

## A couple of modest suggestions to improve SIR Growth

**Members, Leaders and Volunteers:** When we think of the big challenge facing SIR, mostly we think about attracting more members. However, conditions on the ground suggest that we also need more leaders and volunteers in many branches. Branches lack committee chairs for critical functions such as publicity, membership, volunteers and nominating officers. With vacancies in these positions, the branches tend to focus on keeping existing members happy without concentrating on getting new members, leaders and volunteers.



Maybe the best answer is that the branches need to work on all three, members, leaders and volunteers, to grow membership. And maybe branches have to focus on filling the committee positions responsible for getting this work done.

**Founders Day and Recognizing Volunteers:** The anniversary of SIR's founding is July 23. Perhaps we should name this day, Founders Day, and celebrate it each year in every branch with the recognition of members who have made significant contributions to their branches. Since we are all-volunteer organizations, the lives of our branches depend on members volunteering. One sure way to increase volunteerism is to formally recognize volunteers for their labors. So, why not recognize the great volunteers in your branches every July in conjunction with a "Founders Day Luncheon", and distribute Honorary Life Memberships, Distinguished Service Awards and Doing My Part pins to hardworking members. If you do, you are bound to see an increase in the number of people stepping up to work in your branches.

Dave

*Sir Lee Moy is the State SIR Chairman of the Growth & Membership Committee. He has developed complimentary flyers that reinforce the messages mentioned in the nearly 50 recipe cards.*

*The cards will be distributed through the Area Representatives, who will share them with their respective branches. Membership buy-in would assist with ways to improve branch community outreach; increase fun at luncheons; entice the recruitment of new folks by offering more activities to engage in.*

*The areas of focus in this issue are Luncheons, Speakers and Diversity. Sample recipe flyers are displayed on Pages 2 thru 11. Enjoy!*

*Lee will be visiting successful branches in the near future in search of their "secret sauce" for their abundant success. Several examples from Lee's Branch 35 are given.*

*Jerry Sabo*

*Happenings Editor*



# 2for1

**Luncheon - Speakers  
Join Us Monthly**







## Branch 35

Communications Chief Andy Danver welcoming members by a sign he designed. Another creative entertaining way for their luncheon was the Trail Birds Choral Singing Group. A supporting cast of high tech equipment volunteers manned the instruments. Nothing like music to set the mood.



Lee Moy



Yet another way to get out of a jam was for the branch to come up with an alternate plan to fight the rising cost of lunch meals.

Either order online and have the lunches made by restaurants and delivered, or bring your own.

Some tables got together and each person contributed something to make a small buffet of their own. Clever! Chow, chow, chow fun.





## **SIR Branch 35, the Mission Trail Branch**

**Going forward members will pay  
nothing to attend luncheons!**

**It seems everything is costing more lately. Several branches are experiencing higher luncheon costs for their meals. Branch 35 has offered their membership two food options that don't rely on the catering services of years past.**

**Members can bring their own home-made meal or order online from an arrangement with Saltalk.com. This food preparer and delivery vendor offers a variety of menu items to match one's taste and dietary needs at a competitive price. Most meals are in the \$ 15- 20 range. Case Lucio, Peking House, Magpie, Matsuri Sushi, Khan and Mediterranean Leaf are some of the restaurants enlisted.**

**The group's combined order will be delivered free of charge; requiring a payment by credit card or PayPal. Members place orders through a web browser or by downloading the Saltalk app from the Apple App Store or Google Play. Members must sign a waiver for the delivery service.**

**Members must still pre-register so that the right number of tables and chairs can be set up and so that one's name tag will be ready to be picked up. The delivered meals will be placed on a table with names clearly marked. Volunteers will staff the table to assist.**

**The luncheons are also telecasted on Zoom making it available to all. Details about the luncheon and the Zoom link are sent prior.**

**See Recipe Card #41 & #15; Speakers, Recipe Cards #13 & #14**



**Monthly Luncheons**

**Ladies Day**

**Picnics**

**Breakfast Buddies**

**Best Burgers**

**Dine-out**



**...EXERCISE**

*golf, bocce, bowling*



**... Socialize**

*making "Friends for Life"*

**... mentally sharp**

*BEC, activities & events*





## MONTHLY LUNCH CHALLENGES

### Costs

Inflation and other factors are raising the cost of our lunches.

Creativity and understanding is needed to keep costs from becoming a bar to member participation.

#### Lowering the cost of the meeting place:

- Can the lunch meetings be every other month?
- Instead of everyone meeting together, can members be divided into smaller groups, with the full membership meeting once or twice annually?
- Consider having members order their food directly through a meal delivery service or bring their own lunch.



## MONTHLY LUNCH CHALLENGES

### Costs

#### Lowering the cost of food:

- Instead of a full meal, would appetizers suffice? Consider brown bag lunches or the use of a meal delivery service.
- Shifting to breakfasts rather than lunches may lower food costs.
- Rather than every month, having a full meal once a quarter, semi-annually or annually will lower costs.

#### Lowering the cost for ancillary services.

- If you are being charged for use of electronic equipment and screens, consider using a member's equipment or purchasing the required equipment.







## MONTHLY LUNCH CHALLENGES Speakers

Are you having difficulty finding the right speaker?  
Here are some tips:

- If you can, set up a speaker's committee with the responsibility of finding speakers. Share the work.
- Poll your members to determine what type of topics they would like to learn about.
- Would any of you members be a good speaker?
- Consider people within your broader community.
- Consult the SIR Speaker Exchange Repository at the State Sir website. You will find a list of previous speakers from many branches and how they did.



## MONTHLY LUNCH CHALLENGES Speakers



- Possible pools one can look for speakers: Sports figures, network personalities, government officials, park rangers and docents, professors, non-profit organizations, people from utilities, chamber of commerce, prominent community members, people from the theater, local historians, military and former military, newspaper reporters, transportation officials, conservationists, and hobbyists.
- Speakers should be scheduled months in advance.
- Is you need assistance or suggestions finding speakers, you can touch base with Rich Carlston, Branch 8. [rich.carlston@icloud.com](mailto:rich.carlston@icloud.com).



## FINDING A SPEAKER

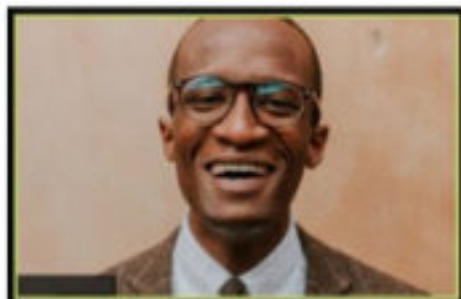
### The Speaker Exchange Repository

The Speaker Exchange is designed to help Little Sirs find excellent luncheon speakers.

Your luncheon speaker is one of the most important elements of a luncheon. He or she will be instrumental in attracting, retaining and reactivating members.

To find the Speaker Exchange, go [sirinc.org](http://sirinc.org). Then scroll down until to find Branch Luncheon Speakers and click on the link.

You will find a link for finding a speaker from a google spreadsheet. You will find a second link for rating a speaker.



## FINDING A SPEAKER

### The Speaker Exchange Repository

The google spreadsheet contains relevant information about each of the speakers that are listed on the exchange, including a description of their talk, as well as information about the branch at which he or she spoke.

At the end of the spreadsheet is an evaluation from the branch of the speaker's presentation.

The Exchange lists over 160 past speakers and is an excellent tool to assist in finding great speakers.

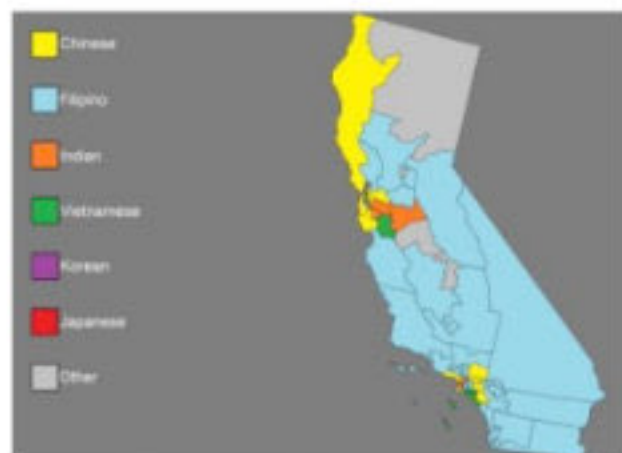
If you have questions about how to use the Speaker Exchange Repository, contact Kevin King at [kmking00@gmail.com](mailto:kmking00@gmail.com).





# The Future is Here

There's gold in 'em hills!



**The Bay Area has the largest diverse concentration of Asians with more than 100,000: Daly City (61%), Sunnyvale (52.4%), Fremont (64.7%) and Milpitas (73.4%).** Chinatowns exist in three clusters in SF, Oakland; Japanese largest population is in SF, San Jose and Sacramento. There are Korean stores in Cupertino, Santa Clara and Oakland. There are growing cities where the majority of residents are of Asian origin. These enclaves include: Elk Grove, Vallejo, Hayward and Berkeley. San Jose is 10% Vietnamese. Many Indian Americans (15%) live in Yuba City, which has a significant Sikh community. There are many Cambodians, Laotians and Hmong in Stockton, Fresno, and Merced (Central Valley).

Asians have the highest income per capita in the US. They comprise a high student body percentage among many California colleges: UC Berkeley-40%; UOP (35%), Evergreen Valley & San Jose State (36% each) among many. More than half of Asians ages 25 and older (54%) have a bachelor's degree or more, compared with 33% of the US. Nearly all US-born Asians (95%) are English proficient. Professional, financially sound, stern family values are positive traits often associated with this population segment.

Asians are projected to become the largest immigrant group by 2050, surpassing Hispanics.

How best can we present SIR to the multi-cultural folks with the opportunity to enjoy the same pleasures we have with our activities, events and friendships.



James Yoshida



LS Peter Wong



Membership/Activities Asst. Gordon Tong



Area Rep Jeffrey Chin



State SIR G&M Chairman Lee Moy



Michael Lee



BS Ron Nakamoto



SIR Happenings Asst. Editor Sammy Lum



Treasurer Larry Low



Assistant Secretary Leland Chan



# ASIAN LEADERSHIP SUMMIT

**“A seat at the Table; A voice on the Floor”**

**\* WELCOME \***

**Chance to share your views  
with fellow Asian SIR members**

**Thoughts on how to invite Asians  
to join and begin to enjoy  
the many SIR activities**

**Four Zoom meetings; 10 am-noon  
the 2nd Friday of each month  
June-July-August-September**

[https://us02web.zoom.us/j/86780884689?  
pwd=L2EvWlpUaXMyK0dNazRieWp6L3Nxdz09](https://us02web.zoom.us/j/86780884689?pwd=L2EvWlpUaXMyK0dNazRieWp6L3Nxdz09)

Meeting ID: 867 8088 4689    1 669 900 6833  
Passcode: 857386

[https://us02web.zoom.us/meeting/tZlqf-  
mgpj8sEt10\\_WmfRM-2U-DtBZFQdvA1/ics?  
icsToken=98tyKuGuqTMqEtyRthGORpwAB4qgc  
\\_zxiCldj7cMzCDSDiZhT06kA69mJpBFNunU](https://us02web.zoom.us/join/join?meetingId=86780884689&pwd=L2EvWlpUaXMyK0dNazRieWp6L3Nxdz09)

Lee Moy, G&M Chairman, 559 709 9851

**2023 STATE OFFICERS**  
**STATE PRESIDENT** Dave Gonzales  
**VICE-PRESIDENT** Dale Decker  
**SECRETARY** Russ Salazar  
**STATE TREASURER** Carl Mason  
**CHIEF ADMIN OFFICER** Roy Hodgkinson



## Keep up-to-date

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

Send news and questions to:  
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[jlsabo3@comcast.net](mailto:jlsabo3@comcast.net)

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

### **Note from the Happenings Editor**

The SIR Happenings is a compilation of the information I get from every SIR Branch that sends a copy of their Branch Newsletter. This issue reflects the content of newsletters from May, June, and July. I especially try to include new members, awards, photos, and SIR recruiting ideas. If you would like to submit comments or suggestions please email me at [jlsabo3@comcast.net](mailto:jlsabo3@comcast.net).

I 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 question that many of you might have—Why is the Happenings (a 60+ page document) less than 10 GB in size while many newsletters that I receive from branches are 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

### **Publication Deadline for Future Issues**

*SIR Happenings will be published Quarterly*

*Deadline for future issues will be:*

- January 15 for the February Issue
- April 15 for the May Issue
- July 15 for the August Issue
- October 15 for the November Issue

## SIR Publicity

<https://www.wearesir.com/>



San Mateo

# Sons in Retirement

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

## Guest Essay

### (Tech Trends to Watch)

#### The Web Will Feel New Again

"The look and feel of web searching will start to shift — and new applications will rise alongside them.

For instance, the explosive growth of chatGPT, the new AI-assistant released by OpenAI, points toward a future where we simply ask for information rather than search the web. Likewise, the release of powerful new 'generative AI' tools for audio, images, and video are poised to fill our social feeds with personalized, auto-generated digital content rather than user-created media. And as social media relies more on AI for recommended content, we'll increasingly find new things to watch and read based on what algorithms present to us rather than what our friends have shared. While all this innovation is exciting for consumers, the policy environment will also need to keep pace. AI's transformation of the web will add new complexity — and urgency — to a wide range of tech policy discussions, from data privacy to algorithmic transparency."

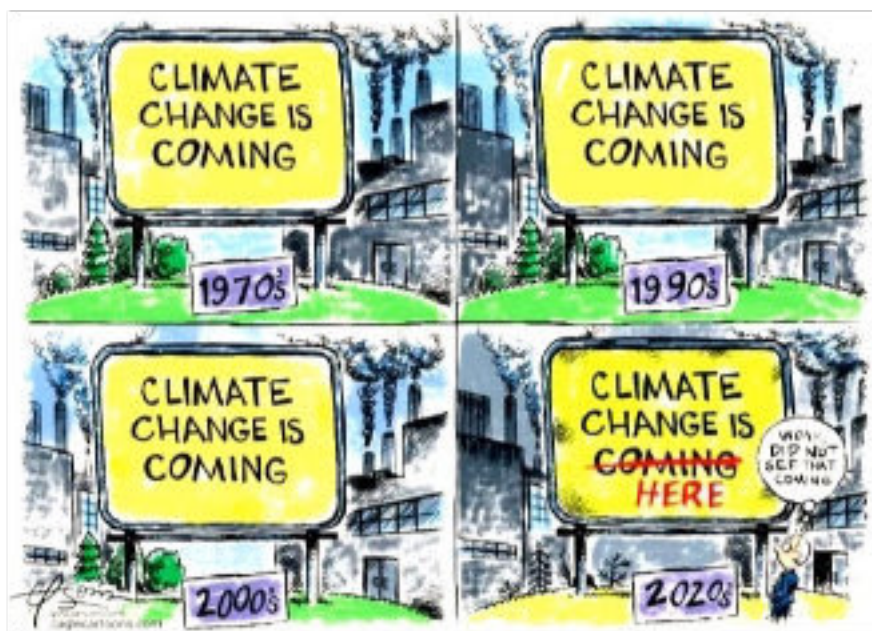
#### Key Technology Trends to Watch in 2023 Identified by The World Economic Forum

- ✓ Green Tech is at a Tipping Point
- ✓ Hyper-Connectivity and Cyber-Resilience

- ✓ Quantum Computing R&D
- ✓ Gene Editing Goes Mainstream
- ✓ Artificial Intelligence Everywhere
- "Folks need not fear technological progress. It should make us humble and mindful of progress being hard-earned and easily lost."
- Technology Breakthroughs to Expect in 2023 from the MIT Technology Review**
- ✓ CRISPR-Based Gene Editing to Treat Folks with Ultra-high Serum Cholesterol
- ✓ Astounding AI-Created Art
- ✓ Mass Market of Military Drones
- ✓ Exascale Computing
- ✓ Amazing Discoveries by the James Webb Space Telescope
- ✓ Analysis of Ancient DNA
- ✓ Industrial-scale Lithium Battery Recycling

Chris Meserole  
works at the  
Washington, D.C.-  
based Brookings  
Institution as

Director of Research in the  
areas of Artificial Intelligence  
and Emerging Technology.



