



## 2023, A Year of Renewal and Growth in SIR!

**Dave Gonzales.**  
**2023 State President**



**Mirror, Mirror on the wall, What is the Biggest Challenge of them All? Our Branches say it is Membership.**

**In response, State SIR is committed this year to providing support to Branches to grow your membership. Renewal is about bringing back lapsed members who dropped out for Covid related reasons, and Growth is about bringing in new, younger members.**

**Each month, our State Growth and Membership team will publish three suggestions gathered from successful efforts from Branches around the state. We call these suggestions, Recipes for Growth. They will be distributed as short, do-it-yourself projects that any Branch can pull off. In most cases we will name the successful branch and provide a contact person who is willing to assist other Branches with implementation.**

**We present the first three below. For January, the start of our SIR year, we offer some ideas about how to build a successful growth team in your Branch.**

**By the way, we are actively seeking successful efforts we can pass along to Branches each month. If you have a successful project for growing your membership, PLEASE send me a note about what you've done and, I hope, you will agree to help other Branches implement your ideas. You can email me at [Yogonzo@Yahoo.com](mailto:Yogonzo@Yahoo.com).**

**Dave**



### **CONCERNS**

1. Leader burnout
2. Can't fill leadership positions
3. Aging membership
4. Limited programs

**SOLUTION:** New and reactivated members. YOU are the key. Your membership can only be broadened through your Effective and Enthusiastic Leadership.





# LEADERSHIP: It All Depends on You!

- Step 1.** Evaluate what is needed.
- Step 2.** Lead with enthusiasm and energy. Always be positive.
- Step 3.** Delegate responsibilities to your leadership team.
- Step 4.** Follow up on responsibilities delegated.
- Step 5.** Make adjustments and keep moving forward.



## Your Success Depends On Good Communication

- Step 1.** Discuss the need for new members with the BEC.
- Step 2.** Determine a course of action.
- Step 3.** Assign responsibilities and follow-up.
- Step 4.** Compliment your team and recognize their successes.
- Step 5.** Express your appreciation through compliments and Thank Yous.



**2023 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](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

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

Send news and questions to: Jerry Sabo, Executive Editor Email: [jlsabo3@comcast.net](mailto:jlsabo3@comcast.net)

Sammy Lum,  
Assistant Editor Email: [lumsam@sbcglobal.net](mailto:lumsam@sbcglobal.net)

## **SIR Publicity**

<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*

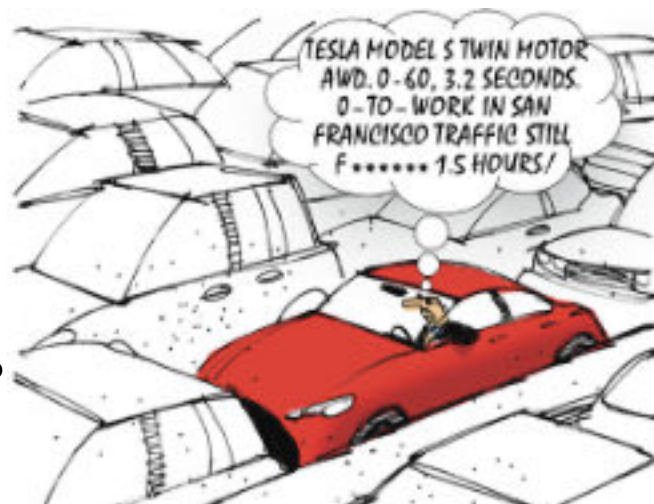
# Sons in Retirement

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

## Think Bigger

They can be part of the solution, but a myopic focus on electric cars as *the* solution prevents us from seeing so many other ideas. We need a future with fewer cars (electric or not) and much more public transit and bike usage. We need a complete rethink of how we use our public space, and better infrastructure so people can take short trips without using a car.

"There are no shortcuts to solving climate change. We shouldn't assume that once every gas-powered car is replaced with an electric one, we'll solve the problem because we won't. We should instead put our energy into redoing how we use our road space, to truly curb pollution and needless death



## Revolution at The Grocery Store

Just as Apple decimated the CD and camera markets with its iPhone, Amazon is slaughtering department stores and many other shopping mall businesses. Now, Amazon and Instacart are transforming the grocery business. (Instacart is a grocery pick-up and delivery and the grocery founded by former Amazon supply chain engineer, Apoorva Mehtra).

In late September, Instacart announced "...a tech suite to seamlessly bridge its operations with new in-store services." These include the following:

**Caper Cart 3 (coming soon to Instacart)**



**Caper Cart:** – a digital cart linked to a real in-store cart with scales, sensors, and a screen so shoppers can order, navigate, and check out from the cart. See the upper photo and notice the smart phone slot for uploading shopping lists and payment details to the cart and for downloading product locations and buying options for display on the cart's screen.

**Carrot Tags:** e-ink price tags with QR codes and LEDs for easy spotting. See this works at <https://www.caper.ai/>

Like all mass market businesses, Instacart's future flows toward Amazon. This 800-pound gorilla of online shopping has made a major move toward "brick and mortar" grocery outlets with its \$13.7 billion acquisition of the Whole Foods chain. Amazon Fresh continues to expand its chain of cashierless grocery stores [see: <https://chainstoreage.com/amazon-continues-opening-cashierless-grocery-stores-california>] and to improve the shopping experience with the introduction of Just Walk Out [see: <https://www.youtube.com/watch?v=6oTI9JR7Zjo&t=50s>], Palm Scanning [see: <https://techcrunch.com/2022/08/10/amazon-expands-palm-scanning-payment-tech-to-65-more-whole-foods-locations/>].



## From Jim Felker Charles III Update

At Branch Number One's September 14 luncheon meeting, Jim Felker, who had just returned from the UK, gave the membership a rundown on what's happening with the British Monarchy. Several members mentioned that they enjoyed his presentation and would like to hear more. The Bulletin asked Jim to provide another update, and he generously agreed to do so.]

Following is Jim's latest update:

"King Charles III now succeeds his mother, Queen Elizabeth II, following her death in September after 70 years on the throne — the longest reign of any British monarch. Charles is now in his mid 70's which strongly suggests his tenure will not be as long but raises the question as to what might happen during his reign. "Under the British form of limited monarchy as established via many struggles from the 13th to the 17th centuries, the ruler sets a moral tone for the country, performs ceremonial and charitable duties, represents the country on overseas tours, and leads the Commonwealth of former colonies.

"As of 2022, it appears that Charles had been admonished behind the scenes by the Queen some time ago and has been more subdued in his public comments over the more recent 20 years.

"My view is that he will continue to be more subdued publicly during his reign but will be able to express himself during long established weekly confidential private meetings with the prime minister. As one commentator said, 'The monarch represents the country, and the prime minister represents the government.'"



## Profusion of "-nym" Words

### What's a Contronym?

Modern English includes 46 words with the suffix **-nym** which derives from the Greek and means "word." Everyone remembers learning about **synonyms** and **antonyms** in English classes.

**Synonyms** are words with identical or very similar meanings (**syno** means "united"), while

**Antonyms** are words with opposite meanings (**anto-** means "opposite").

Most folks are also familiar with a several other **-nym** words, for example,

**Homonyms** (words that are spelled or pronounced same but have different meanings; for example, meet and meat; **homo-** means "same"),

**Acronyms** (words formed from the initial letter or letters of each of the successive parts or major parts of a compound term; for example, FBI, NATO; **acro-** means "beginning"), and

**Pseudonyms** (names assumed by authors; for example, Mark Twain for Samuel Clemens; **pseudo-** means "false").

Some folks may also be familiar with some less common **nym** words, for example,

**Autonyms** (names that a group of people use to refer to themselves or their language, as opposed to a name given to them by other groups; for example, *Deutsche* is the **autonym** of a people known in English as Germans; **auto-** means "self"), and

**Cryptonym** (secret names or code names; for example, the name of a spy; **crypto-** means "secret").

A few folks might be familiar with some more obscure **-nym** words, for example,

**Contronyms** (words with two opposite meanings; for example "custom" means both a common practice and a special treatment; **contro-** means "opposed").

**Aptronyms** (names aptly suited to their owners; for example, arctic explorer Adam Snow; **aptro-** means "apt," "apropos"), and

**Capitonyms** (words that change meaning and pronunciation when capitalized; for example, polish and Polish; **capito-** means "capitalized").

### A Capitonym?



"My mom is an English teacher and she says Santa's elves are subordinate clauses."

# The Year (Bleep) Got Real!

By Leonard Pitts, Jr.

"Sixteen years after Al Gore implored the world to face *'An Inconvenient Truth'* and we didn't, we have seen climate change mutate from a seemingly abstract threat against a theoretical future to a series of unsettling headlines charting an immediate crisis — a right here, right now danger — facing all 8 billion passengers on this spaceship. International weather maps over the past two weeks looked like the Shenandoah Valley in October — a vista of deep reds and golds signifying blazing heat pretty much everywhere. Great Britain — cool, damp Britain — sweltered through its hottest day, ever, triple digits Fahrenheit. Meantime, wildfires have blackened great swaths of Spain, Italy, Portugal and France.

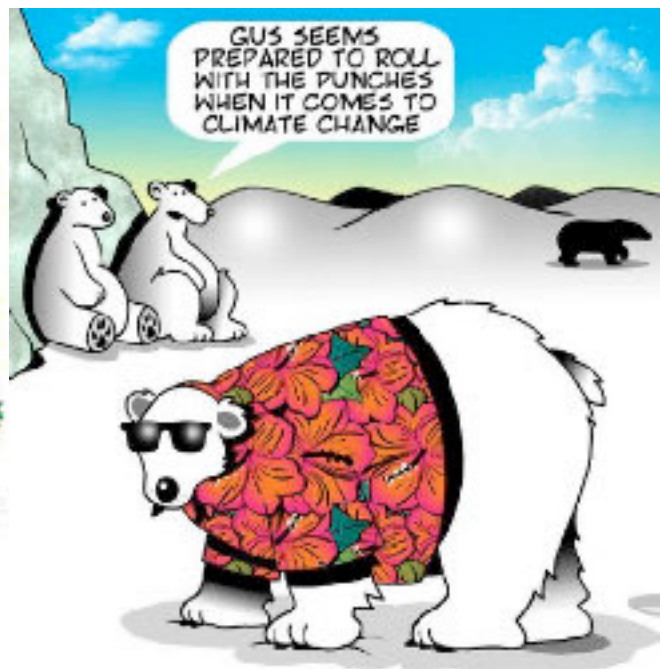
"Closer to home, the Colorado River, the artery of water that makes Los Angeles possible, has gone saltine dry. The Great Salt Lake is vanishing, two-thirds of it gone and still shrinking. California is burning — again. The cascade effect of all this, the impact on human and animal migration, on the extinction of bugs, birds and beasts, on weather patterns, on the economy, on air quality, on the habitability of the planet, cannot be overstated.

"But if 2022 is, indeed, *The Year (Bleep) Got Real*, last week gave us reason to hope it might also go down as *The Year (Bleep) Got Saved*."

The U.S. Senate "greed to a \$369 billion bill that is being called the nation's most ambitious effort yet to combat climate change. It includes tax incentives to encourage the development of alternative energy sources, the purchase of electric vehicles, the retrofitting of homes. With this measure...the country might, by the end of this decade, cut greenhouse gas emissions to 40% less than their 2005 level...positioning the United States to vault from climate laggard to climate leader....

"None of the other things that gobble our attention — [the penultimate president]...abortion rights, gun violence — matter as much as the inarguable fact that this planet is rapidly growing inhospitable to human life. That grim truth has hit like a hammer in recent days. Now, perhaps, we get to hit back.

"It is not that those other things don't matter. But worrying about them presupposes a future. Last week offers hope that we may still have one."



"If I work hard, I'll get good grades. If I get good grades, I'll go to a top college. If I go to a top college, I'll get a great job. If I get a great job, I'll make a lot of money. If I make a lot of money, everyone will hate me. That's why I didn't do my homework."

## Writing Your Life Story Has Never Been Easier

The FamilySearch Blog includes an article by Steve Anderson describing his relatively painless approach for writing a personal history. He writes: "Few people would argue the value of creating a story about a life lived. In fact, it's really quite a noble idea to create a story of your life for your descendants. From it, they will likely learn something valuable and endearing from the things you experienced and will get to know you as an individual."

"Many people believe that it takes a lot of time and work to write their life story and feel that the task is just too big. Because of that, they never start. But sharing memories of your life does not have to be a big, involved effort. Imagine how much easier the task of writing about your life might be if you were to focus on writing about just one topic each week. It doesn't matter if you write a few paragraphs, a single page, or several pages. The important thing is that you write something. Anything is better than nothing at all."

"Now, imagine if someone provided you with one question to write about each week for 52 weeks. At the end of just one year, you will have created your own life story to share with your children and your future posterity. You will never be forgotten because your own life story will bear witness to your existence. Add some pictures, and you can make it even more inviting to read."

"When you are done...add your stories to your family tree. By adding your stories to your own branch of your family tree, you are assured that your life story will be safe and secure for future generations. Your grandchildren will be able to read them and enjoy learning about your life and getting to know who you are. Future generations of your family will be glad that expended the effort to write something about your life and that you left them with such a valuable legacy"

Each week for one year, take one question and write as much or as little as you want. Don't worry about how much you write for each question but be sure to write something. Questions do not need to be answered in any special order. All 52 questions are available at <https://www.familysearch.org/en/blog/52-questions-in-52-weeks-writing-about-your-life-has-never-been-easier>.



**1924 Punch Cartoon (notice cigarette & pipe smoking, and the spats!)**

**Seated: "It took me 10 years to learn that I couldn't write."**

**Standing: "I suppose you gave it up then?"**

**Seated: "Oh, no! By that time I had a reputation established."**



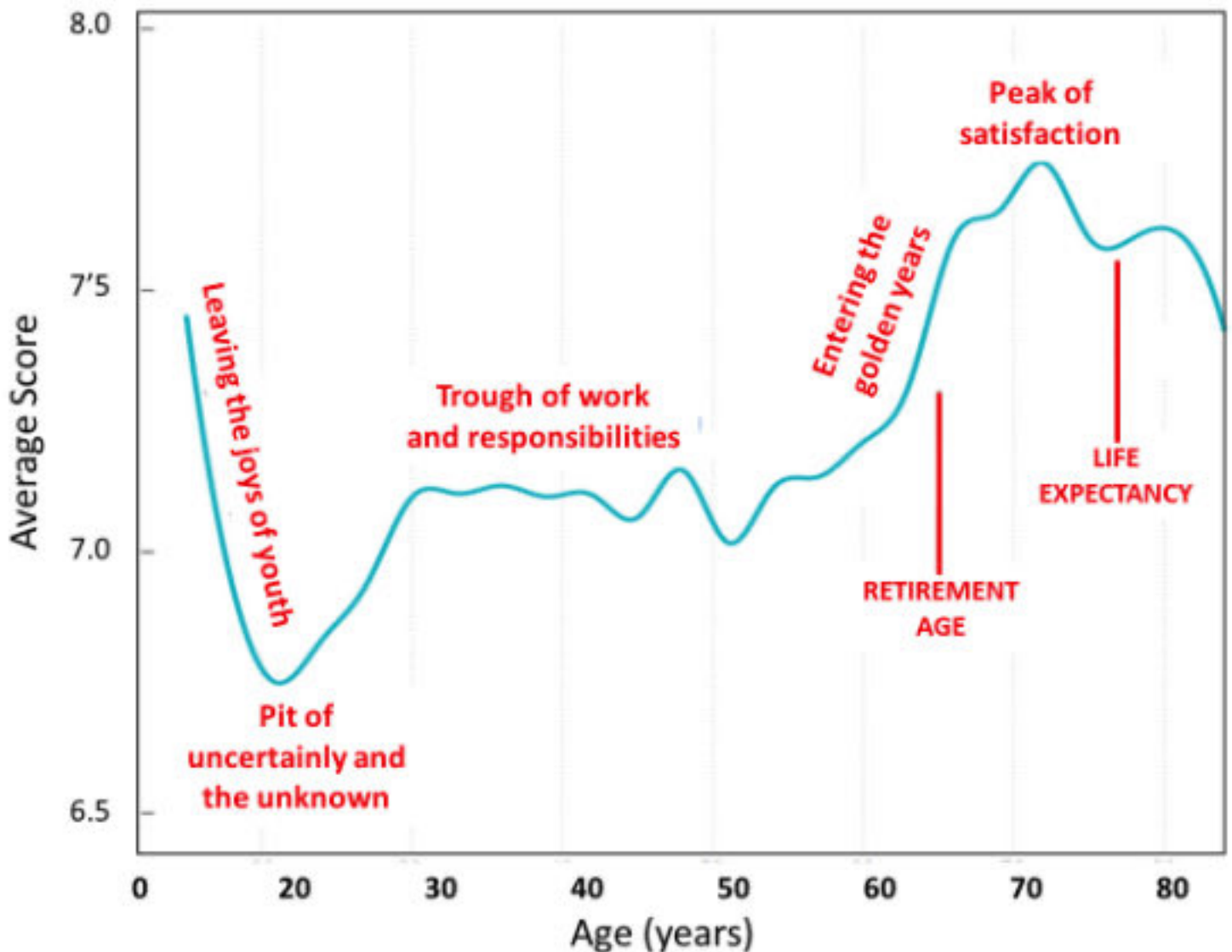
## Age and Life Satisfaction

Nathan Yau created the plot below using data from the Bureau of Labor Statistics – American Time Use Survey. People were asked to score their life satisfaction from 0 to 10, where 10 is the best possible life and 0 is the worst possible life. The plot shows the average score by age.

Yau's overall assessment: "I was expecting to see a trend line similar to the one below, but I didn't think it'd be so clear. It might be time to rethink life." [see: <https://flowingdata.com/2022/11/10/life-satisfaction-and-age/>]



## FIRST DAY OF RETIREMENT





## Which Generation Lies to Their Doctors the Most?

New studies examined how truthful folks in different generations are with their doctors and the reasons why they may lie about their health and life. Folks both give false information or withhold information. And one generation tends to fib more than others.

