

Dale Decker's 2024 Vision for SIR – President Elect

Dale Decker, the President-Elect for 2024, pointed out the challenges faced by SIR. He highlighted that one third of Branches are thriving, one third maintaining their membership levels, and the final one third are losing members, contributing to the overall decline of SIR. He emphasized that relying on the successful Branches alone won't sustain the organization, and a collective effort is needed.

He drew a parallel to Winston Churchill's strategy during WWII when his Admirals complained that the German U-boats were decimating shipping – he calmly said: bring the ocean to a boil and they won't bother you anymore – then emphasized: I've given you the solution, the implementation is up to you.

For SIR the solution to bringing in new members lies with the BEC and their action or action will determine the fate of the Branch.

To assist Branches State provides an array of tools and resources on the sirinc.org website to help Branches attract new members and retain existing ones, including marketing materials and Best Practices from successful Branches.

He addressed a demand from Branches for state advertising and emphasized that the challenges of using television ads with the multitude of channels and cost was not realistic. He urged Branches to focus on local advertising in newspapers, circulars, and community events where they can set up SIR Branch information tables

Then Dale shared a personal experience of only discovering a local Sons in Retirement luncheon after living in the area for five years because he had a part time business and the one announcement he saw in the newspaper said Sons In Retirement – and he wasn't retired. Thus he stressed the need for local advertising with luncheon announcements say that SIR welcomes all men, retired or not.

Dale pointed out the substantial funds held by Branches amounting to more than \$500,000 suggesting they allocate some for local advertising and provided an example of an affordable local newspaper ad, 3 ¾" X 1 ¼" that could reach a wide audience, i.e., every other week for one year for \$910.

He underlined the importance of the Branch Executive Committee (BEC) in shaping the Branch's future. He applauded the role of Area Representatives and mentioned efforts to implement a Help Desk with category expert contacts. This and the website sirinc.org was promoted as a valuable resource that should be used by Branch Officers to gain new members.

Volunteers and Leaders were acknowledged to be the lifeblood of SIR. He proposed a model where two individuals share the responsibilities of running a Branch, one as the Big Sir, for legal purposes, and the other running the luncheon and special events, thus promoting camaraderie and reducing burdens. He emphasized the legal requirements for the minimum number of Branch Officers and the need for insurance to protect Branches and their Officers and Directors from legal claims.

Dale also commended the State's efforts to streamline processes and in providing a new online form for Branch Membership Status that replaced an onerous Form 27. He reminded us that SIR membership not only can add years to our lives but life to our days and with some humor expressed that a dog can add 10 years to your life and he has two.

He concluded with an optimistic outlook, asserting that united efforts by the Branch BECs and with the support of the Branch's members together we can enrich the SIR experience, appealing not only to current members but also to future members.

Dave Gonzales

2023 SIR State President



2023 STATE OFFICERS

STATE PRESIDENT Dave Gonzales

VICE-PRESIDENT Dale Decker

SECRETARY Russ Salazar

STATE TREASURER Carl Mason

CHIEF ADMIN OFFICER Roy Hodgkinson

SIR Happenings is published by the Information Systems Committee.

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

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

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*

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 August, September and November. 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.



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

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

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

Jerry Sabo

Sir 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 Activities, Communication, and Leadership. 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



Over 50+ Activities

Many co-ed events

Travel to far corners

Dine outs, Picnics,
Ladies Days

Getting together as a group to enjoy one of your many branch **activities = events = travels** is good news for those interested in joining SIRs. Publicize your successful gathering; they will come.



ACTIVITIES: The Key To Success



ACTIVITIES: The Key To Success Both Activation and Reactivation

How did you become interested in SIR? Most likely, the answer to this question is that you enjoyed an activity.

What is the easiest way for you to invite someone to become a member? Invite them to an activity.

You can't over state how important the number and quality of activities are to acquiring or reactivating members. Activities, when done right, are FUN.

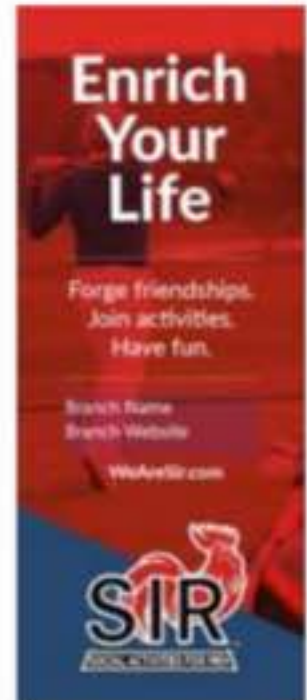
Please contact (fill in appropriate branch person) if you would like to know a proven way to add new vibrant and fun activities in your life.





Enlarging The Number Of Activities

- Survey members for new activity ideas at a luncheon meeting.
- Schedule the activity. You may need to take the lead for the first couple of events.
- Publicize the activity to your members several times, encouraging members to attend.
- Ensure that the first few activities are well planned, with a welcoming social environment.
- Identify a potential chairman and ask for their help going forward.
- Combining activities should be encouraged and can be very successful as well.
- Suggestions and advice: Contact Russell Salazar, Branch 113, at rctalazar@aol.com.



Enlarging The Number Of Activities

If there is an interest, then there is an activity!

These activities can be (not a complete list):

Astronomy	Chess/Checkers	Internet Games	Pickleball	Theater
Bicycling	Community Service	Investing	Pinochle	Trains
Birding	Cribbage	Gardening	Podcasts	Travel
Bocce Ball	Dinner	Genealogy	Poker	Walking
Book Club	Dominoes	Golf	Rummy	Wine Tasting
Bowling	Electronics	Hiking	Sport Events	Writing
Bridge	Field Trips	Movies	Science	Woodwork
Car Groups	Fishing	Photography	Tennis	Your History

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



44



46

Communicate



Your Success Depends On Good Communication

Step 1. Discuss the need for new members with the BEC.

Step 2. Determine a course of action.

Step 3. Assign responsibilities and follow-up.

Step 4. Compliment your team and recognize their successes.

Step 5. Express your appreciation through compliments and Thank Yous.



So many ways to reach out to your Community

Sandwich boards
Sail banners
Signs

Brochures &
Pamphlets
Handouts

Local **newspaper** articles
(print)

Retail stores
Window posters

Community Centers
Community service

(where the boys are)
Senior Centers
Farmers' Market
Pickleball Courts
Trail heads
Churches

Time to Get Busy



Be Wiling to Try

Business cards
Free lunch
invitations

(personal)
Face-to-Face
Neighbors
Golfers, Bowlers
Follow-up

(electronic)
Internet
Social media
Websites

Wine Tastings

Wear SIR apparel

Next door
Facebook
www.WeAreSIR.com

Consider trying these recruiting ideas

Lee Moy

Thank You



MAN WITH A PLAN

COACH

Be the Example **Explain** Don't Delegate
Educate **Communicate** Compliment
Be the Change **Motivate** the BEC Improve



** Leaders empower and support others positively *
There can be no leadership where there is no team.*



LEADERSHIP



LEADERSHIP: It All Depends on You!

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





Problems Solved Through Leadership



CONCERNS

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

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





Financial Report
August 2023
SIR Annual Conference

Carl Mason
State Treasurer

• August 30, 2023

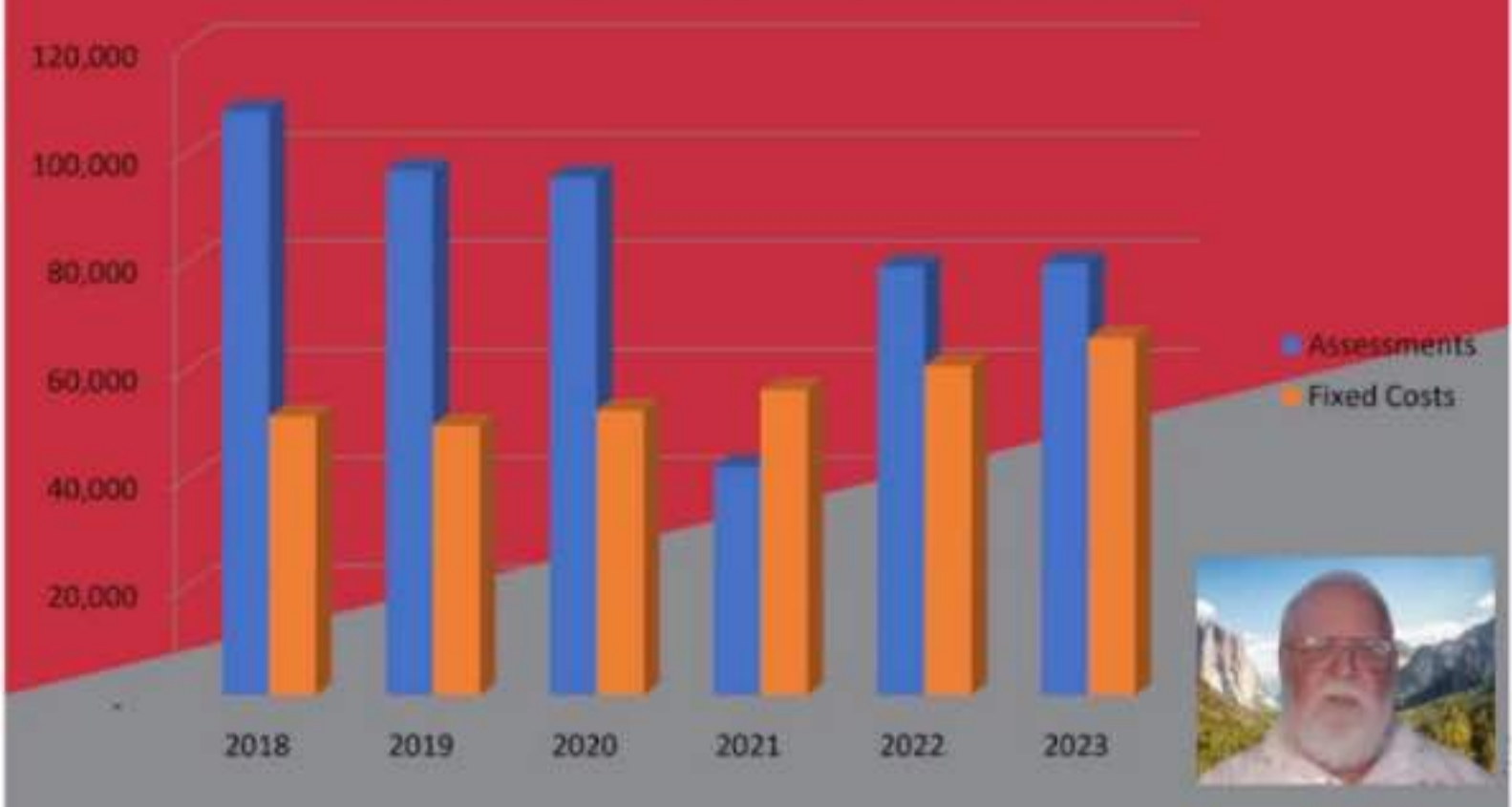
• SIRinc.org for member info

• WeAreSir.com for the public



Fixed expenses/costs rising
Membership/Assessments decreasing

Fixed Costs to Revenue



SIR Member Recognition Program...

SIR, Inc Award Program Criteria

- Nominees should be prioritized by their participation in a Branch's success using quantitatively data and qualitatively evaluation.
- It is critical that awardees are recognized by their peers as worthy of the recognition.



SIR Member Recognition Program...

Honorary Life Member Award Criteria

- Member of the Branch for 5 or more years.
- Clearly earned through exceptional and extraordinary service to the Branch.
- Eagerly steps forward whenever the need arises.
- Would be recognized as worthy by his peers.



SIR Member Recognition Program...

Selection Process - HLM

- Written Letter of Nomination by either
 - An Award Committee Member
 - A Current HLM
 - A BEC Member
- BEC Reviews Nominees' Pros and Cons
 - 2/3 Positive Vote Required
- Approved by SIR, Inc. Honorees Committee and SIR, Inc. President



SIR Member Recognition Program...

Increased HLM Allotments

Branch Membership	Fast HLM Policy	New HLM Policy
0-49	2	1
50-99	2	2
100-149	2	3
150-199	3	4
200-249	4	5
250-299	5	6
300-349	6	7
350+	7	8



New Award Criteria & the Latest HLM & DSA Allotments

SIR Member Recognition Program...

Selection Process - DSA

- Written Letter of Nomination by either
 - An Award Committee Member
 - A BEC Member
- BEC Reviews Nominees' Pros and Cons
 - 2/3 Positive Vote Required
- Approved by Elected Area Representative



SIR Member Recognition Program...

Increased DSA Allotments

Branch Membership	Fast DSA Policy	New DSA Policy
0-49		2
50-99		4
100-149		6
150-199		8
200-249		10
250-299		12
300-349		14
350+		16



Consideration for having volunteered at State level, too.

SIR Member Recognition Program...

Selection Process - DMP

- Written Letter of Nomination by
 - Any Branch Member
- BEC Reviews the Nomination Letter
 - 2/3 Positive Vote Required
- Big Sir Presents Award at Luncheon Meeting
 - Empathizing all contributors are eligible



SIR Member Recognition Program...

"I'm Doing My Part" Award Criteria

- Have contributed to the success of the Branch.
- Eagerly steps forward whenever the need arises.
- All Branch volunteers are eligible.

