it as Bologna or baloney, the porky deli sausage is beloved throughout the land. But if you go with the Bar-S brand, get ready for your body to fight back. Why's that? Well, the company's Classic Bologna is loaded with salt. Just a couple of slices contain over 700 milligrams of sodium, which is more than 30 percent of your recommended daily intake. Wow!

2. Creamy Spinach Dip

Green, leafy veggies are among the best things we can eat, so surely creamy spinach dip must be okay for us, right? Wrong! Food expert Neda Varbanova told *Reader's Digest* that certain varieties of the stuff contain monosodium glutamate – otherwise referred to as MSG. And if some folks are to be believed, this chemical can reportedly cause mental health issues and severe weight gain.

1. Spam With Real Hormel Bacon

Spam and bacon, together in one can? Sounds good to us. Nutritionists may disagree, though. You see, while the stuff may have its fair share of protein, it's also high in saturated fat – which makes it the equivalent, in that respect, of two Snickers bars. We're stunned.

¹ **Source:** Reader's Digest Excerpt

■ BEWARE OF SMOG CHECK DISCOUNT COUPONS:

A friend saw an ad in a local coupon book that said, "**SMOG CHECK \$30 OFF POSTED PRICE!**" He clipped it and took it one of three places listed in the ad and had his car 'smogged.' But, he was shocked by the bill he **was charged - \$60!** It turns out the "**Posted Price**" was **\$90!** You may want to ask "**what's the finished or final price I have to pay?**" FYI, discounted smog testing can be found for as low as \$35!

AUTOMOTIVE ITEMS:

■ **FORGOT TO TURN OFF MOTOR ON NEW HYBRID VEHICLE?**²

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.²

² *Source: Ray Magillozzi, Car Talk Columnist, San Jose Mercury News*

■ **TAILGATE UP OR DOWN?**

Dear Car Talk:

Will I get better gas mileage with my pickup truck tailgate up or down? When I try to find the answer, I get mixed messages.

Surprisingly, you'll get better mileage with the tailgate up, Randy. Like most of the people whose half-informed posts you've been reading online, my late brother and I once tried to answer this question on our radio show. We puzzled it out for about six seconds and concluded that, of course, you'd get better mileage with the tailgate down! The tailgate is obviously a big wind blocker and a source of drag that lowers your mileage. Obvious, right? A few days later, we got a letter from a listener of ours - none other than the president of General Motors, Bob Stempel.

I believe the letter started out: "Au contraire, Piston Puss!" Bob -- who was an engineer and, crucially, had wind tunnels at his disposal -- explained to us that rather than blocking the wind as you drive along, the tailgate actually traps air in the pickup bed. And while that pocket of air stays still, the rest of the wind moves smoothly right over the top of the bed as you drive. When the tailgate is open, he said, the wind actually creates more turbulence in the bed and reduces your mileage. And as if we didn't feel dumb enough by that point, he also reminded us that the closed tailgate is also an important part of the structure strength of the pickup. When the tailgate's open, or removed, the truck is less safe in a crash. It's like removing one side of a cardboard box. It folds more easily, which is exactly what you don't want in an accident. So, the pickup truck drivers you see with their tailgates removed or open are losing on two fronts, Randy. Three fronts if you count all the stuff that rolls out while they're driving.

SEPTEMBER 2022 CONSUMER TIPS

GENERAL CONSUMER ITEMS/ISSUES:

■ **COSTCO WIRELESS FAST CHARGER + POWER BANK BARGAIN:**

● **This is a great accessory for your Personal Wireless Devices! It's 3 devices in 1!**

The Charge Up Duo is a wireless fast charger + power bank + charging dock, combined into one product. When you place the power bank in the dock, you are not only charging the power bank itself; you are creating a wireless docking station to charge your phone. It's super convenient to not have to fuss with plug/unplug charging cords.