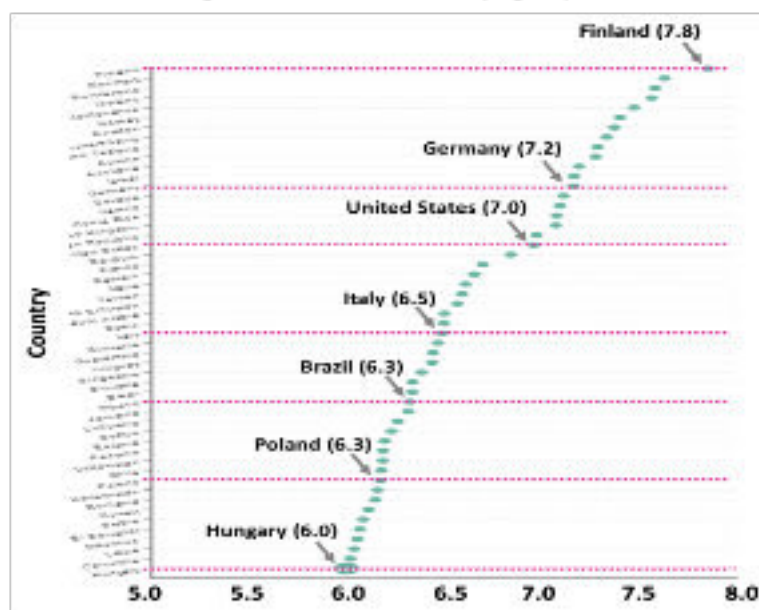


## Revelations in UN Report

# Crises Can Make the World Kinder

The first quarter of the 21st century has suffered a multitude of troubles. During the two-plus decades between the twin towers attack in 2001 and Russia's invasion of Ukraine in 2022, the world has seen the Syrian and Yemeni Civil Wars, America's failed campaigns in Iraq and Afghanistan, and major insurgencies in Sudan and Nigeria. Millions have died and tens of millions have suffered torment and heartache caused by natural disasters: earthquakes in Gujarat (India, 2001), Indonesia (with a tsunami, 2004), Kashmir (Pakistan, 2005), Sichuan (China, 2008), Haiti (2010), and Tohoku (2011) — most powerful ever recorded in Japan, magnitude 9.1, with tsunami that led to the Fukushima Daiichi nuclear disaster; cyclone Nargis (Sri Lanka, 2008); European heat wave (hottest in 500 years, 2003); Hurricane Katrina (deadliest hurricane in the last hundred years, 2005); floods in Mozambique (2000), Haiti (2004), China (2010), and India (2013, 2017). As of mid-2022, around 70 million people had been forcibly displaced from their home country due to conflict, unrest, or natural disasters. About half of these refugees are children, who face incredible risks and dangers — disease, malnutrition, violence, labor exploitation, and trafficking into prostitution. About one-third of these refugees live in refugee camps.

And, over all this has been the global pandemic and more than 40 public school shootings per year.



## Such a Sad Accounting!

Yet, at the same time, these crises have actually made people around the globe more willing to help each other, according to the latest *World Happiness Report* from the Sustainable Development Solutions Network, a United Nations organization. The *World Happiness Report* focuses on six key factors that contribute to happiness across the world: social support, income, health, freedom, generosity, and absence of corruption in business and government. These data are used to calculate an “overall happiness score” that can be a maximum of 10. The actual scores for 148 countries range from 2.5 to 7.8.

## People Prove Amazingly Resilient

“Even during these difficult years, positive emotions have remained twice as prevalent as negative ones, and feelings of positive social support [were] twice as strong as those of loneliness,” reported co-author John Helliwell in a news release.

### Some Data from the *World Happiness Report*

The graph (left) includes all countries with scores of 6.0 or greater. The ten highest ranking countries are Finland (7.8), Denmark (7.6), Switzerland (7.6), Ireland (7.6), Netherlands (7.5), Norway (7.4), Sweden (7.4), Luxembourg (7.3), New Zealand (7.3), and Austria (7.3).

The U.S. ranks 19th with a score of 7.0 — the same score as Iceland, Costa Rica, United Kingdom, and the Czech Republic.

The 10 lowest ranking countries are Burundi (3.8), Yemen (3.7), Tanzania (3.6), Haiti (3.6), Malawi (3.6), Lesotho (3.5), Botswana (3.5), Rwanda (3.4), Zimbabwe (3.1), and Afghanistan (2.5)



"This year's report features many interesting insights," said contributor Lara Aknin, "but one that I find particularly interesting and heartening has to do with 'pro-sociality' (behaviors that are intended to benefit others). For a second year, we see that various forms of everyday kindness, such as helping a stranger, donating to charity, and volunteering, are above pre-pandemic levels. Acts of kindness have been shown to both lead to and stem from greater happiness."

This year's *World Happiness Report* also shows that despite several overlapping crises, most populations around the world continue to be remarkably resilient, with global life satisfaction averages in the COVID-19 years 2020-2022 just as high as those before the pandemic.

"The ultimate goal of politics and ethics should be human well-being," said Columbia Professor Jeffrey Sachs, co-editor of the World Happiness Report.

"The happiness movement shows that well-being is not a 'soft' and 'vague' idea but rather focuses on areas of life of critical importance: material conditions, mental and physical wealth, personal virtues, and good citizenship. We need to turn this wisdom into practical results to achieve

more peace, prosperity, trust, civility – and yes, happiness – in our societies."

### Another Approach To Finding Happiness



## Remembering and Recalling Information

### Cognitive Biases for May

This month's set of 8 interrelated cognitive biases revolve around the reality of how folks remember and recall information and how that natural act can be perverted by some instincts imbedded in everyone's brain.

**Frequency Bias** or **Frequency Illusion** is a cognitive bias that materializes when folks notice an idea, concept, phenomenon, or thing for the first time, and then notice it more often, creating the illusion that it is appearing more often, when, in fact, its frequency of appearance has not changed.

Stanford linguistics professor Arnold Zwicky coined the term **frequency illusion**, and he considered it a process involving two cognitive biases: **selective attention bias** (folks noticing things that are important to them while disregarding the rest; see below) followed by **confirmation bias** (looking for things that support folks' hypotheses, while disregarding potential counter-evidence; discussed in the November 2021 Bulletin). The **frequency illusion** is considered mostly harmless, but it can cause worsening symptoms in patients with schizophrenia. The **frequency illusion** may also have legal implications, since it can influence eyewitness accounts and memory of folks' testimonies.

**Selective attention bias** (or **attentional bias**) is a cognitive bias that characterizes folks' capacity to choose what they pay attention to and what they ignore. A related phenomenon is **inattention blindness**, which occurs when folks fail to see something, often unexpected, that is in plain sight, purely as a result of a lack of attention.

A related tendency is the **Status quo bias**, a cognitive bias in



**"You've written a bold and innovative proposal. Unfortunately, it challenges the status quo and that can jeopardize my job."**

which folks resist change and prefer to maintain their current state. When considering various alternatives, they judge their current state as the objectively superior choice. The **status quo bias** intersects with other non-rational cognitive processes such as **loss aversion bias**, which is folks' tendency to prefer avoiding losses over acquiring equivalent gains. Some studies have suggested that losses are twice as powerful, psychologically, as gains.

Another related inclination is the

**endowment effect**, a cognitive bias that causes folks to value an owned object higher, often irrationally, than its market value. It causes folks to place a higher value on an object that they already own, than the value they would place on that same object if they did not own it. Research has identified the **mere ownership effect** and **loss aversion bias** as the two main psychological forces causing the **endowment effect**. The **mere ownership effect** arises when folks evaluate something they own more positively or of greater value than they would if they didn't own it.



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## Cognitive Biases for June

### Oversimplifying & Ignoring Reality

Folks tend to simplify probabilities and numbers to make them easier to contemplate and deal with emotionally. Doing this takes several forms — some of them are cognitive biases.

**Appeal to Probability Effect** — a cognitive bias where folks take something for granted as true because it *probably* would be true. *Mere probability* does not correlate with *certainty*, the *probability* that something could have happened does not mean it *did* happen.

**Normalcy bias** is a cognitive bias that leads folks to disbelieve or minimize threat warnings. Thus, they underestimate the likelihood of a disaster, when it might affect them, and its potential adverse effects. **Normalcy bias** causes many folks to not adequately prepare for natural disasters — earthquakes, tornadoes, hurricanes, floods, tsunamis, forest fires, market crashes, motor vehicle accidents, war, and calamities of all types caused by human error. A whopping 70% of folks reportedly display **normalcy bias** during a disaster.

The **ostrich effect** is a cognitive bias where folks “bury their head in the sand” and avoid potentially negative but useful information, such as feedback on progress, to avoid psychological discomfort.

**Normalcy bias** has also been called **analysis paralysis** and the **ostrich effect**. Many first responders call it the **negative panic**. The opposite of **normalcy bias** is **overreaction**, or **worst-case scenario bias**, in which small deviations from normality are dealt with as signals of an impending catastrophe.

**Zero-sum bias** is a cognitive bias that intuitively judges that some folks’ gains must be offset by other folks’ losses. This bias promotes **zero-sum fallacies** — false beliefs that circumstances are zero-sum situations, which can lead to false judgments and poor decisions.

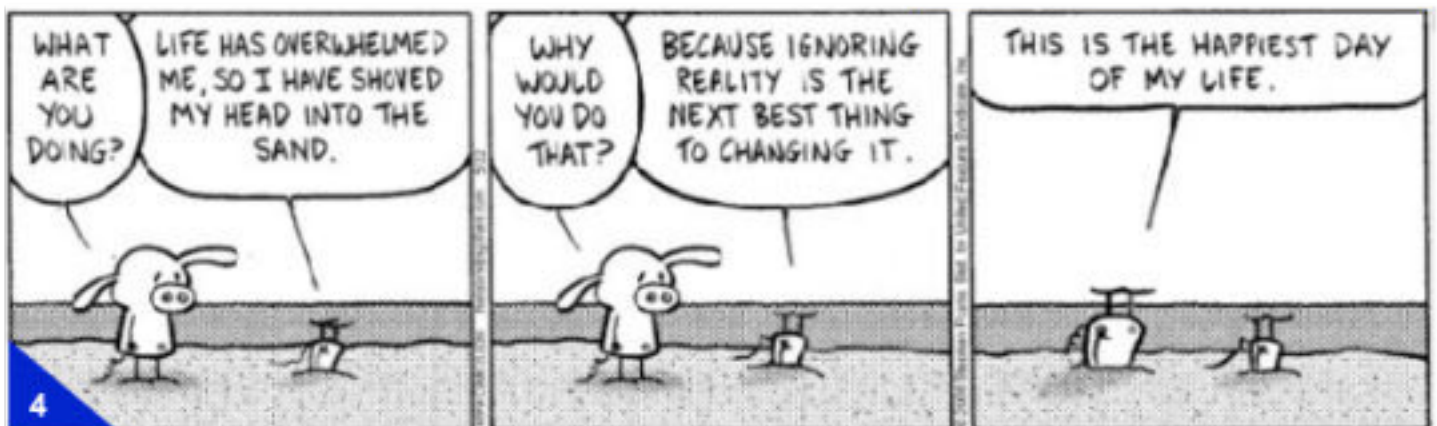
The adage or epigram “**Murphy’s law**” — typically stated as: “Anything that can go wrong will go wrong,” and sometimes extended as “...and at the worst possible time” — is a form of **confirmation bias** whereby folks search for, interpret, favor, and recall evidence that confirms their already-formed mindset that things will go wrong and ignore that which does not.

## Dentists Are Getting High-Tech



The standard method for dental restorations with a crown involves having a big ol’ tray of goop jammed into the patient’s mouth to produce an impression, and then waiting weeks for a dental lab to create the new gold or porcelain crown. Now, new technology can complete the entire process in about 4 hours without having to chomp down on a giant gob o’ goop.

When the traditional process reaches the point of creating an impression, the new high-tech method (Computer Aided Design or CAD) produces a 3D scan of the patient’s mouth. Then Computer Aided Manufacturing (CAM) uses a computer-controlled milling machine to carve the new crown from a porcelain block. The new crown is then polished on a separate machine. Even dentists that don’t have the CAM components are using the CAD component and sending the digital 3D image to a dental lab that completes the CAM.



## <sup>“Giant Easy”</sup> Cognitive Biases for July

This month's cognitive biases are caused by errors in how much folks understand others and are understood by others.

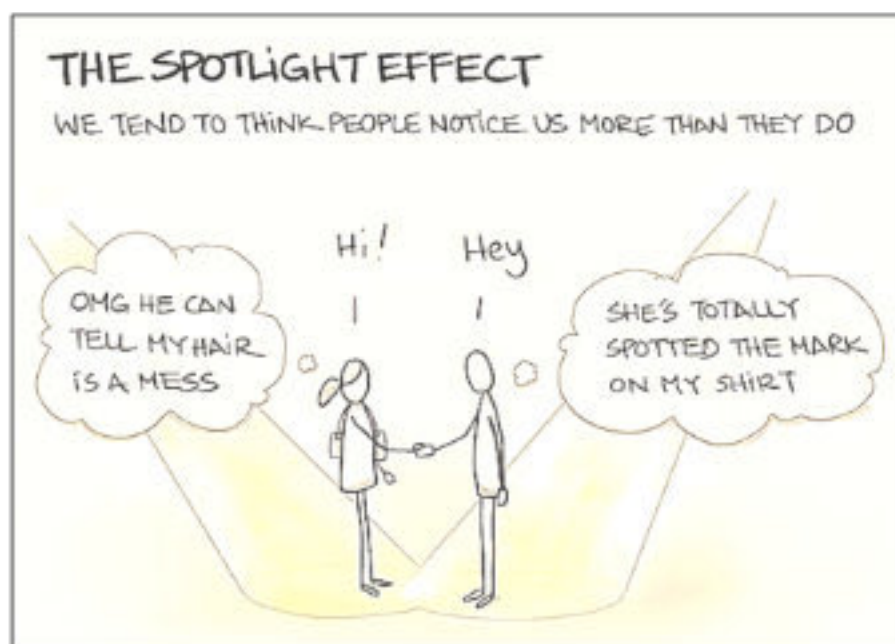
The **illusion of transparency** is a cognitive bias that materializes when folks *overestimate* how much their mental states are known by others. Another manifestation of the **illusion of transparency** is the **observer's illusion of transparency**, a cognitive bias reflecting the tendency for people to overestimate how well they understand the personal mental states of others.

Another form of the **illusion of transparency** is the **illusion of asymmetric insight**, a cognitive bias that emerges when folks conclude that their knowledge of others is greater than other folk's knowledge of them. The **illusion of asymmetric insight** has been traced to the tendency of folks to view their own spontaneous or off-the-cuff responses to others' questions as relatively unrevealing even though they view other folks' similar responses as meaningful.

The **illusion of transparency** is often seen in public speakers. It may be increased by the **spotlight effect** – a cognitive bias or psychological phenomenon that emerges when folks believe they are being noticed more than they actually are. The cause of the **spotlight effect** is the innate tendency to forget that, although folks are the center of their own worlds, they not the center of everyone else's.

The mirror image of the **illusion of transparency**, is the **curse of knowledge** (or **curse of expertise**), a cognitive bias that occurs when folks are communicating with others and they assume the others have the background knowledge to understand.

Research has empirically shown that such drastic over-estimation of one's effect on others is widely common. Many professionals in social psychology encourage people to be conscious of the **spotlight effect** (see cartoon on p. 16) and to allow this phenomenon to moderate the extent to which folks believe they are in a social spotlight. In social psychology, the **fundamental attribution error** (also known as **correspondence bias** or **attribution effects**) is a cognitive bias where observers underemphasize the effect of situational and environmental factors on a person's behavior while overemphasizing the effect of a person's disposition or personality factors. A related cognitive bias is the **illusion of external agency** – the false belief that good and positive things happen because of external influences rather than personal effort. The **extrinsic incentive error** is a cognitive bias (or attributional bias) that occurs when folks attribute relatively more to “extrinsic incentives” (such as monetary reward) than to “intrinsic incentives” (such as learning a new skill) when weighing the motives of others but not than themselves. It is a counter-example to the **fundamental attribution error** as according to the extrinsic **incentive error** others are presumed to have *situational* motivations while oneself is seen as having *dispositional* motivations. This is the opposite of what the **fundamental attribution error** would predict. It also might help to explain the **backfire effect**, a cognitive bias that occurs when extrinsic incentives are attached to activities that people are **16** intrinsically motivated to do.