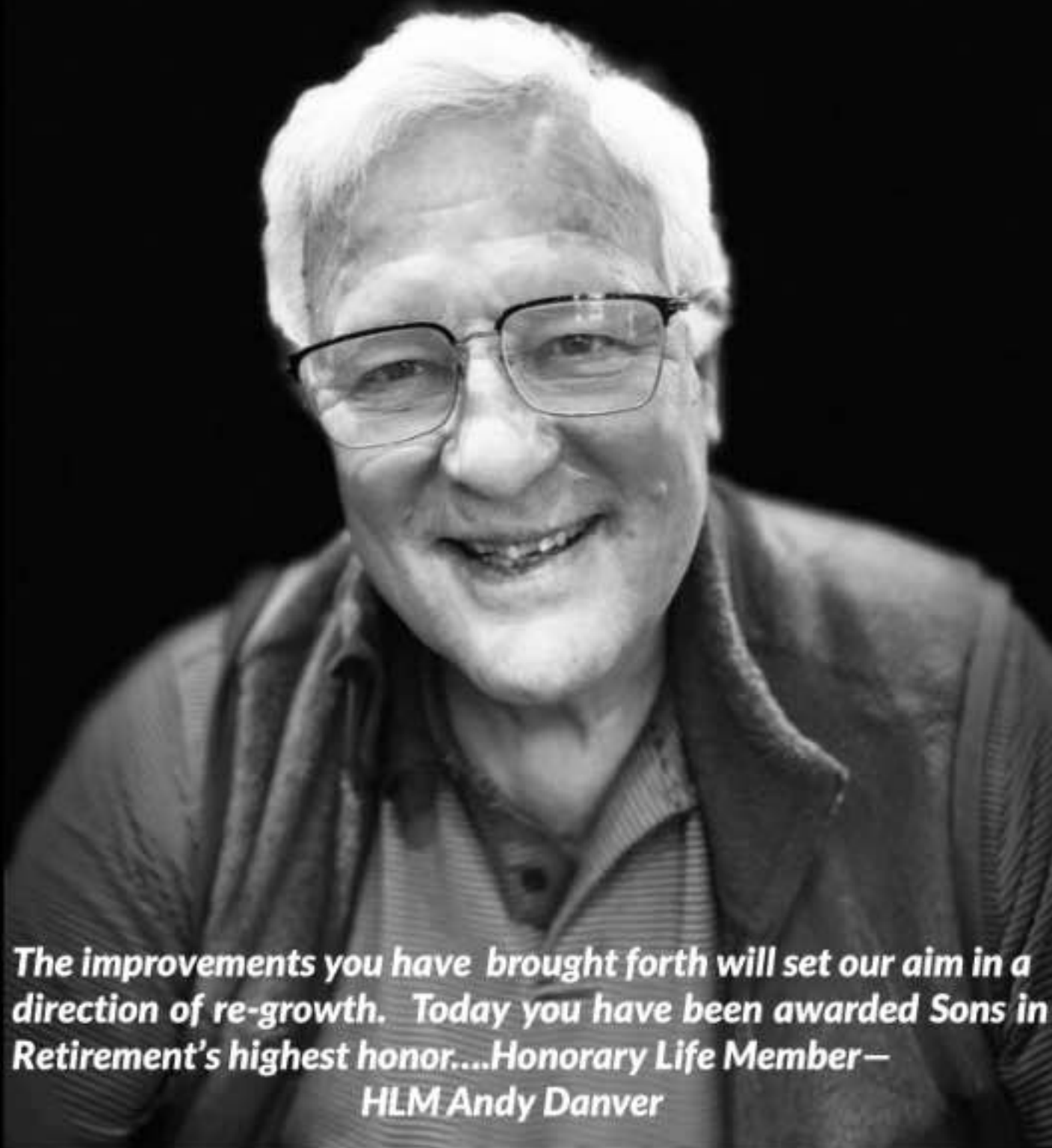


Honorary Life Member Awardees

presented 8/31/2023
at the 65th

State SIR Annual Meeting





**The improvements you have brought forth will set our aim in a direction of re-growth. Today you have been awarded Sons in Retirement's highest honor....Honorary Life Member—
HLM Andy Danver**

LM



SIR has both bowling leagues and tournament activities. We have tournaments each month in bowling centers throughout central California and Nevada (Reno and Carson City). All of our events have handicap events and encourage for you to invite guests and spouses. Are tournaments and leagues welcome all SIRs regarding their bowling skills.

We have a website "SIRBowling.org" where you can get tournament dates, applications and scores, and read about our bowling news.

These tournaments and leagues are lots of fun and you will make friends from other branches.

See you in the bowling centers,

Dan Weller, SIR State Bowling Chairman

Reno welcomes State SIR Bowling Tourney



Former Chairman Jerry Sabo
Present Bowling Chairman Dan Weller



C & C + Company handle registrations









Your State SIR has competitive golf, bocce and bowling venues.

Many SIR events include co-ed activities for all to enjoy!



Sons in Retirement

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

Effect of Mindset on Wellness?

Feel Younger To Be Healthier

Many Sirs knew, or maybe lived with, one or more of their grandparents, or even great grandparents, and probably saw them "looking old" and/or "acting old"—part of life's implacable progression: infancy, childhood, adolescence, adulthood, middle-age, and old age. Counter to this is a common idiom, used on birthdays of older adults, that substitutes "young" for "old," as in he's "87 years young."

German experimental psychologists Martin Pinquart and Hans-Werner Wahl compared folks' "subjective age" — age that they perceive themselves to be — with their "objective age" — their actual, chronological age. They published their findings in the peer-reviewed scientific journal, *Psychology and Aging*, Vol. 36, pp. 394–406 (2021).



Martin Pinquart (left), University of Marburg, and Hans-Werner Wahl (right), University of Heidelberg

Their findings? The healthiest older adults felt an average of 12% younger than their chronological age. In round numbers, this calculates to an 80-year-old man feeling like he's 70! Wow! And, as time goes on, the subjective age is getting younger for middle-aged and older adults. Research by other investigators has also documented links between a younger subjective age and healthiness.

"We know that those who feel younger are healthier and also remain healthier over time," said Markus Wettstein, a psychologist at Humboldt University in Berlin. He and his colleagues analyzed data from the ongoing "German Aging Survey," which started in 1996, and tracks about 15,000 German adults between the ages of 40 and 85. The participants felt, on average, 12% percent younger than their chronological age, confirming the findings of Pinquart and Wahl.

Reproducible data shows that, over time, adults have been feeling younger than those of the same chronological age in the past, even when accounting for other factors that could influence subjective age such as chronic illness, loneliness and education level.

Folks not yet in that "feeling-young camp" can reach that state by engaging in physical activity and rejecting negative ageist stereotypes.

Folks Born More Recently Feel Even Younger

People born more recently feel even younger. Every decade that passes confers an approximately 2% younger subjective age. For example, 60-year-olds born in 1936 would feel more like 53 years old, or about 12% younger. In comparison, 60-year-olds born in 1956 — two decades later — would feel like they were 50 years old, or about 17 percent younger. The researchers called this effect "very clear and quite amazing." Now referred to as the **subjective rejuvenation effect**, it held up even in very old age, which was a surprising finding because this period is associated with greater vulnerability and mortality.

The finding that people may generally be feeling younger can be seen as positive, because it is associated with greater well-being, healthier lifestyles, and lower mortality rates.

Yet, there can be, as the old proverb cautions, "too much of a good thing" — a younger subjective age was associated with more risky pandemic behaviors, possibly because people felt more of that invincibility of youth.

Psychological researchers have not yet identified the cause(s) of this trend of feeling younger. One reason could be that a younger subjective age reflects having ever more available options for dealing with stress. Hoffman said, "With overall improved health, higher life expectancy and better resources available today than in decades past, people may feel more youthful."

Another possible cause could be ageism. Folks could be feeling younger because "they don't want to be classified as older adults," Wettstein said. "So, it's a kind of psychological distancing of oneself from older adults."

Research also found a pronounced gender gap. Women reported feeling younger than men of about the same age and born at around the same time. This gap has only widened in recent years, which may explain some of the trends in youthful feeling — women generally live longer and feel healthier than men. Age stereotypes about women are more negative than those about men.

Researchers also uncovered an education gap. Folks with more education had younger subjective ages than those with less education.

Culture strongly influences how folks feel about their age and aging. Eastern countries such as China, Japan, and Korea have more acceptance of old age, and in those countries subjective ages are close to chronological ages. Folks are more willing to feel and act their age. However, in recent years this trend has shifted to that seen in western countries.

Artificial Intelligence What are the Dangers? How to Deal with Them?



Several Branch Number One SIRs responded to the items in the July *Bulletin* on artificial intelligence (AI). One brother SIR expressed shock that AI could “take over the world.”

Another SIR is most concerned with the very real possibility that AI-enabled robots will displace tens of millions of unskilled, semi-skilled, and skilled workers. Possibly the greatest concern lies in general lack of response to the open letter, signed by 350 prominent people — in AI and related fields plus leaders in business, academia, and government — stating that “mitigating the risk of extinction from AI should be a global priority alongside other societal-scale risks such as pandemics and nuclear war.”

“Take this ‘doomerism’ with a large, virtual grain of salt,” says Stephen Marche in the *Guardian*.

“Silicon Valley is always overly impressed with their creations. Remember when digital currency was going to replace the banking system, and we would all spend our days in the metaverse? Algorithms don’t have free will (*or do they?*), and the ‘anthropomorphizing’ of AI as a scheming, malevolent force is science fiction.”

Matteo Wong, also writing in the *Guardian*, thinks “AI ‘doomerism’ is a decoy. Tech leaders would prefer we worry about some imagined ‘future AI cataclysm’ than pay attention to how AI-powered products are already surveilling us, collecting our data, debasing political discourse, and addicting our children to damaging social media.”

AI scientist Nello Cristianni “envisions AI engendering supersmart machines that will enviably deliver enormous benefits to mankind.” He sees a middle path between “existential threat” and “no big deal,” explaining that “a generic sense of alarm” doesn’t guide regulators in how to effectively and efficiently oversee and safeguard this emerging, awe-inspiring technology. “Let’s not jettison our sense of proportion,” urges Cristianni. “The first step to avoiding worst-case scenarios is to name and describe them,” so that safeguards can be built into AI as it develops.

Editor’s Note- The Branch One Newsletter is so full of great information that the Happenings cannot begin to share even a small portion of their contributions. Below is the index of their October Issue of “The Bulletin” The link to their publication is: <https://sirinc2.org/branch1/sir-publications/>

Solar Power Ramp-Up 4
Hertz (Not the Rental Car) ... 4
October Cognitive Biases 5
“Memories...” Lyrics..... 5
Homes of Older & Younger .. 6
Looming Tipping Points 7
Imminent Tipping Points 8
Societal Tipping Points 9
“Long Ago and Far Away” .. 10
Happiest U.S. Cites 10

Reversing Lost Hearing 11
Idioms from the 1930s 12
Humans Nearly Died Out ... 13
The Twitter Story..... 14
Branch I Duffers Compete .. 15
October Birthdays 15
Crazy for Redheads 16
Mend Molars in Mexico..... 16
Thank You Proofers 17
Fundamental SIR Policy 17

Global Numbers from Gus .. 18
Highest Heat, Most Carbon.. 18
Needed AI Regulations 19
Activities Update 20
‘Toons 6, 12, 14, 15, 17, 19

Be Careful and Don't Take the Bait

Creative Online Scammers Constantly Devise New Schemes for Stealing Identities and Credit Card Details

Beware of Account Suspension / Cancellation scams:

Scammers use texts, emails and phone calls stating that an account will be suspended or canceled and prompt victims to click on a fraudulent link or verbally provide information to “verify your account.”

Victims are lured into providing account login credentials or payment information (credit card or bank account numbers). See **Clickbait** below

Beware of Overly Low “Bargain” Prices

When shopping online and comparing prices from various vendors, scammers will offer the product at a significantly lower price than all the other sellers. Everything will look legitimate through payment and even provide a receipt for the purchase. But the products/items ordered will never arrive and all efforts to contact the vendor will fail. Some scammers will send repeated email messages that “shipment has been delayed” to increase the time before the victims become aware of the scam. The only option is to contact the credit card company and report the fraud.

How to Identify Scams and Keep Account and Payment Information Secure

✓ Only contact vendors via their legitimate websites that require correct user names and passwords to login.

✓ Do not respond to any requests that threaten to cancel accounts if not responding. Legitimate vendors have no interest in unilaterally cancelling accounts.

✓ Never pay by phone. Legitimate vendors will not ask for credit card or bank account numbers by phone.

✓ Do not click on links provided by email. Go to vendor’s site and log in to verify the information provided by email.

Don't Take the Bait

(Merriam-Webster) **clickbait** noun

1. Internet headline whose main purpose is to attract attention and encourage users to click on a link to a particular web page and read, view (or listen to), or act on the content that is often dishonest, deceptive, sensationalized, or otherwise misleading.

2. A “teaser” headline to exploit the “curiosity gap,” providing just enough information to make a user curious, but not enough to satisfy their curiosity except by clicking through to the linked content. Clickbait headlines are often dishonest, using enticements that do not accurately reflect the content being delivered.

The “bait” suffix makes an analogy with fishing, where a hook is disguised by an enticement (bait), presenting the impression to the fish that it is a desirable thing to swallow.



Some Memories Are Made of, or Like, This:

Memory errors cause thinking errors. So, October's, November's, and December's *Bulletins* will focus on cognitive biases related to memories — how folks store memories differently based on how they experience them, and errors in recalling memories. While all are proven with research, many are logical and intuitive.

The **tip-of-the-tongue (TOT) effect** is a cognitive bias that occurs when folks *know that they know* something but cannot immediately recall it. This memory recollection phenomenon usually involves a well-known word or familiar name. When experiencing the **TOT effect**, folks sense that the blocked word is on the verge of being recovered. Despite failing to recall the word or name, folks have the feeling that the blocked word is figuratively *"on the tip of their tongue."* A frustrating inaccessibility and the sense of imminence are two key features of the **TOT effect**. Folks experiencing this phenomenon can often recall one or more features of the target word or name, such as the first letter, and words similar in sound, meaning, or both sound and meaning. Emotion and the strength of the emotional ties to the word or name that folks are trying to remember can also have an impact on the **TOT phenomenon**. Research has demonstrated (but not explained) the counterintuitive effect that, the stronger the emotional ties to the word or name, the longer it takes to retrieve it from memory. In many cases, the word or name not remembered suddenly comes to mind sometime later.

The **Google effect**, or **digital amnesia** is a cognitive bias reflecting folks' tendency to forget or not make an effort to remember information that can be found readily online by using an internet search engine, such as Google or Yahoo. Psychological research has shown that people are less likely to remember certain details they believe will be easily accessible online. The researchers who conducted the study also observed that folks' ability to learn information offline remains the same. This effect may also be seen as a change in what information and what level of detail is considered to be important to remember.