Baby Boomers: 69%	Gen Xers: 75%
Millennials: 76%	Gen Zers: 93%

The slight differences among Baby Boomers, Gen Xers, and Millennials are not statistically significant, while the difference between their numbers and that for Gen Zers is definitely significant.

What folks most lied about varied by generation;

Baby Boomers:	Eating habits
Gen Xers:	Alcohol consumption
Millennials:	Exercise habits
Gen Zers:	Sexual history/habits

The most common reason for lying is fear of being judged. Other reasons for being untruthful include;

Embarrassment	Shame
Denial	Avoiding the truth
Fear of being denied life insurance	

In general, folks lie to their doctors because they lack confidence to reveal their vulnerabilities, and/or they underestimate the negative impacts associated with various dangerous behaviors. In general, folks become more honest as they develop more comfortable relationships with their physicians. The most effective medicos are sensitive to this issue and work to develop a relaxed, non-judgmental rapport with their patients.



THE GOOD NEWS IS THAT I'M BUYING  
A NEW MERCEDES. THE BAD NEWS  
IS THAT YOU'RE PAYING FOR IT.

## Sociology 101: The Generations

**Greatest Generation:** born 1901-1927, also known as the G.I. Generation and the World War II generation.

**Silent Generation:** born 1928-1945, primary participants in Korean War, comparatively small because the financial insecurity of the 1930s and the war in the early 1940s caused people to have fewer children.

**Baby Boomers:** born 1946-1964, during the post-war baby boom. Part of the counterculture of the 1960s, they were wealthier, more active and more physically fit than any preceding generation and were the first to grow up genuinely expecting the world to improve with time.

**Generation X:** born 1965-1980s, at a time of shifting societal values, called the "latchkey generation" due to reduced adult supervision compared to previous generations, resulting from increased mothers working, increased divorce rates and before widespread availability of childcare options outside the home. As adolescents and young adults, called the "MTV Generation." In midlife, they are active, happy, and achieving a work-life balance; credited with entrepreneurial tendencies, last generation to enjoy financial remuneration from higher education. Gen Xers are often the parents of Generation Z.

**Millennials:** born 1981 through 1996, often the children of the Baby Boomers. Generally came of age in the Information Age and are comfortable using digital technologies and social media, often the parents of Generation Alpha.

**Generation Z:** born early 1990s-early 2010s, have used digital technology from a young age and are comfortable with the Internet and social media, but not necessarily "digitally literate" — able to find, evaluate, and compose clear information through writing and other media on various digital platforms.

**Generation Alpha:** born late 2010s to today, first group born entirely in the 21st century, most Generation Alphas are the children of Millennials.



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)

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

## Humor Section

### Children are heading back to school....

"I really have to get to work today, so there'll be no crying when I drop you off at kindergarten, okay honey?"

Okay, Mom. I know you can do it."

"Sweetie? You have to come out. It's the first day of school."

"No! I refuse to go! They can get someone else to teach my classes."

"Your essay assignment today is - What I did on my summer vacation?"

"Teacher, do you mean you haven't been following me on Instagram all summer?"

**Pets, part of the family....** A 2022 survey found that 67% of American homes include a pet. Most are dogs, cats, and fish. In addition, 95% of American pet owners consider their pets to be family members.

"I don't believe in treating pets like people. I love them way too much to be that unkind."

"In order to keep a true perspective of one's importance, everyone should have a dog that will worship them and a cat that will ignore them."

"What is keeping a bunch of fish in an aquarium called? Home-schooling"

"As much as pet care costs these days, we should be able to claim them as dependents."

"My wife wanted a cat, I didn't want a cat, So, we compromised and got three cats."

"The more I learn about people, the more I like my dog." Mark Twain

"Cats constantly look at you like you just asked them for a ride to the airport."

"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."

"Silence is golden unless you have a budgie. Then silence is highly suspicious."

"The best therapist has fur and four legs."

"Dogs, for a reason, that can only be described as divine, have the ability to forgive, let go of the past and live each day joyously. It's something the rest of us strive for." Jennifer Skiff

BRANCH 7  
WAS CHARTERED 12/26/1963  
SO WE ARE NOW  
STARTING OUR 60TH YEAR  
AS A BRANCH OF SIR



## 2022 GOLF AWARDS

A Flight Champion ————— Paul Giambra  
 B Flight Champion ————— Dave Miller/Ron De Cook  
 The Rooster (Most Rooster Points in '22) ——— Ron Radtke  
 Low Gross ————— Jens Erlingsson  
 Low Net ————— Bob Phillips  
 The Scrambler (Most Scramble Points) ——— Ron Radtke  
 The Fox (Most par three points) ————— Cosmo Violante  
 The Hammer (Most longest Drives) ——— Stephen Bearg

### STENZEL CONTEST: (Closest to pin in 2022)

First Place: ——— Ted Pullen      11 ½ inches  
 Second Place: — Dave Miller      1 ft - 7 inches  
 Third Place: ——— Paul Giambra   2 ft - 6 inches



## CHRISTMAS LUNCHEON







### November SIR 15 Anniversaries:

Garry Anderson - 17 yrs  
John Binnall - 13 yrs  
Donald Ellington - 23 yrs  
Richard Hatch - 23 yrs  
Robert Jorgensen - 4 yrs  
Steve Kahn - 10 yrs  
Charles McNair - 9 yrs

Alan Pegg - 7 yrs  
James Powell - 12 yrs  
Tim Rickford - 1 yr  
Douglas Swint - 5 yrs  
Peter Whitehouse - 12 yrs  
Coy Womack - 10 yrs



**Our SIR 15 brother and past Big SIR, Will Pearce, passed away on November 19, at his home.**

### NOVEMBER 2022 SIR15 Lunch Photos



SIRs at New Round Tables with New Tablecloths



SIR15 Veterans Standing for Veterans Day



SIR Jaime Gives Opening Invocation



SIR15 Secretary Ken Reads BEC Minutes



SIR15 Treasurer Dick Gives Financial Report



Bowling Chairman SIR Doug Gives Report



Area Governor Paul sitting with Guest Speaker and Little SIR



Guest Speaker Pat Minyard, Amador Fire Safe Council



Golf Chairman SIR Rod Gives Report



Little SIR Rich Gives Report with Area Governor Paul Squen Looking On.



Big SIR Mike Gives Award Plaque to Guest Speaker



Area Governor Swears in SIR15 Officers for 2023



Area Governor Shakes Hand of SIR Dick, 2023 SIR15 Treasurer



Area Governor Shakes Hand of SIR Jeff, 2023 SIR15 Little SIR

## DECEMBER 2022 NEWSLETTER

**Big Sir**  
**Little Sir:**  
**Secretary:**  
**Asst Secretary:**  
**Treasurer:**  
**Asst Treasurer:**

Mike Coombs  
 Rich Serpa  
 Ken Regnier  
 Jim Powell, Jr  
 Dick Campbell  
 Ron Killian

**Board of Directors**  
 Ron Burns, Jack Magee, Jeff Libby,  
 Rich Serpa, Rick Brown



Area Governor Presents SIR Ron Killian with "Doing My Part" Award



Area Governor Presents Distinguished Service Awards to SIRs Ken and Jaime

Meets 3<sup>rd</sup> Thursday of each month at  
 Our Lady of the Pines, Haran Hall 26750  
 Tiger Creek Rd, Pioneer, CA 95666

Social Hour: 10:30 AM  
 Luncheon Meeting: 11:30 AM





**New Members : Approved by the BEC and inducted on 11-17-22**



*L/R: Gordon Boulton, Rich de Lambert, Les Brodie, Sponsor Neil Wheeler, Bruce Rocco, John Gnam, Nick Stameroff, Dan Sullivan*

*We are sad to inform you that our former member Al Odabashian passed away on August 16, 2022. We send our condolences to his family*



*We are sad to inform you that our former member*  
**Tom Lubas**  
*passed away on November 15, 2022. We send our condolences to his family.*



**Doing My Part** *(photo by Rich Osborne)*

L/R: John Gnam, Harold Minkin, Gordon Boulton, Wayne Brigden, and Neil Wheeler received their I'm Doing My Part pins from Gordon at the December 15th luncheon for sponsoring new members during the September-December time frame. Twenty-one members have earned pins this year but six have yet to receive their pins since they have not been to luncheon(s) since earning them. They are Jack Rosetti, Dean Lundgren, Tony Negri, David Harris, Ken Fox, and Marv Schouweiler. Pins have been awarded approximately every four months, but we will award pins to the above members at any 2023 luncheon where they are present.





### **Distinguished Service Award winner Jim Fenstermaker**

(photo by Neil Wheeler)

L/R: Tom Sparrowe, Gordon Boulton, Jim Fenstermaker, Ted Scapeccia, Elias Zagarra, Glenn Seime, Bill Grafeld. On December 7th the above group of Sir Branch 17 surprised Jim Fenstermaker at his home to present him with the Distinguished Service Award pin. Several of us have been working with Jim on the several rosters he maintains so that he can retire from that responsibility. Neil, Tom and Gordon used that as a pretext to set up a meeting with Jim at his house. At the BEC meeting "regular attendees" were invited to join in on the surprise. Jim was truly surprised and grateful for the honor! Attendees at the December luncheon were able to congratulate Jim also via Zoom. Dennis Mangan's *Member Profile* article about Jim in the December *BARK* documented the many roles Jim has filled in service to Branch 17 over the past decade that earned him this prestigious honor. (article by Gordon Boulton)



**Installation of new 2023 Officers and Directors:**  
L/R: Neil Wheeler, Barry Bialkoski, John Gnam, Chris Nelle, Gary Bondi, Gordon Boulton, Al Petrie, Terry Freeman, Steven Saulsbury, Bill Grafeld



**Holiday music entertainment by Kurt Wehrmeister**





# ROOSTER TALES

*Next meeting Thursday March 3<sup>rd</sup>  
The Greenery Sports Bar and Grill*

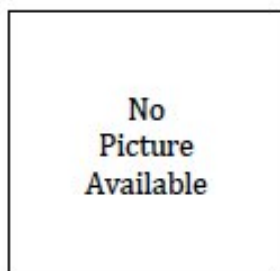
**Clayton Valley Branch 19**

*2022 New Members - Thru November 21<sup>st</sup>*

**Congratulations!**



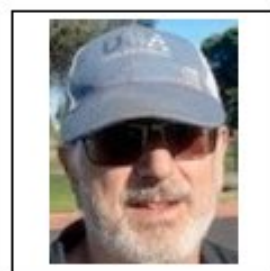
**Dean Buerke**



**Larry Amado**



**Martin Shellhammer**



**Don Burkard**



**Rick Amador**



**Mike Biel**



**Raul Cienfuegos**



**Robert Drown**



**Miles Nikaido**



**Don Ruddell**



**Ronald Costanzo**



**Claes Elfving**



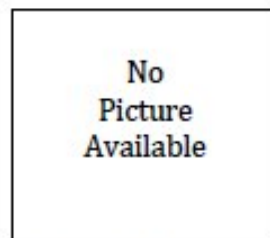
**Chuck Walls**



**James Townsend**



**James Cala**



**Dan Tagliareni**



On Saturday, November 12th, SIRs Bill Ogden, Dave Requa, Martin Fennell and their spouses Verna, Suzi and Lori, Don Ruddell and I toured the Black Diamond Mines Regional Preserve. Our tour was led by two very knowledgeable and friendly docents, who shared with us their insights into the history, operation, and purpose of both the Black Diamond Coal Mine and the Hazel Atlas Sand Mine. We toured the interior of both mines (hard hats required) and learned

about the lives of the miners and the work they performed every day to provide the Bay Area with coal for heating and sand for glass making. If you've ever seen an Atlas canning jar, or a Heinz ketchup bottle, you've seen the product of the miner's work. It was a beautiful fall day, and on the short hike between the two mines, we learned about the flora and geography of the area and went home with a new appreciation for a very interesting area right in our own backyard! And, with that, we say Adieu! to 2022.

**Roger Moseley**



**Sir Rich Balovich** was awarded the "I'm Doing My Part" Award during the November luncheon. The award was presented for his 4+ years as the Newsletter Editor and managing communications with the Branch 19 SIR Membership.



Hello fellow SIR's:  
"Nine SIR members and spouses (*see pics*) enjoyed our kick-off hike on Lime Ridge on November 14th! Terrific weather, beautiful views, spirited conversation, kind company and exercise made for a wonderful time! The fall colors were amazing and we

followed up with a lunch at Jimmy John's after the hike.

Next hike will be on Monday morning, November 28th. More details to follow but **save the date** and walk off some of that turkey!"

**Sir Don Ruddell** [druddellds@gmail.com](mailto:druddellds@gmail.com) (925) 787-7585







## La Presenter Informe

*Promotion of Independence, Dignity and Social Activities For Men*  
*Published by The Ignazio Pacheco Branch 22 of SIR, Inc. \**

### BRANCH 22 SIR OF THE YEAR 2022

I have enjoyed extensive travel, business success, wonderful friends and general happiness during my time in my home – I am truly blessed. I've enjoyed weekly poker games, golf, travel and fun with my best friends who also happen to be fellow, SIRS: David Yam and Steve Miller (in order of when I met them). I met David in High School and roomed with him in college. I met Steve 50 during one of our weekly poker games almost 50 years ago – so he's a new friend and I was even best man at one of his weddings. Steve's also a former partner in our one real estate venture together as owners of the famed Snowflake Motel in Lake Tahoe. Although my father, a former member of SIRS in San Mateo passed away at an early age (by SIRS standards) and my mother a couple years ago at 102.



Michael Dean

**October 27, 2022 Branch 22 held a dinner with Ladies at D'Angelo Restaurant in Mill Valley. The event was a huge success as the staff had to add tables in our private room. Two starters were offered and three main plates. Wine was poured throughout and enjoyed by all. Much conversation was had and people were in a festive mood. Our thanks to Mike Dean and Steve Miller for arranging for this outstanding evening. This event shows why Mike is our Restaurant Reviewer. He is taking December off to enjoy being our SIR of the YEAR**



Ray Bufkin, a longtime Member of SIR Branch 22 recently passed away on October 12, 2022, just 107 days before his 99th birthday. Ray grew up in Fresno California and married his high school sweetheart Betti in 1941. Ray and a friend traveled to Las Vegas where the two married, and Ray always carried a high school picture of her in his wallet which he liked to show off.





**CHRISTMAS LUNCH  
DECEMBER 6th**







## DECEMBER 2022 HOLIDAY PARTY

Our Holiday lunch was held at the Elks on December 14th and we had 130 folks attending! The program included an Induction Ceremony for our new 2023 Officers and an Awards Ceremony for great contributors to SIR Branch 35 in 2022. We were entertained by the wonderful Mountain View High School Madrigal Singers. Everyone agreed it was a success and so nice to be back to an in-person celebration of the year!

**Induction Ceremony:** December marks the end of the term for the 2022 Branch Officers and the induction of the 2023 Officers. We heartily express our thanks to Andy and his team for managing through the COVID pandemic and making the bold decision in April to reinstate live, in-person luncheon meetings. To date, our COVID policies ensured our members were safe at our gatherings, with no reported incidents, but we will continue hybrid meetings to accommodate those wishing to attend by Zoom. We welcome the 2023 Branch Officers, in the center panel photo from left to right: Andy Danver, Richard Blackborow, Ben Gikis, Paul Schutz, Jim Narva, Larry Low, Dave Squellati, Peter Wong and Ron Nakamoto. Absent were Leonard Chan and Bruce Karney. Three Cheers and a hip, hip, hooray!



## NEW MEMBERS



Bob Cain (Pat)



Bob Feigelson (Vicki)



Tom Gazdayka



Jim Miller (Dee)



Pete Moulds (Karen)



Pat O'Connor (Birdie)

Alvin S. Begun (Marsha)

Richard Lowenthal (Ellen)

**Ben Kuckens** (Helen)

Howell (Chip) Williams

### MOVIES

JIM QUILLINAN, [JVQUILL@PACBELL.NET](mailto:JVQUILL@PACBELL.NET)

**The White Lotus** is a luxury hotel chain that caters to the very rich and those who want to be. Season One was set in Hawaii. This new season of six episodes is set in Taormina, Sicily. The story revolves around a very needy, buxom, and wealthy heiress, Tanya (Jennifer Coolidge). The hotel is run by Valentina, a very conflicted lesbian. Three generations of the di Grasso family from Los Angeles are spending a week trying to connect with their Italian roots. Two call girls are on the prowl. Two young couples are vacationing together with hidden agendas. A group of gay guys are on an adventure and get a lot more than they bargained for. The first five episodes of Season Two build tension and intrigue but barely kept my attention. All of this prologue pays off in a spectacular final episode that is far different than anything you could imagine. All Hail Jennifer Coolidge as the Queen of dark comedy. Rated TV MA for language, strong sexual content, and drug use. Available on HBO MAX.

### **Music: I'll Never Smile Again**

January is the month that wipes the music slate clean and opens our ears to the first new sounds of the year. "I'll Never Smile Again" is a song written by Ruth Lowe, recorded by Tommy Dorsey and his orchestra, with vocals by Frank Sinatra and The Pied Pipers. This version of the song was first on Billboard's "National List of Best-Selling Retail Records" and stayed there for the next twelve weeks. Here is the backstory to the creation of this song.

Flash back to the 1930s. The Great Depression lingers. Unemployment is high. Europe edges closer to another World War. In Toronto, Ruth Lowe had just lost her father and so she supported the family by selling and performing songs she had written. This was the start of the golden age of the Big Band era and Lowe climbed aboard. After hearing her sing one night, bandleader Ina Ray Hutton invited her to join her all-female orchestra. Lowe did and hit the road.

After a gig one evening in Chicago, the singer/songwriter had a blind date with song man Harold Cohen. The two fell in love and soon married. After only one year, tragedy struck Lowe for the second time when Cohen died unexpectedly.

"Losing the two men she loved in her life, in such a short time, created such heart break in her and was the background that inspired the song", says Lowe's son. She said to my aunt, "I'll never smile again without him," and the next day she sat down and wrote the words to this haunting song.

Dorsey was introduced to the song through one of his bandmembers who was dating Lowe's friend. He liked it, rearranged it, and brought it to Frank Sinatra and the Pied Pipers to record it. This song ended up launching Sinatra's career. With the war now raging in Europe in 1941, there was a lot of heartbreak going on, and more to come.