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>

IN MEMORIAM: FORMER MEMBERS  
THOMAS BONGI AND RAY GERGUS DIED  
RECENTLY



As Big SIR it was very gratifying to see the big turnout for our program on Honor Flights presented by Dao Nguyen that take veterans back to Washington DC at no charge to tour the monuments and to be recognized for the job they did and the service they provided to the country. I was very moved by the experience of being a Guardian to my friend Ralph Webb who had served in Korea many years ago. I never was called up but the experience of seeing the veterans at the memorials was very moving and certainly emotional for all those veterans who had served "in country". This program is available to all honorably discharged veterans and you can inquire about the program by viewing their web site

[www.honorflightbayarea.org](http://www.honorflightbayarea.org)

## New Members

Peter Robinson  
Ray Zavislak  
Tim Biddle  
Don Lytle  
Charles Monte  
Bill Trenam

## 2023 EXECUTIVE COMMITTEE

Big Sir: Bob Bundy

Little Sir: Michael Sommer

Secretary: Dick Robinson

Asst Secretary: Vacant

Treasurer: Al Wuthnow

Asst Treasurer: Dick Robinson

Directors: Dave Bernardi, Ken Kauer, Ted Pullen, Kelly Reid, Bob Rigler, & Ralph Sherer

Advisor: Dick Robinson

Publisher: Kirk Beales — 415-492-2686,

bear38@outlook.com

Webmaster: Vacant

## LUCKY 7 GOLF



### Franklin Canyon (Individual) - April 26th

<i>A Flight Net</i>			<i>B Flight Net</i>		
1	Jens Erlingsson	69	1	Bob Giachino	72
2	Ray Zavislak	75	2	Dick Robinson	73
<i>Closest to Hole 4</i>			<i>Closest to Hole 17</i>		
Bob Giachino		20'2½"	Dave Miller		5'10"

### Bennett Valley (Individual) May 10th

<i>A Flight Net</i>			<i>B Flight Net</i>		
1	Jens Erlingsson	71	1	Ted Pullen	70
2	Ron Moresco	73	2	Bob Giachino	74
<i>Closest to Hole N/A</i>			<i>Closest to Hole 15</i>		
			Ted Pullen Ron DeCook		Tie at 17'2"

### STENZEL CONTEST STANDINGS

1. Dave Miller	5'10"	2. Gary Gioglio	8'8"
3. Dave Miller	15'1"		

# Home of 50+ Activities Resource of many fine SIR Leaders



SIR Branch 8  
Walnut Creek



Tony de Losada receiving  
Distinguished Service Award



State Secretary Rich Carlston  
receiving his D.S.A. pin



former President Derek Southern  
welcoming present SIR President  
Dave Gonzalez



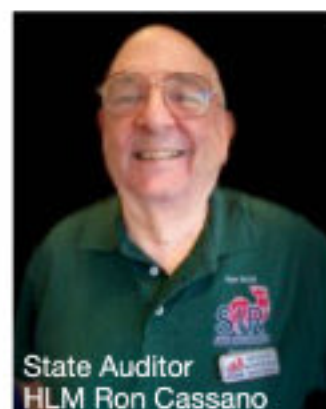
Big SIR  
Ray deWit



Making  
Friends  
for Life



State Bowling  
HLM Dan Weller



State Auditor  
HLM Ron Cassano



SIR at the Games  
Steve Schramm





## Luther Burbank Branch 17

Santa Rosa, CA

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



### THE REDWOOD BARK NEWSLETTER

We are sad to inform you that our member

# Don Salazar

passed away on June 14, 2023.

We send our condolences to his family.

## Community Involvement Program:

Barry Bialkoski and Bob Reuther, Co-Chairs



Rich de Lambert and  
George Traverso, Co-Vice  
Chairs

Hope to see you at our next outing. We will be at the Redwood Empire Food Bank on Thursday, July 6, 2023, from 10 am until

noon. They are glad that we came last month and are looking forward to our help in the future. Our name is becoming better known in the community as a group that helps others, as well as working together, and making friends for life. In fact, we have been asked to help distribute food at a distribution site in the community. This is on hold as we are in the process of determining what our group wants to do in addition to helping out on the first Thursday of the month.

We hope that you can join us in our next volunteer activity at the Redwood Empire Food Bank and experience the good feeling of helping others. Wear your SIR apparel so our Brn 17 is identified. Chairs are available for those who prefer not to stand.

Let one of the committee members, George, Rich, Barry, or Bob, know that you are coming so we can inform the Food Bank in advance. The Redwood Empire Food Bank is located by the Airport at 3990 Brickway Blvd. in Santa Rosa. You can find us on the [www.sir17.org](http://www.sir17.org) website under the first Thursday of each month. All the information related to time and place is on that site.



**Publicity:** (Article by Neil Wheeler)

The Publicity and Image Committee needs your help to raise public awareness of SIR. We are looking for volunteers to do one of two things:

1. Display a SIR Branch 17 Yard Sign in their front yard for one month.



2. Display a SIR Branch 17 Magnetic Sign on their car for two weeks.



Please contact me, Neil Wheeler, by email at:



Group enjoying lunch at VJB Vineyard & Cellars in Kenwood on 6-29-2023, with the new lunch outing "Eat & Explore."

(photo by Neil Wheeler)



## Annual Branch 17 and Branch 176 Picnic Report

If you attended our picnic on June 15th, I hope you enjoyed it as much as I did!

The picnic was a joint effort between our Branch 17 and Windsor Branch 176. It was held at the Event Center located at Windsor Golf Course. We had 115 in total attendance, 70 from Branch 17 and 45 from Branch 176.

The weatherman gave us a beautiful day, not too hot and not too cold. We did use the pop-up shelters that we borrowed from several of our members.

The event was catered by Charlie's. The new Event Coordinator, Gianna, and her staff did an excellent job. The BBQed chicken was perfectly cooked, I only wish I had room for more. Chili beans, vegetarian pasta, corn on the cob, garden salad and garlic bread, all excellent, were served with the chicken. To top it off we had Haagen Dazs ice cream and brownies for dessert. The dessert was arranged by Laura and Paul Hansen. I understand Paul baked the brownies. To go along with the meal we had some great wines, highlighted by Kendall-Jackson Vintners Reserve Cabernet Sauvignon, Mauritsen Sauvignon Blanc and Stew Lauterbach's Syrah and Pinot Noir.

The raffle was another success. Rich de Lambert raffled off 52 items! George and Sandra Traverso did a wonderful job organizing and displaying the prizes. Bottom line, the raffle generated \$1,650, which after expenses, went into each branch's treasury. Included in the raffle was wine tasting for 10 at Christopher Creek Winery, golf for four (including cart) at both Windsor Golf Course and Bennett Valley, Chanel perfume, several gift baskets, bottles of wine and many other great prizes. A special thanks to all those who donated to the raffle.

Here is a list of Branch 17 Picnic Committee Members:

Ticket Sales, Finances and Check In: Al Petrie, Glenn Seime, John Gnam, Chris Nelle, and Ted Scapeccia  
Sound System and Music: Mark Burchill and Neil Wheeler

Raffle: Rich de Lambert, George and Sandra Traverso, Bill Grafeld, Marc Perl, Harold Minkin, Tony Negri, Elias Zegarra, Bob and Lorrain Reuther

Photographer: Rich Osborne

Pop Ups: Stewart Lauterbach

Please forgive me if I missed anyone.

Ted Scapeccia, Brn 17 Picnic Chair





## Photo Gallery

### Annual SIR Brn 17 & 176 PICNIC Lunch



*(All above photos by Rich Osborne)*



Walking Group, L/R: Wayne Brigden, Les Brodie, Steve Edelstein, Duane Peterson, Richard Lundblad, Mike Heinzelman, Fred Rose.

*(photo by Gordon Boulton)*





BRANCH 22, *Ignacio Pacheco*

# Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

Published by Branch 22 of SIR, Inc.\*



## MARIN RESTAURANT ADVICE AND NEWS

**Mike Dean**

MIKE DEAN  
SIR BRANCH 22

SHOW DE CARNES BRAZILIAN STEAKHOUSE  
196 Donohue St.  
Sausalito, ca

OK SIRs, I know there's some real meat eaters among us and this is the place for you!! This is a much reviewed and talked about new restaurant in Sausalito – BUT ....You have to like meat to make this place worthwhile.

Yes, they have an alternative "salad bar" for less money, but you go for the MEAT .... Endless meat!

It's truly a Brazilian steak house very much like a "churrascaria" in Brazil and just as good. The service is excellent with a gang of waiters continuously supplying you with the best cuts of your favorites ie: try-tip, filet, chateaubriand, lamb, pork and on and on. They even give you a card to show if you want more meat, or just turn it over when you're done. The Salad, appetizer, sushi bar is open to the meat eaters, but you can choose to only have the salad bar if you're not a meat eater.

Frankly, you have to try it once and find out if it's your thing. It's not really Debbie's and my thing because we're not big meat eaters, but we've been to a churrascaria in Rio, and this place is authentic. Many meat eating SIRs will like it a lot.

By the way, the meat is kinda Brazilian flavor, so I hope that you will like that.





## TIME TO LIGHTEN UP



"We just need to get you good and greased up so we don't have another fiasco like what happened to Mrs. Schmantz."



# SIR Mission Branch 32 Newsletter

Promoting the Independence and Dignity of Retirement



**Branch 32 Website** <https://sirinc2.org/branch32>



The update of the Br 32 webpage has been completed and is activated, replacing the previous version.

The primary purpose was to utilize the SIR State website template that is based on a WordPress development environment. This change insured that the website would display accurately and properly on all display screen sizes from mobile phones to desktop computers. The previous HTML based design had not achieved that objective. Further, the WordPress approach has been considerably simpler to create and maintain the website because of the built-in features that the tool environment provides. Note for example the Event Calendar is now Google based as offers more viewing flexibility. Also adding and organizing photos is considerably easier to achieve.

Please have a look and provide any feedback including suggestions for improvement or additional features that you believe will improve both the membership experience as well as the outreach to the public.

Jim Caratozzolo

SIR BR 32 Web Master

(408) 623-3405 [onlinejim@aol.com](mailto:onlinejim@aol.com)

## NEW MEMBERS



Tac Berry



Mike Branden



Mike Harvey



Mike Kallbrier



Dave Smith

## Pool Club



We have been having 6 to 8 players on Monday nights at Cuetopia Cafe and Billiards, 4700 Almaden expressway, San Jose, Between Branham Lane and Cherry Avenue  
5:00PM to 7:00PM come out and join the fun.

Galen Gipson  
Fred Rasmussen  
Co-Chairmen





## BIKE ACTIVITY (NEW ACTIVITY)



It was a beautiful day for a bicycle ride. About 65 degrees, (Article submitted in April -mised it-sorry) with almost no breeze.

Doug Krause and Fred Jones meandered down the paved Los Gatos Trail. Following the fast-moving Los Gatos Creek from Meridian Ave. to Main St. in Los Gatos We rode around Vasona Lake from one side of the dam to the other. We saw a turtle swimming under the foot bridge. We saw about 6 turtles sunning themselves on a tree limb in the water on the University Ave. side of the lake. I always see them on the same log. Many ducks and geese were on the grass and in the water. Wildflowers are everywhere and the grass is green. Spring is finally here. It is a good time to be outdoors.

We had coffee at the Los Gatos Brewing Co. on Main St. Having good conversation and people watching the locals while sitting outside on their bench. We got to see the brew house roasting their coffee beans in the roaster creating that great coffee aroma that coffee drinkers crave in the morning.

The ride was 8.3 miles and 1hr. in each direction with little foot traffic in the morning during the week compared to the weekend. It was a very good ride. I highly recommend it. On a bike you can cover a lot of ground in a lot less time.

Fred Jones. Bike Activity Chairman



## Pool Club

We have been having 6 to 8 players on Monday nights at Cuetopia Cafe and Billiards, 4700 Almaden expressway, San Jose, Between Branham Lane and Cherry Avenue 5:00PM to 7:00PM come out and join the fun.

Galen Gipson and Fred Rasmussen Co-Chairmen



A busy night at Stone Henge  
as workers move all the stones  
forward one hour...



## New Members



Scott Rotondo



Bill Zonner

## In Memoriam

*William (Bill) H Young (Los Altos), a past Secretary for Branch 35 and an avid Branch golfer.*

*John H. Lemes, a member of Branch 35 since 2011*

## BRANCH AWARDS PRESENTED AT OUR JUNE MEETING



*Awardees, from left to right: Jerry Ososkie, Dave Ogle, Bruce Karney, Alan Gaudie, John Gerich, Tom Taboada, Ron Schoengold*



*DSA for Tom Taboada for Golf Activity leadership, tournament workbook innovation, transition to new website, transition to new golf handicap system and golf "Stats Pack". "Every org. needs a "go to" guy who keeps the ship on course. Tom has been that guy for SIR Branch 35 Golf."*



*DSA for John Gerich for Golf Activity leadership with a tournament pairing sheet for 15 years; co-founded and later lead the Book Swap activity for thirteen years. "John is always willing to go the extra mile to help service our Branch needs."*





**DMP for Alan Gaudie** for conceiving and starting the "Dining In" Activity, for conceiving and starting the "Wine Finders" Activity and for serving as the Treasurer for the Bowling Activity. "Alan is an active member, a doer, and a credit to this branch."



**DMP for Bruce Karney** for serving as Communications Director, leading the transition to the MVCC, nominating local Environmental community speakers and leading the upgrade and transition of the branch website. "Bruce is a valuable, creative, leader for our Branch."



**DMP for Dave Ogle** for leading the Medical Emergency Response Team (MERT) since 2012, volunteer "Drinks Guy" for our picnic and for serving as the "Trophy's Guy" for our Golf Activity. "Dave is a model active member who cares about his fellow members."



**DMP for Jerry Ososkie** for serving as Branch Treasurer when the need arose, volunteer Golf Tournament Workbook Author, volunteer Bridge Activity lead, conceiving and leading the picnic "Tomato Contest Activity". "Jerry is always willing to step up and is an excellent organizer."



**DMP for Ron Schoengold** for serving as the Audio-Visual lead from 2015, serving as a member of the AV team during the Pandemic, volunteering to prepare and BBQ the (always tasty) ribs and chicken for our BBQ. "We are fortunate to have Ron as an active member of our branch."



**DMP for Jerry Belden** for serving as co-editor of the Membership Roster since 2015, Book Activity Chair since 2018 and Activities Director from 2020-2022. "Jerry is a fine example of someone that will step up and help when the need arises."



**DMP for John Ray** for serving as the Branch webmaster since 2017, providing web security and QR code expertise, and assisting with the major branch website upgrade. "John is an active member with a can-do attitude and is always willing to help."



**DMP for David Skurnick** for serving in the Trail Birds Activity since 2008, co-authoring the speaker parodies since 2018 and leading the activity since 2019. David ensures the Trail Birds are something the Branch can be proud of. "David is an active member whose contribution creates a unique program for our luncheons."



**DMP for Richard Blackborow** for serving as the Technology Director and the Membership Database lead since 2020, serving as the Pandemic Zoom lead, supporting hybrid meetings when we could meet in person again, and supporting the transition to our new meeting facility at MVCC. "Richard is dedicated, creative, and an example of what a model member can be."