Published psychological research has shown that (1) folks are primed to think of computers when asked general knowledge questions, even when they know the correct answer; (2) the **Google effect** is especially pronounced if the information is difficult or when key aspects are unknown; (3) an explicit instruction to remember the material does not have a significant effect on recall; (4) if the information is saved, folks are much more likely to remember *where* the information is located than to recall the information, *per se*; (5) most folks tend to remember either the fact/name or its location, but not both; and (6) **digital amnesia** persists even when the information is more memorable than the name or its location.

The **next-in-line effect** is cognitive bias that describes folks' general inability to recall information concerning events immediately preceding their turn to interact, speak, or perform. The cause appears to be a deficit in encoding into memory the perceived information of the preceding event or information. When folks focus their thinking on themselves, information in *short-term* memory is never stored in *long-term* memory, and thereby lost, so it cannot be retrieved later.

(continued p. 6)

Memories Are Made of This

by Terry Gilkyson, Richard Dehr, & Frank Miller

(First popularized by Dean Martin in 1955)

The sweet, sweet memories you've given me
You can't beat the memories you've given me

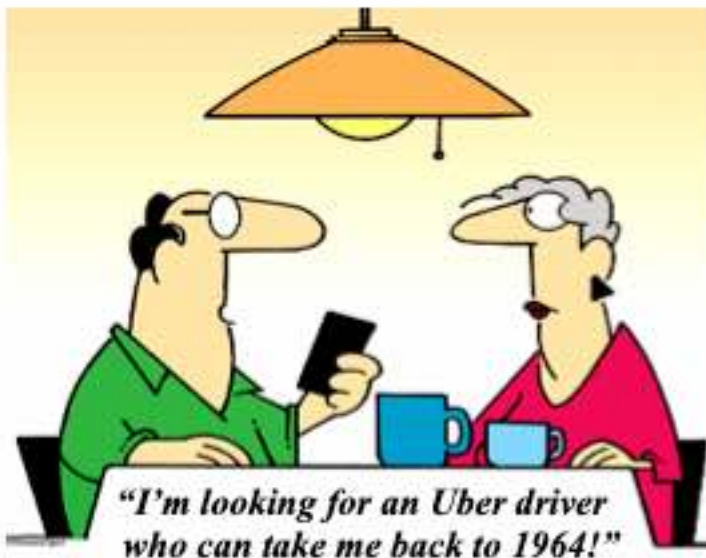
Take one fresh and tender kiss
Add one stolen night of bliss
One girl, one boy, some grief, some joy
Memories are made of this

Don't forget a small moonbeam
Fold it lightly with a dream
Your lips and mine, two sips of wine
Memories are made of this

Then add the wedding bells
One house where lovers dwell
Three little kids for the flavor
Stir carefully through the days
See how the flavor stays
These are the dreams you will savor

With His blessings from above
Serve it generously with love
One man, one wife, one love through life
Memories are made of this

Memories are made of this



Memory Problems (from p. 5)

Next-in-line effect (continued) One key revelation supporting this phenomenon is that asking folks beforehand to pay more attention to events preceding their turn to perform can prevent the memory deficit and even result in overcompensation, making people remember the events before their turn better than others. Also, the manifestation of the **next-in-line effect** is not connected to the level of fear of a negative evaluation. Folks with lower and higher anxiety levels are all subject to this memory deficit. The **testing effect** (also known as **retrieval practice**, **active recall**, **practice testing**, or **test-enhanced learning**) is a cognitive bias ensuring when part of a learning period is devoted to retrieving information from memory. This improves memory of the material studied. Stated differently, testing prior knowledge is more beneficial for learning when compared to only reading or passively studying material, even more so when the test is more challenging for memory. The testing effect is different from the **practice effect** — any change or improvement that results from practice or repetition of the material studied.

The **absent-mindedness effect** is a cognitive bias where folks are inattentive, forgetful, and/or distracted. Also, appearance of the **absent-mindedness effect** does not seem to be connected to the level of fear of negative evaluation. People with lower and higher anxiety levels are subject to this memory deficit.

The **levels-of-processing effect** is a cognitive bias that describes memory recall as a fraction of the depth of mental processing, which falls on a

Where Older Folks Live in US & World

Statistical clusters of highest or lowest percentages of folks age 65 or older:

U.S. States

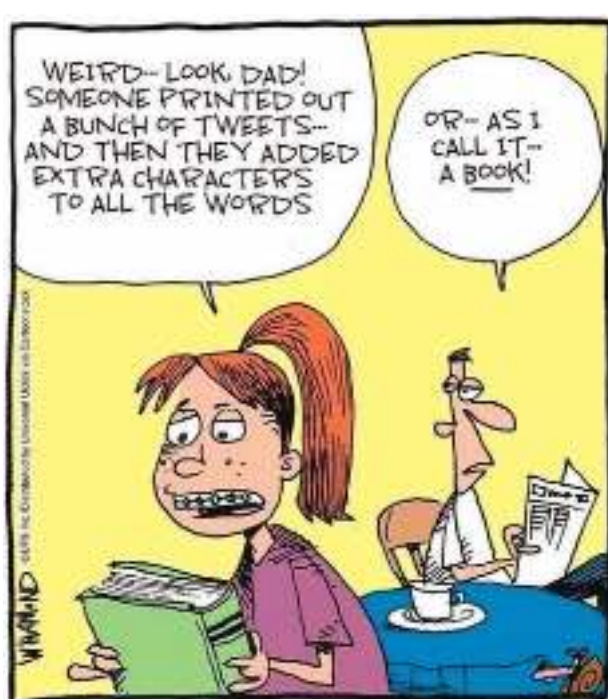
Florida, Maine, West Virginia, & Vermont . 21%
 Delaware, Montana, and Hawaii 20%
[California, Colorado, and Georgia 15%]
 Texas, Alaska, and Utah 12-13%
 [see full list: <https://www.prb.org/resources/which-us-states-are-the-oldest/>]

Countries

Japan 28%
 Italy 23%
 Greece, Portugal, and Germany, 20-22%
[United States 15%]
 Pakistan, Egypt, and Ethiopia 4%
 Congo and Nigeria 3%
 [see full list: <https://www.prb.org/resources/countries-with-the-oldest-populations-in-the-world/>]

continuum from shallow to deep. The deeper the processing, the more elaborate, longer-lasting, and stronger the memories. The three different depths of mental processing are (1) **structural or visual processing**, whereby folks remember only the physical quality of the word or name, e.g., how the word is spelled and how letters look; (2) **phonemic processing** in which folks recall the word by the way it sounds, e.g., the word tall rhymes with fall; and (3) **semantic processing** in which folks encode the meaning of the word with another word that is similar or has similar meaning. Once the word is perceived, the brain allows for a deeper processing.







October 15, 2023 "Pearce Report" – October Ramblings of the Big Sir
Hi Guys,

October I'm back at it again. This year is quickly coming to an end. It's such a short time but we still have a lot of things to accomplish and look forward to. Our families will certainly start getting ready for the holidays, shopping, decorating, or maybe planning travel to our away families or friends. At SIR we'll of course be busy planning our Christmas Party. Always a perfect way to end our year. Hopefully many of you will plan to attend. I'll give you more details later. In addition to party planning your Executive Committee has been nominating and voting on the presentation of our last Distinguished Service Award (DSA) which we will be able to award for another 4 years. The number of awards we are given is determined by how many members we have in the branch. This is a more difficult process than you would imagine. We have several members who have contributed their time and effort over many years to this organization that are most deserving. As with all our own personal budgets at home, prices have increased significantly this year and SIR is no different. We have avoided raising our dues for the last couple of years because we had a rainy-day fund left over from the Covid years that we could draw against. If you just consider these two items: Rent - \$2200 + State fees \$970 = \$3150. You can see we're already in the hole, without any other added expenses. Dues staying at only \$25 x 94 = \$2350 would not be possible. The Board is responsible for the wellbeing of our organization, so we have voted to increase next year's dues to \$30.00. Hopefully all other expenses remain stable. We have other small amounts of income (Bar, 50/50) we hope will provide additional cash flow. On a more positive note, I am glad to report we had great participation at last month's September meeting. There we 59 members in attendance. Could be largest group of the year? Perhaps spurred on by members being sure they met their 3- meeting a year requirement. This month our guest speaker will be Tammy Demetrus from the Roaring Camp Group. We will also have 3 very Special Presidential Awards from our SIR State President David Gonzales that will be presented. Last but not least as promised more details on our. SIR Annual Christmas Party When: Thursday December 7th, 2023 (save this date) Where: Giannini's Italian Family Restaurant Time: 5:00 PM Social Hour, 6:00 PM Dinner Hour No Host Bar: Members pay for their own drinks. Menu: Appetizer Brochette Entrée Choice: Rib Eye Roast, Roasted Chicken, Or Salmon, Vegetarian meal on request. Dinner includes; Soup, Salad, Polenta Board, Dessert

The Cost is \$50.00 per person, tip and taxes are included. Attire: Dressy Casual, Christmas Sweaters, Santa/elf suit Entertainment: Christmas Songs by Travelin' Tunes Please sign up at regular Sir meeting or mailing payment to: Mike Coombs 318 Quailhollow Drive Lone, California, 95640 Please specify your choice of entrée, how many in your party, names of member in your party, any others you would like to sit with. We will attempt to seat you with your friends as much as possible, given the restraints of the facility.

Signing off till my last "Pearce Report" come next month. RICH



Ladies Day Photos



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>

We had a lively board meeting on the 21st. We talked about the state plans to revamp the hierarchy to support the local branches rather than just ask for compliance. They have even made more of the reports online so everything should be easier. There was a focus on increasing membership, and while we are doing well and are one of the higher performing branches, there were some good suggestions that we discussed at our board meeting. We have put all the membership goals in one basket and that is Kelley Reid who is doing a great job. Remember his challenge to everyone to have every member bring in at least one new member in 2023, and the member that brings in the most new members will be treated to lunch for two at the Olympic Club. The board felt it would be a good idea to provide Kelley with more support and create a committee with Michael Sommer, Ted Pullen, and Tom Verkozen. In reality everyone should consider themselves a member of the membership committee but the established committee will come up with some new concepts and ideas. We also felt we had depended on Ted Pullen too much as the chair of the activities committee. We felt that we should give Ted some additional support and additional ideas for activities. Bob Phillips is involved with a low stress mountain biking group and invites SIRS members to join him if you are interested in an easy mostly fire road mountain biking experience. E-bikes are also encouraged for this ride. He is also a member of the adult chess club at Indian Valley College and can invite SIRS members to join him for a more intellectual pursuit. I would like any SIRS member interested in road biking to join me any Friday for scenic road bike rides around Marin County. E-bikes are also encouraged, and the route is usually 20-25 miles with some modest elevations. Not to be outdone, Ken Kauer has joined a bowling league in Petaluma, and anyone interested in bowling is invited to contact him about the details of this program. Of course, we have golf and if you are not already in the group, please contact Jens Erlingsson or Ron Radtke for details. Interested in reviving a misspent youth, join Bob Phillips at the Silver Peso in Larkspur for pool after our regular luncheon meeting or after the board meeting on the 3rd Thursday of the month around 1:30 at the most infamous dive bar in Marin.



Big Sir- Bob Brady

SIR's #7, #47, & #22,

INVITES YOU TO A

MATINEE PERFORMANCE OF:

THE LION KING

WEDNESDAY DECEMBER 13TH

DEPART: 10:00AM RETURN: 5:30PM

PICK UP: SAN RAFAEL PARK & RIDE SMITH RANCH ROAD PARKING LOT

COST PER PERSON: \$125

COST INCLUDES: LUXURY MOTORCOACH TRANSPORTATION,

DRIVER GRATUITY, HOSTED LUNCH AT MAX'S OPERA CAFE WITH ENTREE CHOICE OF: CHICKEN COBB SALAD, REUBEN SANDWICH, VEGGIE BURGER, HALF TUNA SANDWICH & SOUP, SERVED WITH SOFT DRINK & DESSERT, AND RESERVED

REAR ORCHESTRA SEATING FOR THE 1PM SHOWING OF THE LION KING

ALL CHECKS SHOULD BE MADE OUT TO SIR BRANCH 7

MAILED TO: TED PULLEN, 455 CEDAR HILL DRIVE, SAN RAFAEL, CA 94903

QUESTIONS? CALL TED AT (415) 499-4610

BRANCH 7 ACTIVITIES

ROAD BIKING

Anyone for road biking? I regularly ride with a group of friends on Friday starting at 9:30 from various locations in Marin. A leisurely pace but about 20-25 miles and some significant hills on some routes. Usually, 6-10 of the regulars on the ride with others on the list showing up on occasion. We always have a location for coffee and pastries, although the Sausalito ride usually stops at FISH for lunch. Good social commentary with borderline philosophy discussions. E-bikes are used by some and welcomed on the ride. For more information about this ride, contact Bob Bundy at bundyworld@comcast.net.



BOWLING

We just completed the summer session of bowling at AMF Boulevard Lanes in Petaluma. The league is known as the Striking Threes since there are three team members on a team. The league consists of women and men. Most of the men are SIRS members. At the present time, I am the only member from Branch 7. The bowling alley has been doing a lot of upgrades. The Winter league starts September 6th. Anyone can join after the beginning date.
Ralph Sherer



GENTLE OFF-ROAD BIKING

Contact me, Bob Phillips, at 415-301-1906 (Bob.phillips3@gmail.com) if you are interested in off-road bike rides or want more information. There are miles of paved, dirt, and gravel pathways in Marin that make for relatively easy bike riding. We can set up several weekly or bi-weekly rides in advance with a meeting time and place to go on a ride together. The intent is to establish this as a SIR Branch 7 activity. I will arrive early (11am) at the September 7th luncheon to meet and discuss. But call me before if you like.



TAKE A HIKE BEFORE THE MEETING

Before the Sir 7 meeting this month, let's take a hike. Meet at 9:00 at the Hamilton levee entrance in front of the former Airfield Control Tower for a group hike on the levee. Water bottle, walking sticks, speed, and duration at your discretion. +/- 60-90 min. Hope to make it a monthly pre-meeting activity.

Information: Ladd Sievenpiper,
Ladd7piper@gmail.com

SIR TRAVEL OPPORTUNITIES

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

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

CHESS

If you like playing chess and want to play in-person games, come to the Chess Club on Friday afternoons at 2 pm at the College of Marin Kentfield Campus in the Humiston Reading Room of the Student Services Building. Usually there's about 8 players with room for more. We try to adhere to "touch -rule" chess and use of a chess clock and time setting is optional.