● **Wireless Power Bank**

Simply lay your phone or AirPods on the power bank and your device will immediately start to

charge. No cables required and your battery will be restored back to 100% in no time thanks to our 10W wireless fast-charging technology

- **Fast charging for iPhone & Galaxy**

Unlock the fastest charging speed for an iPhone or Samsung Galaxy with battery life restored from 0-50% in just 30 mins. This power bank includes 2 x fast charging ports, capable of 18W fast charging for smartphones & tablets

- **2.3 phone charges**

Extend your screen time with the ability to charge a phone up to 2.8 times wirelessly, or 3.8 times via the USB-C or USB-A outputs

- **Dual charging**

This power bank is equipped with two charging ports, ideal for smartphones & tablets.

Whether you have two devices low on battery life, or a friend also in desperate need of power, the dual charging capabilities will come to the rescue

- **This is indispensable for frequent travelers.** This eliminates the possibility of running out of battery power for your cell phone and other portable personal electronic devices. And it's a bargain price at Costco @ \$25 with free shipping. The price at Amazon is \$60!

- **Use the following link for the Costco webpage:** <https://www.costco.com/>

- **REPLACING BUTTON OR COIN BATTERIES:**

Button/Coin Batteries (aka wafer batteries) are used in small, portable instruments such as mini-flashlights, watches, timers, AM/FM radios, IR Thermometers, Blood Glucose Monitors, etc. Replacing them can be challenging because of their small size and often "stacked" in packs of 1 to 4 cells in an instrument that must fit in a very closed, tight space. There are two ways to make this task easier. 1. These types of cells are produced with steel cases. Manually stack the required cells and use a small piece of Scotch Tape down the side of the battery stack just to temporarily hold them in their vertical stack position while placing them back into the open battery slot. Once the stack is in its proper position, carefully remove the sticky Scotch tape. 2. These small batteries all use a steel outer shell. As in the first suggestion, stack the individual cells in their proper orientation. Use a magnet to touch the top of the 'stack.' The magnet will keep the cells together until they can be repositioned back in the instrument. Use a thin/sharp non-magnetic tool to hold the stack in position while removing the magnet. A toothpick or something similar works very well for this small task!

- **ANGI'S LIST:**

I don't recommend using Angi (formerly Angie's List) since they have merged with Homeadvisers.com for use in locating qualified tradesmen, handyman and other specialists. I needed to install a new AC system in our house about a month ago. I called 3 companies I selected from the newspaper ads and the Telephone Yellow Pages. These three contacts asked for specific information - type of AC, home address/phone/email address, etc. Within 24 hrs, I received over 30 phone or email inquiries about our desire to install an /ac system in our home. I received more prospecting calls over the next week! It was a total waste of time. Apparently, when one member of Angie's organization received a sales lead, they are obligated to share it with all the other Angie's members in the area. I also recall other Chapter members having had bad experiences, including Dan Poulin. Consumer Reports also does not recommend Angi!

- **HEARING AID NEWS:** The FDA has recently approved the sale of hearing aids without a prescription from an MD. or Audiologist. This ruling takes effect in 60 days that could change the hearing aid market considerably by lowering the cost to consumers. The rules for this change have not yet been formalized. Meanwhile, watch for ads urging consumers to buy from online or mailorder companies or using inexpensive, local, unlicensed hearing aid dispensers. If you are aware that you have a hearing deficit, don't wait until the markets firms up. That could take awhile. By waiting, your current level of hearing can and will deteriorate even further. Meanwhile, here are some things to be aware of: 1. Consider buying hearing aids from Costco. Costs for hearing aids, which tend to include visits with an audiologist, range from about \$1,400 [at Costco](#) to [roughly \\$4,700](#) or more. ³ Kirkland Signature Brand is Costco's private label brand. Kirkland hearing aids are manufactured by Sonova International, a Swiss hearing aid company. Sonova also manufactures hearing aids under the Phonak, Hansaton, and Unitron labels. ⁴ Sonova is one of the 5 major manufacturers of hearing aids. Spending more than \$1400 will not buy you a better set of BTE (behind the ear) instruments. 2. A key factor in the purchase and proper fitting of hearing aids is the training, experience, quality and certification of the Audiologist. I recommend Vicki Nicolas, Senior Audiologist at

the Livermore Costco Hearing Center. I think she is the best in my experience. I've dealt with her for over 10+ years and she has helped many of our SIR members and friends and relatives of mine. I trust her implicitly. She is often booked up for weeks in advance but she is worth waiting for! **3. Pros/Cons**