## **BIG Sir COMMENTS**

Dear Fellow Members of Branch #36,

As we embark on the month of July, we obviously focus on the 4th of July, when we claimed our independence. In looking at some of the events leading up to the revolutionary war, we find some fundamental reasons for coming to that milestone. Early settlers came to the "New World" seeking political liberty, religious freedom and economic opportunity. We have all heard of the Stamp Act, the Townshend Act and the Tea Act, most notably leading to the Boston Tea Party. It was actually the "Intolerable Acts" and "Coercive Acts", designed to show the colonists who was boss, that came to be the proverbial last straw.

The war started on shaky ground, but when George Washington took command of the Continental Army on July 3, 1775, things began to turn around. On July 4, 1776, the Second Continental Congress UNANIMOUSLY adopted the Declaration of Independence from Great Britain.

All of those events, in essence, reflect the pursuit for "Freedom" that is in our DNA. We now insist on individual rights and self-governance.

When we open the lens and look at the world at large, we realize that all of humankind seeks the same things. In many countries, it is the government of those countries that are actually the impediment to the opportunities toward a "better life" that we all seek. World events of today are perfect examples.

Let us continue to enjoy and appreciate the freedoms we have in the good ole US of A! While not perfect, we still have the freedom to continue to "form a more perfect union".

On a side note, July is also the month when McCartney met Lennon to form the Beatles, when Neil Armstrong and Buzz Aldrin first walked on the moon and, most importantly, when we get to take my granddaughters to see Taylor Swift!! Enjoy the month of July!

Andre Adema

Big Sir, SIR Branch #36

Cell: 831-239-6699

E-mail: biomedprn@gmail.com

### **The Secret of Life**

A father used to say to his children when they were young: "When you all reach the age of 12 I will tell you the secret of life." One day when the oldest turned 12, he anxiously asked his father what was the secret of life. The father replied that he was going to tell him, but that he should not reveal it to his brothers.

"The secret of life is this: The cow does not give milk." "What are you saying?" asked the boy incredulously. "As you hear it, son: The cow does not give milk, you have to milk it. You have to get up at 4 in the morning, go to the field, walk through the corral full of manure, tie the tail, hobble the legs of the cow, sit on the stool, place the bucket and do the work yourself."

"That is the secret of life, the cow does not give milk. You milk her or you don't get milk. There are some who think that cows GIVE milk. That things are automatic and free: their mentality is that if 'I wish, I ask..... I obtain:' "Life is not a matter of wishing, asking and obtaining. The things that one receives are the effort of what one does."

### **How's That Again?**

*A graduation ceremony is where the commencement speaker tells 2,000 students dressed in identical caps and gowns that individuality is the key to success.*

### **Ignorant**

*Executive Director: Your reports should be written in such a manner that even the most ignorant may understand them.*

*Assistant: Yes sir. What part is it you don't understand?*



## SIRs Couples April Wine Tasting Event

Our initial wine tasting event for 2023 was held on April 21<sup>st</sup> at Cuda Ridge Wines in Livermore - the "Outdoor Bordeaux Tasting Experience". The 23 people who attended enjoyed a beautiful spring day, excellent Bordeaux wines and, most importantly, an opportunity to socialize with fellow SIRs and their significant others. Plus everyone brought food to enjoy and share. I think it is safe to say that this fun event was a rousing success!!



**WHILE WAITING FOR HIS  
WIFE TO GET READY**



**New member David Takacs with  
his sponsor Sir Jerry Sabo**



## ***Me & My Car: 1927 Ford Model T 'meant to be' Fremont man's***

***Owner who found vehicle at Good Guys Car Show, paid \$20K for it cites reasons why***



I think it would be fair to say that the Ford Model T was the most successful car ever. Ford Motor Co. sold the almost completely unchanged Model T from 1908 through 1927, but it wasn't the first "modern" car built.

That honor goes to German Karl Benz in 1885, and the first "modern" American car was made by Charles and Frank Duryea, of Springfield, Massachusetts in 1893. As a side note, the first electric vehicle, which was more of an electrified wagon, was made in about 1890 by a chemist from Des Moines, Iowa.

In those early days, a good way to get attention was through publicity stunts, and Henry Ford was a master at capitalizing on events featuring the Model T. In 1911, a Ford dealer in Scotland challenged his son to drive a Model T to the top of the highest mountain in the British Isles at 4,411 feet. If he accomplished that, he would receive his allowance, but if not, no allowance.

The son was successful (or I wouldn't be telling you this story), was greeted by a cheering crowd, and drove the Model T back to his father's dealership. After that event, Ford Motor Co. sold more than 14,000 Model T cars in the United Kingdom, and Henry Ford didn't think more publicity stunts were necessary to sell his cars.

The Model T was truly the car that changed the world, but it wasn't the first "production" car in the country either. That distinction belongs to the 1901 Oldsmobile Curve Dash. It's said that Henry Ford didn't create any of the methods used in the manufacturing of the Model T but saw what others didn't see in other industries to produce consistent parts routinely for assembly line production. This meant that assembly line workers didn't need to be skilled laborers.

One of Ford's famous quotes is that customers could get any color car they wanted "as long as it's black." It turns out it's not the color of the paint per se that's important, it's the speed at which the paint dries, and black dried faster than other colors.

The first Model T that went on sale in October 1908 sold for \$850. Ford wanted to not only build cars efficiently but price them as low as possible so the common man could afford one. By the time this issue's featured car was built in 1927, the last year for the Model T, one could buy a new Model T for as little as \$260.

This issue's car doesn't look much like the Model T that Henry Ford sold for \$260. Ford enthusiast Don Rose, of Fremont, bought it in 2017 and, this is his third classic Ford vehicle. When he bought the car, it looked pretty much like it does today, but like many classic car purchases, there were some surprises.

"The tires were dry-rotted, so the first thing I did was put new wheels and tires on it," Rose said. "The starter went out, the headlights were pitted and the high beams didn't work, so I ordered new headlamps for it. I put a new exhaust system on it (to quiet it down). But otherwise, it just been mostly routine maintenance."

Looking at this Model T, many would call it a "hot rod," but it's really more of a "street rod" with most of the creature comforts of modern cars. Henry Ford would probably turn over in his grave if he knew his inline four-cylinder, 20-horsepower engine has been replaced with a Chevy 283-cubic-inch, 220-horsepower V8 engine with a matching Chevy 350 three-speed automatic transmission.

It has a tilt steering wheel but doesn't have or need power steering, as the car only weighs 2,200 pounds. It does have power brakes with disc in front and drum in the rear. It also has air conditioning, and with the small interior it cools down in a hurry. It's a two-seater with very comfortable bucket seats. Rose found his Model T at a Good Guys Car Show at the Alameda County Fairgrounds and paid \$20,000 for it.

"To me it seems like it was meant to be for several reasons," he said. "One, my brother had one. Two, it's 1927 and my lucky number is '7.' And three, it was in my price range. Also, a previous owner etched roses in the glass and my last name is Rose."

He brought the car home that day and has loved it ever since. Rose isn't too interested in displaying his car at auto shows, but it is a head-turner. He gets his enjoyment from driving the car locally and watching people's reaction to this bright yellow machine and getting a lot of thumbs-up signs. As of this writing, he has no plans to sell and claims he isn't lusting for anything else.







### The \$tory of My Guitar By Jerry Sabo

Many important events have taken place in the life of most of us Seniors, but this one was amazing.

My Aunt Eleanor was pretty much a Black Sheep sort of a relative. Somehow, she once acquired a guitar that she gave to her then 2- or 3-year-old nephew—me. Eventually I was coerced into taking guitar lessons within a span of several years, say from age 10 until about 16. You guessed I was never much of a guitar player, so the guitar basically collected dust. By then however, I suspected that the guitar was a good one. One of my instructors said that the sound of my guitar must have improved by age as

it,

does a violin.

My younger brother borrowed the guitar for several years and finally my own son had grown to an age where he thought that he would like to begin playing the guitar. My wife sent me down to the Aantone's music store in Newark to have the guitar re-fitted with a new set of strings.

When I arrived at Aantone's, the store owner had me leave the guitar on the counter and he would eventually get to the request. I told him that I would wait. When the guitar case was opened, he exclaimed "You have got to be shitting me." Then added, "Do you know what this thing is worth?". I responded that I thought maybe \$5K. His response was— "Five figures". He refused to put on new strings and sold me another good guitar for my son at his cost. I agreed, and a few more years went by.

The guitar remained in the closet, but the 1994 Jeep Grand Cherokee was falling apart. My wife suggested that maybe it was time to sell the guitar for at least a down payment. I have another friend, Keith Hatscheck that was a old rock and roll musician. Keith suggested that I take the guitar to Gryphon Music in Palo Alto.

The rest is pretty much history. I did sell the 1938 Martin dreadnaught guitar. Gryphon got \$40,000. I got about \$30,000 and we had more than enough to almost pay for our new 2008 Lexus RX400h.



## June 21<sup>st</sup> Luncheon



June Birthdays (L-R) Sir Bill Briscoe, Sir Floyd Nesper, Sir Bob Cooper, Sir Robert Doherty and Sir Henry Romero



Members of the BEC meeting before the luncheon at 10 am.



New member Ron Singler with his sponsor Sir Rick Henry



Thank you Sir Ted Bresler for stepping up at the last minute to replace our original guest speaker who had to cancel due to a family emergency. Sir Ted spoke on how he got into theater and performed six short theatrical monologues featuring the types of material which made acting such an enjoyable experience for him.



Big Sir Jerry Halligan getting ready for the 4<sup>th</sup> of July.



Guest Robert Gonzales sponsored by Sir Ron Brutvan and guest Ray Gautheir with sponsor Ken Brunskill.



Hawaiian Theme at the June luncheon





### ***SIR Walk, Mission San Jose, a History Lesson***

Life is like a SIR Walk, you never know what you are find out next. First of all, this one-hour walk lasted almost three hours, and I heard no complaints. Admittedly I was glad to sit down afterwards. Led by Barbara and Patricia, our group of eight drank in the history of the area even though we may have had a bit of history overload – so much history in a roughly square mile of land. Just the number of buildings moved from one place to another took us by surprise. Some buildings moved more than once!

Then there was the big earthquake of 1868 – it did in the Mission that had stood since the late 1790s. Oh, the olive trees, planted by the Spanish missionaries for shade on the Royal Road, still standing, still producing olives for making olive oil. And then, the vineyards! The Palmdale Winery. About 15 other wineries in all! At one time in the late 1800s, grapes were the main money producing crop in this area – before Napa. Take that, Napa!

The buildings in the area: McIvor Hardware, both stores and the blacksmith shop. Olive Hyde's property and buildings. The Gallegos house – moved how many times? And where is it now? Ohlone College buildings, decorated light poles and the apricot orchard. And grade schools, at least three. The Fig Tree Gas Station – in continuous operation since 1926. And why do we have Mill Creek? Yes, there was a flour mill there.

Flora and fauna: Wild turkeys, ground squirrels, Acorn woodpecker, the trees mentioned above, Prickly poppy, and a forest of California tree poppies – and so much more.

The Mission San Jose since 1797, the 14<sup>th</sup> mission in Spanish controlled California – It's still here, it was one of the most productive of all the missions – and what a rich history it has all by itself. One of the highlights of our tour was a visit to the Mater Dei Shrine built in 1922, newly refurbished inside, cleaned, repainted and applied with gold leaf where appropriate.

All in all, a great tour! Thank you, Patricia and Barbara.

~Bruce Roberts





# 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**

### DeAnza Flea Market

#### Recruiting Event

On Saturday June 3, 2023, we reserved a booth at the DeAnza Flea Market. Wally Anderson was in charge. Five other Branch 62 members participated.

It was a nice sunny day. We had a tent cover for welcomed shade. Dina Anderson stopped by with cookies for all to share.

We had several people stop by with interest (a few of the wives were looking for an activity to get their husbands out of the house).

We'll consider doing this activity again.

#### SIR 62 Fishing Program

##### Salmon Fishing in Alaska 2023

The third week of June our fishing group, two of us traveled to the Salmon Falls resort in Ketchikan, AK. The first day fishing, we caught our limit of Halibut, King Salmon, and Rock Fish. We limited out early, so we once again rigged for Salmon and fished at a shallower depth to catch Coho Salmon. The second day out was windy with rough water, and we didn't catch much. The final day was cloudy and calm. Once again we caught our limit in Halibut, King Salmon, and Rock Fish. The trip concluded with four very happy fishermen returning home with a 50 pound box of frozen fish filets.

John Dieckman - fisherman

#### 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.

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

June Winners:

Birthday Award: Mel Waldman

Attendance Award: Phil Thomas

#### Branch 62 Web Site

Have you visited our web site lately?

Want to read the joke from the luncheon?

Forgot the luncheon's speaker details?

Want to read back issues of the Rooster?

Read meeting minutes and Treasurer Reports?

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

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

#### Lunch Speaker Ideas?

Do you have a subject you think would be interesting to our SIR group, such as travel, work, or hobby - or - do you have an interesting topic to present? Please contact John Dieckman at: [John\\_dieckman@hotmail.com](mailto:John_dieckman@hotmail.com)





Website: [branch69.org](http://branch69.org)

Facebook: Pony Express SIR Branch 69

# THE MAIL POUCH



The Pony Express Branch #69

May - 2023 Edition



John Papadak, Editor

Oh great, here comes the German spy balloon...



On March 6, SIR Branch 161 Discovery Bay hosted the Friendship Golf Tournament at the Discovery Bay Golf and Country Club Russ Prophet It was a two-ball Best Ball Team format and Russ Prophet was on the first place team. Jerry Buhlert was on the eighth team.



Tom Page with the winning bowling team: Brian Thurston (Captain), Dave Yorston, Neal McCoy, and Tim Salada.



BS Alan Weinell welcomes returning member, Robert Ortega, to Branch 69. Robert belonged to Branch 69 several years ago.

## New Members



SIR Robert (Bob) Ortega

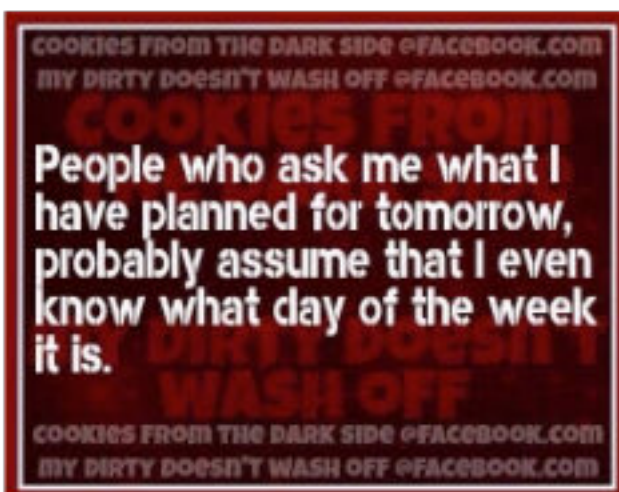


SIR Bob Ingols





**DINE OUT ON APRIL 25 at Logan Roadhouse. 28 Members and guest enjoyed a special evening out. A few commented that they're so happy they didn't have to plan on making a dinner and a clean up.**







FRUITRIDGE BRANCH 93

**Please remember all the SIR 93 members that have gone on to the Rainbow Bridge & the Gates of Heaven.**

*Michael Sharif*

*Al Machado*

*Bill Reiff*

*Jack L. Campbell*

**A Huge Welcome and Applause to the 2023 New Members to Branch SIR 93 !!**

*Robert Ortega*

*Michael Woodcheke*

*Lawrence Cram*

*Terry Burkes*

*William Palmer*

*Rex Hescock*

*Tom Rutsch*

**Listing of Officers/ Chairman for 2023**

RAMP: Currently Vacant

Activities: Vacant

Big SIR: Bob Luttrell

Publicity: Jack Reefer

Little SIR: Don Nevis

Travel: Bob Perez

Branch Secretary: Dave Pevny

Web Master: Brent Williams

Assistant Branch Secretary: Vacant

Golf Club Chairman: James Morehouse

Branch Treasurer: Dave Saxby

Golf Club Handicapper & Newsletter  
Editor: Connor Chin

Assistant Treasurer: Vacant

Bowling(Tuesday) at Country Club  
Lanes: Michael Combs and Hansel  
Johnson

Membership Chairman: Alan Baker

Bowling (Thursday) at The Alley (Elk  
Grove): Bob Olsen & Kenneth Hill

Nominating: Craig Chalmers Dale  
Cummings Jack Reefer



# News For You

JUNE 2022



## WINE, WINE AND CAVE

We have Sharon and John Blevens, Ron Erling, Mr. & Mrs. Tom Jackson, Louise Bettner, Otis

Brinkley and Debbie and Jim Knapp enjoying the Kunde Family wine at the May 19, 2022 event.