Call me if you have questions or want more information. Bob Phillips 415-301-1906. Or email at bob.phillips3@gmail.com.

This is not a SIR Club. Rather it is a club within ESCOM (Emeritus Students College of Marin).



New Members Inducted on 8-17-2023

Six new members were inducted by Big Sir Gary Bondi at the August luncheon. They are **Jon Drew**, sponsored by Steve Edelstein; **Jim Berger** and **Joe Olson**, sponsored by Rich de Lambert; **Jack Tolin**, sponsored by Dave Harris; **Chuck Josephs**, sponsored by Mike Rogalski; and **Blaise Cirelli**, sponsored by Tony Negri. In addition, the BEC approved Rick Brannon Jr. and Frank Gironimi for membership but they were not present, so will be inducted at a later luncheon.
(Article by Gordon Boulton)



Doing My Part: (Article by Gordon Boulton)
I'm Doing My Part pins are awarded approximately quarterly to members who sponsor new members. It is a one-time award, no matter how many new members you sponsor. At the July 20 luncheon pins were awarded to Jim Taylor for sponsoring Barney Hays; to Terry Freeman for sponsoring Duane Peterson; and to Bill Grafeld for sponsoring Jim Richards.

L/R: Bill Grafeld, Jim Taylor, Gordon Boulton
(Membership Chair), Terry Freeman. (Photo by Neil Wheeler)

Four New Members Inducted

Four new members were inducted by Big Sir Gary Bondi at the July 20th luncheon. They are Patrick Hurley, sponsored by George Traverso; Ken Kazezski and Chris Smith, sponsored by Rich de Lambert; and Rod Sverko, sponsored by new member Chris Smith(!). In addition, the BEC approved Jon Drew and Charles Verzosa for membership but they were not present, so will be inducted at a later luncheon.

(Article by Gordon Boulton)



MUSIC MUSIC MUSIC: (Article by Rich de Lambert)

SIR 17 is on the road to have MUSIC during our cocktail hour prior to lunch. We even have a member who is a professional leader who has agreed to lead the group and compose the music! The group would play for only a short time before the meeting. Several have already indicated a desire to join us, but we need a few more to make it happen. Email: richdelambert@gmail.com to let us know your interest



Coffee Club: (article by Rich de Lambert)

The Coffee Club meets in Howarth Park the 2nd and 4th Thursdays at 9:00 am. That's Aug 10th and 24th.

We will be at the Cypress Point picnic area in Howarth Park.

Come enjoy a cup of coffee, some baked goods, conversation with your fellow SIR members, take in the views, and maybe take a walk up the trail towards Spring Lake before or after having coffee. We only ask for a \$1 donation to offset the cost of the coffee and treats. Bring a lawn chair.

Guests are welcome, bring a friend!

If you have questions, contact, Rich de Lambert, at richdelambert@gmail.com or call 707-545-3490



Cribbage: (Article by Rich de Lambert)

(Article by Rich de Lambert)

The BEC approved cribbage as a new activity at its July 20th

meeting. The first match will be August 16th starting at 11:30 am at Rich de Lambert's house, 3710 Evergreen Rd., S/R Please RSVP to Rich at: richdelambert@gmail.com or call him at 707-545-3490, so he knows how many tables and boards to set up.



Community Involvement Program:

We will be at the Redwood Empire Food Bank, 3990 Brickway Blvd. in Santa Rosa on **Thursday, September 7th**, from 10 am till noon.

Thirteen of us made food containers or packaged apples and onions at the last outing. We bagged 1,484 lbs. of onions and 1,022 lbs. of apples; in total, 2,506 lbs. of produce. The Food Bank calculated that we provided produce for 2,088 meals.

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. We hope that you can join us in our next volunteer activity at the



REFB and experience the good feeling of helping others. Wear your SIR apparel so our Branch 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 planning to come so we can inform the REFB in advance.

You can find us on the www.sir17.org web-site under the first Thursday of each month. All the information related to time and place is on that site.

"Service to others is the rent you pay for your room here on earth."

Muhammed Ali

Barry Bialkoski and Bob Reuther, Co-Chairs

Rich de Lambert and George Traverso, Co-Vice Chairs



Picture from Redwood Empire Food Bank
L/R: Dayle Johnson, Ken Johnson, Gary Bunas
from Brn #92, back of ???, & George Traverso.





Picture from SRJC Shone Farm tour
L/R: Mel & Mark Burchill, George Traverso,
&
Ann Nolen. (Photos by Neil Wheeler, above & below)

Wine, Beer & Spirits: (Article by George Traverso)

Our September event is all booked up with reservations that had to be in by September 1st.

Watch for an announcement for the next event in the October edition of the **BARK**.

Pictures below from various past events.



Clever Wordings:

At an Optometrist's Office:

*"If you don't see what you are looking for,
you have come to the right place."*

At a car dealership:

*"The best way to get back on your feet is to
miss a car payment."*

Outside a muffler shop:

*"No appointment necessary as we hear you
coming."*

In a Veterinarian's Waiting Room:

"Be back in 5 minutes. Sit! Stay!"

Book Club





ROOSTER TALES

Clayton Valley SIR Branch 19



New Member
Loren Kayfetz

Please feel free to bring a guest to the SIR luncheons. If bringing a guest, please follow the Guest requirements specified in the monthly SIR luncheon email notification which is sent to all SIR Branch 19 members.



PLEASE Donate to the Concord Food Bank



Food Drive

**PLEASE BRING A NON-PERISHABLE
FOOD DONATION TO THE NEXT
LUNCHEON**

Please bring non-perishable food *in jars, cans, and sealed packets (No Glass please)*. We recommend sauces, soups, beans, vegetables, honey, peanut butter, candy, boxed juices, long-life milk, coconut cream and fish in oil.

Sir Jerry Burton will collect the donated food and take it to the Concord Food Bank.

Thanks for your help, it will make a big difference in someone's life!!!!



Carl Moyer, Barry Latner, Ross Abbott, Gordon Linebaugh, Dave Havlik, and Lee Clark had a good day halibut fishing.



Steve Paulick, Stan Wong, Brion Beetz, Tom Caldwell, Doug Dukes, Ray Pixton, and Tom Chapman caught these tasty Kokanee salmon from Stampede Reservoir

Bob Lively caught this beautiful red rockfish fishing with Carl Moyer and Ken Bellender



Great news for SIR Branch 19 members!

Branch 8 in Walnut Creek is inviting Branch 19 members to selected activities including:

1. Pickleball

Played on Thursday mornings at 8:30 at Willow Pass Community Park in Concord. Ladies are welcome. To sign up, contact Nick Maufe at ickmaufe@gmail.com or go to <https://www.sirbr8.com/pickleball/> for more information.

2. Pinochle

Meets on the second and fourth Wednesdays of the month at Rocco's Restaurant in Walnut Creek at Encina Grande Shopping Center. Meet for lunch at noon with cards from 1:00 to 3:00. Ladies are welcome. To participate contact Stan Johnson at stan.johnson88@gmail.com, or visit their website at <https://www.sirbr8.com/pinochle/>.

3. Science & Astronomy

Consists of a daily email called "Sigma Xi SmartBrief". It contains links to half a dozen science articles from English language scientific journals around the world. It covers a broad selection of topics in science, engineering, medicine, and astronomy. To learn more, contact David Bushnell at dbushn@swbell.net or go to <https://www.sirbr8.com/sir-science-online/> for more information.

4. Opera/Ballet

The Opera and Ballet activity, consists of sending out advance information and published reviews of live Met Opera performances and Bolshoi Ballet that are transmitted by Fandango in HD to our local Century theaters. To see what's coming, please go to <https://www.sirbr8.com/opera/> or contact David Bushnell at dbushn@swbell.net.

5. Internet Games

Internet Cribbage is played each month in a tournament format as a two-person game, one on one. *Mexican Train Dominoes* is also played online with all players connected by Zoom. To sign up, contact Don Atwater at datwater@pacbell.net or go to <https://www.sirbr8.com/internet-games/>.

6. Poker

SIR Branch 146 in Walnut Creek has invited Branch 19 members to join in their Poker Group #4! If you would like to play, please contact Pete Gates at petegates10@gmail.com or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4th Monday of each month. Hosting is rotated between members' homes. The host provides light snacks and beverages. Buy-in is \$10 and stakes are nickel, dime, and quarter with a limit of three raises. Dealer antes a nickel per player. We are excited to offer these new activities to our Branch 19 members and want to thank the Walnut Creek Branch for inviting us to join. If you are interested in joining any of these groups, please contact them directly thru the Activity Chairs mentioned above or thru their respective websites.

When signing up, please provide your name, branch (19) and email address.



Roger Moseley
Activities Chair



Best Decorated Cart Award

"The Old Farts" from Sir Branch 19 played in the 50th Anniversary Golf Tournament at Diablo Hills. We advertised the Branch and the process won the **"Best Decorated Cart"** award. Below are some photos from the awards ceremony.





Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

Published by Branch 22 of SIR, Inc.*

BRANCH 22, *Ignacio Pacheco*

MEMBERS OF BR 22 ARE FREE TO SUBMIT ARTICLES THEY WRITE TO THE EDITOR AND FLOYD HECKMAN HAS. It's Called "1%ers".

99% of those born between 1930 and 1946 (worldwide) are now dead.

If you were born in this period, you are one of the rare surviving one percenters of this exclusive group. Their ages range is between 77 and 93 years old, a 16-year age span.

INTERESTING FACTS ABOUT THE 1%ERS: You are the smallest group of children born since the early 1900s. You are the last generation, climbing out of depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years. You are the last to remember ration books for everything from gas to sugar to shoes to stoves. You saved tin foil and poured fried meat fat into tin cans. You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch. Parents and teachers enforced discipline. You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio. With no TV, you spent your childhood "playing outside." You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio. With no TV, you spent your childhood "playing outside." There was no Little League baseball. There was no city playground for kids. The lack of television in your early years meant that you had little real understanding of what the world was like. We got a "black-and-white" TV in the late 40s with 3 stations and no remote. Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy). Computers were called calculators; they were hand-cranked. Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon. 'INTERNET' and 'GOOGLE' were words

that did not exist. Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening (your dad would give you the comic pages when he read the news). New highways would bring jobs and mobility. Most highways were 2 lanes (no interstates). You went downtown to shop. You walked to school. The radio network expanded from 3 stations to thousands. Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families. You weren't neglected, but you weren't today's all-consuming family focus. They were glad you played by yourselves. They were busy discovering the postwar world. You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves. You felt secure in your future, although the depression and poverty were deeply remembered. Polio was still acrippler. Everyone knew someone who had it. You came of age in the '50s and '60s. You are the last generation to experience an interlude when there were no threats to our homeland. World War 2 was over, and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life. Only your generation can remember a time after WW2 when our world was secure and full of bright promise and plenty. You grew up at the best possible time, a time when the world was getting better. More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times" **If you have already reached the age of 77, you have outlived 99% of all the other people in the world who were born in this special 16-year me span. You are a 1%er!**

Poker Group Photo



**August 24 Branch 22 Annual Picnic
Mike and Debbie's Waterfront Home, Larkspur**



SIR Mission Branch 32 Newsletter

Promoting the Independence and Dignity of Retirement



New Members



Allen Kvam # 127



Lambert Malloy # 48



Michael Norgard # 54



Thomas Faith # 51

BEC approved applicants available for induction in September are:
Paul Bene" #140, Mike Davis #133, Bob Oliver #90, and Floyd Wolfe #122

SIR HIKE TO POINT LOBOS STATE NATURAL RESERVE CARMEL, CA

On Wednesday, August 23rd, 8 of us ventured out from San Jose to Carmel and arrived in 1½ hours. Those that participated were Don Collins, Bruce Fenton Nick Jize, Doug Krause, CQ Ma, Kelvin Thomas, Jon Wiseman and our newest September inductee-Floyd Wolfe. The weather was very pleasant with temperatures ranging from 65 to 70. Even though the sun never came out, with slow balmy winds of 0-5mph it was very comfortable and a great escape from the San Jose heat. We started in the interior of the state park and walked north to the oceanfront to Whaler's Cove. There we saw a whaling museum where all sorts of spears, harpoons, blubber cutting knives and melting cast iron pots were on display. This was a busy whaling port where whalers brought their catch in days of old. We walked west along the coastline to Bluefish Cove, and then southward to Sealion Cove and China Cove and finally at the southernmost point where just offshore was Bird Island with hundreds of Black Cormorants in view. Throughout our hike were beautiful ocean views with cropping's of rock where cormorant, sea gulls and shore birds were on display. We walked down to of many tide pools. There were Black Sea Otter at one area and Sea Lions, seals at other areas. There were arches carved out of nearby offshore rock cropping's that added an interesting view. The vegetation was a mix of Cypress trees by the coastline and Monterey pines and shrubs on the trails and shoreline with lush fauna and flora. After completing our 5-mile hike



in 3 hours and 10 minutes we drove over to Monterey in the middle of Cannery Row and had lunch at Bubba Gump. This is the original Bubba Gump that now has many locations throughout major cities of America. Right on the oceanfront with large floor to ceiling glass offering spectacular views of the ocean we sat to enjoy seafood, and a wide variety of tempting dishes from the menu. We started at 8am from San Jose and returned back by 4:30pm where it was in the mid 90's. What a difference to Carmel and Monterey! We all had a great time enjoying the outdoors, our friends, good food with fond memories of what we just experience. Call Doug Krause at 408-821-3263 or email at diamondtub@sbcglobal.net with any questions. Doug Krause, Hiking Club Chairman



COUPLES BRIDGE

During the month of August, we were able to hold three Saturday afternoon bridge sessions having all eight of our couples participating in the fun. We also had the pleasure of welcoming Bob and Pat Mikolic to our merry band of players.

On August 5th Clair McGuire came in first with 3850 points, Don Soderman came in second with 3080 points and Linda Soderman came in third having 2850 points.

On August 19th Jane Earle came in first with 4170 points, Rhoda Daner came in second with 4120 points and Betsy Grandey came in third with 4070 points. A lot of high points were racked up in this game.

On August 26th the Don Soderman came in first with 3900 points, Claire McGuire came in second with 3760 points and Dianne Priest came in third with 3120 points.