Pros

- Variety of hearing aid styles and accessories
- Lower prices than competitors
- Remote services on some hearing aid products
- Free hearing tests, follow-up appointments, and cleanings
- Free loss and damage coverage for 3 years
- Complimentary warranty
- 180-day refund policy (California State Law is only 45 days)
- Full featured instruments that some vendors consider optional

Cons

- Only available to Costco members
- Limited availability of Costco hearing aid centers in rural areas
- Appointment required for a hearing test
- No payment plans or financing options

³ **New York /time Online News**

⁴ <https://www.healthline.com/health/costco-hearing-aids>

■ **ZEVO BUG SPRAY AD ON TV.** I'm sure you've seen this ad where they use their proprietary bug spray to kill all kinds of insects. You don't have to buy their bug spray to kill flying and non-flying insects. You can use a sanitizing cleaner like Lysol to do the same thing. It won't leave a residue on the surfaces that the spray settles on. You can also use a solution of dish washing detergent and water in the ratio of 1 teaspoon to 1 cup of water. Use a small, manual pump spray bottle to dispense the spray.

■ **DO YOU NEED TRAVEL INSURANCE?** (Spoiler: For Most Trips, Probably Not)

After the COVID-19 pandemic ruined so many vacations, travelers rightfully worry about plunking down thousands of dollars to make new plans—especially since so many airlines, vacation property owners, tour operators, and their ilk were stingy about issuing refunds.

Several types of travel insurance are available: trip interruption and cancellation; cancel-for-any-reason; and, for international travel, coverage for medical expenses and evacuation. There are also hybrid plans that combine different coverages. Trip interruption and cancellation policies pushed by airlines, travel-booking sites, cruise lines, etc., provide skimpy coverage and are lousy deals. Don't buy them.

- Cancel-for-any-reason plans, available from several travel insurance websites, offer far better coverage but are expensive, and most don't fully reimburse trip costs. Before buying one, evaluate how much money you'd lose by canceling a trip and whether or not you can live with that loss. Know that most travelers don't risk much: For most trips, you can cancel and get some or all of your money back (or postpone your holiday and rebook later with little or no penalty).
- It makes sense for some international travelers to buy medical insurance policies, especially if they are Medicare beneficiaries (no coverage for foreign healthcare costs) or visiting regions that lack comprehensive medical facilities, and their health insurance plans don't cover the high price of medical evacuation.

Most of the policies sold by airlines and booking sites promise to cover:

- Reimbursement of otherwise nonrefundable prepaid costs if you cancel your trip due to unforeseeable covered reasons, which typically include illness, death, or involuntary loss of employment.

- Reimbursement if you or a traveling partner cancel or get delayed due to a positive COVID-19 test result.
- Reimbursement if you have to cancel to stay home to care for a hospitalized family member.
- Reimbursement of fees paid to a travel company that goes out of business.
- Increased costs if you miss a flight or connection for reasons beyond your control (weather, car accident, etc.).
- Increased costs if you have to interrupt your trip and go home early due to a medical reason or a medical crisis or death in your family.
- Delayed, lost, or damaged baggage.

Although fairly inexpensive (they're usually priced from \$15 to \$75 per passenger, depending on the cost and length of the trip), these plans are nearly always bad buys. While such benefits might make these policies seem like sensible add-ons, click a few links to wade into the fine print and you'll find long lists of limitations and exclusions. For example, American Airlines' website says its policy protects flyers from many types of perils, but—like other carriers and booking websites—inadequately discloses dozens of gotchas. For American, we had to download a 34-page PDF to learn:

- The policy won't pay up if you cancel your trip due to—among many circumstances—an illness caused by a preexisting medical condition, pregnancy, or childbirth; an epidemic other than COVID-19; a “mental or nervous health disorder,” which includes “anxiety, depression, neurosis, psychosis, or any related physical symptoms”; the “use or abuse of alcohol or drugs” (could just one margarita disqualify you?); “war or acts of war”; “civil disorder or unrest”; “terrorist events”; “air, water, or other pollution”; “participating in or training for any amateur sporting competition while on your trip”; or—and this seems a catchall excuse to deny any claim—“any loss, condition, or event that was known, foreseeable, intended, or expected when your policy was purchased.”
- The policy also excludes travel to areas for which “any government or public authority” has issued “travel alerts/bulletins.” This is also a biggie: According to the [guidance and alerts posted on the U.S. State Department website](#), very few corners of the Earth are safe.
- Run into trouble and you'll have to pay to get yourself out of it—and then submit claims for reimbursement (cross those fingers!). You'll need notes from doctors and other painful-to-obtain paperwork to prove you or a companion were too sick to travel, or that a death occurred back home, or maybe that your injury occurred while running but not during a race, and so on.
- You gotta submit any claims right away, as quickly as within 24 hours if your luggage is damaged, for example.
- There are payout limits—for example, maximum “\$500 in total for all jewelry, watches, gems, furs, cameras, and camera equipment, camcorders, sporting equipment, computers, radios and other electronic items,” and you'll have to provide original receipts (LOL, yeah, right!) for each item if you want full reimbursement. Don't have receipts? Policies usually limit payouts to \$100 for lost and stolen baggage.
- If you are delayed, the insurance reimburses a maximum of only \$250 a day for up to five days for accommodations and expenses.

That's a slew of exclusions and limitations for insurance advertised as providing “total protection.”

In 2018, the office of [Senator Edward Markey \(D-Mass.\) released a study on travel insurance](#) declaring, “The only thing skimpier than airplane legroom are these travel insurance plans.” After studying plans offered by 16 airlines and travel-booking websites, his report concluded that while “being aggressively pushed onto customers...offered travel insurance fails to provide promised coverage, and...the airline industry is exploiting travel insurance as an easy revenue generator.”

DON'T BUY CANCEL-FOR-ANY-REASON COVERAGE (UNLESS IT'S AN UNUSUAL TRIP).

While cancel-for-any-reason plans offer good coverage, especially when compared to the lousy stuff sold by airlines and travel booking sites, we still think they're usually wasteful buys.

Websites such as InsureMyTrip.com, QuoteWright.com, and SquareMouth.com sell these plans, which promise to pay back any nonrefundable costs if you cancel a trip. A key word here is "nonrefundable": If you're entitled to a refund of any prepaid costs or can get a voucher or credit toward a future trip, that's not covered. And most plans also require that you cancel more than 48 hours before your scheduled departure. In other words, if you cancel the day before or day of your trip, the insurer won't pay up.

MAYBE BUY...

International Travel Medical Insurance IF You're on Medicare or Your Healthcare Insurer Doesn't Provide This Coverage

While your health insurance plan covers your medical expenses when you travel within the U.S., it might not protect you when you're checking out overseas bucket-list locales. Especially if you're traveling to a region that lacks comprehensive healthcare facilities, before you depart check whether your health insurance plan will cover foreign medical costs, and what it will and won't pay for.

Medicare will not pay for care you receive outside the U.S. Many Medicare Advantage plans and private health insurance plans usually do provide at least some coverage—and some provide comprehensive coverage.

You can buy international travel medical insurance to cover your healthcare expenses if you get sick or have an accident while abroad, and to pay the potentially exorbitant price of evacuation to a place with better medical resources. ⁵

⁵ Source: Kevin Brasler, Checkbook Bay Area, Updated July 2022

■ ACCESSORY MODE FOR PUSH-BUTTON START VEHICLES:

Dear Car Talk:

Why do car makers these days seem obsessed with push-to-start ignitions? With keyed ignitions, it's possible to get into "accessory" mode without starting the engine, so you could listen to the radio and use other powered accessories. I guess we've lost that feature now? To put air into my tires with a 12-volt air compressor, now I need to run the engine? Thanks - I enjoy your column. -Joe

Joe, cars with push-to-start ignition systems do have accessory modes, and I'll tell you exactly how to get your car into accessory mode. First, sit in the driver's seat, as you normally would. Then, with your right hand, reach over and open the glove box on the passenger side. Next, remove the fat thing that says "owner's manual" on it, and check the index for "accessory mode." Actually, you may even be able to skip that step, Joe. Pretty much every new car I drive now has push-to-start ignition, and they all work like this: If you want to start the engine, you step on the brake pedal and push the start button. If you want to go into accessory mode, you don't step on the brake pedal and push the start button. That's all there is to it. Some cars have two accessory modes: one which operates low-power items like the radio and a second one that allows you to use higher-powered items like the window motors and the fan. In that case, you push the start button once for the first mode and twice for the second mode, both without touching the brake pedal.