## SENIOR SAYINGS

*As I watch this generation try to rewrite our history, one thing I'm sure of, it will be misspelled and have no punctuation.*

*Me, sobbing: "I'm not coming back here anymore ... I'm not going to let you hurt me again."*

*My Trainer: "It was one sit-up."*





*New members this year:14*

*Current number of members: 88*



**Richard Mohr**



**Rick Hernandez**



**Jim Nystrom**



**Dennis Pfaff**



**Mike Steinbach**



**Paul Warner**



**Scott Hickey**



## ON THE LIGHTER SIDE

### Her Diary:

*Tonight, I thought my husband was acting weird. We had made plans to meet at a nice restaurant for dinner. I was shopping with my friends all day long, so I thought he was upset at the fact that I was a bit late, but he made no comment about it.*

*Conversation wasn't flowing, so I suggested that we go somewhere quiet so we could talk. He agreed, but he didn't say much. I asked him what was wrong and he said nothing. I asked him if it was my fault that he was upset. He said he wasn't upset, that it had nothing to do with me, and not to worry about it.*

*On the way home, I told him that I loved him. He smiled slightly and kept driving. I can't explain his behavior. I don't know why he didn't say, 'I love you, too.'*

*When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore. He just sat there quietly and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep - I cried.*

*I don't know what to do. I am almost sure that his thoughts are with someone else. My life is a disaster.*

=====

### His Diary:

*Couldn't hit the fairway today...can't figure out why.*

Two more tournaments are in the record books. June was a busy month for the SIR State Bowling Committee. On June 8-9, we held a Branch 113 - s p o n s o r e d tournament at Gold Country Lanes in Sutter Creek. Several local members joined bowlers from surrounding branches for the two days of friendly competition. Although no one could boast a 300 game, there were quite a few good scores. Next, we headed to Dublin on June 19-20 for Branch 59's tournament at Earl Anthony's Dublin Bowl. Although a couple of the key branch directors were ill (Covid strikes again—**Editors note—Jerry Sabo once again thanks Ray and Cyndi**), the tournament went off without a hitch. We'll be heading to the National Bowling Stadium in Reno in August for the largest event of the year. Room blocks are available at the Silver Legacy. Click on this link to make your reservation: <https://book.passkey.com/go/GRSIR3>.

#### Upcoming tournaments

July 6-7 Foothills Bowl Auburn

July 25-26 Clayton Valley Bowl Concord

Aug. 7-9 Nat'l Bowling Stadium Reno, NV

Aug. 23-24 Prosperity Lanes Grass Valley

Sept. 11-13 Gold Dust West Carson City, NV

Sept. 26 Brentwood Brentwood

Oct. 17-18 Fireside Lanes Citrus Heights

Nov. 2-3 McHenry Bowl Modesto

Applications and results of all tournaments are available online:

<http://www.sirinc3.org/sirBowling/index.html>.



**Striking up Friendships**



#### SIR Branch Travel Chair Trips and News

**Disney's Aladdin Wed. Aug. 9, 2023 1pm at the Orpheum Theatre. Branch 7 & 8. Cost \$110 pp.** Includes Lunch at Max's Opera Café, luxury motorcoach transportation, driver gratuity. Contact Ted Pullen, 415-499-4610 [tedpullen@comcast.net](mailto:tedpullen@comcast.net)

**Majestic Princess Denali Explorer Aug. 23 – Sept. 2, 2023. Branch 147 Cost pp. \$3,147 – 4,572** depending on cabin, plus airfare. Includes Princess Wilderness Lodge, Denali Wilderness Lodge and southbound cruise: Anchorage, Hubbard Glacier, Icy Straight Point, Juneau, Ketchikan, Vancouver Canada. Contact Bill Johns, 707-971-7639. [billjohns121@gmail.com](mailto:billjohns121@gmail.com)

**Colorado Rockies, Rails & Western National Parks Sept. 10 – 18 2023. Branch 32. Cost \$3,649pp.** Includes r/t air, 11 meals 8 breakfasts, tour director, motorcoach transportation, all admissions, baggage handling. Highlights: 3 train experiences, Durango, Pikes Peak & Royal Gorge. 4 National Parks, Mesa Verde, Arches, Canyon Lands & Great Sand Dunes. Contact John Pletsch, 408-504-1255 [jeplet@sbcglobal.net](mailto:jeplet@sbcglobal.net)

**Croatia and Its Islands. Sept. 24 – Oct. 7, 2023. Branch 101. Cost \$6,714 – 7,214pp depending on cabin.** Highlights: Dubrovnik, 7-night Adriatic Cruise, Slano, Mljet National Park, Korcula, Vis, Bisevo, Blue Cave, Hvar, Bol, Trogir, Split. Choice on tour; Sibenik, Cathedral of St. James, Krka National Park, Zagreb, Stone Gate. The price includes round trip flights from SFO, Travel Insurance and tips. 3 cabins still available (6 people max.) Contact Bill Britton 925-200-1062. [billbritton@comcast.net](mailto:billbritton@comcast.net)

**Autumn Colors Oct. 13 – 22, 2023. Branch 143. Cost \$4,330pp. Boston to Boston.** Includes air & bus transportation. Highlights: Boston, Mohawk Trail, Mount Washington. Contact Bill Stires, 209-544-2684. [bstires46@gmail.com](mailto:bstires46@gmail.com)

**Best of Spain and Portugal April 27 – May 12, 2024. Branch 146. Cost \$7,895pp.** Madrid, Segovia, Porto, Lisbon, Seville, Gibraltar, Costa Del Sol, Alhambra, Valencia, Barcelona, round trip airfare, 15-day guided tour with Travel Director, 14 nights at centrally located 4star hotels, 5 dinners and 2 lunches including wine, all tips, transfers and baggage handling. Contact Glenn Breslin 925-288-6520 or [glennbreslin@gmail.com](mailto:glennbreslin@gmail.com)



# The Town Crower

Volume 40, Number 1

The Monthly Newsletter for SIR Branch 103

January 2023

## Modesto SIR Branch 103

### Bowling



League Bowls Tuesdays at 1 p.m.

McHenry Bowl, 3700 McHenry Ave.,  
Modesto

Congratulations to Team 10 for winning the Championship of the league.

Season High Scores: Men Scratch Game: D. Brown-258, Men Handicap Game: A. Sterling-298, Men Scratch Series: B. Abujen-732, Men Handicap Series: J. Sterling-744, Women Scratch Game: N. Brey-166, Women Handicap Game: P. Abujen-248, Women Scratch Series: D. Bavaro-439, Women Handicap Series: P. Abujen-685. **Individual High Average:** Men-B. Abujen-205, Women-B. Webb-144



2023 League Championship Team

Barbara Webb, Clark Pearson, Dolores Bavaro

### GOLF

All payments for golf must be made by 6:00 PM Wednesday before the Monday Tournament. There will be NO payments at the golf course. Mail all checks to Roger Smith, 3612 Incline Ct., Riverbank, CA 95367-3123. Make all checks to SIRs Golf. Write on the bottom of the check the date of the tournament and the course. All fees, golf and cart fees must be paid with check.

If you want to ride/play with someone, please let us know and give us all the information (ride, walk, play with/ride).

Mon. Jul 10-Castle Oaks, \$54 (cart incl.) Host 144  
Mon. Jul 17-Creekside, 8:00, \$34 (cart opt. \$15) Host 103B  
Mon. Jul 24-Swenson, 8:00, Ride \$46 (cart incl.) Walk \$29 Host 103  
Mon. Jul 31-Tracy CC, 8:00, \$52 (cart incl.) Host 144  
Mon. Aug. 7-Manteca, 8:00, \$47 (cart incl.) Host 103B  
Mon. Aug. 14-Dryden, 8:00, \$32 (cart opt. \$15) Host 103  
Mon. Aug. 21-Atwater, 8:00, \$49 (cart incl.) Host 143  
Mon. Aug. 28-Creekside, 8:00, \$34 (cart opt. \$15) Host 144  
Tues. Sep. 5-Dryden, 8:00, \$32 (cart opt. \$15) Host 103  
Mon. Sep. 11-Swenson, 8:00, Ride \$46 (cart incl.) Walk \$29 Host 144  
Mon. Sep. 18-Creekside, 8:00, \$34 (cart opt. \$15) Host 103B  
Mon. Sep. 25-Manteca, Year End Tournament, 8:00, \$38 (cart incl.)



### LADIES' DINE-OUT

The Ladies Dine Out will be at China Garden, 1501 Coffee Rd., Modesto on Thursday, July 27, 2023 at 11:30 am. No reservations are required, please join us.

### Branch 103 Website

[www.sirinc2.org/branch103](http://www.sirinc2.org/branch103)



# SONS IN RETIREMENT

## TWIN RIVERS BRANCH #109

Marysville, California  
Incorporated June 18, 1984

**FUN**

**FOOD**

**FELLOWSHIP**



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

Last month we had a Tournament at Lake Oroville only 5 boats showed up due the high heat. Everyone fishing for Bass caught limits no one weighted in any Trout.

This month we have a "Fun Day" scheduled on July 20<sup>th</sup> at Camp Far West. Fishing for Bass has been good at most 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.

**BOWLING** Sir Ray Buttacavoli, (530)671-5599

Sir Jeff Brockman (530)755-0746



We were preparing to run our first of three Sweepers for the season. We had 21 bowlers competing for over \$500 in prize money.

Once again Beale Bowl is open, and we are bowling every Wednesday.



We bowl at 11:00 AM. All are still welcome to bowl with us, but if you have not bowled with us since we moved to Beale AFB, it will be necessary to contact me so that we can start the paperwork for the Guest Pass. You can contact me at the phone number above or via email at [rdb0416@comcast.net](mailto:rdb0416@comcast.net).



**GOLF** --- Sir Dennis Dempsey 487-3830 / Sir Roland D'Arcy 743-8742



The golfing schedule is very active from March to October. There are a few tournament regulations that ensure that play is efficient and enjoyable for everyone.

1. Players must sign up ten days in advance to maximize players allowed. Others are placed on a waiting list.
2. Payment at tournaments is always in cash.

Participants scheduled to play who do not show up will pay \$10 and pay in advance for any of the following tournaments.

Contact Dennis (530) 487-3830 or Pete (530) 674-7234



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

Dining Out:



Great turnout for our June dining out at Stassi's 4th Ward. We had 33 people eating ribs who expressed positive feedback of the event.

Our next dining out will be Thursday, July 27th at Fernando's. Fernando's is a Mexican restaurant located on Center Street between Shasta and Plumas Streets. Dinner time is the usual 6 pm. Please let me know if you plan on attending.

Hope to see you there.

Roland, 1-530-743-8742 or [rolanddrc@yahoo.com](mailto:rolanddrc@yahoo.com)





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.



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**TRAVEL -- No travel chairman in branch 45.**

If you want to travel look in "sir happenings" on the [sininc.org](http://sininc.org) web page and take a trip with another of the sir branches.

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**ANNIVERSARIES THIS MONTH**

*Leon Ellis (2015)*

*Don McDonel (2018)*

*Tom Gordon (2021)*

*Greg Tarpp (2018)*



**CONGRATULATIONS**

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**Leak Soup?**

Checking the menu, Barry, a restaurant customer, ordered a bowl of soup. After a couple of spoonful's, he saw a circle of wetness right under the bowl on the tablecloth. He called the waitress over and said,

'It's all wet down here. The bowl must be cracked.'

The waitress said, 'You ordered vegetable soup, didn't you?'

'Yes,' Barry replied grimacing, 'but maybe it has a leak in it!'



**Roderick and the Two Bears**

Roderick is rambling in the woods one day when a bear chases him up a really tall tree. The bear starts to climb the tree, so Roderick climbs up higher. Then, the bear climbs down and goes away.

Again, the Roderick starts to climb down the tree. Suddenly, the bear returns, and this time he's brought an even bigger bear with him. The two bears climb up the tree, the bigger bear going higher than the first. Rod climbs even higher still, so that the bears can't reach him. Eventually, the bears go away.

Naturally quite relieved, Roderick starts down the tree again. Suddenly, the two bears return, this time Rod knows he is in big trouble, as each bear is carrying a beaver.

**Hillbilly Letter From Home**

Dearest Redneck Son, I'm writing this slow because I know you can't read fast.

Uncle Bobby Ray fell into a whiskey vat last week. Some men tried to pull him out but he fought them off and drowned. We had him cremated, he burned for three days.

Three of your friends went off a bridge in a pickup truck. Butch was driving. He rolled down the window and swam to safety. Your other two friends were in the back. They drowned because they couldn't get the tailgate down!

There isn't much more news at this time. Nothing much out of the normal has happened.

Your Favorite Aunt,

## SPECIAL AWARDS



SIR Phil Reed accepting the "Above and Beyond" Award



Big Sir Michael Garcia awarding special recognition to Dusty Calvin for all his efforts in support of Branch 128.

## COOKING TIPS - Sir John Noll



*What a combination: Summer vegetable bounty and a hot grill. Along with those grilled burgers - don't forget to lightly grill the buns for an additional treat - steaks and chicken, grilled vegetables are an added treat. Try this:*

*\* slice peppers in large chunks and grill to a light char \* cut zucchini in chunks and grill \* slice a sweet onion into thick slices, marinate in Italian dressing and grill \* cut up a variety of vegetables in chunks, mix with olive oil, salt & pepper and spices and grill in a basket, turning regularly. \* grill corn on the cob husk-on (after soaking in water for a while) for a steamed cooking process or husk-removed for a charred flavor (turn often).*



## ROOSTER

a monthly bulletin of

San Ramon Valley Branch 128



## SIR DAN POULIN-FANTASY FOOTBALL

*The 2023 Fantasy Football season starts in a few months, so IT IS TIME for you to sign-up if you want to join our returning members.*

*If you are interested in participating this year, please go to our branch activity page for details. There will be options for all levels of players, from beginners to "experts". Contact Dan Poulin at 510-928-4519 for more information,*

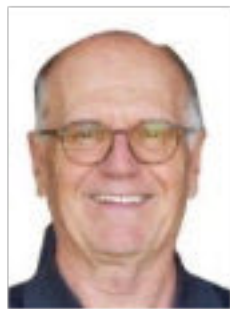




## NEW MEMBERS



**Available**  
John L. (Larry) Crew



Reuven Lewis



Terry Matzkin



Robert (Bob) A. Loreen



**Available**  
Miguel A. Manrique



**Available**  
Brent Moffitt



Dennis R. Wool



Paul R. Yamshon

## LONGEVITY



Frank Wnuk-15



Chuck McCormick -20



John Monahan-15



Don Shewey-15



Don Holmes-15



Bob Lyons -15

## SIR BILL CORBETT ON CYCLING



There were 8 rides in April, attended by 89 riders for a total distance of 217 miles. The rides included: Moraga, Collier Canyon, Livermore/Pleasanton Vineyards, Las Trampas, Sunol, Mt Diablo and most of the cities in between.

Contact Bill Corbett at [wc1894@gmail.com](mailto:wc1894@gmail.com) to get on the cycling email list.



# SIR RICH VIVRETTE - THE OPERA



The **MetOpera** summer season is under way with **four operas in four weeks**. All shows are on Wednesday, either 1:00 or 6:30pm. As of this date, the Regal Hacienda in Dublin is NOT showing MetOpera productions. Century theaters in Walnut Creek, Pleasant Hill, Hayward, Emeryville, and Fremont are our closest options.