We continue to enjoy gathering for our periodic Saturday afternoon bridge sessions which always includes a great dessert. For the month of September, we have currently have bridge sessions scheduled for the 9th and the 30th.

NEW MEMBERS

Jovy de Villa Lubich Dr., Mountain View	408-406-8080 jovy.devilla@comcast.net Molecular Devices, Tandem Computer, Versatec.
Nicholas Smyth Bahama Ln. Foster City	415-238-2614 nick.smyth@att.net AECOM, URS Corp., O'Brien-Kreitzberg
Todd Stewart Sand Hill Rd., Palo Alto	208-309-5076 john.todd.stewart@gmail.com U.S. Dept. of State, Peterson Institute for Intl. Econ.
Richard Oehlberg Castano Corte, Los Altos	650-823-7720 rntheo1@icloud.com Electric Power Research Institute
Allen Dinh Georgia Ave., Palo Alto	408-838-4841 aldinh@gmail.com Cisco Systems, Redback Networks, Informatica

Special Report: State Team Golf Championship - Ron Nakamoto



I took this photo at the fence on the right side of the 3rd fairway at Pacific Grove. If you slice your tee shot into adjacent back yards you can buy a replacement and the funds go to charity. The Monterey Peninsula (MP) Meals on Wheels building is conveniently located just beyond the 5th green.

THE TRADING POST



*If you want to
Arrange, Swap,
Communicate, Sell
or Find something,
bring it here!*

Description	Who to contact
Golf Travel--This year we are planning to go to Palm Springs the last week of January. We will have rooms at the Marriott Shadow Ridge available. Wives are welcome. Arrive Sunday, golf 3 or 4 days and depart Friday morning. Lots of fun, even for non-golfers.	Ben Gikis gikisben@yahoo.com
Chain Link fence panels - 6 foot high fence panels, various lengths (4, 6 8 and a couple longer ones). Previously used for dog runs and movable fencing.	Ben Gikis gikisben@yahoo.com
Free used electric lawn mower and electric weed eater. Both work great. Hand down from Joe Enos to me early this summer. Good for a smaller yard.	Ken Jones cruisingken@gmail.com 650-492-1461
AKAI 3000D reel-to-reel Tape Deck, In "mint condition" (e.g., never used), purchased in 1968.	Augie Smith 408-455-8373

SIR Branch 35 2023 Annual Picnic



There are few constants in life. Turbulence, ever changing, "as time goes by" are phrases we typically cast to describe a period we lived through. When you encounter the Rock of Gibraltar on your maiden trip to the Mediterranean Sea you remember the moment. On subsequent trips, your memories flood

back to that time. It has become one of those constants in time for you, forevermore. Movies and Music elicit those same moments for all of us, constants of where we were and what we were doing when we first saw or heard it. This monthly article recalls the bits of movie and music history keyed to the month of its release. Ron

Movie: A Star is Born (1954) The original version of the movie first came out in 1937 and was rumored to be based on the real-life relationship between Barbara Stanwick and Frank Fay. Frank was an American vaudeville comedian, film, and stage actor. He was an influential star at the time he met and married Barbara Stanwick, an unknown but aspiring actress. Their troubled marriage mimicked the rise of the wife's career while the husbands took a sharp decline. Fay was notorious for his bigotry, alcoholism, and was a wife-beater. Robert Carson wrote the original screenplay and won the Academy Award for Best Story. The 1954 version, starred Judy Garland, and James Mason. Judy had not made a movie since 1950 and the movie was promoted as her comeback. She was nominated for Best Actress but lost to Grace Kelly for "The Country Girl". A few movie facts: • George Cukor directed the first version in 1937.



- Sid Luft, Producer asked George to direct with his wife Judy Garland in the lead role.
- Cukor wanted Cary Grant who declined for personal reasons but also because he had heard that Judy was unreliable.
- The director went through a host of candidates until finally settling on James Mason.
- This was the first Warner Brothers movie shot in Cinemascope.
- The film ended up costing more than \$5 million to produce, a record at that time.
- The original version that Cukor settled on was 182 minutes but while in India scouting locations for a new movie, the executives at Warner Brothers cut the movie to 154 minutes losing several major musical numbers and crucial dramatic scenes. Cukor called it "very painful to watch".

Official original movie trailer for "A Star is Born." <https://www.youtube.com/watch?v=FNI1pv6Sm44>

A special report by Peter Wong

As we entered the month of August, a group of intrepid SIR 35 golfers embarked on a mountain road trip to South Lake Tahoe. Led by Ben Gikis, the group was comprised of Larry Low, Joe Enos, John Rittweger and Peter Wong. Two wives, Lori Rittweger and Ellie Wang also joined in the adventure.

The festivities kicked off at the Marriott Grand Residences upon the evening of arrival. The group enjoyed a dinner cooked at poolside by members of the party. The fare included cracker and cheese hors d'oeuvres, marinated skirt steak, shrimp, corn and salads. Wine also helped to enliven the social event. Some of the party accepted Peter's gracious invitation for a night cap.

The next 2 days included golfing at both the courses at Genoa Lakes Golf Course at a reasonable fare and with splendid weather. While the men chased the little white ball, the wives hiked the mountain, including a trip to see a waterfall. At night appetites were deliciously quenched at Thai and Italian restaurants. The trip was a good break from the hustle and bustle of the Bay Area. Be sure to join us on our next excursion

Music: Sixteen Tons

This song was written and sung by Merle Travis, the Country Western guitarist and songwriter in 1947. It is based on the experiences of his coal mining family. His brother, John, wrote him a letter about the death of Ernie Pyle, war correspondent, who had just been killed covering combat reporting with the 77th Infantry Division at Ie Shima in the Pacific. John wrote that, he likened Pyle's job to that of a coal miner, writing: "It's like working in the coal mines. You load sixteen tons and what do you get? Another day older and deeper in debt." He also incorporates something his father said about using "scrips" which were credit vouchers that could only be used at the company general store. He said, "I can't afford to die. I owe my soul to the general store." This inspired the lyrics: "Saint Peter don't you call me, 'cause I can't go, I owe my soul to the company store." Tennessee Ernie Ford was busy with his daytime TV show which ran from 1956-1961. He was the likeable singer, comedian, and entertainer sponsored by the Ford Motor company. His homespun catch phrase "Bless Their Little Pea Pickin' Hearts" says it all. As he rushed to record "Sixteen Tons" the producer asked, "What tempo do you want it in?" He snapped his fingers to give him the tempo and the producer said to "Leave that in." The rest is history as it became the fastest selling single at Capitol Records. The title refers to a real practice of initiating new miners by having them haul sixteen tons as compared to the typical eight or ten, on their first day. Within four months the song had sold over four million copies. Here is his song sung on his show on October 18, 1956. Watch this one, it brings you right back to where you were at that time. Who said we haven't a time machine. <https://www.youtube.com/watch?v=S1980WfKC0oe>



The Sons In Retirement Foundation, Inc. An Open Letter and Thank You to all Sirs

Dear Fellow Sir, A few months ago, I wrote to you with an update on the condition of The Sons In Retirement Foundation, Inc. and an appeal for support of SIRF.

I am happy to report that the Foundation has received over \$6,300 in donations from both Branches and Individual Sirs. The Foundation has issued one grant for relief to a local youth organization, at the behest of Branch 171, the organization having lost possessions in a structure fire. We have also continued our support of all Branches by providing ongoing Zoom Licenses available to every Branch.

Our Purpose and Goal continue to be supporting the needs of SIR Branches, their members, and support of other organizations local to SIR Branches that make a meaningful contribution to their communities. We are continuing to seek donations so as to be prepared for future needs.

I wish to personally thank all of you who have sent in donations in support of SIRF. And I encourage all Sir Members to continue your support of the Foundation. All donations no matter how small, will go a long way to making our efforts meaningful to SIR and SIR communities.

Anyone wishing to share his particular expertise by joining the Foundation team, please send me an e-mail letting me know how you might help with our fundraising and grant application process.

I hope this letter finds you and your loved ones well and enjoying life to its fullest. Again, thank you for your continued support. A donation form can be downloaded using the button below:

[Please click here for your donation form \(https://www.sirinc2.org/sirf/donation-form/\)](https://www.sirinc2.org/sirf/donation-form/)

I will be happy to answer any questions or address any comments you may have, just send them to Foundation President The Sons In Retirement Foundation, Inc is a 501(c)(3) non-profit corporation. Your contribution is tax-deductible within the limits prescribed by California law.

Police Officer Grilled by a Lawyer in Court

If you have ever testified in court, you might wish you could have been as sharp as this police officer.

He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the officer's credibility...

Q: "Officer did you see my client fleeing the scene?"

A: "No sir. But I subsequently observed a person matching the description of the offender, running several blocks away."

Q: "Officer -- who provided this description?"

A: "The officer who responded to the scene."

Q: "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?"

A: "Yes, sir. With my life."

Q: "With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?"

A: "Yes sir, we do."

Q: "And do you have a locker in the room?"

A: "Yes sir, I do."

Q: "And do you have a lock on your locker?"

A: "Yes sir."

Q: Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?"

A: "You see, sir – we share the building with the court complex, and sometimes lawyers have been known to walk through that room."

The courtroom erupted in laughter, and a prompt recess was called.

The officer on the stand has been nominated for the year's "Best Comeback" line.



Welcome our new members (L-R) Sir Robert Gonzales, Sir Ben Wong, Sir Vince Senesio, and Sir Ray Gauthier



Two new members with their sponsors (L-R) Sir Mike McDonald, Sir Larry Jett, Sir Ron Shore and Sir Frank Steiner

Bent Creek Winery August 18th

We had a beautiful day for our August event at Bent Creek Winery in Livermore. I think everyone really enjoyed the wine, the weather and the comradely. Thank you all for attending. ~ Andy Lang



OUR NEXT EVENT WILL BE AT DANTE ROBERE VINEYARDS ON OCTOBER 13. THIS WILL BE THE FINAL WINE TASTING OF 2023, SO DON'T MISS OUT !

Like the other wineries that we have enjoyed, Dante Robere has an excellent selection of award-winning wines. Each couple will have the option of sharing bottles (like at Bent Creek) or flights. We will get the club price on the bottles, providing we buy 12 bottles in total, including take home. For those doing flights, the tasting fee will be waived if you buy bottle to take home. Here is the link: <https://www.danterobere.com/> Check it out.

Heart Attack (baby steps)

Early last month I awoke at the usual hour, brewed some black coffee, floated the normal ounce (+/-) of Bacardi Gold on top and La-Z-Boy'ed to read the newspaper. These first few hours of the day are mine alone prior to the awakening of my wife and the start of the 'official' day. Along with the liquid comfort, was a dull pain in my left rear shoulder which I attributed to sleeping in an unusual position. About a one out of ten pain, but it was different as it slightly increased and then decreased on a repeating cycle before slowly crossing behind my neck to the right shoulder as well with a resulting tightness between the shoulders. Not at all troublesome other than the fact it was so different. Curious, I opened the laptop and asked Google to define: "Symptoms of a heart attack." There was room for reasonable doubt but at 83 years, also a case for caution. I told my wife that I was planning a short walk of three blocks to the ER of Fremont's Washington Hospital for an opinion and she made me promise to find someone in the SR Living residence lobby to drive me. Three and a half days later I am released from the Dr-Domain with two stents inserted in one of the four blood highways in the cardio system and assurance the other three remain clear. My wife is quick to tell all that I normally am stubborn about taking advice on health issues but this time I was giving the advice to myself and I took it. Learn from this what you may discern but at least tuck it away in the back part of your oh-oh file.

Past Big Sir, Branch #59 Larry Jett



The Centerville Story

It Sounds like it might be a Superman story; it's not Smallville, but Centerville. I know that Jerry Halligan, our BIG Sir tried to take over visually, but Bill Bauhofer was the Big Story. For three reasons. His photo appeared in the Centerville Pioneer Cemetery writeup (sitting on the second row on the left end), the Cloverdale Creamery delivery truck showed up on the mural of Centerville, and Bill got to explain how milk was pasteurized and delivered out of the Cloverdale Creamery location on Fremont Boulevard. Pretty impressive!

Jerry Ford delivered most of the information regarding early Centerville regarding the use of horse drawn boxcars bringing produce from areas around Fremont and Newark for transport by rail to cities around the Bay and to points east. See the Centerville train station. We walked to the Dusterberry Park, and some folks played on the equipment. We ate fresh bread at the Miwand Market.

It was fun walk, even though a bit warm. ~ Bruce Roberts



Absolutely beautiful weather, great time and wonderful friends! Our productivity could have been a bit better, although we did manage to reel in (Ken Brunskill term) a few potential members but the camaraderie more than made up for it. Thank you, guys, for being there and for your help with this event. After all, WE ARE SIRS!

The canopy tent was a tremendous idea! Thank you Bob Marshall! Thanks as well to Bill Bauhofer's wife Marilyn for the all too good peanut butter cookies.

What a lucky guy Bill is!

~ Rob Perrill

Manning the SIR Branch 59 information booth are (top left to right) Sir Bill Bauhofer, Sir Rob Perrill (bottom left to right) Sir Ken Brunskill, Sir Richard Henry and Sir Dave Nelsen



GRAMMAR LESSON

Is it "complete", "finished", or "completely finished"?

No English dictionary has been able to adequately explain the difference between these two words - "Complete" or "Finished".

In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: 'How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand?

Some people say there is no difference between COMPLETE and FINISHED.'

Here is his astute answer:

"When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

He won a trip around the world and a case of 25 year old Scotch.



Celebrating September Birthdays (L-R) Sir Tom McCaslin, Sir Daniel Johnson, Sir Howard Elz and Sir John Treschetti, Sir Jerry Ford, Sir Ned Rendell, Sir Carl Blincoe, Sir Richard Henry, Sir Sammy Lum, Sir Craig Rothbach, Sir Andy Lang, Sir Bill Stannard, Sir Robert West and Sir Rob Ingebretson.