Try it next time you're in the car, Joe. And, if that doesn't get you into accessory mode, check your owner's manual, because I'm not aware of any newer car without an accessory mode. Happy tire filling. ²

² Source: Ray Magillozzi, Car Talk Columnist, San Jose Mercury News

Additional Note: I posted a similar tip in the June Issue about the above subject. However, I want to suggest that you do not consult your Owner's Manual! Instead, simply post an inquiry on the Internet using any search engine of your choice or YouTube.com. It will be far quicker and less confusing than trying to look it up in your printed owner's manual!

OCTOBER 2022 CONSUMER TIPS

■ **EMAIL AND TEXT MSG PHISHING:** You receive a suspicious text from an unfamiliar number or email address, and when you open it, the sender claims to be from your bank or internet service provider and urges you to click on a link. More than likely these are from a scam artist using a tactic called SMS or text phishing to steal your personal information. As an example, I have personally received Phishing attempts from fake identities pretending to be Amazon, Paypal, Costco Prize Awards, Lowe's, Geek Squad, Chase Bank, DHL Service and Veteran's Admin. And that was just 3 days worth! Here are a few ways to spot this trick and actions you should take if you get a text you're unsure about.

■ **6 SMS PHISHING WARNING SIGNS:**

1. They play with your emotions: You might get a message that says payment was successful for something you didn't buy, or even that your sensitive data has been compromised. The goal is to make you react without thinking.

2. They urge you to click on a link: Scammers will often send you a link, hoping that you'll click on it. This link may infect your device with malware, install spyware, or steal your information. If it doesn't, it may take you to a fake site that asks you to voluntarily enter your personal information. Don't click on the link.

3. They ask you to respond: Real companies send text messages asking you to reply "STOP" to no longer receive alerts. Cyber thieves have emulated this tactic to find out whether your number works so they can send you more messages. Don't respond unless you can verify the number is real and that the vendor is who they say they are.

4. They don't use your name: If you have an account with a company, charity, or organization, it will probably send you personalized texts. Scammers sending phishing messages likely don't know your name. Instead, they'll use a generic greeting like "Hello," "Dear Customer," or "Dear Member."

5. They use incorrect grammar: Established companies and organizations have teams dedicated to proofreading emails, so incorrect punctuation, grammar, or spelling should be a warning sign that it may be a phishing message. Example: You receive a suspicious text from an unfamiliar number, and when you open it, the sender claims to be from your bank or internet service provider and urges you to click on a link. Chances are it's a scam artist using a tactic called SMS or text phishing to steal your personal information.

6. Check the Sender's email address: If the Sender Email Address is that of an individual rather than a commercial account – that's a dead giveaway that it is not a safe, legitimate message.

How to stop SMS phishing scams:

Once you know about common text phishing tactics, it's easier to keep your data safe. Here are two simple ways to do so.

Report the scam You may not fall for the trick, but others might. You can help by reporting it to the right people.

Tell your Internet Service Provider: It's simple. Forward the suspicious message to 7726 (SPAM).

For email messages, forward them to the real companies/organizations that supposedly sent them but use their Home Website.

Tell the Federal Trade Commission (FTC): Head to the FTC's [reporting website](#) so they can add the suspected scammers' number to a list of known fraudsters.

Block the number: Both iPhone® and Android™ devices have the ability to block unwanted calls and texts. For emails, use the settings on your email provider's home site.

For iOS Phones: Open the Messages app. Go to the unwanted text and tap the profile photo at the top. Tap info, then tap info again on the next screen. Finally, select Block this Caller, then Block Contact.

If you need help blocking a number, reach out to a Security Advisor expert from your service provider for more tips.