## **July 26:** Philip Glass's *Akhnaton*

The Met's critically acclaimed 2019 production of Philip Glass's mesmerizing modern masterpiece returns to cinemas this summer, starring countertenor Anthony Roth Costanzo as the revolutionary pharaoh who attempted to radically alter his empire. Karen Kamensek conducts. 2hrs, 42min

## **August 2:** Verdi's *Il Trovatore*

Soprano Sondra Radvanovsky and tenor Marcelo Álvarez star as the passionate lovers Leonora and Manrico in this gripping Met performance from 2011, alongside late baritone Dmitri Hvorostovsky as the ruthless Count di Luna. Marco Armiliato conducts. 2hrs, 44min

## **August 9:** Rossini's *Il Barbiere di Siviglia*

In this 2014 Met production of Rossini's madcap comedy, mezzo-soprano Isabel Leonard, tenor Lawrence Brownlee, and baritone Christopher Maltman join forces for a delightful performance of hilarious hijinks and vocal virtuosity. Michele Mariotti conducts. 2hrs, 53min

## **August 16:** Tchaikovsky's *Eugene Onegin*

In this unforgettable Met performance from 2007, beloved American soprano Renée Fleming and Russian baritone Dmitri Hvorostovsky come together in this poetic drama of unrequited love. Valery Gergiev conducts. 2hrs, 50min





# SIR

## Newsletter



Three Shastas  
Branch 129  
Redding, CA

### Membership Appreciation Luncheon (previously Spaghetti Luncheon)

By BEC, SIR Branch 129.

Thursday, July 6th, we will celebrate our faithful members by providing a "Member Appreciation Luncheon" paid for by Branch 129. In addition, we ask that you strongly consider bringing a guest to this lunch that may become a new member. The guests will also enjoy this free luncheon. The Elk's bar is open. Claudia will be grilling 1/3 lb Hamburgers along with Hot Dogs and all the fixings. A couple side dishes will be included and the BEC has plans for a dessert. We will still have a short meeting but then simply plan to encourage members to hang around for a bit, enjoy a leisurely lunch and visit with friends. The principal purpose of this meeting is all social. Big Sir is looking forward to seeing as many members as possible and meeting all the guests in attendance.

In a nutshell...FREE LUNCH FOR YOU AND YOUR POTENTIAL NEW MEMBER. If you have not been to a Monthly Luncheon lately this is definitely the month to start! (You don't have to bring a guest, but it would be awesome if you can). Remember it is July 6th, 11am.

### Bocce In Redding! By Barrie Lee, Director, SIRS Branch 129.

My only knowledge about Dennis Compomizzo before last year was that he seemed like a nice guy. I didn't know he worked for CalTrans before retiring but I was impressed by him stepping up to run the new Bocce program for our SIR branch. Dennis took the challenge presented to him by our Sir and has made this activity a real hit for our branch. Believe me, if you haven't given Bocce a try, you're really missing out on a great experience. I found myself hesitant at first because of nerve problems in my hands and feet but I've found a way around that issue and I'm truly hooked. Dennis went as far as joining the Sons & Daughters of Italy to be totally involved in the Redding South Park experience. Please give this activity an honest effort! I believe Dennis is planning two outings a month at this writing.

### NASCAR/INDY CAR Report by Barrie Lee

#### May 28th

The 107th Indianapolis 500 was held this morning with 33 cars entered. I gave my thoughts to two of my friends during the days ahead of the race. I said to keep an eye on both the Chip Ganassi Racing Team and the Arrow McLaren team. Both teams had four cars entered and I felt they looked the best going into the 500. I wasn't surprised to see Rinus VeeKay up front during the race since Ed Carpenter Racing ran 3 cars and they are normally very good. I was very surprised to see Santino Ferrucci running so well for A.J. Foyt Enterprises in his famous #14 Chevrolet/Dalara. Foyt hasn't fared well in Indy Racing for over 22 years. But I also mentioned my old team, Team Penske, could play a part in the final results. Coverage of the race started at 8:00 AM local time and the race itself got underway around 9:40 AM. Ganassi Racing's Alex Palou (10) started from the pole with Marcus Ericsson (8) Scott Dixon (9) and Takuma Sato (11) all running well during much of the race. Arrow McLaren's Pato O'Ward (5) Alexander Rossi (7) and crowd favorite Tony Kanaan (66) ran very well also but Felix Rosenqvist (6) was the star of the team today. Unfortunately, several of the cars from both teams were taken out by racing accidents, both on the track and in the pits. The real meat of the event took place later in the race and for Josef Newgarden (2) to best the Team Penske effort with Will Power (12) and Scot McLaughlin (3) on board, Josef climbed from starting 17th to out last Marcus Ericsson at the end to take his first Indy 500. In comments made by Ericsson after the race he showed his immaturity by complaining that IndyCar should have thrown

the yellow and allowed him to win. NO ONE wanted to see the race end with 2 laps left and run under a yellow flag. I'm personally overly excited about the race results and extremely happy to see the Captain, Roger Penske, win his 19th race at the brickyard. I've never been involved with something that has meant so much to me as crewing at the Indy 500 for three years. One year for Gary Bettenhausen and two for Tom Sneva. Indy racing moves to Detroit, MI next weekend to run the streets of Detroit instead of racing on Belle Isle, which sits in the middle of the river running through the Detroit area.

**5/29**

The Coca Cola 600 just finished on this beautiful Memorial Day. I can honestly say that this was one of the best Coke 600s I've ever seen. William Byron driving the #24 Chevy for RHM was really fast and even his teammate, Kyle Larson caught up to him near the end to try and win it for Mr. Hendricks. I have total respect for Mr. Hendricks and I like most of his drivers. But today's race at Charlotte Motor Speedway allowed several drivers to show their stuff. Denny Hamlin took 1st place today for being a total A Hole. All three car companies were leading or around the front today. But, what do you know? Roger Penske has never won both the Indy 500 and the Coke 600 in the same year. Ryan Blaney, who is genuinely liked by everyone, won his first race of the year and it's been a drought for 59 races in a row. He gave the captain this newly bestowed honor and it brought tears to my eyes. Roger has been in racing for well over 60 years and has raced in NASCAR & IndyCar for more than 50 years. He's won 19 Indy 500s with men that have become legends in the sport. Al Unser, Sr. won his fourth Indy 500 driving for Roger. Rick Mears won four Indys for the captain. Helio won three of his four titles driving for Roger. The first winner of Indy for Roger became a good friend of mine before he was killed driving for Roger in Formula One. Mark Donohue won the Indy 500 in 1972 and should have won in 1971 but was sidelined with only 20 laps remaining. I'm sorry if I sound too much like a cheerleader for these racing series, but it's my passion in life and if you'd ever experienced what I've been allowed to see within the sport, you would understand what I mean. I truly thank all of you for reading my racing reports since I feel like an ambassador for the sport.  
and Thank You!

**6/4**

The IndyCar race in the streets of Detroit today was fantastic. Alex Palou in the #10 Chip Ganassi car was without a doubt the fastest. But Team Penske held their own with Will Power (12) finishing second and both Newgarden (2) and McLaughlin (3) finishing in the top ten. Arrow McLaren ran well and both Rossi (7) and Rosenqvist (6) traded positions several times and were banging each other in doing so. Pato O'Ward (5) ran into a wall and was out. Ganassi drivers did well also. Great race.

**6/11**

Today's coverage of the Sonoma race is the last race of the year shown on Fox Sports. We take a week off and then NBC covers the last half of the season. Sonoma is special to me because I lived there for 10 years and worked for a contractor that maintained the track prior to Bruton Smith buying the circuit and spending millions of dollars in upgrades. I also volunteered to handle the shuttle buses during the Nascar and NHRA Drag racing weekends by sitting way up on the hillside and used radio communications to move the shuttles to areas that needed the most attention. Today's race was boring for me but I hope some of you watched and enjoyed the event. Initially, it looked like Team Penske again didn't get the memo that they were racing in Sonoma this weekend. Joey Logano was the best of the three drivers and finished a very lucky third place. JGR was again the best of the field by far. With Denny Hamlin on pole and Martin Truex, Jr. up front I knew my hopes were unattainable. I knew the Penske crew was nowhere to be seen but at least I was pulling for Chase Elliott to win or another RHR teammate to do well. Today's race showed everyone how certain teams do well at certain events and RHR and JGR seem to have a stranglehold on my Sears Point raceway. It's only the 11th of June but my column is already way too long.



## A Little Humor submitted by Eric Measles

Teens have their texting codes (LOL, OMG, TTYL, etc.). Not to be outdone by these kids, we senior members now have our own short-hand codes.

ATD - At the Doctor's  
BTW - Bring the Wheelchair  
DWI - Driving While Incontinent  
FWIW - Forgot Where I Was  
GGPBL - Gotta Go, Pacemaker Battery Low  
LOL - Living on Lipitor  
TTYL - Talk to You Louder  
HASM - Having A Senior Moment  
UPA Up Peeing Again  
BFF - Best Friend's Funeral  
BYOT - Bring your own teeth  
LMDO - Laughing my dentures out  
FYI - Found Your Insulin  
GHA - Got Heartburn Again  
TOT - Texting on Toilet  
WTP - Where are the Prunes?  
GGLKI ! (Gotta Go, Laxative Kicking In)  
WTF - Wet the furniture  
ROTFLBNICGU - Rolling on the floor laughing but now I can't get up.

## A Little Humor submitted by Len Napoli

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach 2 appears. The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?" The Airbus pilot answers: "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that? Confused, ... the jet pilot asks, "What did you do?" The Airbus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important. This is called S.O.S.: Slower, Older and Smarter.

Dedicated to all my senior friends ~ it's time to slow down and enjoy the rest of the trip.



## BULLETIN

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



RV CLUB NEWS Eddie Toews  
(209) 5323970 - [lcoinlady@aol.com](mailto:lcoinlady@aol.com)

The RV Club had a really nice outing to Chico, Ca. We stayed at the "Almond Tree RV Park".

The Hosts were Bill & Peggy Guenza and Co-hosts were Chuck & Francisca Simons. It was a "Hawaiian theme". The park was small with only 42 sites, and it had a nice pool, but was very nice and clean.

Several of us toured the Bidwell Mansion and then the group got together for a great lunch at "Smokin Mo's B.B.Q. The ribs were great. The next day we went to the Sierra Nevada Brewery where we sampled several beers. It was a great outing.

Our next outing won't be until September 25th. The hosts will be Mike & Pam Krom with Co-hosts Stan & Ruth Enos. We will be going to Casper RV park in Mendocino, CA. for 5 nights. As always, any SIR's member in good standing is welcomed to join us on any of the outings and meet new friends. Contact Eddie Toews, RV Chairman, or any RV club member for information on outings. We are a great and fun group.



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

Good weather is finally upon us. I'm happy to report the Hot Copper Car show is right around the corner. On Saturday May 6th at the town square in Copperopolis. This was a free event for spectators. It ran from 8 am to 3pm. The hot copper show is one of the largest in Northern California. Expect to see all types of Hot Rods, Custom built cars, motorcycles, and exotic cars. There are several restaurants in the town square so you can make a day of it looking at classic cars and have a nice lunch to boot.

Next up is the annual Rods to Rails car show in Jamestown on Saturday May 20th. This will run from 7am to 3pm. They close the main street in Jamestown and line the cars up. Hundreds of custom and classic cars from all over California line Main Street. All Day raffle for 40" Flat TV and donuts and coffee courtesy of the Promotion Club of Jamestown. Jamestown has many shops featuring antiques and homemade goods, and the best restaurants in Tuolumne County. Don't forget wine tasting at Jamestown's wine-tasting rooms.



## PINOCHLE REPORT

Bob Morrison - (209) 588-0994

[robert.mrrsn@yahoo.com](mailto:robert.mrrsn@yahoo.com)

No Report this month.



## CHAPLIN'S CORNER

Steven Gregory - (209) 533-0309

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

Good news: No chaplains report!

See you at our next luncheon.



## CAR CLUB NEWS

Rick Bronner - (408) 318-4826

[bronnerrick@gmail.com](mailto:bronnerrick@gmail.com)

No Report this month



## FISHING CHAIRMAN

Chuck Simons - (209) 532-9550

[simons4890@yahoo.com](mailto:simons4890@yahoo.com)

No Report this month





**Napa Branch 149  
Raffle, Auction, Bingo**



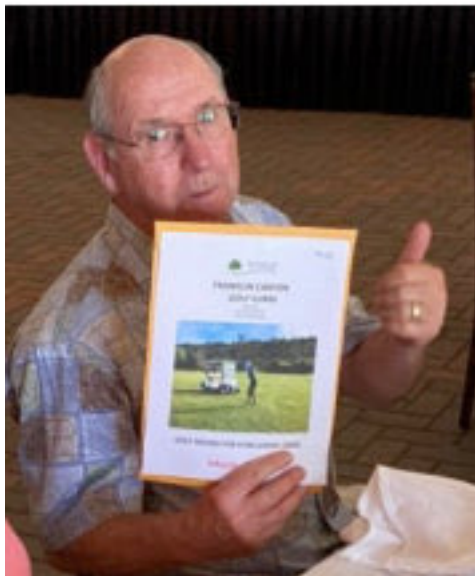
**HLM Dennis Pangburn  
former President Stu Williams**



**Big SIR Ron Irwin, former  
BS Tom Dawson, LS Peter Dreier**



**Lee Moy  
State Photographer**











#### **Our new members**

Dan McFadden

Bill Graham

Mike Raschko

Bill Parks

Steve Nobel



Our guess speaker from the All About Ability organization here in Napa was Bylee Kairy.





# BULLETIN

SIR# 172 • Twain Harte, CA

Website: [www.sirtwain.org](http://www.sirtwain.org)

PO Box 1143 • Twain Harte, CA 95383

*SIR# 172 Twain Harte*

## LADIES DAY PICNIC

**August 3, 2023**

at

**MOOSE LODGE**

20921 Longeway Road, Sonora

**Social Hour: 5:00pm to 6:00pm**

**Dinner: 6:00pm to 8:00pm**

**Raffle & Silent Auction: 7:00pm**

**Menu: Tri-Tip, boneless BBQ Chicken & Fixins'**

**Tickets are \$17 each**

*payable at our June & July lunches or mail checks payable to: Sir Twain Harte*

*Mail to: PO Box 1143, Twain Harte, CA 95383*

**Cutoff Day to receive payment: July 26, 2023**

*The Moose management would like to know how many prefer boneless BBQ chicken. Please put that number on your checks.*

### RAFFLE & SILENT AUCTION

6 tickets for \$5 12 tickets for \$10 15 tickets for \$20



*Shade: The pictures tell the story – hats and sunscreen are good to have  
Seating: Plenty - bring your favorite lawn chairs if you want*

**New Member**  
**Leo Marroquin**

**In Memoriam**



**Rick DeSambad**



**Rolan Sloan**



## SIR# 172 TWAIN HARTE ACTIVITY GROUP NEWS

*Group Chairmen have submitted planned event dates that will be covered by SIR Insurance*

### **BIKE** (Steve Happel, 532-7240)

*Rides are planned for the SECOND TUESDAY each month*

Our next ride will be on Tuesday June 13. We will meet at Twain Harte market at 8:30 and carpool to Lyons and ride the old railway line from there. Lunch afterwards in town



Our Yosemite ride was attended by six of us. Weather was perfect and the scenery was spectacular.



### **HIKE**— Looking for a new Twain Harte Group Chair

Our “Easy Hiking” group disbanded and we’re hoping it gets restarted.

Mike Clay, SIR# 77, branch Hiking Chairman conducts a “moderate difficulty” hike, which we from #172 are invited to join, on Fridays. and is generally between 8 and 12 miles with shorter options possible.  
Call Mike – 588-1345.



### **HORSESHOES** (Richard Brandau, P: 209 352-4320)

*Call Richard to get on his mailing list. Games are planned for the Last Thursday of the month at Tuolumne City Park, 18603 Pine St., Tuolumne*



We had five players from Branch 172 and 2 members from Branch 136. Our members were Jerry Lewis, Dick Jobe, Dave Olson, Dave Krieg and myself. Weather was great for throwing and we played until 10:45 or so. The five of us went to the casino for a late breakfast. Still missing some of the regulars and those who were interested on being put on the mailing list. Perhaps next month. All present enjoyed the morning.