Sabercat Creek Trail

On August 9, one of the biggest walking groups we have had for some time attempted to tame the Sabercat Creek Trail. We started out with some California Gold, the cut grasses reminded me of the song lyric - "There's no gold in California" except the grasses in the summer. We walked, talked, joked, and noticed the local turkeys on the hillside. Only the turkeys were tame. Look out for the SIR walking group!
~Bruce Roberts





The ROOSTER

The Monthly Bulletin of
Sunnyvale Branch # 62
SONS IN RETIREMENT

BRANCH 62 TRAVEL Chairman:
Jim Hohenshelt (408 394-7226)
jim_hohenshelt@yahoo.com
Assistant: Roy Jordan (408 735-8765)
jordan_roy_s@yahoo.com

April 2024 - Columbia-Snake River

We are investigating a river cruise on the Columbia and Snake Rivers. It now appears that the best dates are in April 2024, due to considerably better pricing. We are investigating the 11-day and 8-day cruises. We expect the price for the lowest category cabin on the 8-day cruise will be about \$5100 per person double occupancy including air fare. We have the choice of going either direction. One direction would start in Clarkston, Washington on the border with Idaho, proceed down the Snake River to the Columbia and on through the Columbia River Gorge to Astoria on the coast, then turn around and end in Portland, Oregon.

If interested, please contact Jim and discuss what dates and trip direction you prefer etc.
We will need five cabins to go as a group.

January 24, 2024 -

Ruby Hill Winery Several people who have been on our previous visits to the Ruby Hill Winery have requested we investigate another visit. We've picked a date. It's the last Saturday in January of 2024. This trip features a tour of the vineyard in an old school bus which once transported the Grateful Dead Rock Band. There is also tasting and snacks. To keep it simple and inexpensive, we'll plan to drive to the winery - perhaps arranging carpools. **If interested, please contact Jim. We need 8 people minimum.**

There are Ruby Hill pictures from previous trips on our website. There is also information about trips sponsored by other SIR branches. Check the website for all up-to-date Travel info: www.branch62.sirinc2.org/Travel/Travel.php

THE TOM CHATFIELD WALK Roy Jordan

Tom Chatfield started the walking activity that has been going on for a while now. We usually go on the first and third Fridays of the month. Tom wished that the walks would continue, and now that Tom is gone, I (Roy Jordan) will be trying to coordinate them.

I propose to call the activity *The Tom Chatfield Walk*, Tom's Walk for short, in tribute to and in memory of Tom.

Our walk starts at the Blackberry Farm Golf Course parking lot, off Stevens Creek Boulevard in the hollow between Foothill Boulevard and De Anza College, at 9:30 AM. Then proceed out the Stevens Creek trail either to McClellan Road or on to Linda Vista Park, depending on the mood of the walkers. For any questions, please contact Roy Jordan at:
jordan_roy_s@yahoo.com or at:
(408) 735-8765.

Hello Branch 62 Members,
Here is a shout out to our "Lunch Venue" committee for all their effort and diligence in finding Macara Cafe. We held our first Luncheon there, and it was a success. It was less noisy, which made for a more comfortable and enjoyable meeting where we could all hear the presenter. I have heard only good comments. Since it was our first experience at **this** place, we realize that there are some minor glitches that need to be ironed out, but nothing that can't be resolved.



Our second De Anza Flea Market recruiting booth was a qualified success. Nine people showed a special interest in Branch 62 and at least three have indicated that they will join us for a luncheon in the future. We may have another De Anza event on the first Saturday of October. Please contact Jeffrey Bautista if you can help out.

As a special incentive, any member successfully recruiting a new branch member (confirmed by the new member's dues payment) will receive a complimentary lunch.

For the foreseeable future, Zoom will be available by request only. If you plan to attend the luncheon via Zoom, kindly inform me a few days in advance, and I'll do my best to arrange it

Best Regards, Heber Slusser, 2023 Big Sir for Branch 62



NEW MEMBERS



SIR Dave Damitz & Sir Ed Ianconis



Big SIR Alan Weinell presents a Senior Certificate to Arnie Keller (90 Years) and a Super Senior Certificate to Ken Towns (95 Years), whose birthday was in June. CONGRATULAIONS

RECRUITING AND PUBLICITY

September already, the year seems to have flown by. We are continuing with our major recruiting effort, which is advertising in the Mission Oaks Recreation & Park District magazine, plus our flyers in their organization display racks. I have just renewed our ad in the MORPD magazine for the fall issue. As before, this magazine goes out to 30,000 addressees, so a lot of eyeballs get to see information about our program. This is an ongoing effort, one that we hope will bring in new membership prospects in the coming months.

We are also continuing our efforts to place our advertising posters in the local golf courses. This work has been done primarily by our Golf Committee chair, Rick Hom. Many of the courses seem very willing to let us display our posters.

Keep working on your buddies who might be interested in our various activities. Each Branch 69 member should give some thought to friends, golfing and bowling buddies who might have an interest in our branch. We know how much fun our golf and bowling programs are, not to mention new activities, such as dinner outings, walking group and card playing—we have to share this information with prospective members. I'll look forward to seeing everyone at the September luncheon.

Tom Page, Recruiting & Publicity Director

PUNNY STANDARDS

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese Soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 365.25 days of drinking low-calorie beer = 1 Lite year
8. 16.5 feet in the Twilight Zone = 1 Rod Serling
9. Half a large intestine = 1 semicolon
10. 1,000,000 aches = 1 megahurtz
11. Basic unit of laryngitis = 1 hoarsepower
12. Shortest distance between two jokes = a straight line
13. 2000 mockingbirds = two kilomockingbirds
14. 1 kilogram of falling figs = 1 Fig Newton
15. 1000 cc's of wet socks = 1 literhosen
16. 8 nickels = 2 paradigms



ACTIVITIES CHAIRMAN

Wow, what a fantastic night we had at El Gallo Mexican Restaurant! I want to express my gratitude to all of you who joined us for this memorable occasion. The food was delicious, especially the Camarones a la Diabla (Prawns in a hot and spicy sauce) that made our taste buds dance. I don't know about you, but I was feeling the heat by the end of the meal. If you haven't been to this restaurant yet, you should give it a try, because we are planning to go back soon!

JOIN US! On Our Next Adventure!

October 18th at 6:00 PM at CATTLEMAN'S (RANCHO CORDOVA) <https://www.cattlemens.com/restaurants/rancho-cordova/>



Enjoy time with your SIR buddies, bring a guest, make a new friend! For more information RSVP PBS

Mark Steffens, Activities Chairman
(916) 214-8650 /

steffens.mark@outlook.com



CARD CLUB

The cards group will meet on the first and third Wednesdays of each month to play cards. The month of October we will meet on Wednesday the 7th and Wednesday the 21st. We meet at the Country Club Lanes where the bowlers play.

Dan Nelson,
Cards Chairman
(916) 895-5673
dan8733@yahoo.com



Photos From Vincés's Restaurant & Bar





FRUITRIDGE BRANCH 93

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

Michael Sharif
Jack L. Campbell

Al Machado
Vince Damyanovich

Bill Reiff
Sergay Ivazian

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

Robert Ortega
William Palmer

Michael Woodcheke
Rex Hescok
Ron Covert

Lawrence Cram
Tom Rutsch
Rick Pixley

Terry Burkes
Randy Fisher

SIR Branch 93 Breakfast Together

Monday, October 23rd at 9:00 AM

Shari's Cafe and Pies, 960 Florin Rd,
Sacramento, CA 95831

Join your fellow Sirs for Breakfast Together. Meet old friends or make a new friend.

For a ride or information, contact Don Nevis at
916-698-8495 or djnevis@aol.com.



SIR Branch 93 2023 Holiday Luncheon

You and your guest are invited to our annual holiday luncheon!

• When: Monday, December 18th at 11:30

• Where: Spaghetti Factory—1625 Watt Avenue, Sacramento

New Members



Bill Amerman



Steve Annen



Barry Jacobsen

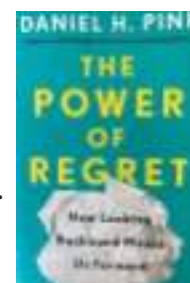
SIR REGIONAL BOCCE TOURNAMENT UPDATE | Dan Cockcroft (PBS)

Dan Cockcroft (team captain), Kevin King, Jay Muzio and Terry Starkel traveled to Penn Valley to play in the latest round of the SIR Regional Summer Bocce Tournament. That tournament also included teams from Branch 37 (Auburn), Branch 55 (Grass Valley) and Branch 98 (Roseville). Branch 23 (Sacramento) had a bye. We came out with two and one loss, giving us a 9-3 record for the tournament. It appears that it's defending champion, Auburn's, tournament to lose. They are just behind us in the standings and will host the final round next month in which we have a bye. Look for final results in next month's newsletter.

BOOK EXCHANGE | Lew Chapman 510-912-5658

As I write this, the book from my August article, Indigenous Continent is still on my nightstand, and I am getting through it. I promise to put it into the exchange when I finish it. In the meantime, I keep lucking out finding good books. The book I just finished is from my Financial Planner at JP Morgan who gifted it as part of their summer reading list. It's a bit of a self-help book, which I stopped reading long ago when I realized it was a lost cause.

I must admit, the title put me off a bit and I had it sitting around for a while before I picked it up and read the dust cover. After I read the first chapter I was hooked, it's a very compelling and fast read. For this type of book, it was really easy to digest and internalize. I have decided to give self-help another chance.



The book is called The Power of Regret, by Daniel Pink. Its subtitle is "How Looking Backward Moves Us Forward". You have heard the expression, No Regrets, right? People proclaim it as a philosophy of life. But Pink says that is nonsense, even dangerous. Everybody has regrets, they are a fundamental part of our lives, and if we reckon with them in a fresh manner, we can make smarter decisions, perform better and work and school, and deepen our sense of meaning and purpose.

He describes that regret can be categorized into four types. The table to the left briefly describes them and the human need it reveals. The first one, **Foundation** regret refers to a sturdy foundation of

THE DEEP STRUCTURE OF REGRET		
	What A person like	The human need it reveals
Foundation	If only I'd done the work	Stability
Boldness	If only I'd taken the risk	Growth
Moral	If only I'd done the right thing	Connection
Connection	If only I'd reached out	Love

material, physical, and mental well-being-- do the work. The second, **Boldness** regret refers to exploring and growing by pursuing novelty and being bold--taking a risk. The third, **Moral** regret is to be good people--do the right thing. The fourth, **Connection** regret, is based on establishing love--if only we reached out.

I'm glad I read this book. I'll put it into the Book Exchange for our upcoming meeting on Wednesday, October 4. And, remember the benefit of the SIR Branch 95 Book Exchange: no cost, no library cards, no late notices, no fine.

BOCCE | Oli Bohlman 916-844-4067



Bocce is easy to learn and lots of fun. No experience needed. We play Thursday mornings at 9am at Promontory Park. Couples are welcome. Give me a call or email me at obohlman@sbcglobal.net for more information. Just drop in sometime if you want to play.

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



Drop-in pickleball is just getting off the ground. The interest has been high so far. The group is still forming; so, if you want to be placed on the email interest list, contact Lew Chapman, Ron Wadsworth or Dan Cockcroft. We will send out a reminder early each week to confirm play time. We play on

Friday's from 3-6 pm at Heritage Park in El Dorado Hills.

Other courts in the area (not SIR-sponsored) where you'll occasionally find our members playing during the week include:

- EDH Community Services District gym (indoor; Tu & Th 9am)
- Cameron Park Community Services District Gym
- Andy Morin Sports Complex (Folsom; indoor)
- Lembi Park (Folsom; outdoor)
- Heritage Village Park (EDH; outdoor)
- Cameron Park Lake is closed indefinitely

BREAKFAST & WALKING |

Norman Orrick 916-709-1693



Come join us every Thursday morning for breakfast and discuss the day's events; come up with the solution to all the world's problems; or maybe just BS. Afterwards, we go on an easy walk. As of now, we are meeting at Denny's 3446 Coach Lane, Cameron Park at 8:00am. Send me an email at znorte@gmail.com if

you're interested and I will send you a weekly reminder the day before.

E-BIKING | Ken Mahar 650-504-1393



We are still looking for e-bike riders to ride on Mondays and Fridays beginning at 9am from various starting locations.

I'll put out an e-vite to interested members a few days before each ride so you can sign up. Simply reply "YES" or "NO". It's as easy as that.

We generally cover about 20 miles which is a snap on an e-bike. Our rides take about an hour and a half with a break in between. There's a lot to see on the trails, wildlife abound. Join us and get in on the fun. In order to get regular updates about upcoming rides, give me a call or email me at kmahar@comcast.net to be put on the list.

TEXAS HOLD'EM | Ken Mahar 650-504-1393



We currently have eight permanent players and two subs. We can always use additional players.

The game is Texas Hold'em and is a lot of fun to play. A \$20 buy-in and you're good to go. We meet the first Wednesday every month.

We would like to have several additional players to cover open chairs when a player cannot make it. We've set the maximum number of players at a table at 8.

More information about Texas Hold'em rules and strategy can be found at <https://www.pokerzone.com/rules/texas-holdem/>. If this sounds like something that you might be interested in, please give me a call or email me at kmahar@comcast.net.

FISHING | Dan Maglionico 916-719-6821



A number of our members enjoy fishing. However, there hasn't been any activity to report in recent months. As the seasons change and cooler weather is on the way, let's see if we can get this activity jumpstarted again.

Do you have a hobby or interest in another activity that you think other members would enjoy? Contact Jay or another BEC member and let them know.

Modesto SIR Branch 103



SIR DAY AT THE RACES

GOLDEN GATE FIELDS

9/25/23

from the SIR Branches in Northern California was 160 members and guests. Attending from Branch 103 were Brian Donahue and his wife, Joan, and Jeff Chin and his wife, Deb. The racetrack, Golden Gate Fields, is closing at the end of the year.

The SIR Day at the Races was held on September 25, 2023. The attendance

Holiday Celebration Luncheon

Our Holiday Celebration Luncheon will be held on December 13, 2023 at 10:30 am—1:00 pm. Your spouse, significant other, or partner is invited and will have lunch at no cost. Members will have to purchase their own ticket for the December luncheon at the November luncheon because no tickets will be sold at the December luncheon. You will receive two tickets when you pay for your December luncheon. A raffle will be held at the December Luncheon, so please bring items for the raffle.

The Pickleball Activity will be scheduled the first and third Fridays of every month at the courts at Graceda Park at 9:00 am.

Please come out and give it a try. There will be experienced players to help introduce you to the game. All the equipment will be provided. All members and their spouses are invited.