From: <https://www.socanmagazine.ca/features/how-the-song-happened-ruth-lowes-ill-never-smile-again/>

Original song recording: <https://www.youtube.com/watch?v=pusdvcy-DLw>

As Paul Harvey says, "And now, ... you know the rest of the story."

### **Computers and Technology Discussion**

Bob Lewis chairs the Branch #36 Computer Club during regular monthly meetings (no meeting on Ladies Day luncheons).

Bob also chairs a community computer "club" called the Felton Linux Users Group. Known as the Felton LUG for short, it is currently meeting semi-monthly using video conference software. See **Bob Lewis** to be added to either group. Virtual meetings are on the first and third Saturdays at 11:00 am. Members are currently diverse in their technical knowledge and there's always a problem or solution to discuss. It's not just computers, but other aspects of technology and how it is affecting our lives. Of course, there's also the plain social part of getting together and hearing how people are doing and what they are doing.

The video conference tool used is Jitsi. The meeting address is: <https://meet.jit.si/FeltonLUG>. It's best to use your Firefox or Chrome browser. No download needed.

### **State SIR RV Camping?**

Attention all SIR members with a Motor Home, Travel Trailer, Fifth Wheel, or Camper. We are trying to revive the State SIR Activity Group.

If you are interested in joining fellow SIR members on an RV trip to a location where we can meet to swap stories around the campfire, let me know.

We can have our first meeting on Zoom to find out about the choices of locations to meet and how often to meet.

For further information contact Bob Lucido, Branch 146 Activity Chair/State Activity Chair, and Keeper of the Secrets of the Mystical Sirs.

[Email Bob Lucido](#)

### **Random Thoughts**

My high school was so small we had sex education and driver's education in the same car.

Two old guys talking: #1 What would you abstain from, women or wine? #2 I'd need to know the year!

A household hint: Stop dusting. And you can use your coffee table as a message board.

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.

I might wake up early and go running. I also might wake up and win the lottery. The odds are about the same.

My idea of a Super Bowl is a toilet that cleans itself.

I skipped the gym today and put on a fitted sheet instead.

The closest I get to a spa day is when steam from the dishwasher smacks me in the face.

Every time a bird craps on my car, I eat a plate of wings on the front porch to show them what I'm capable of.

Why is the time of day, with the slowest traffic, called rush hour?

Why don't sheep shrink when it rains?

Why are there interstate highways in Hawaii?

How does the snowplow driver get to work in the mornings?





# PLACER GOLD

ATTACH  
FIRST CLASS  
U.S. POSTAGE  
STAMP HERE

## SIR Branch 37 Bulletin

Auburn

FOUNDED JULY 1958

Org. March 6, 1972



### AUBURN VETERANS DAY PARADE

Our entry in the 2022 Auburn Veterans Day Parade, was our sixth year. We had 20 people in our entry. All had a great time.

All participating Veterans receive a commemorative medal. The parade ended at the Fairgrounds where we all had free pizza, chips, drink & cookies for lunch which were provided for all participants and spectators.

We used Sir Mattson's truck and trailer again this year which he had made new Branch 37 Banners. Thanks Al, once again, you did a great job for Branch 37 and the parade.



### NEW MEMBER! WELCOME TO SIR'S BANCH 37



Dave McBrayer and his wife Karen live in Auburn. He retired as a Certified Engineer from Siemens in Feb. 2013. Dave served in the U.S. Navy. His interests include Model Railroading, Amateur Radio, and Wine Tasting.

Welcome Dave



## 2022 CHRISTMAS LUNCHEON





## December 21<sup>st</sup> Christmas Luncheon Raffle winners receiving their prizes



*Social Chairman Rob Ingebretson  
calling out the winning ticket numbers*



## Giving a voice to all

Advances in brain computer interfaces may soon make communication easier for those who have lost the ability to speak November 8, 2022, by Marni Ellery

UCSF and UC Berkeley researchers have demonstrated new ways that brain computer interfaces (BCIs) can make communication faster and easier for people who have lost the ability to speak due to severe paralysis.

[In a study published Nov. 8 in Nature Communications](#), a team of researchers

in the UCSF-UC Berkeley graduate program in bioengineering designed a BCI that allows a user to silently spell out sentences from a vocabulary of more than 1,000 words in real time with nearly 100% accuracy. This silent, spelling based approach represents an advancement in BCI research that could someday help users communicate more naturally and with less effort.

"These results show that it is possible to use speech BCIs to drive high accuracy, large vocabulary communication," said Sean Metzger, a co-lead author of the study and graduate student in the UCSF-UC Berkeley program. "It brings speech BCIs closer to clinical viability and means that they are closer to being ready for day-to-day use by patients."

This work builds off [a groundbreaking study from 2021](#) led by UCSF neurosurgeon Edward Chang that demonstrated BCIs can successfully translate brain activity directly into text in a person with paralysis. The co-lead authors of both studies are Metzger; Jessie Liu, graduate student in the UCSF-UC Berkeley program; and David Moses, a postdoctoral engineer in the Chang lab at UCSF. The 2021 study had demonstrated that a person with paralysis who was unable to speak, move or type could control a BCI to generate full sentences simply by trying to say the desired words. This initial proof of concept, however, was limited to a preliminary vocabulary of 50 words and required the participant to try to vocalize, which took effort.

In this new study, researchers wanted to see if it was possible for the same participant to silently spell out sentences from a much larger vocabulary. The clinical trial participant would silently attempt to say NATO code words for each letter of the Roman alphabet — such as Alpha for A, Bravo for B, Charlie for C and so on — to spell out his intended words and sentences while researchers recorded signals from his brain.

How speech BCIs work. [\(Video courtesy of UCSF\)](#)

The BCI then used custom machine learning algorithms to translate his brain activity directly into text, decoding the participant's intended sentences from a vocabulary of over 1,000 words in real-time and at a high rate of accuracy. "We were able to decode these sequences of code words — for example, Charlie-Alpha-Tango for cat — with 94% accuracy," said Metzger. "In addition, offline simulations showed this approach could still work with a vocabulary of over 9,000 words while maintaining an accuracy up to 92%."

According to Metzger, this study demonstrates a practical approach to achieving high-accuracy communication using speech BCIs while offering future users the promise of more fluid interaction. "Each advancement brings us one step closer to improving communication and providing greater autonomy to people who have lost the ability to speak," he said.

Other UC Berkeley co-authors of this study are Gopala Anumanchipalli, assistant professor, and Kaylo Littlejohn, a Ph.D. student, both in the Department of Electrical Engineering and Computer Sciences. They are also affiliated with the Department of Neurological Surgery at UCSF and the UCSF Weill Institute for Neurosciences.



## 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?"





# 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**

Meets on the second Thursday of the month.

*(A Joint Meeting with Branch 54)*

**Three Flames Restaurant**

**1547 Meridian Avenue**

**San Jose, CA 95125**

**Next Meeting**

**Thursday January 12, 2023**

**Social Hour 11 AM**

**Lunch 12 Noon**

**Zoom Link: [https://us02web.zoom.us/j/81733752578?](https://us02web.zoom.us/j/81733752578?pwd=WXZoSjJFTmxHUEY1a2FUR2ZsRko1Zz09)**

**pwd= WXZoSjJFTmxHUEY1a2FUR2ZsRko1Zz09**

Meeting ID: 817 3375 2578

Password: 673989

## Lunch Ordering Information

If you need a lunch for the January meeting, contact our Little Sir Assistant and tell him you will attend.

Barry Boole /284 W. Eaglewood Ave.

Sunnyvale, CA 94085-3662

408-505-5670 (Leave a message)

bboole@aol.com

**Happy New Year!**

**2023**



## 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.

November Winners:

Birthday Award: Heber Slusser

Attendance Award: Bud Collinson

## ***SIR 62 Fishing Program Salmon Fishing in Alaska 2023***

The Fishing Activity is currently planning a Salmon/Halibut/Rock Fish trip to Ketchikan, Alaska June 19-23, 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.

Heber Shusser

Fishing Chairman

# BRANCH 65 SALUTES OUR VETERANS



Keith Knox  
Gene Young  
Harvey Durrett  
Gene Suckow



Gerald Worth  
Peter Berendsen  
Robert Schwerin  
Sam Jones  
Larry Renner  
Stephen Stafford  
John Harrison  
Dean Lumbert  
Bill Kramer



Bob Boucher  
Mike Solario  
Victor Bergevin  
Tim Helzer  
Bob Mason  
Tom Shoar



John Gorr  
Jeff Smith



John Cipriano  
Richard Perkins  
Mike Blessing  
(reserve)





**William "Lippy" Lipschultz**

**As we celebrated**

**Br. 65's Charter Day, Libby received one of three members' 30+ year badges.**

**Bill joined the Branch on 1990.**



**SIR SEEN SCENES #743**



**This mystery ghou and a witches coven were seen at the top of the Archer**



**Skinner at the Napa Bowl, checking out the lanes and talking about old times!**





🎄 ....AND A GREAT TIME WAS HAD BY ALL! 🎄

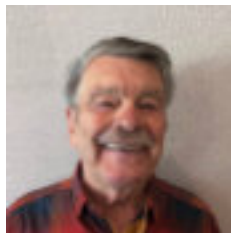






## Branch 68

William Robert Donnelly, dedicated husband, father, brother, grandfather, uncle and friend, who prided himself on being a hard working salesman, entrepreneur, family man, and outdoorsman, passed away September 28, 2022.



### How I Learned To Fish

This is the story of how I ended up with a beaver on the end of my fly line, but first, a little background. I learned to fish freshwater lakes and streams as a boy in Oregon. Fishing never became a passion but remained a latent interest as I arrived at adulthood. I knew enough to hold up my end of a fishing conversation but did not resume the hobby until after I was married. My wife's grandfather, William Scherer, was a lifelong and avid fisherman. He had an affinity for the more vigorous game fish of the west such as salmon and steelhead. He fished for steelhead in California on the Klamath River, and he fished for salmon on the



Jack Devlin



Campbell River near the northern end of Vancouver Island in British Columbia. In each case, he preferred fly casting to other forms of sport fishing. A successful businessman, Bill Scherer had the means to acquire the finest fishing tackle. One such was a handmade split bamboo fly rod made by a legendary rod maker in Marysville, California, EC Powell. The rod he purchased in the 1930's from Powell served as his number

one rig when fishing for steelhead on the Klamath which he did annually near the town of Orleans. About the time I became a family member, he was winding down his fishing hobby. Kathy and I dined with her grandparents from time to time, so it did not come as a surprise when we received an invitation to join them for dinner at their home in Piedmont. I had talked with Bill about his fishing hobby whenever we had a few minutes to chat. Before dinner, the four of us gathered in his office for a cocktail and hors d'oeuvres. Sitting in front of his desk, I watched as he opened the credenza behind the desk and drew forth an aluminum tube that I

soon learned held his prized Powell fly rod. He turned back to those of us facing his desk and presented the rod case to me. He also included the reel and line and his chest waders along with his well-used wading stick. All of this suddenly became my property. This astonishing gift reawakened my interest in fishing. I had never been a fly fisherman so knew little about it. I did understand that the outfit he gave me had been used for steelhead while I was used to fishing lakes and streams for trout. With many questions about what to do with my newly acquired gear, I sought an expert at a shop that no longer exists in San Rafael, North

Country Fly and Tackle. When I arrived at the shop, the owner quickly took note of the aluminum tube. He assembled the rod, attached the reel and line, tied a bit of yarn to the end of a leader and locked the front door. We then went to the lot behind his shop where he made a number of casts, then handed the rod to me. I followed suit, making a number of back casts and sent the yarn sailing forward with gusto. My fly-fishing education began then. The owner explained a bit that EC Powell was a legend in building split bamboo fishing rods whose work was known worldwide. Powell was, first of all, a lover of Sierra Lake and stream fishing. He began making his own rods when he found those from eastern rod makers are not suitable for western streams and rivers. He eventually settled in Marysville and continued to build spit bamboo rods for the rest of his life. He pointed out the patent number on the shank just above the cork grip. It was issued because he created a technique of building rods with semi hollow bamboo fashioning his own machines for tapering the material to shape his rods. The semi hollow bamboo gave his rods more flexibility than other bamboo rods. He eventually developed styles that he referred to as A, B, and C to represent the relative strength and stiffness of his rods as well as the level of skill required to master them. A, the stiffest, was built for steelhead and larger



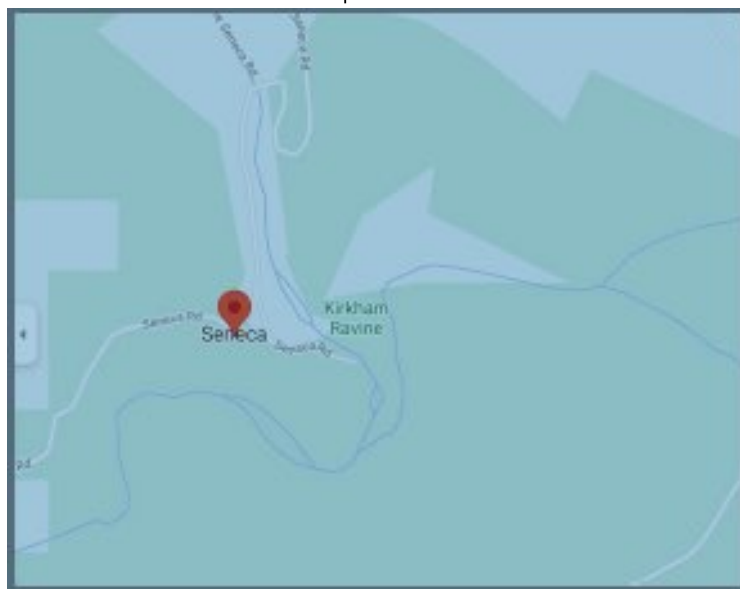
gamefish. That, of course, is what Grandpa Scherer used this rod to catch. The rod is 9', 3 piece, and 4.8oz total weight. Rods 4.6oz or more are considered steelhead rods. The shop owner quickly realized that my low skill level with a fly rod was a hazard to the fine rod we were exploring. He told me that one of the ferules was worn and needed to be replaced. I should definitely not fish the bamboo rod until that repair was made. He suggested I try a fiberglass rod made by E.C. Powell's son, Walton Powell, which he had on hand. We also agreed that a floating line would be a better match for the style of fishing I had in mind. Lastly, he suggested a book on fly fishing, *The Curtis Creek Manifesto*, by Sheridan Anderson. Thoroughly illustrated, that book became my fly-fishing bible. From it I learned fundamental casting technique and some wisdom on how to approach stalk wild fish. Armed with new gear and basic fly-casting technique, I was ready to explore the many fishing streams of Northern California. I first tried my hand at Putah Creek near Winters. At the time, in the mid 1970s, this was a recreational and picnic area frequented by people using all forms of angling. I recently learned that it is now a fly-fishing trophy stretch restricted to fly fishing only, barbless hooks, and catch and release. I learned about these types of restrictions on other streams such as Hat Creek east of Redding where I fished with friends on occasion. I gained a bit of confidence from practicing at Putah Creek and also

hanging out at the casting ponds in Golden Gate Park. The people who frequent the casting ponds were of two types: the anglers who were happy to tutor a novice and the competitive distance casters who could throw a line hundreds of feet into a hoop on the water, but who were serious about their sport. The old timers there were full of advice and generous in sharing it with a tyro. Fly fishing acquaintances offered options for fishing in Northern California Sierra rivers such as the Feather and the Yuba. I decided to make my first field trip to Seneca on the North Fork of the Feather River. This area is near the bottom of a canyon about six miles and 1,000 feet below Lake Almanor. At Seneca, along with a PG&E power station, I also discovered an adult watering hole on the north side of the river run, at the time, by a woman who seemed like someone not to cross. She made

suggestions on how to attract the rainbow trout population as well as a couple of upstream campsites. Camping was in the rough as there are no amenities of any kind. My transportation was a 1972 VW bus, one of the most versatile vehicles I ever owned. It required third gear to pull mountain passes, but it had a sleeping platform that folded out from above the rear engine compartment which was a snug and comfortable place to sleep. With the middle seat removed, it also provided more than enough space for other camping and fishing paraphernalia so I was quite comfortable, especially knowing I could replenish at the "Seneca Resort." I planned to spend two days at Seneca. My ultimate purpose for driving to Plumas County was to attend an upcoming "doin's" with the esteemed organization, E Clampus Vitus, of which I had become a member several years before near the town of Quincy. Our chapter, Las Plumas del Oro, was named for the legendary river where I was setting up camp. I walked several miles upriver to reconnoiter possible fishing

spots and found a few that looked promising. I also found that many relics from the gold rush lay rusting on the far side of the river from my position. Each new discovery added to the pull to return for another visit in the future. Regrettably, the iPhone had not yet been invented and the camera I brought eventually turned out to be flawed a fact that

would later create even more disappointment. Still, I had this section of the river more or less to myself, ideal weather, and fabulous surroundings. My first night was taken up with dinner prep, a couple of cold beers, some reading, and lights-out for a good night's rest. My plan was to grab a quick breakfast, brew some coffee, and begin working my way upriver with my fishing rod starting the next morning. The nighttime quiet was almost palpable only the sounds of the river could be heard and the darkness was almost complete deep down in the Feather River canyon. I moved upstream the following morning, trying my luck in different pools and riffles while taking in the surroundings. As lunch time approached, I reached a broad pool that looked inviting. It being near midday, I decided to hike back to my campsite, get some lunch, a cold beer and a little rest with the idea of re-





turning to the pool for late afternoon fishing. At about four o'clock I put my supplies back in the VW, grabbed my fishing gear and headed back to the pool to try my luck. Arriving at my target spot, I cast into the pool several times with no action, then saw to my astonishment, a fairly large brown fur face with a black nose swimming upstream from the direction I had just come. I eventually realized that what I was looking at was a beaver! Never having encountered a beaver in the wild before, I decided to jog back to camp to swap my fishing rod for the camera. It was only a quarter mile or so back to camp, so I made the roundtrip fairly quickly. When I returned to the pool, however, there was no beaver. Rats! Back to the VW for another swap of gear, and upstream to continue my original objective. This time I didn't jog so it took a bit longer to get back. Sure enough, when I returned to the pool all was quiet and no sign of the beaver. Time to get back to fishing as the daylight was starting to fade. After a couple of false casts, I dropped my fly about sixty feet upstream near a rock out cropping. My floating line began to drift back downstream with the current when I saw the beaver again. This time, the beaver glided out from under the very out cropping where my line lay on the water. Moreover, said beaver was quickly approaching my fly line. I had no time to retrieve the line so I decide my best move would be to mend the line as the beaver slid into it. What happened next was my worst moment with a fishing rod and my bestever fishing story. My attempt to mend the line by flipping it over the beaver did not work. Instead, it caused the beaver to panic. It raised a paw from the water and brought it back down on top of my fishing line. it then began swimming back toward the rock outcropping my fishing line in tow. I began stripping out line as if I had caught "the big one" which, in a manner of speaking, I had. The beaver took shelter again under the outcropping and the pull on my fishing line stopped. I waited. After what seemed like an hour but was more like a minute or two, my line emerged in a floating heap with the fly nestled on top. I let it drift a little farther, retrieved it, and decided to call an end to fishing for that day. I never saw the beaver again, but I did have an extra beer when I returned to camp. I headed downstream the next day where I found more difficult terrain, but no fish. Thus ended my first adventure in Seneca. The roll of film I used that weekend somehow disappeared by the time I started home from the ECV event mentioned earlier. My spouse still considers this story one of the biggest whoppers I ever told, but it is true. I returned several times as I enjoyed the surroundings and solitude, once bringing along a friend. The last time I went to

Seneca things had changed. Gold had spiked on commodity markets in 1979 to over \$1500 and ounce causing a resurgence of gold mining in the Sierras. Seneca, a once thriving gold community, was no exception. I found the same camp site, but upstream I found the road barricaded, and no trespassing signs abounded. There were also signs that miners had been sluice mining the banks of the river which pretty much demolished fishing prospects. While researching this story, I also learned of a project to repopulate the Sierras with beaver. Maybe the one I met was the last on the north fork of the Feather River. Historic note: A historic plaque place at Seneca reads: "Gold was found in 1851 and a wild mining town was born with a dance hall, feed store, livery, blacksmith, post office, grocery, rooming houses and a hotel with solar heated showers. The canyon's mines included the Sunnyside, Lucky Chance, white Lily, and Last Chance. A 10-stamp mill pounded out the ore. One mine had 500 Chinese miners; each earned 10 cents a day in rice, and they had an opium den. The Largest nugget found here was at 42 ounces, worth \$28,000 in 1942. The most famous spot was the gin mill run by Marie Sabin who moved here in 1934 with her husband Don. Marie was known as the guardian angel of Seneca."