### **KAYAK** (Dave Kenney, 650-867-4671)

*2023 kayak trips are scheduled for the 4<sup>th</sup> Tuesday of the month.*



The next kayak outing is June 22. Destination Pinecrest lake. Further details will be sent to kayak group members. To get on the kayak group email list, contact Dave Kenney at [davehikes98@gmail.com](mailto:davehikes98@gmail.com). Please label emails "Kayak Group" so I know it is not spam.

May outing was attended by 4 boats who had a wonderful outing with near perfect weather.





### ■ Real Reason For Costco Receipt Checker at Exit Door:

If shoppers have one complaint about [Costco](#)-the vast discount warehouse chain with a notoriously permissive return policy and speedy checkout lanes-it's that the employees posted at the exits to take a marker to customers' receipts seem vaguely insulting. Is the premise that everyone is a shoplifter until proven otherwise?

Not exactly. A 2018 rundown of Costco's policy points out that the true motivation of these exit-door sentries isn't to identify potential thieves. It's to make sure that Costco isn't picking the pockets of its customers.

According to employees who have made not-for-attribution comments, Costco is examining receipts to make sure a shopper hasn't been overcharged for their purchases. Someone with three giant bundles of toilet paper in their cart, for example, might have been charged for four. By giving the receipt a cursory glance, the employee can make sure a cashier didn't inadvertently ring up phantom crates of canned tuna.

Of course, if someone did try to wheel out several big screen televisions without a receipt, the exit door employee would likely make an issue of it. But they're not in loss prevention, and the measure isn't intended to deter thieves. If you do have something in your cart you didn't pay for, their immediate assumption is that the mistake is almost certainly the result of a cashier not properly scanning the item.

In fact, hardly any criminals are caught at the door-which isn't to say the store isn't immune to theft. Earlier in 2018, thieves at a Seattle Costco were [busted](#) with armloads of laptops after they barged out of the back entrance. Later, in June, a Costco in Alpharetta, Georgia, was victimized by burglars who [smashed](#) the jewelry case at night and made off with \$10,000 worth of valuables.

**Source:** Jake Rossen, a writer, editor, and curator of fine comic strip art. His byline can be found in The New York Times, ESPN.com, Wired.com and a slew of health and fitness-related publications.

■ **Melatonin And Sleep: 6 things to know** - More than a third of adults say they don't get enough sleep. And sleep problems, or so-called "coronasomnia," are one of the lasting effects of the pandemic.<sup>2</sup>

In a quest for shut eye, more and more people are turning to melatonin. Between 1999 and 2018, the use of melatonin supplements by adults in the United States quintupled. Whether you're curious about melatonin or have already added it to your nightly routine, there are important things to know. Anupamjeet K. Sekhon, MD, a sleep medicine doctor at Kaiser Permanente's Sleep Center in Fontana, California, answers 6 common questions about melatonin supplements.

**Melatonin** is a hormone made by our brains. It regulates a person's circadian rhythm, the internal clock that tells the body when to sleep and wake. Melatonin isn't produced during daylight hours. But as the sunsets, light dims, and a person's usual bedtime approaches, their brain begins to make melatonin. As melatonin levels rise, levels of the stress hormone cortisol fall, and breathing slows. This tells the body that it's time to wind down and prepare for sleep. Synthetic melatonin (OTC) is available without a prescription in gummies, pills, liquids, or patches.

**Melatonin supplements are not sleeping pills.** While melatonin may make you feel drowsy, it doesn't have the same effect as pre-scription sleep medication. "Melatonin supplements tell our body that it's time to sleep, but they can't put us to sleep," says Dr. Sekhon. And because the production of melatonin depends on the time of day and your internal clock, its effect depends on when you take it. So, a dose of melatonin in the middle of the day isn't a fast track to an afternoon nap.

**Should you consider using melatonin?** According to Dr. Sekhon, melatonin works best for 2 sleep problems: **Jet lag:** When a person travels, they can have trouble falling asleep because their internal clock is out of sync with the local time zone.



**Delayed sleep phase disorder:** People with this sleep problem fall asleep 2 hours after conventional bedtimes, usually after midnight. This makes it hard for them to wake up early. "In both of these cases, melatonin taken 2 hours before a desired bedtime can help people adjust their sleep cycles," says Dr. Sekhon.

**Is melatonin safe?** More research is needed to know the effects of long-term melatonin use. But short-term use seems to be safe. Melatonin isn't addictive, but it may interact with certain medications. So talk to your doctor to learn if melatonin is right for you, especially if you're pregnant or breastfeeding.

Although melatonin has fewer side effects than prescription sleep aids, people who take it may have: Headaches, Nausea, Daytime drowsiness, Nightmares and Vivid dreams. In addition to those side effects, Dr. Sekhon says children may also experience agitation and bedwetting.

Keep in mind that because melatonin is a supplement, it's not as strictly regulated by the FDA as other medications. To choose the right brand of melatonin, Dr. Sekhon recommends looking for the Good Manufacturing Practice (GMP) or Good Laboratory Practice (GLP) logos on labels. You can also look for the United States Pharmacopeia (USP) verified mark.

**What's the right dose for melatonin?** To learn how much melatonin to take, Dr. Sekhon says it's best to ask your doctor. But in general, she recommends a less-is-more approach. She suggests that adults start with a dose of 1 to 3 milligrams. For children, she recommends starting at 1 milligram and never using more than 5 milligrams without consulting your doctor.

**Are there alternatives to melatonin?** Creating an evening self-care ritual can help your body wind down and transition to sleep. You can include things like: A warm bath or shower, Meditation, Yoga, Journaling, breathing exercises, Limiting screen time, etc.

**Melatonin can't fix underlying conditions** that affect your sleep, such as insomnia or anxiety. Those conditions may need treatments like therapy rather than melatonin or another sleep aid. That's another reason to see your doctor if you're having sleep problems regularly, even if you're seeing some benefit with melatonin.

**"If the behavior surrounding melatonin use is not improved, it will eventually stop working,"** says Dr. Sekhon. **Source:** Kaiser Permanente, March 24, 2023

■ **Never Place Your Luggage on the Bed to Load and Unload:** Please Don't Put Your Suitcase on the Bed, ever. The real reason there's a luggage rack in your hotel room - Your suitcase may look clean, but think of all the sidewalks, bathroom floors, and baggage carousels it's touched during your travels. For years, I had the same packing routine: Pull my hard-shell roller suitcase from under my bed, toss it on my bed, and fill it with clothes. Once I checked into my hotel or Airbnb, unless a luggage rack had been set up somewhere convenient, I'd throw my luggage onto the bed again and pull out the things I needed for the night before chucking it all on the floor. But that all changed last winter.

After Netflix released **Tidying Up with Marie Kondo**, we tapped the organizing expert for her packing tips. At the end of the interview, Kondo said whenever she returns from a trip she unpacks immediately and wipes the wheels of her suitcase before returning her luggage to her closet. As I read those words, my mind spun. While I've tried (and failed) to unpack as soon as I get home, I have never wiped down the wheels of my luggage. I immediately thought of all the places my suitcase had been since I bought it three years ago. Its wheels have touched New York City and New Orleans sidewalks, rolled across London Tube platforms, and been dragged into countless airport bathroom stalls. It wasn't like I was rolling it through mud and toxic sludge, but when I finally cleaned my suitcase with Clorox wipes, I was appalled. It took about two or three wipes each to get all the dirt, gunk, and unseen germs off of four little wheels.

Why didn't anyone warn us? I'm certainly not the only one throwing my suitcase on a bed. A recent search for "packing suitcase" on a stock photo site delivered nearly 38,000 results. Of the roughly 100 images on the first page of results, 31 photos depicted travelers, businessmen, young women, families, and elderly couples alike packing a suitcase on top of a bed. Only 11 photos showed people—including one pregnant woman—packing a bag on the floor.

This is why you should always use the luggage rack in your hotel room. It's unclear exactly when they were invented, but they likely became popular in the late 19th century, when travelers started carrying hand-held suitcases rather than hefty trunks. Until wheeled luggage was invented in the 1970s, porters typically handled suitcases, ferrying them from point A to B. What once was a handy way to access your clothing without having to sit on the floor—or completely unpack your bag into a hotel room dresser—is also now the best way to keep your germy bag away from the place you're sleeping. And as bedbugs become more of a global issue, keeping your suitcase on a luggage rack reduces your risk of encountering those little life ruiners. If you've ever wondered why that little bed scarf some hotels use at the end of the bed exists—just think of how many people unpack their bags on the beds.

Source: <https://getpocket.com/en/>

■ **10 Foods to Help Lower Blood Pressure:** When you're diagnosed with high blood pressure, your doctor will likely help you adopt a new health regimen to improve your diet and start exercising. If your blood pressure is very high, your doctor may want you to start taking blood pressure-lowering medications. Although eating healthily can help you lower your blood pressure over time, there are specific foods you can eat that may reverse the condition faster than others. Eating these foods can have the added benefit of aiding in weight loss, which in turn will help lower your blood pressure as well.

1. Whole Grains; 2. Low-Fat and Non-Fat Dairy; 3. Spinach; 4. Nuts, Seeds and Beans; 5. Bananas; 6. Baked Potatoes; 7. Dark Chocolate; 8. Salmon; 9. Green Tea; 10. Avocados

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

■ **11 Foods to Help Lower Cholesterol:**

1. Oats; 2. Barley and other whole grains; 3. Beans; 4. Eggplant

and okra; 5. Nuts. Eating almonds, walnuts, peanuts, and other nuts are good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways. 6. Vegetable oils. Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL; 7. Apples, grapes, strawberries, citrus fruits; 8. Foods fortified with sterols and stanol; 9. Soy; 10. Fatty fish; 11. Fiber Supplements. (Supplements offer the least appealing way to get soluble fiber. Two teaspoons a day of psyllium, which is found in Metamucil and other bulk-forming laxatives, provide about 4 grams of soluble fiber.)

■ **Miscellaneous Home Hacks to Improve Your Life Around the House:**

1. Place ground meat or other loose or pliable foods in Ziploc bags and flatten to create as much surface area for faster freezing/thawing.

2. Increase the capacity of your microwave oven by simply using a mason jar or other glass pieces of kitchenware; you can prop up a second container of food in your microwave. You will likely need to increase your cooking time to account for the extra food load.

3. Dripless oil transfer. You can funnel oil directly into your engine via a screwdriver to prevent spills. All you have to do is gently tilt the screwdriver toward the opening of your engine. Carefully put your oil container against the Screwdriver shaft and let the oil drip down the length of the tool until it enters the engine. Repeat until you are done.

4. A plastic pant/skirt hanger makes an excellent holder for quick reference to sheeted recipes or thin, lightweight cookbooks. These are the inexpensive hangers found in all



clothing stores. They consist of a plastic horizontal piece with two short vertically oriented spring clamps much like old fashioned clothes pins and a metal hook in the center. Simply clamp your recipe/lightweight cookbook and hand on it on the knob of a any handy knob/handle of your kitchen cabinets. This same technique can be used out in the garage when referring to instructions or manuals when repairing or assembling equipment or other mechanical items.

5. Rigid plastic cases are the bane of parents around the world, especially when Christmas rolls around. If you want to avoid getting cut while opening this rigid plastic, Try using your handy kitchen can opener. Rigid plastic packages can be opened by simply treating them as a piece of metal with your can opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting. You'll be amazed at how easy these packages are to open now!

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

## June CONSUMER TIPS

■ **Method Foaming Hand Soap:** This is an excellent hand soap for a number of reasons. This brand of Liquid Foaming soap is eco-friendly for the following reasons.

- Foaming hand wash with plant-based cleansers.
- Biodegradable formula made without parabens or phthalates.
- Bottle (minus pump) made from 100% recycled plastic (PCR)

Foam is bunch of tiny bubbles created by foaming agents. But you also need water and air to make foam. The true purpose of foam is to provide contact time on a soiled surface to allow the wetting agents, detergents and degreasers enough time to do their jobs. Unlike other liquid soaps, good cleaning quality is not dependent upon the amount of foaming soap used. All that is needed is enough foam to cover the cleansing area before using water for rinsing. The amount of foam has almost no effect on the cleaning ability of the product. Having a lot of foam isn't vital for actually doing the cleaning, it's mostly for aesthetics.

To use this product as a spot cleaner, simply squirt some foam onto a clean towel and lightly scrub the spot you want to remove. Add a bit more foam if it is quickly absorbed by the material you are trying to clean. It will clean both oil and water-based stains. Do not use so much foam that the substrate material actually becomes wet (saturated). You want just damp enough for the surfactant to dissolve the spotting agent. Otherwise, it will take too much time for the spot to dry. When used properly, the apparel is immediately ready to wear. It may take more than one application to do the job.

■ **"1883" Prequel to the hit series "Yellowstone":** Season 5 of Yellowstone is delayed due to ongoing negotiations between the Paramount Producers and the star, Kevin Costner. There is no estimate of when and what broadcast media it will finally air to the general public. However, the prequel, "1883" miseries will be released on Sundays starting on June 18, 8:00 PM, for viewing at no extra charge on Paramount Channel. Source: Mercury News, 05/27/23

■ **Plastic Stretch Wrap:** This is an excellent protective wrap for food products. It does a great job of sticking to itself, ceramic dishes, bowls, metal bowls, etc. Therefore, it's a sanitary, self-sealing type of protective food wrap. The one negative is trying to determine where the self-adhering wrap ended so that you can open/unwrap your food product. One way is marking the self-sealed spot using a Permanent Marker. Another way is to use a small piece of scrap paper placed at the place where the stretch wrap stops/starts. Place the scrap of paper under the end of the end of the stretch wrap so it can be used like an 'opening tab' on soft, wrapped things that are not contained in a hard container. Sandwiches are a good example of doing this to expedite the unwrapping your food items without damaging the product.

■ **Cheap Eats - Mom Dumpling, Pleasanton:**

**WHY GO?** Taking over for the more old-school Chinese restaurant Yat Sing, this recently opened Pleasanton gem follows in the path of a successful new generation of restaurants like Dumpling Time and Dumpling Hours to offer an accessible menu catering to the latest East Bay culinary craze. And while the dumplings particularly the Xiao long Bao are the draw, there are plenty of other temptations to keep you coming back.



**WHAT'S THE VIBE LIKE?** Tucked into a nondescript shopping center off Sunol Boulevard, Mom Dumpling inherits some of its predecessor's decor - an office-building-style drop ceiling, a standard-issue checkerboard tile floor. But a new coat of paint and attractive wood booth seating do enough to make it a pleasant dining experience.

**WHAT TO ORDER?** The Xiao Long Bao are a must. The thin wrapper is delicate, but sturdy enough to contain the deliciously soupy, loosely packed pork interior payoff that's made this Chinese dim sum specialty a worldwide sensation. Options include standard pork, crab and pork, shrimp and pork, veggie pork, and spicy pork, while the pan-fried house special provides a similar experience with a heartier shell and pan-crisped bottom. Other offshoots include Pork Bao Buns, steamed meat and veggie dumplings, and pan-fried pot stickers topped by a cornstarch crisp. Don't sleep on the noodles, either. The restaurant executes a nicely spiced, Braised Brisket Soup and an excellent wonton soup with a rich, balanced broth floating with Bok Choy and ethereal pork dumplings.

**ADDED BONUS:** Planning for a rainy day? Mom Dumpling sells five types of frozen dumplings to go, in addition to reheatable Pork and Veggie Bao.

**HOW MUCH?** Coming six to an order, Pork Xiao Long Bao run from \$12 (standard pork) to \$18 (crab and pork). Steamed dumplings range from \$10 to \$15. While noodle soups are a steal with the Braised Brisket the most expensive at \$15. 5400 Sunol Blvd., Ste. 2, Pleasanton, (925) 484-1008, momdumpling.com. Lunch and dinner Wed.-Mon.  
**Source:** Ethan Fletcher, Diablo Magazine, May 2023 Issue

■ **Refrigerator Water Filter:** Most refrigerator manufacturers recommend changing the water filter every 6 months to ensure good water quality is delivered to the ice maker mechanism and the chilled drinking water spigot. These filters cost \$30 to \$45, each when purchased as an OEM item or as an equivalent from an Appliance Repair or Parts Store. To save on these replacement filters, do a web search for "Refrigerator Water Filters." There are a number of websites that carry these water filters. I just ordered 3 filters from [allfilters.com] for our Kenmore Dutch Door Refrigerator at a cost of just \$12.95/each with free shipping. I chose this vendor because their website made it easy for me to find and confirm that they had the correct filter for our refrigerator and included illustrations of how to remove the old filter and install the new one. Previously, I had found them on [Woot.com] for about the same price.