Couples Dine Out

The Couples Dine Out is on October 18, 2023 at Verona Cusina Italiana, 1700 McHenry Ave., Ste I-46, Modesto at 5:30 pm. If you would like to go please call Bob Kredit @ (209) 672-0326 or email bobkredit68@gmail.com.

LADIES' DINE- OUT

The Ladies Dine Out will be at The Secret Garden, 2101 E. Orangeburg Ave., Modesto on Thursday, October 26, 2023 at 11:30 am. No reservations are required, please join us.





SUNS IN RETIREMENT

TWIN RIVERS BRANCH #109

Marysville, California
Incorporated June 18, 1984

FOOD

FELLOWSHIP

MEMBERSHIP Sir Gerry Dorsey (530)742-1449 sirgerry109@gmail.com

We have two new members that were voted in at the April meeting. I will be waiting to present Agustin Magana and Bob Kolbusz with their badges, on the 15th.
hope to see you there to welcome them.

Thanks, Gerry

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

Fishing Report by Don Allen

Last month we had a "Fun Day" on September 21st at Bullard's Bar. The Bass Fishing was good. We had one boat fishing for trout but they did not catch any. This month we have a "Team Tournament" scheduled for Oct. 19th at Lake Oroville. Bass is improving at most Local Lakes; the fish are moving up to shallower water.

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

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

Dining Out: This month's dinner will be at the Ranch House in Yuba City. It will be at 6 pm on Thursday the 26th. Always good food and a good time. Hope you can attend. Hope to see you there.

Roland, 1-530-743-8742 or rolanddrc@yahoo.com



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



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

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

Please come and join us.



1. What did the horse say after it tripped?
Help! I've fallen and I can't giddyup!

2. Why can't you hear a pterodactyl going to the bathroom?

Because the "P" is silent.

3. What do you call a well-balanced horse?

Stable.

4. What do you call an angry carrot?

A steamed veggie.

5. Where do polar bears keep their money?

In a snowbank.

NEW MEMBERS

Sunyo Suhaimi #210
Sponsored by: Howard #187



Jim M. Hillis #212
Sponsored by: Michael Sorensen #218

Weldon M. Theobald #226
Sponsored by: Michael Garcia #128



Michael R. Wolfson #211 **Sponsored by:** Bill Corbett #247

Kent H. Ball #235

Tom Gergley #233 **Sponsored by:** Mike Thelen #13

Stephen A. (Steve) Rossi #239



ROOSTER

a monthly bulletin of

San Ramon Valley Branch 128

Longevity Award



George English – 25 years

Did you save the date? **Have you registered yet?** This year's **Holiday Gala** will be held **Wednesday December 6th** at **Blackhawk Country Club** from **6 to 10:30pm**.

This is the premiere yearly event for SIR Branch 128, and is open to all branch members and their spouses, family and friends. You can reserve table space as a single, couple, or a group of up to 10.



SIR RICH VIVRETTE ON OPERA

The **MetOpera 2023-2024 season is under way** with three operas this year and six next year. All shows are on **Wednesday, either 1:00pm 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.

October 25th: Jake Heggie's *Dead Man Walking*. Adapted from the groundbreaking memoir by Sister Helen Prejean about her ministry to condemned murderers on death row reflecting her prose and her advocacy style: direct, unaffected, and unflinchingly honest—but not without a deep understanding of the heart and humanity inside each one of us. 2hrs

November 22nd: Anthony Davis's *X: The Life and Times of Malcolm X*. Presented with a potent new staging that imagines Malcolm as an Everyman whose story transcends time and space. An exceptional cast of breakout artists and young Met stars enliven the operatic retelling of the civil rights leader's life.. 3hrs, 10min, 1 Intermission

December 13th: Daniel Catán's *Florencia en el Amazonas*. Sung in Spanish and telling the enchanting story of a Brazilian opera diva who returns to her homeland to perform at the legendary opera house of Manaus - and to search for her lost lover, who has vanished into the jungle. 2hrs, 5min, 1 Intermission

Upcoming in 2024 are: January 10th Giuseppe Verdi's *Nabucco*, January 31st Georges Bizet's *Carmen*, March 13th Giuseppe Verdi's *La Forza del Destino*, March 27th Charles Gounod's *Roméo et Juliette*, April 24th Giacomo Puccini's *La Rondine*, May 15th Giacomo Puccini's *Madama Butterfly*.

Contact SIR Rich Vivrette for more information.
r.vivrette@am-alarm.com



SIR BILL CORBETT ON CYCLING

There were **8 rides last month** that routed through Concord, Livermore, Castro Valley, Orinda via all cities and towns in the middle. The rides totaled **214 miles** and were **attended by 81 riders**.



Photo from Verona Bridge in Pleasanton, 9/14



Photo from Dougherty Bridge in San Ramon, 9/4

SIR PEDRO CONTRERAS ON FISHING

What are those Sir's fishing group members up to? Well, it is **Brione Beetz #2, Steve Paulick #95, me, and Stan Wong #8 in San Diego** for the fishing groups **6-day long range trip** on the Red Rooster 3. We boarded the RR3 shortly after this photo was taken. The vessel headed south into Mexican waters in search of Yellowfin tuna, Yellowtail, and exotics such as Dorado and Wahoo. We were not disappointed as **limits of Yellowfin and Yellowtail were caught by all** onboard. It



was wide open fishing as the Captain of the RR3, Kevin Underwood, found schools of tuna and yellowtail that were more than willing to jump on our hooks! We were 2/3 of the way to Cabo San Lucas when we encountered the first school of tuna. It was pure mayhem for the 21 anglers onboard as we fought and landed fish. Fly lining, dropper loop and iron techniques all worked. I am biased to fly lining a live sardine. The excitement of a fish taking the live offering and peeling line off your reel is an adrenalin rush!



Steve Paulick with deckhand Anthony holding a huge Yellowtail he just wrangled on a live sardine. Steve is a happy camper. That fish is huge!

Another trip is already on the schedule for next year. If you would like to see a little more, I started a YouTube channel entitled El Pescador de Danville. If you would like to view 4 short videos taken during this trip, please go to the channel. Next adventure for members of the group is another trip to **Lake Almanor for Kokanee trout**. This is an extremely popular trip and is always filled early.

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

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



SIR MICHAEL LEE ON TITLE FRAUD

Home Title Theft: What You Should Know and How to Prevent It

Home title fraud (also known as “deed fraud”) is different from mortgage fraud. Title fraud occurs when someone obtains the title to your home through fraudulent methods. Then, the criminal tries to use your home’s equity to secure as many loans as possible or sell it and pocket the proceeds.

Criminals are perpetrating title fraud in California in growing numbers. Once a rare crime, but the FBI now calls it a growing problem.

Find out why seniors are particularly at risk for title fraud and what “title lock companies” can and cannot do to prevent it. To get more details about how title fraud is committed and what you can do to protect your home and rental property go to Michael Lee’s article at this link: [Home Title Theft](#) or go to SIR128.com and browse the Branch Reports and Publications / Member Security Advisories.



SIR JOHN NOLL ON COOKING

Dine In

We enjoyed a relaxing Friday evening in mid- September at the **Rivello's** watching a beautiful late summer sunset. Joe and Angela prepared creamy corn soup, a tri-tip with Chimichurri Sauce and grilled vegetables. The **Buhl's** provided a Spanish- themed appetizer tray, the **Noll's** prepared a roasted beet and goat cheese salad. Then, the **O'Neill's** topped off our meal with a wonderfully prepared cheesecake. We'll be at the Buhl's in November and a Christmas party at the Noll's in December to finish off a great year with wonderful meals and, most of all, amazing friends. Let me know if you are interested in starting a **Dine In** group of your own.



Cooking

Ole! Our return to Dougherty Community Center's kitchen (finally!) was marked by an ambitious **Mexican-themed dinner**. We chopped, cut, minced, diced and just had a great time preparing a **Mexican Caprese Salad** ("mexiprece"), both **Chicken and Steak Fajitas** with freshly made **Pico de Gallo**, fresh **Southern Fried Corn**, and **Mexican Wedding Cookies**. Ambitious? Yes. Tasty and worth the Effort? Absolutely. I highly recommend the Southern Fried Corn (which was so expertly prepared by Doug Beck and Colin Proudfoot). Go to our website for the recipe and all the others or give me a call.

Come join us for October Cooking menu as we celebrate some of the wonderful autumn harvest. We will prepare a **Beet & Goat Cheese Salad**, an **Autumn Harvest Minestrone Soup**, **Skillet Cornbread**, and a yet-to-be-determined **Fall Baked Dessert**. You'll have to sign up and join us to savor the flavors and enjoy the dessert. Thursday, October 19th, 4:30-7:30, Dougherty Community Center on Bollinger Canyon Road. Hurry, it fills up fast.

SIR MICHAEL LEVINE ON INVESTING

Our **SIR Investment group meeting** was held Wednesday, **September 27th**. 36 attended. Our session was led by the Sean Armstrong team at the Fidelity Branch in Walnut Creek. **8 people attended in person at the Fidelity Office and 28 people attended by Zoom.**

We covered:

- The Macro Picture
- Tax-smart (i.e., tax-sensitive) investing techniques, including tax-loss harvesting
- Separately Managed Accounts [Fixed Income, Equities]
- 529 Plans for grandchildren
- Short term Deferred income annuities
- CD Ladders
- Screeners to identify ETFs, Sectors, Fixed Income instruments.
- Active Trader Pro
- Analyst evaluation of specific stocks on the Fidelity webpages and other research done
- Various Tools and Resources on the Fidelity website



Our **next month's meeting** will be on **Wednesday, October 25**, at 1:30 PM by Zoom. You can indicate to Michael Levine the topics you would like him to cover at that session by emailing him at michael.levine@sbcglobal.net.

Our group has an educational orientation. All SIR128 members are welcome. By researching and sharing information gathered, among ourselves, a safe haven is provided to those who want more knowledge about financial matters. More information about the SIR128 Investment group and handouts from all our past meetings can be obtained on the [Investments Activity Web](#) page. To be notified by email of upcoming meetings, you can go to your [SIR128 Profile](#), and check off the box "Investing" under the Activities you are interested in.

SIR Newsletter



Three Shastas
Branch 129
Redding, CA

Our Evening with the Colt 45's pictures by Bob Goetz and Lee Lamp



In attendance: Jim Girt, Cris Andrews, Roger Peters (and family), Hal Leininger, Lee Dickey, Morgan & Margaret Akin, Len & Gail Napoli, Bob Goetz, Sid Nobles, Terry Alford and Lee Lamp

Fun Facts submitted by Eric Measles

During WWII U.S. airplanes were armed with belts of bullets which they would shoot during dogfights and on strafing runs. These belts were folded into the wing compartments that fed their machine guns. These belts measure 27 feet and contain hundreds of rounds of bullets. Often times, the pilots would return from their missions having expended all of their bullets on various targets. They would say, "I gave them the whole nine yards", meaning they used up all of their ammunition.

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the Ace of Spades. To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't "playing with a full deck."

One more: bet you didn't know this! In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem...how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a 'Monkey' with 16 round indentations. However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make "Brass Monkeys". Few landlubbers realize that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey; thus, it was quite literally, "Cold enough to freeze the balls off a brass monkey." (All this time, you thought that was an improper expression, didn't you.)

Bocce by Dennis Compomizzo

Fall is here with mild days and cool nights. Our bocce games have seen a good turnout. Our next games are scheduled for October 6th and October 20th at **10:00 AM**. **Please notice the time change...** Work crews placed additional decomposed granite on the courts, approximately a week before Paesano Days. The additional surfacing really helped to make the courts very quick and more playable. With the weather getting nicer we should have a great turn out. For those that have never played, you will enjoy the game from the first roll of the ball, I guarantee it! Bring your spouse or a friend, the more the merrier. A notice will be sent out through Constant Contact, a few days prior to the date of play. We would love to see more SIR's come out to these events. Thank you, to all those that have showed up, we always have a wonderful time! I would also like to thank those that have helped with the court preparation. See you soon!



Christmas Luncheon

We have a great Luncheon planned for our Annual Christmas Luncheon at the Sons of Italy on Dec 14th. Tickets are on sale now for \$20 each. We will have a traditional Turkey meal with mashed potatoes, stuffing, green beans, etc. A couple of deserts will be offered. This is a twofold get together...we welcome the holiday season and also induct our new 2024 Branch Executive Committee. This is an event for members and their significant others to attend. You can purchase your tickets at the luncheon on Oct 5th or by contacting Dick Fyten or Rix Callaway.

A Little Humor submitted by Len Napoli

A beautiful young New York woman was so depressed that she decided to end her life by throwing herself into the ocean. But just before she could throw herself from the docks, a handsome young man stopped her. "You have so much to live for," said the man. "I'm a sailor, and we are off to Italy tomorrow. I can stow you away on my ship. I'll take care of you, bring you food every day, and keep you happy."

With nothing to lose, combined with the fact that she had always wanted to go to Italy, the woman accepted. That night the sailor brought her aboard and hid her in a small but comfortable compartment in the hold. From then on, every night he would bring her three sandwiches, a bottle of red wine, and make love to her until dawn. Three weeks later she was discovered by the captain during a routine inspection.

"What are you doing here?" asked the captain. "I have an arrangement with one of the sailors," she replied. "He brings me food and I get a free trip to Italy." "I see," the captain says. Her conscience got the best of her and she added, "Plus, he's screwing me." "He certainly is," replied the captain. "This is the Staten Island Ferry

Editors note—My apologies to Branch 129 for not including the usual Nascar Report and some other items. The spacing that they used in their newsletter cannot be easily read or edited. When I copy a sentence it looks like this: AbeautifulyoungNewYorkwomanwassodepressedthatshedecide. ***The items that I have included were screen shots that were copied and pasted. In the past, the problem didn't exist.***



BULLETIN

Website: sonorasirs.org
SONORA BRANCH #136



FISHING CHAIRMAN

Chuck Simons - (209) 532-9550
simons4890@yahoo.com
No Report This Month

PINOCHLE REPORT

No Report this month
Chairman Position now open



KAYAKING

Sol Robin (707) 315-1284
solrobin57@gmail.com
No Report This Month



CAR CLUB NEWS

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

The 3rd annual Dan McHoul and CHIPS FOR KIDS car show was held on Saturday September 16th in Downtown Jamestown on Main Street. There were many awesome classic cars on display. I saw several SIR members there with their beautiful cars. They were collecting new and unwrapped toys for children in need for the annual CHIPS FOR KIDS Christmas toy giveaway. I contributed two collectable Corvettes. Of course these were a bit smaller than the real ones.