Our Branch's Wine Event was held on October 18th at a new and up coming winery located just south of Petaluma. The Parum Leo Winery came highly recommend by Jeff Burkhardt the "Barfly" columnist, who was our July luncheon speaker. The newly renovated winery has hilltop panoramic views overlooking the vineyards and the 101 going thru the Petaluma Gap. The winery's host Lawrence Donald who is also the owner is locally born and raised and now resides in San Rafael, explained how Petaluma AVA matches up Napa wines and dazzled us with a tasting flite of 5 specially curated wines. Even the wine experts of our group learned something new as he explained the delicate wine growing process from hand picking his 25 year old vines, blending, French Oak barrel aging to our tasting...all done by family, no employees. We were then escorted to a comfy patio lounge for a leisurely picnic lunch from our favorite caterer, Debbie Ghiringhelli, and yet more wine sampling topped off with Halloween treats. Upon departure, smiling guests carried off their wine purchases and thanked SIRS Bill Bunderson, Lonne Baldwin, Charlie & Carol Salinas for organizing this enjoyable visit to support our local enterprise.

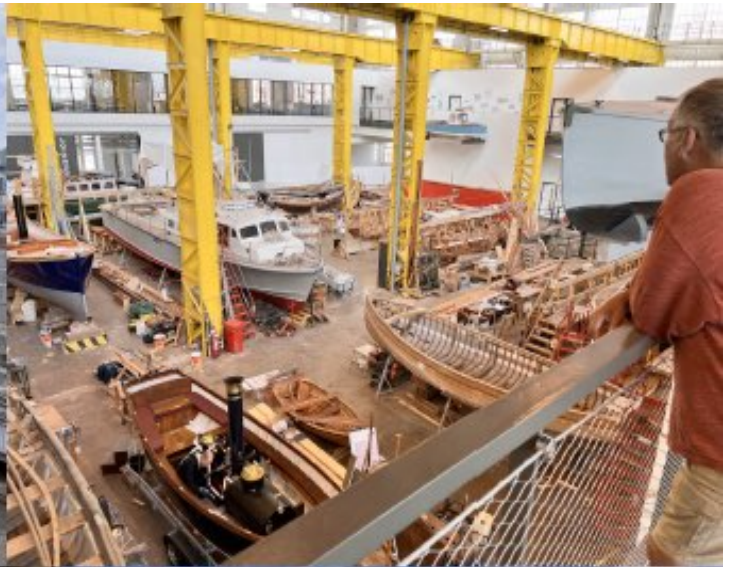
If you missed it, maybe next year or sooner if you book a tasting directly @ [www.parumleowine.com](http://www.parumleowine.com).

Cheers!  
Charlie





Trish and Roy spent a couple of hours having lunch with us at a traditional English pub. Marianne and Trish spent most of their time talking about their trips to Alaska (Trish was the one who recommend Salmon Berry Tours for our trip to Alaska in March, they had done it a couple of years prior). Being in England for almost a week you wouldn't have believed the weather we were in, almost everyday was in the high 70's with sun shining. Our stay in England was coming to an end and we would be off to the Netherlands. On the morning of September 2nd, I was driving on the left side of the road and that afternoon I would be on the right side. Fun time, the next installment will be a week in Holland with my European family.





HOOD MOUNTAIN CHAPTER 92



## News for You

OCTOBER, 2022

### WELCOME BR 53 MEMBERS TO BR 92

We are delighted to welcome to our family the following BR 53 members. We look forward to making new friends and having one or more apply their skills to keeping our branch growing.

Bob Adams, John Adams, Peter Barnes, Gary Bunas, Jim Bunker, Dan Derham, Donald Edwards, Edward Forman, James Gale, Mohinder Gulati, Jack Pernet, Kosta Pmanolis, Scott Pierce.

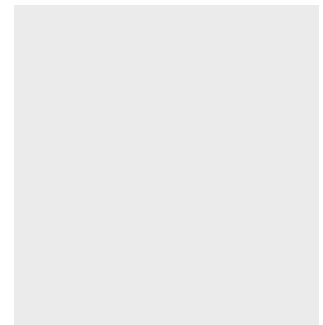
### WELCOME NEW SIR MEMBERS



Norman Ast



Vernon Bushway



Steven Groubert



Ingri Sparling



Colin Winter

### SIR 92 Social Time

This was a very pleasant affair with great conversation and excellent food. We covered history, best places to vacation in N. Calif., travels tales and so forth. Partaking of the conversation were John Barret, Bern Lefson, John Blevens, Art Fichtenberg and Ron Manning.





## INTERESTING FACTS

The Great Barrier Reef isn't just home to coral — it's made of it. Approximately three-quarters of the world's coral species can be found here. There are two main types, hard coral and soft coral. It is the hard or stony corals (scleractinians) that are responsible for creating the reef itself. Made up of tiny polyps, each stony coral measures around one-tenth of an inch, but they band together to form colonies that consist of millions of individual polyps. The coral secretes calcium carbonate, which grows over the limestone remains of previous colonies. This slow and steady growth — less than two inches per year if conditions are ideal — eventually formed the structure of the Great Barrier Reef.



Did you know?  
The Great Barrier Reef isn't a single reef. It's home to 600 species of coral  
The Reef is the most biodiverse UNESCO World Heritage site on earth  
The Reef is so large you can see it from Space

## SADDLE CLUB LUNCH



*This outing was a delight with much great conversation in a special setting.*





**A GREAT TIME  
WAS HAD AT THE  
SEPTEMBER  
LUNCHEON**  
Photos by  
**Ron Elkind**



### **Editors Note-**

**I received the  
October issue too late  
for the November  
Happenings, and  
have not received a  
recent issue of their  
"News for You"**



## *2022 Christmas Party*



FRUITRIDGE BRANCH 93



## Membership Welcome to our newest members:



Sam Griffis



Simon Martin



Arlo Miller



Robert Gordon



Michael Long

## A LIGHTER MOMENT

The lawyer says to the wealthy art collector tycoon: "I have some good news and, I have some bad news."

The tycoon replies: "I've had an awful day, let's hear the good news first."

The lawyer says: "Well your wife invested \$5,000 in two pictures this week that she figures are worth a minimum of \$2 to \$3 million."

The tycoon replies enthusiastically: "Well done. Very good news indeed! You've just made my day. Now what's the bad news?"

The lawyer answers: "The pictures are of you with your secretary."

### BOWLING | Ray DiBasilio (State Operations Advisor) 530-558-9727

The last tournament of this year was held in Modesto at McHenry Lanes on November 3rd/4th. Forty-one bowlers attended, Cindy and I bowled well enough to finish first in the double's competition. Next year's SIR bowling tournament calendar with 15 tournaments in a variety of cities has been approved!



The first tournament of 2023 will be at Napa Bowl on January 17-18, Dave Ellingson is the tournament Manager. This is a fun two-day tournament, just right to kick off the New Year. Spend a night (or two), enjoy some local dining and (in the case of Napa) some wine tasting. More information including the 2023 SIR calendar can be found at the SIR Bowling website <http://www.sirinc3.org/sirBowling/index.html>

As always, please contact me if you like to bowl or have any questions. Looking forward to seeing you on the lanes. mailto:[RDIBASILIO@GMAIL.COM](mailto:RDIBASILIO@GMAIL.COM)



[LITTLE SIR | Ken Mahar](#) and his wife Jessica traveled to Anarctica last January. Check out their YouTube video of the expedition. (Link is provided on the left)

Ps-Ken is my cousin. Jerry Sabo, Happenings Editor

<https://youtu.be/cPnRQEZRJd0>



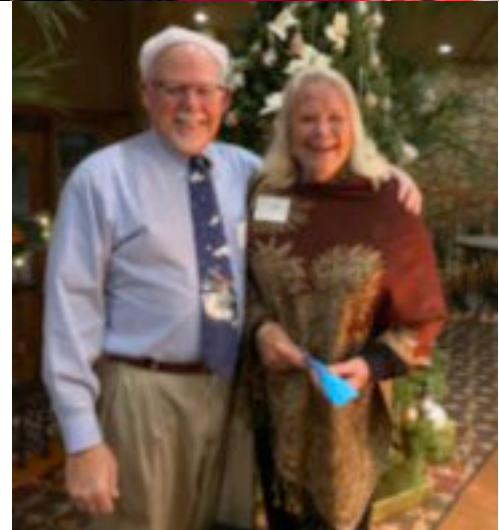


Branch 113 Past Big SIR/Honorary Life Member and incoming State SIR Secretary, Russ Salazar (right), presents an Honorary Life Member award to Ray DiBasilio. Ray has dual memberships in Branch 113 (Pollock Pines) and our Branch 95 where he is the State SIR Bowling Activity Chairman. Congratulations, Ray!

2023 BEC Members being sworn in by Past Big SIR, Jay Guertin (from left to right): Jay; Terry Starkel, Secretary; Oli Bohlman, Treasurer; Tim Irish, Assistant Treasurer; Bob Carlson, Assistant Secretary; Jay Muzio, Big SIR. Missing: Lew Chapman, Little SIR



### ***HOLIDAY DINNER RECAP*** | Ken Mahar





# THE ROOSTER TALE

## COOK'S KITCHEN

There are many activities offered by Branch 98. There is one that is a bit different, Cook's Kitchen. It is a made up of 6 members who enjoy getting together for lunch. We don't explore unique eateries in the area, we instead rotate monthly to each other's homes where the host cooks lunch. This can involve everything from your version of a gourmet hamburger to chili, to BBQ ribs to whatever you want to cook and feel that others will eat. It has been a lot of fun and entertaining. We are looking for 2 to 3 new members who want to join us for lunch starting after the first of the year. If interested, please contact Bill Warfield or Jim Friedrich.



## 2022 SIR State Individual Championship

### CONGRATULATIONS ARE IN ORDER!

The 2022 SIR State Individual Championship was recently held on Oct. 11th at Rancho Solano GC in Fairfield. Branch 98 was well represented with seven members competing in six different Flights. Two of our members came in first in their respective Flights and are now SIR State Champions! In addition to winning their Championship those two also had significant luck in the optional Prize Fund Buy-In.

## S.I.R.s 98 WINE GROUP By John Benbow

### TASTING WITH THE BUFFALO

On the afternoon of October 7th, the group toured and tasted at Lone Buffalo Vineyards. With a small group we were able to tour throughout the winery during harvest season. Pictured are some of us in the fermentation room standing behind one of the TBins each of which holds 1.5 tons of crushed grapes now called "must". Not yet wine, but on the way.

We tasted 10 wines, just ¾ oz. of each, with our host, owner & winemaker, Phil Maddox. Phil also provided history of Placer foothill wines, and an insider's view of the wine business during the Covid epidemic.

As for the wines – DELICIOUS! My favorite, the 2018 Tempranillo, was the best of that varietal that I've yet tasted. After the tasting the group bought bottles of Cabernet Sauvignon & Torrontes and moved to the patio to enjoy with appetizers.

A GREAT DAY  
IN THE FOOTHILLS!



An Update on the Petit Verdot: Marty Wade working during the press



## WALK WALK WALK Please Walk everyday !!

Share this important information with all your 40+years" friends & family members, as everyone is aging on a daily basis.



Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them. \*Walk\*

It is the largest circulatory network that connects the body. \*So, Walk daily\*

■ Only when the feet are healthy then the convention current of blood flows, smoothly, so

people who have strong leg muscles will definitely have a strong heart. \*Walk\*

Aging starts from the feet upwards. \*Walk\*

■ As a person gets older, the accuracy & speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.

\*Please Walk\*

■ In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures. \*WALK\*

■ Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis. \*Walk\*

■ Do you know that 15% of elderly patients generally, will die max. within a year of a thighbone fracture!! \*Walk daily without fail\*

■ Exercising the legs, is never too late, even after the age of 60 years.

\*W A L K\*

■ Although our feet/legs will gradually age with time, exercising our feet/ legs is a lifelong task.

\*Walk 10,000 steps\*

■ Only by regular strengthening the legs, one can prevent or reduce further aging.

\*Walk 365 days\*

■ Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

\*KEEP WALKING\*

### APPLICANTS FOR MEMBERSHIP IN DECEMBER 2022 By Tim Maurice, Membership Chair

We started with 263 active members and inducted 3 new member and lost no members. This brings our total to 266 active members.

Dave R Page DOB: 10/05 Lincoln, 408-816-3269 <a href="mailto:Page.dave1956@gmail.com">Page.dave1956@gmail.com</a> Partner: Brenda Sponsor: Rick Vorhees	Tom J Wize. DOB: 07/25 Loomis, 669-261-9331 <a href="mailto:Tom.Wize@yahoo.com">Tom.Wize@yahoo.com</a> Partner: Marty Sponsor: Tim Maurice
Frank Kilarr DOB 5-31 Roseville, CA 925-285-1094 <a href="mailto:sfkarr@sbcbglobal.net">sfkarr@sbcbglobal.net</a> Partner: N/A Badge Sponsor: Tim Maurice	

100 years ago everyone owned a horse  
and only the rich had cars.

Today everyone has cars and only the  
rich own horses.

The stables have turned.

### Friends Matter Make friends for life

Sit for 10 mins with an alcoholic - u will feel life is very stress free.  
Sit for 10 mins with sadhus & sanyasis - u will feel like gifting away everything to charity.  
Sit for 10 mins with a politician - u will feel all ur studies are useless.  
Sit for 10 mins with a LIC agent - u will feel that it is better to die.  
Sit for 10 mins with traders - u will feel ur earnings are too meagre.  
Sit for 10 mins with scientists - u will feel the enormity of ur ignorance.  
Sit for 10 mins with good teachers - u will feel like wanting to become a student again.  
for 10 mins with a farmer or a worker - u will feel u are not working hard enough.  
Sit for 10 mins with a soldier - u will feel ur services & sacrifices are insignificant.  
**Sit for 10 mins with a good friend - u will feel ur life is heaven!**  
This one is the best  
\*Sit for 10 mins with ur wife - u will feel u are the most useless person on earth. \*

### Friends Matter Join SIR Make friends for life

#### We all need to smile every once in a while.

\*Today I donated my watch, phone and \$500 to a poor guy. You don't know the happiness I felt as I saw him put his knife back in his pocket. 🤔  
\*I miss times when I was working at the zoo. My boss fired me just because I left the lion's gate open. I mean who would steal a lion? 🤔  
\*I was in a cab today and the cab driver said, "I love my job, I'm my own boss. Nobody tells me what to do. "Then I said, "turn left". 🤔\*EVER WONDER WHY .. 🤔.\*  
\* Why do supermarkets make the sick walk all the way to the back of the store to get to the Pharmacy for their prescriptions while healthy people can buy cigarettes at the front? 🤔  
\* Why do people order double cheeseburgers, large fries, and yet get a diet coke? 🤔  
\* Why do banks leave vault doors open and then chain the pens on the counter tops? 🤔  
\* Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage? 🤔  
\* Why does the sun lighten our hair, but darkens our skin? 🤔  
\* Why can't women put on mascara with their mouth closed? 🤔  
Why don't you ever see the headline \*'Psychic Wins Lottery'? 🤔  
Why is \*'abbreviated'\* such a long word? 🤔  
Why is it that doctors and attorneys call what they do \*'practice'? 🤔  
\* Why is lemon juice made with artificial flavoring, and dish washing liquid made with real lemons? \* 🤔  
\* Why is the man who invests all your money called a broker? \* 🤔  
Why is the time of day with the slowest traffic called the \*rush hour? \* 🤔  
\* Why didn't Noah swat those two damned mosquitoes? 🤔  
\* Why do they sterilize the needle for lethal injections? 🤔  
You know that indestructible black box that is used on airplanes? 🤔  
\*Why don't they make the whole plane out of that stuff? \* 🤔  
Why don't sheep shrink when it rains, whereas Sweaters of Wool, does?  
Why are they called apartments \*when they are all stuck together? 🤔  
If flying is so safe, \*why do they call the airport the terminal? 🤔\*  
Now that you've smiled at least once, it's your turn to spread this stupidity and send this to someone you want to bring a smile to (maybe even a chuckle) ... 🤔

A trucker came into a truck stop restaurant and placed his order. "I want three flat tires, a pair of headlights and a pair of running boards."  
The brand-new waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. ... What does he think this place is, an auto parts store?"  
"No," the cook said. "Three flat tires means three pancakes; a pair of headlights is two eggs sunny side up; and a pair of running boards is two slices of crisp bacon!"  
"Oh ... OK!" replied the waitress. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.  
The trucker asked, "What are the beans for?"  
She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"



**SIR Branch 98**  
**2023 Officers:**  
*Big SIR: Joe Alameida*  
*Little Sir: Gary Carrier*  
*Secretary: Charlie Wells*  
*Assistant: Bill Warfield*  
*Treasurer: Bill Kemper*  
*Assistant: Greg Davis*  
*Chaplain: Abe Rivera*  
*Past Big SIR: Steve Eastman*  
**Directors:**  
Mike Flanagan  
Tim Maurice  
Robin Doria  
Kent Miller  
Tim Bryan  
**Membership Chairman**  
Tim Maurice  
**The Rooster Tale Editor**  
Ramesh Thadani  
**Webmaster**  
Ramesh Thadani  
Database Manager  
Terry Baldwin  
**Activity Chairman**  
Mike Flanagan,

**2023 Slate of Officers**



**Joe Alameida**



**Gary Carrier**



**Charlie Wells**



**Bill Kemper**



**Greg Davis**



**Bill Warfield**

**Directors**



**Kent Miller**



**Mike Flanagan**



**Robin Doria**



**Tim Maurice**



**Tim Bryan**



**Jim Gragg**

# The Town Crower

Volume 40, Number 1

The Monthly Newsletter for SIR Branch 103

January 2023

## Modesto SIR Branch 103

### Pickleball

If you don't know about pickleball, go online to you tube and watch videos to learn about the newest sport. It is one of the fastest growing sports in the country today. It is in Modesto to stay. The City of Modesto, in conjunction with the Central Valley Pickleball Club, has converted four tennis courts into 10 pickleball courts at Graceada Park. It is a sport for all ages. Courts are open seven days a week from 8:00 a.m. to dusk.