■ **Upgrade Your Kitchen Range:** If you are thinking of remodeling or upgrading the appliances of your current kitchen, consider buying an Induction Range or Cooktop. Induction ranges are much more efficient with less heat loss during the cooking period. On gas ranges, there is a very high loss of heat as the flame (and heat) follows the curvature of the underside of the cooking vessel, especially at the outer edges. Much of the flame/heat is lost as it curls around and up and away from the pot/pan. A similar scenario of heat loss occurs when cooking with conventional electric ranges (both coil element and smooth-top) but to a lesser degree because the vessel bottom and the burner element is in direct contact with the bottom of the vessel. The Induction Stove is the best because there is almost zero heat loss because the induction heating element is in direct contact with the vessel bottom AND the induction method uses a coil to generate heat not in the burner assembly but "electrically excites the iron particles in the bottom of the cooking vessel. The pot/pan gets hot that, in turn, heats the ingredients in the vessel with very little heat loss. Tests of boiling 4 quarts of water using all 3 types of heating technology confirm that the induction units were considerably faster than the other two types. There are two requirements for using Induction units - 1. The vessel bottom must be made of iron or metal alloys with a high iron content. 2. The vessel bottoms must be very flat (for complete contact between the induction burner and the vessel bottom). The induction technology will save energy (costs) as well as faster heating/cooking that should result in saving time.



■ **Smog Certification:** All vehicles in California must pass a smog test periodically and at the time of DMV registration after a sale. The testing is standardized but the price charged by the shops specializing in Smog Certification can and do vary greatly. The range can be as low as \$38.20 (\$29.95 + \$8.25 State Certificate) to a high of \$98.20 (\$79.95 + \$8.25 State Certificate) depending upon who is doing the testing! The key is to call around to the various smog shops and give them the model/make/year of your vehicle and ask for a quote. Be very careful about reading the small print. You will see a lot of ads proclaiming \$39.95 + \$8.25 State Certificate for "2016 & newer passenger cars." But in fine print you may find "2000 & newer light trucks, mini-vans, SUVs, pickups; \$49.95 + \$8.25 State Cert." The definition of "light truck, SUV, mini-van" suddenly becomes a very pricey sticking point. Because 70%+ of new car sales are now SUVs but may look more like a conventional sedan, the shops tend to use their own definitions. "Crossover" models are another problem. Our 2015 Subaru Outback is classed as a "station wagon" by the manufacturer and is listed that way in earlier issues of Consumer Reports. Yet, in taking it to 3 different smog shop, I was quoted 3 different HIGHER prices even though all these shops told me ON THE PHONE that it would be \$39.95 + \$8.25 AFTER I brought my vehicle in for testing. This is clearly a problem of "BUYER BEWARE."

■ **Onion Skin Removal:** Before chopping white or yellow onions for an ingredient in various dishes, you must first remove the thin, dried, 'skin' of the onion. This can be difficult. To make the job easier, try using a fork with sharp tines to "scrape" this outer layer off or at least loosen this filmy layer and use your fingers to grasp enough of it to pull it off to discard. Don't try to pierce or stab the skin. Scrape it off by holding the fork upside-down so the tines are in a 'trailing' attitude.

■ **Eat Messy Snacks and Keep Your Fingers Clean:** We like to eat Skinny Pops and other popcorn varieties with butter or some other flavored sprinkling or coating while watching TV, reading the newspaper/books/periodicals, etc. These are all messy when using your bare hands. Our solution to keeping our fingers clean was to use **Finger Chopsticks or Snack Chopsticks**. See them at Amazon: <https://tinyurl.com/2s4jks8m>. You may find them both interesting and fun to use. But, above all, you will be able to pick up small pieces of messy food easily and deftly after just a minute or two of practice! You won't lose the use of your hands while using these. You can still use your clean fingers to turn pages, use your Smartphone or even use your touch screen devices. Four of these handy little devices only cost \$6.20! If you are a Prime Member, shipping is free. **Note:** An alternative is to use conventional tweezers but it's a big bother to put them down and pick them back up before and after each piece of snack eaten!

■ **Cleaning Plastic and Other Man-made Materials Cutting/ Chopping Boards:** The easiest and best way to thoroughly clean this type of cutting board is to put it in the dishwasher along with your other dirty dishes and pots/pans (no aluminum items). Stains will disappear completely. Fine food particles will be washed/ flushed out of the many fine grooves made by the constant use of sharp knife blades. You'll be surprised by how pristinely clean your cutting boards will be after washing.

## JULY 2023 CONSUMER TIPS

■ **Meyer Corp Clearance Sale:** Bay Area, California-based Meyer Corporation, U.S. - one of the largest cookware companies in the world - announces its summertime Inventory Clearance Sale with savings of up to 90 percent on over 1,000 kitchen products. This year's extraordinary savings and special offers include cookware, bakeware, pantryware, ceramics, food storage, teakettles, tools and gadgets, and cutlery. Leading brands offered at the upcoming sale include Anolon, Circulon, Farberware, KitchenAid, Ayesha Curry, Rachael Ray, BonJour, Breville, and LocknLock.

Now in its second consecutive year, the summer sale is in addition to the long-established annual Meyer Outlet Sale that is held during the winter holiday season. The upcoming summer sale will be held in Vallejo, CA (free parking). Dates: Thursday, July 6<sup>th</sup> through Sunday, July 23<sup>rd</sup>

Times: Weekends Only (Thursday-Sunday): 10 am - 6 pm. LOCATION: 525 Curtola Parkway, Vallejo, CA 94590. 1-800-450-0156 (Mon-Fri, 7:30AM - 4PM), or visit [www.meyerus.com/sale](http://www.meyerus.com/sale).



If you're looking for cookware and kitchen tools, this is a great way to save a lot and none of it is cheaply made. Their Christmas Sale is a great way to buy gifts for family. Every time we've gone to their sales, we have always found something to buy.

■ Forget about Electronic insect traps - These are the types that plug in 120V AC for power and are hung outdoors that 'zap' any and all flying insects that come in contact with the live electrodes inside the cage to rid the area of flying pests. They may or may not have a blue or other color light to attract the flying insects. The only problem is that mosquitoes are not attracted by light. Worse, some of the flying insects that it does kill are both good and bad insects. Mosquitoes are attracted to us humans by the carbon dioxide we exhale, our body heat, and body odors. A propane-powered trap converts the propane into carbon dioxide, which is blown out of the trap with a fan. An attractant octenol or lurex 3 is mixed with the CO<sub>2</sub> to make an appealing mixture for mosquitoes, no-see-ums, and black flies. These units are in the \$299 - \$350 price range.

Source: [Bing.com/propane.insect.traps](http://Bing.com/propane.insect.traps)

■ DealDash.com - Scam or Not: You've seen the ads on TV promoting this website as a place where you can 'bid' on things that are for sale that they say are sold at ridiculously low prices! While the ad makes sound like a great way to shop for super low prices, here's what Consumer Reports says! Business model: DealDash, like other auction sites, has been described as a gamified approach to e-commerce. To participate, registered bidders first buy "bids" priced at \$0.60 each, that they may spend bidding on auctions. Standard auctions begin with an opening price of \$0.00, with every bid placed increasing the price by \$0.01 and removing one paid "bid credit" from the user's balance. Bidders may choose to place single bids, by manually clicking the bid button, or through an automatic bidding tool called the "BidBuddy". An auction clock restarts from a maximum of 10-30 seconds, depending on the auction, every time a bid is placed. If no new bids are placed before the clock runs out, the last and highest bidder is declared the winner of the auction. Criticism: DealDash has been criticized for offering poor value to customers and for making disclosures only in fine print.

Penny auction sites, including DealDash specifically, have often been criticized for failing to disclose or include the cost of bids in what customers actually spend in total to win a product. In a conventional auction, bids are based on prices that participants are willing to pay, with the item sold to the final bidder within a set period that bids the highest price. This usually allocates the item to the person who is willing to pay the most. By contrast, penny auctions award items to parties that are persistent or lucky enough to place the final bid, with money raised primarily from the cost of bidding rather than the final price of the item. In most cases, users spend substantial sums of money without winning anything. DealDash and others have been compared to gambling by consumer groups.

According to Consumer Reports, the "buy it now" prices can be significantly higher than the same products on Amazon.com. Unsuccessful bidders not using the option lose the value of the bids placed. A company spokesperson says DealDash generates significant business from bidders who choose to buy items after losing, with hundreds of orders processed daily.

Consumer Reports also reported that many "luxury" brands touted on Deal Dash are non-existent beyond the website and their trademarks are registered by the owner of DealDash, through another company that he is associated with, namely Galton Voysey. Consumer organization Truth in Advertising reported that a DealDash television commercial shows "Roseanna" winning a \$349 KitchenAid stand mixer for "less than \$25". Small print explains she bid 761 times on that mixer, which cost her over \$456, plus the \$25 "price" she won it for. This means she paid closer to \$481 - well over the stated \$349 retail price. Both Truth in Advertising and Consumer Reports noted that DealDash's own terms of service tell users that they are likely to spend more than the retail cost for products and are unlikely to save money using the site. Due to this - and to the allegedly premium products on offer being generic items manufactured by companies with links to Wolfram - DealDash faced a false-advertising class-action lawsuit in 2017. Eight months later, the lawsuit was dismissed.

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■ **Beware of DoorDash Scams** - The demand for food delivery services like DoorDash has surged. Apps offering meals delivered straight to your door are convenient and give you a great selection. But considering how much sensitive data these apps collect from users, how safe are they? A DoorDash data breach highlights how much personal information is stored by these services, so what scams do you need to look out for? In a 2019 blog post, DoorDash warned users of a data leak that happened on May 4, 2019. The breach affected approximately 4.9 million consumers, Dashers, and merchants who joined the platform on or before April 5, 2018.

Among the sensitive data accessed by the "unauthorized third party" were people's names, email addresses, delivery addresses, order history, phone numbers, plus passwords. The leak also compromised some customers' credit card details and digits associated with the account numbers of some merchants. Approximately 100,000 Dashers' driver's license numbers were further exposed by the breach.

While DoorDash claims that credit card and bank account details that were stolen were not enough to make fraudulent charges, other Personally Identifiable Information (PII) was leaked. There's a huge chance that hackers have been peddling your account information for years.

The type of information exposed during the leak may put you at risk of becoming a victim of identity theft. Your information could be used to commit fraud and other crimes. It may also expose you to an attack called credential stuffing, during which your account information from one leak is used to access your other accounts. On the dark web, DoorDash accounts with attached credit card details are reportedly sold for \$4.49 each. While amateur hackers use these accounts just to order free food, some use the information in these accounts for targeted phishing campaigns, vishing, and smishing. These phishing campaigns are used to infiltrate a system or infect devices and networks with ransomware. Here are five scams you need to watch out for that can stem from DoorDash hacks.

1. **DoorDash Smishing Scams** - DoorDash says that the leak exposed only the last four digits of consumer payment cards, and the last four digits of account numbers for merchant and Dasher accounts. But since it exposed many other sensitive data like phone numbers and addresses, users should watch out for scams meant to collect their full financial account details.

Some users in forums have reported receiving smishing texts from hackers pretending to be from DoorDash. The message details of a food order you supposedly placed, with a link that claims should help you verify your account information.

You may also be told to confirm this delivery so if you didn't order anything through the app, you'd be compelled to click the link to cancel it. The link will lead to a pharming site that will collect your credit card information.

2. **DoorDash Email Survey Scam** - Nothing is quite as luring for customers of delivery services as the promise of a huge discount on future orders. Beware of phishing emails with this kind of MO.

The email survey scam will ask you to answer a survey and in exchange for your time, they'll promise a discount to be applied to your next DoorDash order. Offers for another delivery service like UberEats might be included too. You'll be asked to log into your account. Except this isn't really from the food delivery company. The site they lead you to might look legitimate, but this one's controlled by a hacker. Any information you enter will be harvested.

3. **DoorDash Delivery Scam** - Here's a more sinister and dangerous scam that involves a fake DoorDash delivery at your door. A woman in Ohio reported a suspicious group who came to her house for a DoorDash delivery. One individual claimed to have her order. The



homeowner didn't buy anything from DoorDash though. This should've been a simple case of a delivery worker at the wrong address, except the female "Dasher" didn't come alone. Through the homeowner's security camera, she saw two other men coming up to her yard. They were carrying something in their hands. The owner then heard the men say "hide, hide" and "I'm supposed to cover you". This naturally prompted her to call 911. Remember, the 2019 leak exposed PII including delivery addresses. So criminals know that you use DoorDash, which name is associated with the account, and where that person lives.

4. DoorDash Scams Targeting Delivery Workers - Even people trying to make an honest buck through the gig economy are being targeted by scammers. Numerous Dashers have reported getting scammed out of their DoorDash earnings. Scammers use a phone cloaking tool to make their number appear like that from DoorDash. They then inform the Dasher of another device trying to access their accounts. The caller will then ask for the PIN and login information to supposedly "verify" his identity. In a few days, the Dasher will realize that he or she didn't get paid for all the deliveries. The hacker has managed to change the banking details in the DoorDash account so the Dasher's earnings were deposited into the fraudster's account instead.

5. DoorDash Scams Targeting Merchants: Cyber Shoplifting - Chargebacks were put in place to protect consumers. This has been most useful for unauthorized purchases after a credit card had been stolen. A consumer can simply call the bank to reverse the charges from the disputed credit card purchase. But there has been an increasing number of fraudsters who are exploiting chargebacks meant to protect consumers. In fact, according to reports, up to 86% of chargebacks are fraudulent.

Source: [makeuseof.com/door-dash-safe-scams](https://makeuseof.com/door-dash-safe-scams)

#### ■ Have You Ever Noticed Costco Doesn't Play Music?

If you're a regular Costco shopper, you may (or may not) have noticed that there's something missing from the experience. We're not talking about any shortage of products, nor are we at all critical of the range of items it offers — Costco can be the one-stop-shop that literally takes you from cradle to grave as it sells both cribs and caskets (as well as just about everything else you'll need en route from one to the other). No, we're talking about the lack of golden oldies, easy listening, top 40 hits, or any other aural candy. Apart from the soundtrack provided by your fellow shoppers, all you'll hear at Costco is the sounds of silence, but we don't mean the Simon and Garfunkel hit of the same name.

One Redditor started a thread in r/Costco about this topic a few years back, declaring that they switched from Sam's to Costco for this very reason. The Sam's they shopped at suddenly started playing music, but they preferred what they called a "peaceful shopping environment." Several Costco employees noted that the stores actually had a policy that no music was to be played other than in the electronics section where it might be necessary to demonstrate the properties of the sound systems on sale. One of the workers speculated that Costco's lack of music was actually meant to encapsulate the chain's "no frills" approach to retail.

While none of the Costco employees on the Reddit thread seemed to know for sure why the stores eschew music, a behavioral and marketing psychologist named Elliott Jaffa has his own theory (via The Christian Science Monitor). He believes that the lack of a soundtrack makes Costco shoppers feel almost as if time is standing still, which, in turn, keeps them in the store longer so they spend more money. Another reason might be because no music means no fees to pay to the music provider, which is why discount grocery chain Aldi, too, favors the silent store approach.

One side benefit of no in-store music means that Costco (and Aldi, as well) becomes a quiet haven for Christmas-weary consumers when the holiday season rolls around. While shoppers at grocery stores and other retailers may be bombarded with seasonal music from early November up through New Year's Day, Costco members need fear no unwanted encounters of the holly jolly kind. Instead, they can be reasonably sure that they won't be serenaded by Mariah Carey's bellowing while they enjoy their food court feast in heavenly peace.

Source: <https://www.mashed.com/1322908/only-ones-noticed-costco-doesnt-play-music/>