For Android Phones: The process will vary depending on your phone, but if you're using the Samsung® Messages app, open the message in question and tap **Block number > Block**. In the Google® Messages app, open the message, tap the menu button in the top-right corner, and tap **Details > Block & report spam > OK**

Source: AARP Monthly Bulletin

■ WATER CONSERVATION DURING DROUGHT:

◆ Switch to foam type hand soap. The foam form allows you to start the washing/cleaning process without water and adding water to rinse the soapy solution off to complete the task.

◆ Similarly, use Dawn Platinum Powerwash Dish Spray, Dish Soap when manually washing dishes, pots/pans and utensils. Per the TV ads and the slogan shown on the product label: **SPRAY – WIPE – RINSE**. The spray form allows the detergent to 'stick' to vertical surfaces like the walls of a tall pot. Personally, I feel that it cuts really greasy surfaces faster than the gel form of this dishwashing soap. This attribute saves water as well.

◆ Make your own watering jug for house plants: Simply poke/drill holes in the cap of an empty, plastic, milk jug and fill with water. Easy control of the amount of water dispensed and its precise placement will reduce the amount of water wasted.

■ CONSERVE ENERGY USE DURING PEAK USE HOURS:

◆ California has avoided ordering rolling blackouts after electricity demand reached a record-high in recent weeks from excessive heat across the state.

◆ The California Independent System Operator, which oversees the state's electrical grid, imposed its highest level energy emergency - a step that comes before ordering rolling blackouts.

◆ The possibility for widespread outages reflects how power grids in California and other states are becoming more vulnerable to climate-related disasters such as heat waves, storms and wildfires.

◆ Pre-cool your house/apartment before the peak use hours by turning your thermostats down to 72°F for 2 hours before peak times. Increase your thermostat setting to 78°F or higher at 4 PM – 9 PM.

Source: <https://www.cnbc.com>

■ **AIR FRYERS MAKE GREAT CHRISTMAS GIFTS:** UniPot/MultiPot/Instant Pot and Air Fryers were the most popular small appliances for gifting last Christmas season. It looks like that will also be the case this year. I get a lot of queries about what to reheat or cook in air fryers but not so much for multi-purpose electric pots. That's because there are many recipes and "how to use" cook books in publication and available making it easy for consumers to learn about them. Air Fryers, however, seem to be more of a mystery.

Air Fryers can be a general purpose cooking instrument. We use ours on a daily basis – mostly for reheating of leftovers, commercially frozen foods and as a faster, hotter toaster device. Left over fried goods (French Fries, Tater Tots, Fish & Chips, Tempura Shrimp/Veggies, etc. can be heated quickly to their original crispness. Any baked/fried pastry item will be delightfully fresh and crisp after a few minutes in an Air Fryer. Even better, when baked or fried items are reheated, you can get rid of a lot of the residual fat still residing in it. Donuts, Croissants, Danishes, Fried Chicken, French Fries, Fried Fish, etc. will shed itself of excess oils/grease. Put these on a rack inside the Air Fryer and you will be surprised at how much excess fat/oil will collect at the bottom of your cooking vessel. Some units include a bottom drip tray to collect this excess oil. If you don't have something you can use for a drip tray – make one out of aluminum foil. Discard it along with the excess oil/grease in the

garbage.

Try warming up baked goods in your Air Fryer for amazing texture and improved flavor. They can be also used to crisp up bread crust that has gone soft from moisture in the air. We like Sub Sandwiches from Jersey Mike's and Banh Mi Vietnamese sandwiches from Mr. Lee's sandwich shops. These are very hearty sandwiches. We might eat just half and save the rest for later. That "later" can be days later. We just put it away in the refrigerator and when we want to eat it, put it in the Air Fryer on high and crisp up the exterior and take the chill off the sandwich interior. Use a spatula or small tongs to turn the sandwich or other large, single items over for even heating. I've done that with sandwiches over a week old and they turn out surprisingly well.

If you open a large bag of chips and dip for a party event or just to watch a game on TV and don't finish the chips, they can get soft as they absorb moisture from the air. They can be freshened by putting them in the Air Fryer to regain their crispy texture. Be sure to shake the fryer basket frequently to avoid burning the top layer of loose chips.

The above is just short list of uses for this small appliance. The best thing to do is try various things - experiment and 'play' with your Air Fryer. But, do not leave it unattended while in use. It's very easy to burn things because of the high heat these units are capable of.