## Search January Words

BLIZZARD	NEW YEAR		EARMUFFS	HOT COCOA
SNOWMAN	CHRISTMAS		CHOCOLATE	SLIPPERY
HOLIDAYS	SLEDDING		SWEATER	SNOWFLAKE
SNOWBALL	FREEZING		POLAR BEAR	MITTENS
CELEBRATION	TOBOGGAN		HIBERNATE	GLOVES



K Y D R C C S Z T K D X C C Z R W F K N W F X  
F R E A R M U F F S I F J O C N H N F E Z P N  
H Z L B U N K D R L M T B Y J P G B J K Y O O  
G U L L C D S O V N O O C R H K N E W A C L I  
N K L I N H B N I I L B A A Z R I A H L A A T  
I M A Z L Y O J O P Y O S E T C Z O P F M R A  
D Y B Z M S W C V W W G D Y L E E C O W S B R  
D L W A I F L D O L M G D W O P E O N O A E B  
E A O R T Q U I B L B A O E Y G R C W N M A E  
L E N D T J U A P E A N N N M E F T K S T R L  
S I S O E S M P A P B T V V S N T O P P S M E  
L D N D N X O H A W E X E Z D O Y H I T I X C  
A I A O S S E V O L G R J J Q B P S D G R R E  
T D S Y A D I L O H O F Y X X R U C I L H H C  
F N I H Q O O D Y S W E A T E R C N M R C E R  
E F W E C S J W K M L Z H I B E R N A T E F S





# SONS IN RETIREMENT

## TWIN RIVERS BRANCH #109

Marysville, California  
Incorporated June 18, 1984

FUN

FOOD

FELLOWSHIP

A woman took an afternoon nap on New Year's Eve. When she woke up, she told her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means" He replied, "Aha, you'll know tonight!" At midnight, her husband handed her a small gift-wrapped present. Excited, she opened it quickly, but was even more surprised: In it was a book titled The Meaning of Dreams.

A man who had too much to drink decides to walk home on New Year's Eve. A policeman stopped the man and asked where he was going. "I'm on my way to a lecture," the man replied. The cop scoffed, "Who gives lectures on New Year's Eve?" The man answered: "My wife."

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.

1970 COST OF LIVING	
New House:	\$23,450
Average Income:	\$9,400
New Car:	\$3,450
Minimum Wage:	\$2.10/hour
Movie Ticket:	\$1.55
Gasoline:	36 cents/gallon
Postage Stamp:	6 cents
Sugar:	39 cents/5 lbs
Milk:	62 cents/gallon
Coffee:	\$1.90/pound
Eggs:	59 cents/dozen
Bread:	25 cents

**DINING OUT** Sir Roland D'Arcy 743-8742 or [rolanddrc@yahoo.com](mailto:rolanddrc@yahoo.com)

Dining Out: Dining will begin on Thursday January 26th. We will be going to the recently opened Iguanas Mexican Grill at 611 Plumas Street. Iguanas has been operating since 1999 at various locations in Yuba City and are now where previously there was a Japanese restaurant. The dining space has been redone and the food is good. What more can you want? Start time is 6 pm and hope you can attend. If anyone has a recommendation for future dining out restaurants, please let me know. And let me know if you plan to go to Iguanas. Feliz Ano Nuevo!

Roland, [rolanddrc@yahoo.com](mailto:rolanddrc@yahoo.com) or 530-743-8742

**SLOWTROLLERS** - Sir Don Allen (530)743-2160 [dsallen74@comcast.net](mailto:dsallen74@comcast.net)

Last month we had a "Fun Day" at Lake Oroville. Those that braved the cold temperatures, reported catching some Bass.



This month we have a Tournament scheduled at Oroville After bay on January 19th. Bass fishing slowed down 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.

**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.



## NEW MEMBERS



Robert J. Oxenburgh



Robert F. (Bob) Ricioli



Clifford W. Sanburn



John Washalaski

NO PHOTO

Steve R. Ruderman



# ROOSTER

a monthly bulletin of

San Ramon Valley Branch 128

### Frank Sinatra vs Bobby Darin

Lesher Center - March 19, 3:00 pm

*The Bay Area's favorite crooner, Jonathan Poretz, returns to the Hoffman Theater at the Lesher Center for the Arts with his highly acclaimed and high-octane show, "Sinatra vs. Darin: Sex, Swagger & Swing!"*



*Fans of Sinatra and Darin are as faithful and diehard as they come. You're either with or against one or the other. Though the two never shared a stage, Poretz brings these two musical icons together, in concert, for the first time.*

*Tickets are \$44 each for this 2 hour show. Register on our SIR128 website. For more information see the [Lesher Center Website](#) or the [Activities](#) page on the [SIR128 website](#) or contact Danny Basso at [dannyb92348@gmail.com](mailto:dannyb92348@gmail.com).*

**To all SIR Chocolate lovers and guests** Come join us on an interesting and tasty docent led tour of the well known TCHO Chocolate Factory in Berkeley on Friday, February 17th at 11:00am. The original TCHO Factory once only found on the Embarcadero in San Francisco has now expanded to a new facility in Berkeley. On the tour you will learn how TCHO has collaborated with farmers worldwide from West Africa, Haiti, the Caribbean to Madagascar to find new ways to create better cacao for better chocolate. They have installed 10 Flavor Labs around the world allowing their farmer partners to make chocolate from their own beans in order to understand how to improve their quality. TCHO Chocolate is used by some of the best chefs around the nation, and is used by Blue Bottle Coffee in their mochas and Salt & Straw in their vegan mint chocolate chip ice cream. You will be given a factory tour to see how they go from "bean-to-bar" and afterwards you'll be tasting the various flavors they produce.



The tour is about 1 hour and is limited to 20 participants at a cost of \$15 per person. If interested in attending, please go to our SIR128 Website RSVP section to register



## HOLIDAY GALA RECAP

"The traditional branch **Holiday Gala** held at the Blackhawk Country Club on **Thursday, December 15th** proved to be a big hit with the **230+ participants in attendance**. The food and service at the event were first class! The prize raffle was entertaining thanks to Frank, Joe and Dan! The Gala moved into overdrive with DJ Sonny Garcia spinning our favorite songs all night! **All attendees are already looking forward to next year's gala.**"



**Please plan to join us on a docent led tour of the Elephant Seals at Ano Nuevo State Park on February 23rd (Thursday) 2023.**

**Ano Nuevo State Park is between Half Moon Bay and Santa Cruz and is home to a large colony of Northern Elephant Seals. Seal activities, birthing and population counts vary widely from December through March, but are at their peak in early February. The round trip walk is approximately 3 miles, lasting 2.5 hours, and is considered moderate with varied terrain including sand dunes.**

**Cost per person is \$11.00 with a parking fee of \$9.00. We are limited to 15 persons maximum. No restaurants are nearby, but there is a picnic area so brown bag lunch is encouraged. Please plan on arriving by noon for lunch with other Sirs and guests. Tour will start at 1 pm.**



**We have enjoyed this venue a couple of times in past years, and have always gathered at Sam's Chowder House in Half Moon Bay for an early no host dinner after the tour. If interested in attending, please register here. (Branch Login Required)**

**Contact Danny Basso at [dannyb92348@gmail.com](mailto:dannyb92348@gmail.com) if you need any additional information.**

## SIR BILL CORBETT ON CYCLING



**December: Generally a cold and wet month. We had 6 rides this month for a total of 141 miles with 62 attending. There were some unique mechanical problems this month. Broken frame, broken cassette and a broken chain. All riders survived injury, however.**

**THE YEAR 2022: 94 rides, 2376 miles, 50,656 feet of climbing an average of 10 riders per ride.**



## SIR RICH VIVRETTE ON THE OPERA

SIRS Met Opera Schedule for the 2022-2023 season is now available, featuring an amazing selection of operas with lots of top-rated arias. All shows are the Regal Hacienda in Dublin on Wednesdays, with shows at 1:00pm and 6:30pm. We'll be sending out individual announcements in advance of each of the performances.

Here's what's coming up in the next few months:

Fedora	Umberto Giordan	18-Jan-23
La Traviata – only)	Giuseppe Verdi	15-Feb-23 (playing in Walnut Creek
Lohengrin	Richard Wagner	22-Mar-23



If you would like to be kept informed, send an email to Rich Vivrette: [r.vivrette@am-alarm.com](mailto:r.vivrette@am-alarm.com).

## SIR JOHN NOLL ON COOKING

### Dine In

The Rivello's hosted our holiday gathering. Rather than our usual sit down dinner, we all brought 'heavy' appetizers and enjoyed an informal social evening. We're planning a February follow up. Start your own group and have some fun.



### Cooking.

We are back to our usual 3rd Thursday gathering at the Alcosta Senior Center in January. The menu will revolve around warm, comfort food. We are planning a SIR classic Tuscan Chicken Bean Soup, Skillet Cornbread, and a simple green salad topped off with a baked fresh fruit dessert. Of course, with ice cream. This is a great, simple, enjoyable meal that a few Sirs have made their go to family/guest preparation. Go to the Sir 128 website for details and sign up. Happy New Year.

### Cooking Tips

We will start out the new year with some good, simple helpful hints to easy, safe, fun cooking: **KEEP YOUR KNIVES SHARP.** If you want to be safe and make prep work easy, keep all your knives sharp. Use the honing tool often. Use the sharpening tool regularly. Have your knives sharpened professionally occasionally. Use "the claw" method with your holding hand with a sharp knife in the other and you will be safe.

**DON'T CROWD THE PAN.** Give your veggies, meat, seafood room to cook. Full pans only steam the foods. Ditto for roasting in the oven.

**LET ITEMS SIT FOR BROWNING.** Don't stir often. Allow the items to form a browning crust before stirring. Then, after seasoning remove from the pan and **DEGLAZE** the pan. Use wine, stock, vinegar, or water. Add a pad of butter and you have a professional grade sauce.

**LET COOKED MEAT SIT BEFORE SERVING.** Allow at least 10 minutes to allow the juices to reside and calm down and for the baked dish to set. Everything will turn out better.

**KEEP YOR CUTTING SURFACES CLEAN.** Especially after cutting meat or seafood. Wash, rinse and reuse. Eliminates cross-contamination.

**MARINATE THE MEAT EARLY.** Seafood about 30 minutes. Chicken 1-2 hours. Meat longer. Or, if no marinade, salt in advance - hours for red meat. This adds flavor and tenderizes.

**ADD SALT TO YOUR PASTA WATER.** Lots. Should approach the salinity of sea water. Don't throw it all away. Keep a cup aside to flavor the sauce, revive the pasta after draining, or add to what you are serving. Do not rinse the pasta after cooking and do not add oil to the pasta water while cooking. Also, if the pasta will sit a while after draining, add a bit of olive oil and stir to prevent sticking.



**ALWAYS RINSE RICE BEFORE COOKING.** There is a starchy film on rice that is easily removed by rinsing with water. Rice will cook better, absorb liquid better and will not clump after cooking. Use broth instead of water for a fuller taste.

And, lastly **COOKING REQUIRES PATIENCE AND PRACTICE.** Take your time and enjoy yourself. Your cooking skills need time and practice. **Happy New Year.**

## SIR BOB TURNER ON HIKING



December 2 was the final SIR 128 hike of **2022**. Rain the previous day turned the trails into Oobleck. With apologies to Dr. Seuss, it's that mixture of moist clay that turns all trails into a slip and slide. It is truly a sticky brown sticky substance that added to our stature and weight within moments of walking on it. Undeterred, we quickly changed the route to pavement adjoining the Sycamore Open Space.

**Mark and I will be creating a list of hikes for next year** and publish them in January 2023.

The below hikers are Bob T, Bob S, Mark, Randy, Sam and Gary.



## SIR JOE SANTONE ON CRIBBAGE



Looking for a new indoor activity to try in the New Year? Come and join us for cribbage and other card games at the San Ramon Senior Center. We play on the 2nd and 4th Monday of every month from 1:00 to 4:00 PM.

This is a COED activity so wives and partners are all welcome to play. For those not familiar with the game, don't worry we will teach you and here is a basic tutorial to get you started: <https://www.instructables.com/How-to-Play-Cribbage/> The San Ramon Senior Center is our permanent location for card playing. The center sets up a nice well lit, temperature controlled room for our play that food and drinks can be brought into. The Senior Center does charge a nominal fee of \$4 for residents and \$5 for non-residents for the use of their facilities which can be paid at the welcome desk when you arrive to play.

Our next scheduled day of play is Monday, January 9th from 1:00 to 4:00 PM.

If you're interested in playing or have questions, please contact me at [joe.santone@comcast.net](mailto:joe.santone@comcast.net).

# SIR

## Newsletter



Three Shastas  
Branch 129  
Redding, CA

### NASCAR/INDY CAR Report by Barrie Lee

I didn't plan on writing a column about racing until February of 2023. However, after reading Big Sir's kind and heartfelt message to our fellow members about wishing everyone a pleasant Christmas season I thought I would join Lee and wish you all the same. I'm also going to mention a couple of major changes coming in the new year. NASCAR will be racing through the streets of Chicago this coming year even though Mayor Lightfoot doesn't deserve any credit for the event. Hopefully the teams will be driving fast enough to avoid being hit by gun fire. The talented and obnoxious Kyle Busch has been let go by Joe Gibbs Racing. Kyle thinks he's the best to ever drive a stock car and there is no doubt that he can drive a race car. But being a good driver does not meet the requirements of making a great person in this sport. Kyle forgets that the most important thing NASCAR has to offer is fan loyalty. Drivers like Chase Elliot, Ryan Blaney, Joey Logano, and others have been seen hours after a race ends signing autographs for their fans. Their personal charisma makes NASCAR what it has become on its 75th anniversary.



Kyle has moved on to RCR Racing (Richard Childress) and good luck with that. RCR lost our nearby driver, Tyler Reddick from Corning, Ca. who moved over to 23/XI to join Bubba Wallace and drive the #45 car that Kurt Busch drove last year. Michael Jordan and Denny Hamlin are the principal owners of that team, and they are performing well. Trackhouse racing is also performing well above their pay grade with Daniel Suarez and Ross Chastain as drivers. Both of these start up organizations have outperformed their expectations and are making major inroads into the sport. A third team owned by the Leaf Filter Co. owner (Kaulig Racing) is also performing at well above expectations. Matt switches between four different drivers and has moved AJ Almendinger to cup racing full time for 2023 and will join Haley for a two car effort in that series.

Nothing major happened in Indy Car Racing other than Jimmy Johnson retired from Chip Ganassi Racing and has bought into the Petty/GMS organization and will return to driving stock cars on a limited schedule. January is meant to be used to watch Pro Football. But the Clash returns to the LA coliseum in early February for its second time and the Daytona 500 will be held around the third week in February. So stay tuned!

**HAPPY NEW YEAR!**

### A Little Humor submitted by Len Napoli

A man suffered a serious heart attack while shopping in a store. The store clerks called 911 when they saw him collapse to the floor. The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery...

He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." The patient replied, "Perfect. Send the bill to my brother-in-law."



## Bocce by Dennis Compomizzo

What a great turn out, for our inaugural Bocce game at South City Park. We ended up with approximately 20 SIR's and their wives, enough to have four teams. After prepping the courts for play and reviewing the basic rules, the team's started rolling the balls. The next couple of hours were filled with lots of laughter and some gnashing of teeth, for the losing teams. A few that attended sat on the sidelines and cheered on the players. For those that have any reservations about Bocce, it is not a physical game. It can be played by almost any individual, even with knee and back issues. The game was so much fun and the attendees would like to see it played twice a month, weather permitting. Our next event will be Friday, November 11th at 2:00PM. Thank you, to all those that showed up, we had a ball, (pun intended)! If you have any questions, call, text, or email. 530-356-9966 [dennysz71@yahoo.com](mailto:dennysz71@yahoo.com).



***On this end, Tom Merrow, Darrel Elliot,  
Mike Stewart, George Rhoderick***



***On this end, our oldest SIR, Don Schimpff (96) gets us started!  
(Joined by Rich Reese, Randy Moore, Hal Leininger)***

***The rest of the group!***





## BULLETIN

Website: [sonorasirs.org](http://sonorasirs.org)  
SONORA BRANCH #136

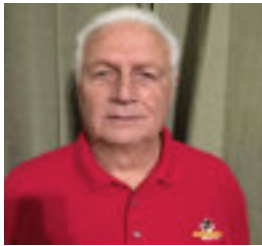
# In Loving Memory



**Paul Reinhart**  
October 14, 2022.



**Roy Beebe, retired commander**  
of the California Highway  
Patrol office in Jamestown,



### RV CLUB NEWS

**Eddie Toews (209) 532-3970**

[lcoinlady@aol.com](mailto:lcoinlady@aol.com)

RV Club said goodbye to the year 2022 with our annual Christmas dinner held at the

Peppery Bar and Grill. I want to thank Hosts Cheri & Marty Martin and Co-hosts Nancy & Scott Lewis for all the work they did in planning, setting up and decorating for the function. I also want to thank Nancy Lewis for all the cupcakes she made for our dessert. We had a great turnout with 36 RV members and 7 guests attending. A lot of visiting and talking about the past was done by all. We also held our annual Earl Randall can and non-perishable food drive along with cash for Interfaith. We collected several cases of canned and non-perishable food items along with \$1056.00 in checks for Interfaith of which the ELKS Lodge of Sonora will match. We also discussed changing some of the rules of the RV Group to allow people that do not own an RV to join us on our outings. Most of the parks have cabins that you can rent, or you can rent RV's and be able to join us and participate in the outings. We will be working to get this done in the near future. We have several outings to be worked on for the 2023 year with our first gathering being our annual kickoff breakfast in February. (Date to be determined). Until then, everyone be safe on the road and hope to see all at the February breakfast. Happy New Year to all. Drive safe.



### CAR CLUB NEWS

**Rick Bronner - (408) 318-4826**  
[bronnerrick@gmail.com](mailto:bronnerrick@gmail.com)

There's really not much to report on the car front. Most of us have our cool cars garaged for the winter. One thing we all need to be aware of with the colder temperatures is our tire pressures. Cold temperatures can cause quite a drop in pressure. Tire pressure can decrease about 1 PSI (pounds per square inch) for every 10 degrees the temperature drops. When I recently checked the pressures on our daily driver, I found the pressures had dropped by 5 psi. Low tire pressures can cause damage to your tires as well as diminished handling. So, let's all be safe and keep our pressures up.





# 2022 Christmas Luncheon



**2023 Sonora SIRs Officers and Directors**



**Rooster Booster Stan Enos**



**SIR of The Year Jerry Bellefeuille**



**Outstand Service Award: Jerry Bellefeuille & Jim Botto**







# The Mountain Messenger

Branch 152 Arnold, CA

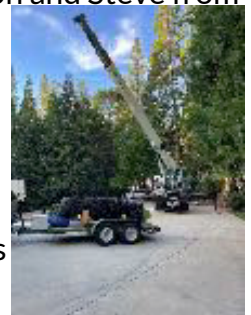
## TRAVELS WITH DAVE - Dave Baugher



**M**y opening line from last month's article was: *Hey bear! HEY BEAR! The words echoed in the cool evening air just as I cast my line into Russell Creek for silver salmon. Bear encounters of any nature are exciting, but have you ever seen a bear fly through the sky? He might be thinking - if bears could talk: "That's right, fools! Now I'm flying. You might have seen a housefly, maybe even a superfly, but I bet you ain't never seen a bear fly! Ha, ha!"* (A modified quotation from the character Donkey in the movie Shrek).

On Tuesday, a crane arrived at our house to help move a wooden bear to a new, permanent location in the yard of our home. Yep, that bear did fly with the help of Jim Walton and Steve from KCC Crane Co. The flight of this particular bruin was a long journey over years and distance. Let me tell you about a Miles Tucker Bear.

Miles Tucker was a local artist who worked in various art mediums in our area but specialized in custom wood sculptures. Previous clients included Walt Disney, Lloyd Bridges, Steven Spielberg Productions, Disneyland, Michael Landon, John Wayne, and Catholic and Christian churches throughout the United States. The two bears flanking the Bear Valley entrance are samples of his artistic skill. In 2013, Miles moved to Nevada and currently exclusively works in bronze. Reportedly, the Smithsonian American Art Museum has documented his work.



**Paul Mallet** (Big Sir 1993) had a large, black oak tree in his front yard, which was damaged that same year, (Paul was noted for his awful jokes during our SIR lunches, and he was my sponsor when I joined our chapter in 2003.) Paul contracted with Miles to create a bear from the remaining living tree, and that bear was completed in 1995.

When we moved into our home in 2002, Paul, his wife Patricia, and that Miles Tucker bear were our neighbors directly across the street from my home here in Arnold. I always admired that bear and kept the thought in the back of my mind, "If Paul ever moves away, I want to buy that bear."

Paul quickly sold the house, and I missed the opportunity. When I revealed my desire for the bear, post-sale, Paul regretted that I had not come forward earlier. As the years passed, that house went through a couple of families. The last rejected my offer, stating they intended to take care of the bear. However, the bear fell in disrepair over the years, rotting from the inside, cracking, and it began to lean precariously. One day, my neighbors came over and asked me to take the bear if I could save and restore it to its former glory.

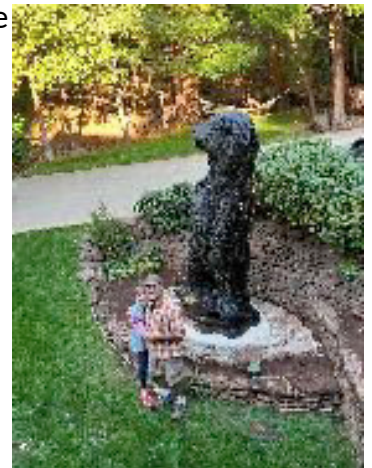
Yep, I can do that! Within two weeks, we had a crane pull the 3,000-pound carved bear from the ground and place it on a trailer. On Tuesday, October 11, the crane lifted the bear from its trailer,



"flying" it to a rock concrete pedestal. It now watched over the same street from which the tree initially grew. That bear spent the next 3 years in my garage, "hibernating," during a complete restoration. "Tucker," the name that seems appropriate, seems happy and will hopefully have a long, happy life here on Loganberry Lane.

*As stated in my last article, October was my month for not going anywhere. I lied, but just a lie of forgetfulness. Forgotten was a little trip to the town of Meridian, Idaho, to visit longtime friends, Dave and Susan.*

*However, if memory serves me correctly, it is a month of staying home. More tales for next month, Dave.*





## TRAVELS WITH DAVE - Dave Baugher

**"I've heard it said that all the greatest adventures begin with a mistake."**

Tyler Williams in "There's this River"

*November turned out to be my month for not going anywhere and simply staying home with Luann and Tucker. Thanksgiving, family, and friends have been the theme for my month. But, putting around the house for a month gives a guy a little too much time to think. So, 2023 is coming; what's next?*

In 2015, I had an evening conversation with Frank Hengel over a glass of Chivas in his living room. "Dave, what will you do with yourself once you complete the Pacific Crest Trail?" I was at a loss; I had not thought about that when planning to finish the PCT by my 61st birthday. Frank looked at me and said, "Why don't you keep going?" With those words, I began contemplating the future and how my adventurous goals should not end with the completion of the trail.

Well, looking at the calendar, it is November 2022. I've completed all the 2,650 miles of the Pacific Crest Trail, and Frank's question still echoes in my mind. So, at the request/questions from another good friend Ed, I have decided to keep going. Not on the PCT, but another long trail in the United States; The Arizona Trail, or AZT for short.

The Arizona National Scenic Trail (Arizona Trail) stretches over 800 miles across the entire length of the state, from the U.S.-Mexico border to Utah. The trail showcases Arizona's diverse vegetation, wildlife, scenery, and history in a way that provides a unique and unparalleled Arizona experience.

Points of interest along the Arizona Trail:

Oracle Arizona State Park  
Coronado National Forest  
Tonto National Forest  
Saguaro National Park  
Walnut Canyon National Monument

Coconino National Forest  
Kaibab National Forest  
Coronado National Monument  
Grand Canyon National Park

The Arizona Trail was designated a National Scenic Trail by Congress in 2009 and is administered by the U.S. Forest Service. Other partners in the management and protection of the trail include the Bureau of Land Management, the National Park Service, Arizona State Parks, the Arizona Trail Association, and several counties and municipalities.

Ed and I are starting the AZT on March 25th and will be hiking the first 200 miles from Mexico to Oracle, Arizona. Thinking about Frank, I've kept going and probably will forever, following these adventures, future trails and hoping to meet more decent folks. "What will I do with myself when I complete the Pacific Crest Trail?" I will keep going, and my adventure list keeps growing whenever I have a Chivas and think of Frank.

*The most extraordinary adventures begin with a mistake, it has been said. Thinking back, there have been plenty of errors, and I have publicly shared many of them with friends and family. Next month I'll share a tale of one of those mistakes from my adventure across Oregon in 2020. Dave*

## ON THE ROAD - Malcolm Gaissert

Continuing in Turkey

On to Cappadocia in stages. First stop by bus to Aksaray, bus large enough to allow me to push my bike into the luggage compartment and bungy it to a stanchion. Spent the time talking to a Civil Engineer who was working on his masters. He had built lot of the roads and dams in the area but was still traveling by bus! At Aksaray I had a thirty-minute wait and since my orange colored mtn bike and I were the center of attraction of several teenage boys wanting to polish their English, we talked while one of them was eating sunflower seeds and spitting out the shells.

The small bus (Dolmuş) trip was 43 kilometers to Güzelyurt. I was let off in the center of the small town. This is the place where statues of famous people abound, but all I could see was a



set of steps going down, surrounded by a metal fence. The steps apparently led down to a town cut out of the tufa. (Tufa is a soft material that when mined and exposed to air hardens. I have found Tufa from France to Turkey and have hiked past castles and houses in France that were carved out of the side of a hill.



A small part of the building that was fronting the construction looked to be stuck against the hillside. Tufa towns in Turkey can be up to 18

floors below the ground level. These towns/villages were used by the Christians to hide from oppression and are not bad in hot weather.

The hotel for the night was a former monastery converted by the University in 1985. The highlight of the next morning before biking was seeing a house complete with a lawn roof and a feeding goat that had found a foot hold to the roof.

A gorge at Ihlara contains numerous caves dug out of hillside and decorated with religious art by the Christians.



As I left, a group of 15–16-year-old girls were speaking a language that I did not recognize. As they were wearing halter tops and shorts, I assumed they were not speaking a dialect of Turkish.

Back in Gützelıyurt I had decided to cut short my 6-week trip in Turkey to 4-weeks and called a tourist agent friend in Istanbul and my hotel to change dates. I would spend the last two weeks in Germany polishing my German.

Back to buses and on to Samsun where I had spent 19 months in the Air Force on the Black Sea listening to Things across the sea, before being transferred to Hof, Germany for 2 and ½ years doing the same. Man! had Samsun changed. (The change from 1965 to 2000 was nothing compared to the change from 2000 to 2022. Using the Internet, I discovered that the city has been enriched and enlarged considerably from my last visit.)



Notice the two groups of trees in the picture above. They were planted by man and protected from goats that would kill any tree by climbing up its trunk and eating its leaves, if it grew that

high. Our two sites overlooking the city were completely gone replaced by a huge Turkish army base. As the area around the site had historic and prehistoric areas, I was not surprised to find a museum with artifacts dug up before the army began building. The items in the museum were outstanding. Everything that could be buried with the owner were expensive. Gold and gemstones, etc.

I was unable to locate my Turkish photographer friend, Hasan. His former store had been in a small now completely abandoned shopping center.

So, more buses to Istanbul and my flight to Germany. First stage to the center of Turkey to the capitol, Ankara, as no direct bus to Istanbul. Took a day and walked around the present city and old city's ruins.



The hotel I stayed in was nice and creaked a lot during the earthquake that awakened me the next morning. This one was minor compared to those that hit the area before my arrival. There were many Americans from relieve organizations returning to the US whom I met at the airport. They were noticeable as the women were carrying their pillows. They had been told, "Bring your own pillow," as this would be the only thing not supplied for their stay.

Back in Istanbul I was again bothered by vendors who wanted me to buy a rug. There was even one who spoke perfect English hanging out at the Blue Mosque offering his services free for a tour of the Mosque followed by an advertisement for his boss's rug market.

But when time came for my trip to the airport at 4:00 AM, the taxi I had commissioned the day before was a no-show. Two men walked out of the Four Seasons Hotel across the street also had a no-show taxi. Meanwhile the night clerk in my hotel awakened when I walked down and was on the phone calling for a taxi for me. He finally succeeded and I was off to the airport.

I loved flying with Lufthansa in those days. With a bike you just removed the pedals and turned the handlebars, and it was good to go.



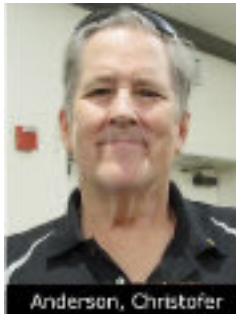


# The Chanticleer

## New Members



Plachta, Walt



Andersen, Christofer



Summerville, Tom



So This is SIR

### A SHOT OF WHISKEY

*In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink.*

*This became known as a "shot" of whiskey.*

### BUYING THE FARM

*This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000.*

*This was about the price of an average farm so if you died you "bought the farm" for your survivors.*

### IRON CLAD CONTRACT

*This came about from the ironclad ships of the Civil War.*

*It meant something so strong it could not be broken.*

### RIFF RAFF

*The Mississippi River was the main way of travelling from north to south. Riverboats carried passengers and freight, but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap.*

*The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.*

### COBWEB

*The Old English word for "spider" was "cob".*

## New California Traffic laws effective January 1, 2023

The laws include:

SB 1472 expands the criteria for "gross negligence" to include drivers involved in sideshow activity, exhibition of speed or speeding over 100 mph resulting in a fatality.

AB 2000 includes parking lots and off-street parking facilities as locations where it is a crime to engage in speed contests, exhibitions of speed or sideshow activities.

AB 2147 prohibits police officers from stopping pedestrians for certain pedestrian-specific violations such as crossing the road outside of a crosswalk, unless there is an immediate danger of a crash.

AB 1946 requires the CHP to work with other traffic safety stakeholders to develop statewide safety and training programs for electric bicycles.

AB 1909 provides increased protections for bicyclists by requiring vehicles passing or overtaking them in the same direction to move over to an adjacent traffic lane if one is available, or slow down and only pass the bicyclist when it is safe to do so.

SB 1087 intends to help reduce catalytic converter theft by requiring recyclers to keep documentation such as the year, make, model and copy of the vehicle title from which the catalytic converter was removed.

SB 960 removes the requirement that peace officers, including trainees, must be citizens or permanent residents of the United States.

AB 1732 authorizes law enforcement agencies to request the CHP to activate a "Yellow Alert" for fatal hit-and-run crashes. The law also encourages local media to disseminate the information contained in a Yellow Alert.

Thanks to Jerry Brady for this important information.

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on. The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed... I need bail money. Day 12 without chocolate. Lost hearing in my left eye. Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons. The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone." A dog accepts you as the boss... a cat wants to see your resume. Oops... did I roll my eyes out loud? Life is too short to waste time matching socks. Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people. If you see me talking to myself, just move along. I'm self-employed; we're having a staff meet-ing.

I won't be impressed with technology until I can download food.



## **NOVEMBER 2022 CONSUMER TIPS**

■ **FRESH GARLIC FLAVOR:** If you like fresh garlic flavor as a cooking ingredient, use fresh garlic or frozen garlic. Avoid garlic powder, garlic salt, and all other dried/processed garlic flavoring agents. The only way to get good, true garlic flavor is from real garlic – fresh or frozen!

**SOURCE:** Jack Bishop, America's Test Kitchen

Trader Joe's and most supermarkets have peeled, fresh, whole garlic sealed in separate smaller packs in a master pack at very reasonable prices. Remove what you need at any one time and reseal the small pack as best you can and freeze all the packs for future use. They will keep for months. Simply remove and thaw what you require and put the unused back in the freezer. Trader Joe's also has frozen chopped basil, minced garlic and other fresh herbs.

■ **CALTRANS TRANSPONDER BATTERY:** <sup>1</sup> Your Caltrans unit does contain a long lasting battery. There is no obvious battery tester on the unit. To tell if your battery is getting low, change the switch to the 3 different positions to indicate the number of occupants in your vehicle. When switching to #1, one 'beep' should be heard; #2 - 2 'beeps' and #3 - 3 'beeps.' If the 'beep' is absent, the battery is dead. If the beeps are faint, the battery is very low. If the battery is low or dead, go to <bayareafas-trak.org to order a replacement Toll Tag or call FasTrak at "877-BAY-TOLL and ask for a replacement to be sent.

■ **HOV SIGN QUERY:** <sup>1</sup> Q: When I drive next to the HOV/express lane, I see the number sign flash on the overhead signboard as cars zip by. Sometimes there is no correlation between when a car passes and when the sign flashes. Why? How is this supposed to help cops determine who is cheating?

A: The beacons flash after the toll system reads the toll tag. However, the flash timing depends on the location of tolling equipment relative to the beacon.

Flash timing can also vary depending on the position of the toll tag within the car, but in all cases, the beacon flash should occur less than one second after the toll tag is read. The beacon does not flash if there is no toll tag in the car, if the toll tag is invalid, or if the toll tag battery is dead. In these cases, the toll system uses high-speed cameras to capture the license plate information used for identifying the car and collecting payment.

The bottom line is that not every car triggers the beacon, so while it may appear that there is no correlation between the passing of a car and illumination of the beacon, this may be deceiving.

The flashing beacons are an enforcement tool intended to help the CHP. When a car drives under a gantry, the toll system reads the toll tag occupancy setting (switch set to 1, 2 or 3+) and the beacon shows the number of declared occupants. CHP officers use the beacons to identify which vehicles in the lane claim to be a carpool, based on their tag setting, and officers then compare declared occupancy to the number of people they observe in the vehicle.

<sup>1</sup> **SOURCE:** Mr. Roadshow column, East Bay Times

■ **FLIGHT TRACKING WEBSITES:** When meeting someone or picking someone at the airport, it's a good idea to check to see if the arriving flight is late or on-time. I use Flight View (flightview.com) or Flight Aware (flightaware.com) to do this. It's usually faster than calling the airline or going to the airline website. All you need for either of the above flight trackers is the date, flight number or departing and arrival airports.

All major airports now have "Cell Phone Waiting Lots" where you can park at no charge while waiting for your party's flight to arrive. Look for the signs when entering the airport for directions to these temporary waiting lots.

■ **DO YOU OWN A HYUNDAI OR KIA VEHICLE?:** Some Hyundai and Kia cars and SUVs are missing a "key" anti-theft device, and thieves know. An insurance industry group says these cars are stolen at nearly twice the rate of the rest of the auto industry because their keys lack computer chips for theft "immobilizer" systems.

≡ Hundreds of Hyundai and Kia vehicles have been stolen this year due to popular social media videos showing how easy it is to commandeer certain models that use a traditional key and do not have an engine immobilizer.

≡ A new security kit will be available starting today for \$170. It's expected Hyundai owners will be expected to pay for installation too, which could cost up to \$500. Kia is not offering a similar security kit but is offering free steering wheel locks.

≡ Hundreds of Hyundai and Kia vehicles have been stolen this year due to popular social media videos showing how easy it is to steal.

⇒All 2011 to 2021 Kia vehicles and 2015 to 2021 Hyundai vehicles equipped with standard key ignitions that lack an engine immobilizer are vulnerable to theft. Vehicles with a push-button start are not affected.

⇒Multiple class action lawsuits have been filed about the issue, which started gaining popularity in Milwaukee late last year.

Hyundai has developed a \$170 solution for anyone who hasn't had their vehicle stolen. Hyundai and Kia vehicles have been targets of car thieves in recent months because it's incredibly easy to do so, and thieves are sharing how-to videos on social media. The raft of thefts is so bad that an average of six Hyundai vehicles are stolen each day just in Milwaukee, [news station WTMJ](#).

Note: If you own one of the affected vehicles, it is recommended that the use of a steering wheel anti theft bar might be a good theft deterrent. These antitheft devices cost about \$30 to \$150.

SOURCE: News Station WTMJ and Car & Driver Magazine

■ DO YOU KNOW YOUR BARBECUE?: It's easy to *think* you know what barbecue is: Meat cooked over fire, kissed with smoke, best consumed in the summer heat. But look deeper and you'll discover distinct schools of grilling all across America.

Derived from the Spanish word, *barbacoa*, barbecue refers to cooking over heat, sans vessel. But that means a lot of things, depending on direct or indirect heat, technique differences, available meats, spices, and even accompanying sauces.

Not to mention endless cultural variations. In Korean traditions, barbecue refers to an interactive, tabletop cooking experience. Portuguese and Brazilian styles also incorporate a large stick and crackling fire—though that's pretty much where the similarities end.

Ultimately, barbecue comes down to three major factors: feast, fire, and friends. Here are some of the best interpretations of barbecue that star all three, in addition to places you can tear into 6 satisfying styles.

## TEXAS

Texas-style barbecue is anything but a monolith, split into four sub-categories: Central, West, East, and South. All have their own distinctions when it comes to wood type, heat proximity, and sauce. The most consumed style is Central, dry-rubbed and cooked low and slow over mesquite, hickory, or oak wood, lending the meat a distinctly deep and smoky flavor, creating a coveted pink smoke ring and a gorgeous black bark. Bovines take top billing in Texas, from beef ribs and beef sausage to brisket, considered the standard-setter for any Central Texas barbecue spot worth its salt.

Where to try: [Ferris Wheelers Backyard and BBQ](#) in Dallas (TX), [Salt Lick BBQ](#) in Driftwood and Round Rock (TX), and [Blood Bros. BBQ](#) in Bellaire (TX).

## NORTH AND SOUTH CAROLINA

Credit: Rodney Scott's Whole Hog BBQ

Hogs rule in both the Carolinas—but the barbecues riffs here branch out geographically. Lexington style, found west of Raleigh, North Carolina, specializes in pork shoulder. In eastern North Carolina, the Piedmont, and all of South Carolina, it's whole hog or bust. The neighboring states also squabble over sauce: South Carolina is known for a golden, mustard-based version—so beloved it's dubbed Carolina Gold—while a tomato sauce dominates North Carolina. The common denominator is vinegar, giving both sauces a lighter body and tang you won't find in Kansas City.

Where to try: [Rodney Scott's Whole Hog BBQ](#) in Charleston (SC), [Birmingham](#), and [Homewood](#) (AL), and [Atlanta](#) (GA), [Grady's Barbecue](#) in Dudley (NC) and [Initial Q](#) in Spartanburg (SC).

## MEMPHIS

Credit: 17th St. BBQ

Sometimes, one part of the pig is all you need to claim your fame. In Memphis, Tennessee, it's the ribs, dry-rubbed with a spice blend that includes paprika, garlic powder, chile powder, and brown sugar, and grilled on charcoal briquettes. Ribs can also be served spiced and straight off the grates, or



doused with a sweet and tangy tomato-based sauce. Other meats, including beef, chicken, turkey, sausage, and bologna are also grilled on hot coals, paired with local specialties such as a mustard-laced slaw and barbecue spaghetti with pork.

*Where to try:* Cozy Corner Restaurant in Memphis (TN), 17th St. BBQ in Murphysboro and Marion (IL), and Virgil's Real Barbecue in [Las Vegas](#) (NV) and [New York City](#) (NY).

## ST. LOUIS

*Credit:* Carson's Prime Steaks & Famous Barbecue – Chicago

St. Louis barbecue is typically associated with neat, square-cut racks of ribs that bear the same name. Their tidy shapes come courtesy of tip, cartilage, and sternum removal. They're grilled over wood, then sauced in a red barbecue concoction similar to Kansas City's signature condiment. But St. Louis's version is thinner and vinegar-tinged, offering a sweet-and-sour balance, unlike KC's molasses or brown sugar-forward take.

*Where to try:* [Carson's Prime Steaks & Famous Barbecue – Chicago](#) in Chicago (IL) and Dreamland Bar-B-Que in Tuscaloosa, Birmingham, Montgomery (AL), Tallahassee (FL), and parts of Georgia. Try Kansas City-style barbecue at [18th & Vine Barbecue](#) in Dallas (TX).

## KOREAN

*Credit:* Gaonnuri

When it comes to Korean barbecue, it's hard to tell who the true stars are—the meats or the prolific side dishes. The banchan—appetizers such as pickled radishes, cucumber salad, noodles, kimchi, and more—are attractions in their own right. But the unlimited meat options are a delight. Korean-style barbecue consists of thin cuts of soy-marinated meat of your choice, charred on a built-in grill at your table. Signature meats include galbi short ribs, sweet beef bulgogi, brisket, flank steak, and pork belly, but you can expect chicken—and even seafood—at most places now.

*Where to try:* [Gaonnuri](#) in New York City (NY); [Breakers BBQ](#) in Duluth (GA); and [Palace Korean BBQ](#) in [Bellevue](#) and [Federal Way](#) (WA).

## BRAZILIAN/PORTUGUESE

*Credit:* Brasas Do Brazil Steakhouse

Brazilian barbecue, aka churrasco, refers to a style of South American cowboy or gaucho cuisine. It features heavily salted meat cooked on huge, horizontal skewers over charcoal and open fire. When eaten in restaurants, though, it's typically served all-you-can-eat style, which means staff members parade the goods from table to table and sliver slices directly onto your plate. A churrascaria's DIY salad bars, which consist of composed salads, fresh vegetables, and even some hot dishes, are standalone meals themselves. But you're really here for the cavalcade of meats: opt for the signature, juicy picanha (rump cap) steak, lamb, Portuguese linguica sausage, bacon-wrapped chicken, and more.

*Where to try:* [Texas de Brazil](#) in locations nationwide and internationally and [Brasas Do Brazil Steakhouse](#) in Concord (CA), and [Samba Loca](#) in Carrollton (GA).

*Source:* Su-Jit Lin is an Atlanta-based writer specializing in travel, food—including groceries, cooking, and reference guides—and their impact on bringing people together in shared joy and experience.

### ■ EVERYTHING YOU NEED TO KNOW ABOUT COOKING OILS:

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 fats](#), 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.<sup>1</sup> 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.<sup>2</sup>

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: Kaiser Permanente Lifestyle Tips

■ **A PARTIAL EXPLANATION OF WHY RESTAURANT PRICES HAVE RISEN SINCE BEGINNING OF COVID PANDEMIC:** Grubhub, Uber Eats, Postmates must face diners' lawsuit over U.S. restaurant prices

A U.S. judge on Wednesday said Grubhub, Uber Eats and Postmates must face an antitrust lawsuit by diners who accused them of driving up menu prices by exploiting their dominance in meal deliveries during the COVID-19 pandemic. U.S. District Judge Lewis Kaplan in Manhattan said it was reasonable to infer that requiring restaurants to accept "no-price competition clauses" left them with "no choice but to raise prices" regardless of where diners ordered meals. He also said diners plausibly alleged that Grubhub and Uber Eats' more restrictive clauses discouraged restaurants from using other platforms, despite their need to generate enough sales to stay afloat and offset low profit margins. "Defendants' motion to dismiss is denied in its entirety," Kaplan wrote. Diners claimed that the no-price competition clauses barred restaurants from charging lower prices for dining in or ordering takeout, while Grubhub and Uber Eats also forbade restaurants from charging less to customers who ordered on rival platforms. They said the harm from inflated meal prices was compounded by "supracompetitive" 5% to 10% delivery fees charged to diners and 30% commission rates often charged to restaurants. The proposed class action sought triple and other damages for dine-in and delivery customers in the United States since April 2016. Grubhub, owned by Netherlands-based Just Eat Takeaway.com, said it was disappointed with the decision and will continue defending its dining-related services.

SOURCE: By Jonathan Stempel, New York, March 30 (Reuters)

Note: Avoid using the apps from Grubhub, Uber Eats, Postmates and other food delivery services. Instead, call the restaurant directly and go pick it up yourself. Some restaurants will use their conventional, Dine-In, non-delivery service mandated menu prices. Also keep in mind that other issues such as higher fuels costs, available labor and supply-chain issues contribute to higher operating costs for all eateries.

■ **ADD HEART HEALTHY AVOCADOS TO YOUR DIET:** If you're a regular avocado eater, keep up the excellent work. A new study published in the Journal of the American Heart Association confirmed that consuming avocados—a fruit high in vitamins, minerals, fiber, and healthy, monounsaturated fats—is indeed linked to lowering the risk of cardiovascular disease (CVD) and coronary heart disease in both men and women. The creamy, pale green flesh of an avocado is full of nutrients closely tied to heart health. Now, a long-term [study](#) finds that eating at least two servings of this popular fruit per week is linked to a lower risk of cardiovascular disease. Study co-author Dr. Frank Hu, the Frederick J. Stare Professor of Nutrition and Epidemiology at the Harvard T.H. Chan School of Public Health (HSPH), puts this finding in perspective. "This study adds to the evidence to support the benefits of healthy fat sources like avocados to help prevent cardiovascular disease," he says. A key take-home message is to *substitute* avocados for less-healthy foods such as butter, cheese, and processed meats, he adds.

SOURCE: <https://www.health.harvard.edu/blog/enjoy-avocados>

## **DECEMBER 2022 CONSUMER TIPS**

■ **A Simple Tip for Faster, Safer Winter Driving** (And all year around):

Here it is: **Look where you want to go.** It's really that simple and effective. Professional drivers do it. But it's so unintuitive that you have to practice to get it right. Instead, our normal instinct is to focus on where we *don't* want to go. Typically, you watch things that can harm or injure you or damage/destroy your property. But when you're at speed, you involuntarily direct yourself towards wherever you're focused. It's formally known as target fixation, a term you'll see in literature for fighter pilots and motorcycle racers. Rather than watch the bumper of the car you're fol-

lowing on the highway, or a guardrail between you and steep cliff, look further in time. Fix your eyes on the middle of your lane, at the spot you want to be several seconds later, even if that means ignoring the car in front of you. Your peripheral vision will still catch any unexpected braking or road debris. A day at a winter driving school made a believer out of me. On a track made of snow and ice, I drove a modern Lexus LX into a turn with too much speed to deliberately lose traction.

During most runs, the rear end would fishtail, sometimes turning me completely around. A few times, usually after the instructor disabled the stability control and ABS, I'd end up sliding almost perpendicular to the direction I was pointing. Even in a controlled environment, it's terrifying. The instructor correctly pointed out that I was looking right at the wall of snow I feared hitting. "Look where you want to go," he said, and that fixed almost everything I was doing wrong. **By focusing through the turn, my hands and feet would somehow help the car find traction, and get me out the other side without losing much speed.** It also works on two wheels. The road tests to get your motorcycle license in the United States requires that you make tight, low-speed turns without touching your foot on the ground. In my group, the people who passed this portion of the test did what the instructors said: **point your chin in the desired direction, and look a couple seconds into the future.** The students who focused directly in front of their vehicle to avoid the cone markers didn't pass.

I haven't found any activity where this doesn't help — surfing, cycling, skiing. I even used it to beat old lap times in racing. Try it the next time you're out on the road.

Source: [Popular Mechanics](#), Alexander George

#### ■ **Stellantis Air Bag Recall Danger:**

DETROIT; Stellantis and the U.S. government are warning owners of 276,000 older vehicles to stop driving them after Takata air bags apparently exploded in three more vehicles, killing the drivers. The company, formerly Fiat Chrysler, is telling people to stop driving Dodge Magnum wagons, Dodge Challenger and Charger muscle cars and Chrysler 300 sedans from the 2005 through 2010 model years. Stellantis says it confirmed the driver's air bag inflators blew apart in two cases, killing two drivers of 2010 Dodge Chargers. The company suspects an inflator rupture in another case happened in U.S. States during warmer weather. Left unrepaired, recalled Takata air bags are increasingly dangerous as the risk of an explosion rises as vehicles age, Ann Carlson, acting administrator of the National Highway Traffic Safety Administration, said in a statement. "Every day that passes when you don't get a recalled air bag replaced puts you, your family and friends in danger of serious or mortal danger. Even though free replacement and repairs were included in this mass recall, many owners did not respond even though numerous attempts to reach these owners.

The bottom line is there are many Dodge cars out there that are possible death traps. Be aware of this problem and make sure the air bags of any of these suspect vehicles have been properly replaced. Those vehicles with the bad air bag inflators should simply be parked and not driven until the proper repairs have been made.

By Tom Krisher, The Associated Press

■ **Google Assistant App:** Google's version of [Amazon's Alexa](#) and [Apple's Siri](#) is Google Assistant. It has made incredible progress since its 2016 launch and is probably the most advanced and dynamic of the assistants out there. Google has spread Assistant far and wide, not only on its own hardware, but through partnerships with other companies that sees Google Assistant in a huge range of devices, from fridges and [headphones](#), to [speakers](#) and cars. If you are using an Android Smartphone, Google Assistant you should already have it preinstalled. For iOS devices, the Google Assistant app is free on the App Store. Google Assistant **helps you get everyday tasks done more easily** and is thoughtfully designed to offer help throughout your day while keeping your information private, safe and secure. Set reminders, get quick answers, find directions with Google Maps, and more while on-the-go with the help of your Google Assistant. It offers voice commands, voice searching, and voice-activated device control, letting you complete a number of tasks after you've said the "OK Google" or "Hey Google" wake words. It is designed to give you conversational interactions. I use it constantly on my Samsung Galaxy Note 10 Phone. It is voice driven, hands-free and works even when the phone is in 'sleep' mode, making it super easy and handy to use. I simply tell it (*call home, open Yahoo.com, make a shopping list, set an alarm for 3 PM, etc.*) or ask it something (*what's the date today?; how many inches is 30 mm?; when's the next 49er game? how old is Jane Fonda?*) Google Assistant will comply and confirm with text and audio responses.

■ **Inexpensive Cord Minders:** Women's elastic ponytail covers for hair in multiple colors (99 ¢ or \$1.25 for a 12 pack at Dollar Tree or 99¢ Only Stores). These make great Cord Minders or wire bundles. They come in various color — useful for color coding your cords. Simply use them like a rubber band to wrap around the bundled cord/s before putting them away.



■ **What's a Heat Pump?:** There's been a lot of buzz lately about the environmental-friendly and potentially money-saving properties of heat pumps, electrically operated products that can serve as furnace furnaces in the winter and air conditioning systems in the summer. In the winter, a heat pump absorbs ambient heat from the outdoors and transfers it to your home. (There's some warmth in the air even on chilly days.) In the summer, it can shift indoor heat outside. In June 2022 CR nationally representative Survey of 2,103 adults in the U.S., 75 percent of those who had a heat pump said they'd make the same choice again. While it used to be thought that heat pumps were only for moderate climates, that's not necessarily the case for newer models. "The latest generation of heat pumps are super-efficient and work well and that even in cold climates," and that means less variable energy bills, says Rebecca Foster, CEO of VEIC, which administers energy efficiency programs. One study suggests that heat pumps may reduce annual heating bills by almost \$1,000 compared with traditional oil-driven systems, but there's no definitive data. And the average purchase and installation runs \$5,798, with some well into the five figures. This is a good moment to consider one, though, due to numerous rebates and tax credits.

Source: Consumer Reports, December 2022

## ■ Kitchen Tips:

**1. When shopping for Vanilla Flavoring,** consider this - Pure Vanilla Extract and Imitation Vanilla Extract taste and behave alike. But, their cost is quite different. Use the Imitation Vanilla Extract since it is less expensive. If you want more Vanilla taste and smell, use Vanilla Bean Paste. It's higher cost but it has more Vanilla flavor.

**3. When making a pasta sauce, if you want to thicken the sauce,** cook the raw pasta in the sauce instead of cooking the pasta separately. The starch from the uncooked pasta will help thicken the sauce.

Source: Jack Bishop, America's Test Kitchen

**4. Want truly easy-to-shell hard boiled eggs every time?** Try steaming them. Steam for 11 minutes and then plunge them into an ice water bath. This will help separate and loosen the membrane inside the egg from the inside surface of the shell.

Source: Alton Brown, Good Eats TV Show.

**5. Shopping for a Holiday Ham?** Go for **meat labeled ham (quite costly) or ham with natural juices (next best)**. Be wary of ham, water added and ham and water product. You're paying for water weight, and the meat will be bland and spongy. A whole ham serves 30, so most people buy a half. Also, avoid boneless hams. They can be various pieces of pork pressed together into the shape of a ham. A boneless ham is just that: a ham from which the bone has been removed, after which the ham is tightly pressed into an oval-shaped package. Salt will break down some of the proteins in meat muscle, allowing them to reconnect and link with each other. That's why a boneless ham still appears as a solid piece of meat, despite having been molded into that shape. Often, extra ground ham will be added to fill in any spaces left by the bones, though the package must indicate whether this was done.

Although boneless hams are far easier to carve (just slice and serve!), the act of removing the bone seems to rob the ham of some flavor. Whether this is because the bone adds flavor itself is unclear. If you believe the results of my [Definitive Guide to Prime Rib](#), then the bone itself transfers very little flavor to the meat. A more likely explanation for the superiority of bone-in hams is that something in the processing cheats the ham of moisture and flavor. Perhaps it's the pressing into a football shape, or maybe something in the added water (most boneless hams are designated "ham with natural juices").

Source: [J. Kenji López-Alt](#), SeriousEats.com

## There Are 4 Main Types of Ham

Ham comes from the back leg of the animal. There are four ways that this cut of pork is usually treated:

**1. Fresh ham** – Uncured leg of pork; must have "fresh" as part of its name. Fresh hams have the same color and texture as a fresh uncooked pork roast and must be cooked before eating.

**2. Cured ham** – A leg of pork can be cured in one of two ways: brined, or cured with a dry rub and hung to dry. These hams are deep rose or pink in color and can be sold ready-to-eat or may require cooking. Always check the label – hams that need to be cooked must be labeled with cooking instructions.

**3. Cured and smoked ham** – These hams are exactly the same as cured hams with the additional step of smoking the ham.

4. **Canned Hams** - Scary-looking canned hams aren't really hams in the sense that they are an intact cut of meat. Instead, they're made out of scraps of ham meat, plumped full of saline, that are pressed together into the can. The taste and texture suffers, so it's best to avoid canned hams altogether.

**Source:**thekitchn.com

6. **Air Fryers** are finding many more uses as they proliferate in popularity: Use them for reheating almost anything. Fully cooked, frozen items like fish sticks, pastries, pot pies, etc. can go directly from the freezer to the air fryer. You can thaw dense, frozen items in the microwave and the exterior surfaces crisped back up in the air fryer. Anything that was baked or fried can be reheated in air fryers. When doing pastries and other baked goods, allow them stand a few minutes – to cool and to crisp up after being heated by the hot air. A benefit to using an air fryer for fried foods is the elimination of excess oils and fats that drip off the food items during the heating mode. Use a collection pan to collect this excess fat. If your unit does not have a drip pan, simply use aluminum foil to form one.

■ **Inexpensive Food Vacuum Kit:** Sous Vide Bags, 42 PCS Electric Vacuum Sealer Food Vacuum Sealer & Reusable Vacuum Food Storage Bags for Anova, Joule Cookers - 30 PCS Reusable Vacuum Sealer Bags, 5 Clips & 5 Sealing Clips, **Rechargeable Vacuum Sealer Set**. This is available from Amazon, \$19.54 (free shipping for Prime Members), <https://tinyurl.com/mv35byna>. Full sized, AC powered, Food Vacuum Sealing units cost from about \$50 to \$100 and are very noisy in operation and are bulky to store in a kitchen with limited cupboard or drawer storage space. However, the above website on Amazon features a small, handheld, rechargeable, portable vacuum pump that works with preformed plastic bags equipped with one-way valves that allow air out of the bag with a pump. This 'vacuum storage system' will extend your safe storage time considerably. There are 30 bags – 10 each of small, medium and large bags that are ready for use. No cutting or heat sealing of the bag is required. Simply place the food to be vacuum stored in the bag, manually seal the open, Ziploc end of the ready-made bag and place the portable vacuum pump over the built-in, vacuum valve and turn the pump on. The residual air in the bag will be pumped out resulting in a near vacuum environment for the food for storage. I've used this unit for about a year and it really works well. It's a little fussy to get the vacuum started but with some patience, it will work. Produce, fruits, pastries, breads, meats & fowl (both cooked and raw) and cooked foods – all last much longer when stored in vacuumed bags. Fresh cherry tomatoes lasted over 3 weeks while the same tomatoes began to shrivel and/or spoil within one week. Vacuumed bananas stayed green while bananas from the same batch began to turn black within a week out on the counter. I've kept Italian sub sandwiches from [local](#) sandwich shops in the refrigerator using vacuum bags for up to 3 weeks, reheating them in the air fryer and they were fine! Fresh bagels remained soft for over a week while the same batch of bagels started getting hard just overnight. Fresh, raw or cooked meats, fowl and seafood last up to 2 weeks without spoiling. These vacuum bags in various sizes are readily available online without a manual or electric pump. BTW. You can use ordinary Ziploc bags to store food items similar to vacuumed food storage without a vacuum pump. Simply place the food items in the bag and manually squeeze as much of the air out before closing the Ziploc bag. Pinch the Ziploc closure closed leaving just a short length of the Ziploc undone at one end of the closure zip. Immerse the bag with the food inside into a sink or large pot filled with water. Let the water squeeze the remaining air out of the bag and then complete the seal closure. This is called the 'Water displacement method and it works but not as well as using a real vacuum pump. If you use this method, use Freezer Grade Ziploc bags.

■ **Choosing Cocoa Powder:** Cocoa powder, an unsweetened chocolate product, adds deep chocolate flavor to desserts and beverages. Cocoa powder occurs when the fat, called [cocoa butter](#), gets removed from the cacao beans during processing. The leftover dried solids get ground into the product sold as cocoa powder. Long regarded as a food treat, cocoa is now used by some people as medicine. Cocoa seed is used for **infectious intestinal diseases and diarrhea, asthma, bronchitis, and as an expectorant for lung congestion**. The seed coat is used for liver, bladder, and kidney ailments; diabetes; as a tonic; and as a general remedy. Jun 11, 2021. Source: [www.rxlist.com/cocoa/supplements.htm](http://www.rxlist.com/cocoa/supplements.htm)

■ **Cocoa Powder Ratings** by America's Test Kitchen: #1. Proste, #2. Guittard and #3. Hersey brands. **Source:** America's Test Kitchen

■ **A Rating of 20 national steakhouse chains:** Go to: [https://www.youtube.com/watch?v=YqqAB7i-S\\_Y](https://www.youtube.com/watch?v=YqqAB7i-S_Y)

This video presentation covers the gamut from inexpensive, mass market establishments (Outback Steakhouse,



## JANUARY 2023 CONSUMER TIPS

### ■ Chinese New Years 2023:

Chinese New Year 2023 is **The Year of the Rabbit** and celebrations will begin on January 22. Traditionally, it is celebrated for 2+ weeks. Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar and solar Chinese calendar. It's also known as Spring Festival or Lunar New Year. The 4 most fortunate Chinese zodiac signs in 2023: According to the Chinese Zodiac, 2023 is more of a lucky year for the men and women born during the Year of the **Rabbit**, the Year of the **Goat**, the Year of the **Pig** (Boar) and the Year of the **Rat**. Chinese New Year Traditions include putting up decorations, offering sacrifices to ancestors, eating reunion dinner with family on New Year's Eve, giving red envelopes and other gifts, firecrackers and fireworks, and watching lion and dragon dances. Food is an important part of Chinese New Year. Lucky food is served during the 16-day festival season, especially on the New Year's Eve family reunion dinner. Fish is a must as it sounds like 'surplus' in Chinese and symbolizes abundance. Dumplings shaped like Chinese silver ingots are shared as a sign of the family unit and prosperity. Niángāo (glutinous rice cake) is welcome because it symbolizes a higher income or position as it sounds like 'year high'. 7 lucky foods to eat during the Chinese New Year include **Fish** (and increase in prosperity), **Dumplings** (wealth), **Spring Rolls** (wealth), **Good Fortune Fruit** (fullness and wealth), **Tangyuan** (sweet rice balls) [family togetherness], **Longevity Noodles** (happiness and longevity) and **Niangao** (Glutinous Rice Cake)[a higher income or a higher position). A red envelope (hongbao in Mandarin, lai see in Cantonese, and ang pow in Hokkien) is a gift of money inserted into an ornate red pocket of paper. They are given on some important occasions, such as Chinese New Year, birthdays, and weddings in China and some other Asian countries as a way to send good wishes. The color red symbolizes energy, happiness, and good luck in Chinese cultures. Traditional red envelopes are often decorated with beautiful Chinese calligraphy and symbols. Actually, the significance of red envelopes is the red paper, not the money inside. Wrapping lucky money in red envelopes is expected to bestow more happiness and blessings on the receivers.

**Source:** Wikipedia.org and [www.chinahighlights.com/travelguide/festivals/red-velop.htm](http://www.chinahighlights.com/travelguide/festivals/red-velop.htm)

### ■ Local Food Trends:

Apparently, Hot Dogs are making a comeback in the local food scene. DareDevil Dogs, San Ramon, opened recently offering just hot dogs, hamburger, fries and a few other sides. Two Hands Corn Dogs, a Korean Fast Food Chain just opened within the last few weeks in East Dublin. Hillside Dawgz, Concord just opened and their website shows a Chicago Hot Dog on their menu. Myungran Hot Dogs, another Korean fast food chain, is about to open in East Dublin not far from the corn dog place!

I happen to be a Chicago Hot Dog fan so I keep hoping that someone will open a hot dog shop that features genuine Chicago Hot Dogs. DareDevil Dogs has a Chicago Hot Dog on their menu. I've tried it but it is a very poor version of it. It doesn't have the authentic Sport Peppers, Neon Green Relish, Sesame Bun or the Vienna Sausage Frankfurter. And the bun was cold. It should have been steamed and hot – a total disappointment. So, the only way to get a genuine Chicago Dog is to order them from Portillo's, Chicago. The price for a complete kit to make 10 Chicago Dogs is \$69.99 - \$89.99 and includes 2-day shipping. I've had this package and it really is authentic and is really close to the real thing! The nearest branch of Portillo's is located in SoCal near Knott's Berry Farm.

### ■ Heart Health:

What's the first sign of heart disease? Unusual fatigue and sleep problems, as well as shortness of breath, indigestion and chest pain, especially during exercise, says Suzanne Steinbaum, an osteopathic preventive cardiologist. The average age for a first heart attack for men is 65.6 (for women, it's 72). Is red wine good for my heart? No. The American Heart Association does not recommend drinking any form of alcohol to gain health benefits. "Occasional" alcohol is probably not going to have a large impact on your cardiovascular health," says Luke Laffin, M.D., co director of the Center of Blood Disorders at the Cleveland Clinic. "More than one daily drink for women and two for men, however, could raise your risk.

**Source:** AARP Magazine, April/May 2022 Issue

Do you have a prominent crease in the skin of your ear lobes? **Frank's sign** is a **diagonal crease in the ear lobe** extending from the tragus across the lobule to the rear edge of the auricle. The sign is named after Sanders T. Frank, MD. It has been hypothesized that Frank's sign is indicative of cardiovascular disease and/or diabetes. Some studies have described Frank's sign as a marker of cardiovascular disease but not

linked to the severity of the condition. In contrast, other studies have rebutted any association between Frank's sign and coronary artery disease in diabetics. There have also been reported cases of Frank's sign being a predictor of cerebral infarctions. A link between Frank's sign and premature aging and the loss of dermal and vascular fibers has also been hypothesized. Some studies have focused on association between bilateral earlobe crease and coronary artery disease. It is probably prudent to consider Frank's Sign alongside other clinical markers of physiological ageing, rather than utilizing it as a stand-alone sign in the identification of coronary artery disease.

Source: Wikipedia.org

■ **Use a Tennis Ball Hung From the Garage Ceiling/Joists:**

This is a good way to mark the correct stopping position for your vehicle. If you decide to do this, be very careful. Do not use a Utility Knife to cut an "X" in the tennis ball to create a hole, unless you can mount it in a vise. To cut into a tennis ball without a good, firm grip is to risk injury to yourself. The outer ball is a rubber material with a covering of fabric and is incredibly tough. If you slip during cutting, you could suffer a serious cut in your hand. A better method would be to drill a 1/8" dia. Hole with an electric drill through the top and bottom of the ball. Tape a string to a piece of coat hanger wire to guide/pass the cord through the ball and secure it to the ball by tying it to the ball or use hot melt or liquid glue to fully secure the string to the ball. Then simply hang it from the ceiling or joists so it touches the windshield at the proper stopping point in your garage.

■ **Do You Use Costco Kirkland brand AAA and AA alkaline batteries?:**

I'm sure that you are aware that alkaline batteries can leak and the internal chemical mixture is acidic and can render your battery operated tools, instruments, radios, digital thermometers, clocks, etc. Consumer Reports has found that the Kirkland brand alkalines are about 20% more likely to leak and damage your cordless items. **TIP: Always remove the batteries** from your cordless items before any long-term storage, regardless of brand. If you discover there is acid damage in the battery compartment of the item, try to safely remove the caked on battery acid by using CRC Battery Cleaner or equal product. They can be found at your local auto parts store. Follow the instructions carefully. Use a cotton swab dipped in this battery cleaner to apply to the affected areas. Once it has dried, blow or brush the residue out of the instrument. This may allow you to salvage your cordless tool/item.

■ **Do You Want/Need to Cool a Food/Drink Item in a Hurry?:**

Wet a double-ply paper towel with tap water and wrap the item in it. Place it in the freezer compartment. This will speed up the cooling process considerably.

■ **Left Over Pancake Batter or Biscuit/Muffin Mix:**

If you end up with left over batters, they can be saved for future use. Store this batter in a clean, empty, plastic squeeze bottle with a built-in, closable spout and store in the refrigerator. Ketchup, syrup and mustard bottles are often packaged this way. Now, you can use that built-in spout to easily fill cupcake, biscuit and muffin tins with excellent control to avoid making any spills or messes. If there is still some leftover batter in the squeeze bottle, simply close the spout and you can put it away in the refrigerator for future use.

■ **Do You Need a Long Match to Reach a Difficult Spot?:**

Use a match or lighter to light one end of an unbroken length of dry Spaghetti Noodle. Now, you have a long, lighted "match" – long enough to reach a gas pilot light orifice or to light candles with a long reach.

■ **How to Build a Fire Without Kindling or Paper:**

This is an easy one! Simply use any deep fried snack food (potato chips, corn chips, Doritos, corn nuts, tortilla chips, corn puffs, etc.) Simply make a small pile of the fried snack food and light it just like kindling. The residual cooking oil will burn at a high temperature and should do a good job as a fire starter.

■ **Washing a large amount of raw, unpeeled potatoes:**

If you need to wash a large number of raw potatoes, simply place them in your dishwasher in a single layer (can use both top and lower drawer trays) and set the controls on "cold" temperature and rinse cycle, only. Let the dishwasher do the hard work.

■ **Pouring Liquids From a Plastic Bag:**



When using a large plastic bag to marinate meats and fowl, what do you do after the period of marinating is over? After removing the meat/fowl, you're left with a considerable amount of liquid made up of marinade and raw meat/fowl juices. Trying to pour it out from the bag top opening into a sauce pan to cook and reduce it to make a glaze can be very messy. Instead, squeeze most of the air out of the bag and tie off the open top end. Now you have a smaller, sealed bag that is easier to handle. Carefully place one corner of the bag at the bottom into the sauce pan or other container. Use a pair of scissors to snip the corner off the bag to allow the liquid to flow into the sauce pan.

■ **When traveling on Long Flights, Download Movies and Other Program Material to View During the Flight onto Your Smart Phone, Tablet or Laptop:**

The seat pitch on airliners today is very skimpy. Placing your playback device on your tray table often turns out to be very uncomfortable or impractical. A better solution would be to place your wireless device into a clear plastic bag and hang it on the tray table locking lever on the back of the seat in front of you. You may have to punch a hole in the bag at the center/top to slip it over the rotating lever. You'll need to use wireless Bluetooth earbuds/headphones or if using a corded listening device, punch a hole in the plastic bag to connect the wireless device to your listening device.

■ **Q: Dear Car Talk:**

"I love your column and always get a laugh from it. I have a 2018 Mercedes Benz C300 with 21,000 miles. Yes, I am a little old lady! It has that gas-saving feature where the engine shuts off when you stop at a red light. Well, at first, it really annoyed me, but now that I've gotten used to it, it has suddenly stopped stopping! It's been over two months, and it hasn't shut off once. Can I just ignore that? Or am I asking for trouble if I don't take it in?"  
Sharonn

**A:** Continue to live your life, Sharon. This does not require an emergency \$1,200 trip to the dealership. There are several possible explanations for why your automatic stop-start system stopped stopping. The most likely one is that the car's computer has decided the engine needs to run more. Why would it decide that? Is it in cahoots with the Saudis to keep oil prices high? No. Well, not that I know of.

It's just that sometimes the engine needs to run for a variety of reasons. For instance, if your battery is not fully charged, the computer will keep the engine running at traffic lights in order to keep charging the battery. With only 21,000 miles on the car since 2018, it sounds like you don't drive a lot. And if most of your trips are short, the engine may need the whole trip just to get the battery fully charged. Or, the battery could be weak, and wearing out, requiring more charging time than it did during the first few years you owned the car.

The stop-start system will also be suspended if the engine hasn't fully warmed up yet. So short trips can affect that, too. If your climate control system is working hard to heat or cool the car, the engine will also keep running. So you may notice the stop-start feature activates less in very hot or cold weather.

**Source:** Ray Magliozzi, Columnist, Bay Area News Group