BULLETIN INPUT NOTICE!

Jim Botto Editor - (209) 559-0931
Asst. Jerry Bellefeuille 588-3978

If you have any photos of your activity please attach them to your reports. If I do not receive your report by the deadline I will just report no activity for the month. Please send all bulletin input to Jim Botto at:

giacamo42@gmail.com

The deadline for the next bulletin is

October 31, 2023



INTERNET CHAIRMAN

Jerry Bellefeuille (209) 588-3978
sirjerry4@gmail.com

Our Branch website is at sonorasirs.org. Here you can look at current as well as old bulletins, BEC meeting minutes and more. Please let me know if you have a new email address so I can get timely branch information to you. I hope to see you all at the next meeting. Our state sir bulletin can be viewed at <https://wearesir.com>.



Visiting SIR Branches
Explaining Recipe Cards
Growth & Membership

Sonora
 CA



Branch 77 BEC
 BS Donald Ronalter



Growth & Membership
 Recipe Card Skit



VP Dale Decker
 DIRECTOR Jerry Morrow

Possible Future Luncheons



Lee Moy



ENJOYING CRIBBAGE WITH FELLOW MEMBERS



NEW ACTIVITY: Weekly Sirs Coffee (or Coffee with Bob and Mike) and conversation with your fellow Sirs.

Every Tuesday at 9 a.m. at Brewed Coffee at 865 Factory Store Drive in the Factory Outlet Center off of Freeway Drive.

Bob Benning and Mike Murrell are cochairing this new activity. This activity is open to members of both Branch 149 and 65. Come for coffee and serious or silly talk and to meet new friends with similar interests. One requirement: leave emotions and weapons at home. Bob and Mike's email addresses are: bobofnapa@gmail.com mikemurrell.1@gmail.com

Brewed Coffee is across the parking lot from Sketchers Shoes. This sounds like a great new activity for some stimulating conversation and a way to get to know other Sirs a little more. And who can't enjoy a cup of coffee to get you going for the day?

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.

RETIREMENT, A WIFE'S VIEW

A frustrated wife told me the other day her definition of retirement: "Twice as much husband on half as much pay."



Hello Adrian,

It is with great sadness that I am informing you of the passing of Jim Bristow. Jim died yesterday morning at the Queen surrounded by his family. He would have turned 80 on October 7th.

I just talked to Jim's wife, Judy, to express my condolences and she wanted me to let you all know. She said Jim loved belonging to Sirs. He was a member of Sirs for almost 17 years having joined in November 2006. He was an active member, attending monthly lunches, playing golf, and enjoying the friendships he made with fellow Sirs. He will be greatly missed.

On behalf of the SIR Wine Valley Branch 149, I wish to extend my sincere sympathy to Jim's wife, Judy, and his entire family. May God bless his family as they grieve Jim's passing.

Sincerely,
Ron Irwin
Big Sir, Branch 149



WELCOME
NEW
MEMBERS





Que Pasa + Movie Oppenheimer Summer 2023

SIR Branches 159, 175





BULLETIN

SIR# 172 • Twain Harte, CA

Website: www.sirtwain.org

PO Box 1143 • Twain Harte, CA 95383

In Memoriam

Glen Vincent

He left us on September 19th. Our thoughts and prayers go out to his wife Karen Moore and his family and friends.



VETERANS SALUTING DURING "PLEDGE of ALLEGIANCE"

and as the FLAG PASSES or is LOWERED or RAISED

Veterans are permitted and encouraged to hand salute on several occasions.

A provision in the 2008 Defense Bill authorized veterans and military personnel in civilian clothes to render the military salute during the raising, lowering or passing of the flag. A provision of the 2009 Defense Authorization Act changed federal law to allow US Veterans and military personnel not in uniform to render the military hand-salute when the national anthem is played.

4 U.S. Code § 4 - Pledge of allegiance to the flag: manner of delivery

When not in uniform men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag, and render the military salute. Members of the Armed Forces not in uniform and veterans may render the military salute in the manner provided for persons in uniform.

It would be great if our veteran members hand saluted during our rendering of the Pledge of Allegiance to the Flag.



Twain Harte

Weather in October

is the same as September and is another pleasant autumn month, with temperature in the range of an average high of 70°F and an average low of 48.4°F.

Temperature

A decrease in the average high-temperature is observed during October, shifting from a warm 81.9°F in September to a pleasant 70°F. Twain Harte encounters a substantial decline from its daily high to a low-temperature of 48.4°F during October nights.

Humidity

In Twain Harte, the average relative humidity in October is 43%.

<https://www.weather-us.com>

Rainfall

In Twain Harte, in October, during 4.3 rainfall days, 1.14" of precipitation is typically accumulated. In Twain Harte, California, during the entire year, the rain falls for 77.4 days and collects up to 29.06" of precipitation.

Snowfall

June through October are months without snowfall in Twain Harte.

Daylight

The average length of the day in October in Twain Harte, California, is 11h and 11min.

On the first day of October in Twain Harte, sunrise is at 6:56 am and sunset at 6:44 pm. On the last day of the month, sunrise is at 7:25 am and sunset at 6:03 pm PDT.

2023 SIR - SOCIAL ACTIVITIES FOR MEN

Tuolumne County Combined Group Activity Chairmen
Branch 77-Sierra; Branch 136-Sonora; Branch 172-TwainHart

All SIR members are welcome to join in any branch activity. Ladies are welcome to join in activities.

Please start and chair a new activity if it's not listed.

	Branch	Chairmen	Telephone 209
Big Sir	77	Donald Ronalter	984-9383
	136	Eddie Toews	532-3970
	172	Tom Francis	533-3180
Biking	172	Steve Happel 2 nd Tues of the month	532-7240
Bowling	77	Mike Coe	769 3413
Car Club	136	Rick Bronner	408 318 4826
Fishing	136	Chuck Simons	532-9550
Golf	77	Danny Laureta	586 4567
	172	Richard Broddie	586-3151
Hiking	77	Mike Clay (moderate hike) Every Friday	588-1345
Horseshoes	172	Rich Brandau Last Thurs of the month	352 4320
Kayak	136	Sol Robin	707 315 1284
	172	Dave Kenney 4 th Tues of the month	650-867-4671
Pinochle		Every Monday	
RV Travel	136	Eddie Toews	532-3970
Tech/Computer	172	Dick Chimenti	677-7070
	77	Rich Nedbal	247-6497
Theatre	172	Dave Tibbets	532-2453
Travel	143	Bill Stires (Modesto)	988-5445
	172	Charles Luke	533-3683





■ **Costco Price Protection Policy on Items Marked Down After Purchase:** It always seems to happen... At least one of the items you bought on your last Costco trip is now on sale, and you're kicking yourself for missing out on the savings. The good news: There's a store policy that works in your favor here. The bad news: You have to stand in the return line to take advantage of it. Yes, that line — the one that can rival the lines of Disneyland's most popular rides. But thanks to Costco's price adjustment policy, the wait can be well worth it, because the store will refund the difference between the price you paid and the sale price of any items within 30 days of purchase.

When it comes to whether you need the original receipt to get the money back, Rather-Be-Shopping.com advises that some stores require it while others do not. Your best bet is to stash those slips away for a month and check out the prices of your recent purchases next time you shop. You might be in for a hefty refund.

Source: <https://www.mashed.com/146197/mistakes-everyone-makes-when-shopping-at-costco/>

■ **Sustainable Seafood - Think Twice About These Common/Popular Fish:**

Marlin: This species is an apex predator, controlling other populations by consuming numerous smaller species for its dietary needs. The unfortunate side effect for humans with predators such as the marlin is that mercury, often in acceptable amounts in the smaller fish, accumulates in the marlin's body and often reaches dangerously high levels for human consumption, as explained by Scientific American.

Another aspect for consideration is their population. In the case of location and fishing methods determining the sustainability of a population, blue marlin are considered overfished in the Gulf of Mexico, according to the PEW Charitable Trusts. But, blue marlin in the Pacific Ocean is considered a "smart seafood choice" by NOAA and doesn't suffer from overfishing. In the case of the Gulf marlin, surface long lines that can stretch up to 30 miles are used in fishing targeting other species, and marlin is often unintentional bycatch from the technique. In the Pacific fisheries, regulations are in place for tuna and swordfish fishing that minimize marlin as an accidental target.

Chinese farm-raised Tilapia: There's no need to completely avoid Tilapia if you check its country of origin labeling. Honduras, Mexico, and Ecuador are all responsible producers of fish. These countries have regulations in place to farm tilapia in ways that mitigate their impact. Chinese farm-raised Tilapia presents a host of issues. First is the predominant farming method, which are ponds. These shallow water pens concentrate the fish and, with that, their waste. These ponds are often located in flood-prone areas, which increase the opportunities for the Tilapia to escape. When they do, they dominate food supplies and other resources that local species depend on. There's also evidence of illegal antibiotic and antimicrobial use, and antibiotic resistance in the fish is also suspected.

Pacific Bluefin Tuna (even farmed): Diners prize Bluefin tuna for its fatty flesh, and you may know it by its sushi name, Toro or Hon-Maguro, or Otoro for its even fattier belly portion. Pressure on Bluefin populations exploded as they became more valued on the plate. However, population estimates of Pacific Bluefin are now at less than 10% of their original numbers, notes Sustainable Sushi. Atlantic Bluefin populations were in the same boat, but management initiatives from the NOAA have shifted the pressure, and those population counts appear to be improving.

So what's the next logical choice? Farming Pacific tuna to take the pressure off the wild population seems like a good move, right? It turns out that farming apex predators still puts pressure on the environment, with Bluefin requiring about 20-to-1 input of fish protein to pounds of tuna produced. Also, farmed tuna are often not raised from an egg but are wild-caught juveniles raised to adulthood, which does little to ease the pressure on the wild population.

Some farmed salmon: Salmon is the second most consumed seafood in the U.S., according to the National Fisheries Institute, sitting squarely between shrimp and canned tuna. Of the salmon consumed worldwide, the Marine Stewardship Council (MSC) states about 72% of it is farm-raised. Farming can be good or bad, depending on the farm's location, regulations, and the fish's treatment for diseases and parasites. Best practices state the best farm-raised salmon come from indoor facilities with recirculating water systems that treat the wastewater. Farmed salmon are almost exclusively Atlantic Salmon, differing genetically from wild Atlantic Salmon, and indoor facilities make escape and intermingling of the species almost impossible. The next choice is net pens, which can be good or bad depending on location. Some farms in the U.K. are well-rated, while others in northwest Scotland are not. Newfoundland and specific areas of Norway are in the same rating boat. Look for farmed salmon from Nova Scotia, areas of Chile, British Columbia, and other regions of the U.K. for better choices that use more sustainable practices.

Some wild salmon: If keeping track of which farmed salmon to buy is confusing, get ready for wild salmon. The first thing to know is that any wild salmon from the U.S. are from the Pacific. NOAA manages these fisheries under two auspices, the Endangered Species Act (ESA), which protects certain species, and the Magnuson-Stevens Act (MSA), which regulates commercial and recreational fishing to preserve healthy levels. Four of the five salmon species under their umbrella have populations covered under the ESA. These populations are surveyed down to the granular level of which river they spawn in and are not available for catch or sale.

Of those covered under the MSA, location is everything. Most wild salmon from Alaska is from an MSC-certified fishery, but the further south you go, the more you run into questions. There are many nuances to what makes a good salmon or bad that exceed the available space here, but summarizing Seafood Watch's guidelines, we can say avoid Chinook from Puget Sound, Columbia River Coho, and Chinook or Coho from southern British Columbia, and you should be in safe territory.

Vietnamese farmed catfish: Often marketed as Basa or Swai, Asian catfish gained popularity on American tables because of its low cost and light flavor. It's a sturdy fish that stands up to grilling but retains a somewhat delicate texture on the palette. It can also be an environmental train wreck.

The issues arise from the methods used in their farming. With most of the pens located along the Mekong River, wastewater discharges directly into the river. This gives rise to many social and environmental issues. According to Seafood Watch, there's also evidence of chemical and antibiotic use that finds its way into the river via illegal dumping. Vietnam is increasing its eco-certifications to counter current and past mismanagement, so hopefully, our recommendation to probably avoid this fish will change. In the meantime, according to the World Wildlife Federation (WWF), look for Basa packaged with the Aquaculture Stewardship Council label to avoid this.

Atlantic cod: Cod is the backbone of classic fish 'n chips, and cod is a common variety of fish in general. It was also the backbone of New England fisheries before the North American Atlantic cod population collapsed in 1992. Overfishing, intrusion from longer-ranging fishing boats, and technological advances in techniques were all culprits in a hundreds-of-years-old industry. At the same time, the Pacific cod fisheries are doing quite well, particularly from any of the West Coast states, Alaska, or British Columbia. So, cod isn't off the table; just ensure that the fish you're buying comes from a sustainable source. Pacific cod from the U.S. or Canada is fine, and Atlantic cod can be okay, given a few considerations. First, avoid Canadian Atlantic cod, then, try to ensure the source is either Georges Bank or the Gulf of Maine, and finally, ensure that the fish from those locations was caught with hand lines or hand-operated poles.

New Zealand Orange Roughy: Also known by the charming name Slimehead, this fish is better known by its more marketable label; New Zealand Orange Roughy. It's a mild white fish with delicate flesh and some notes of shellfish. So, it's an inoffensive fish, which led to its popularity and subsequent overfishing in the 1990s.

The MSC regards the New Zealand Orange Roughy fishery as a success story, progressing from being threatened to being the first MSC-certified fishery in 2016. Conversely, Seafood Watch slapped an "Avoid" label on many of the zones of the same fishery. The problem lies in the fishing methods. Orange Roughy is a deep-water fish frequently caught by bottom trawling. Because the fish share a neighborhood with coral and deepwater sponges, the bottom-scraping nets cause unintentional damage to these neighbors and stress the ecosystem. Erring on the side of caution might be the better course.

Shark: According to a 2021 Greenpeace article, 100 million sharks are killed annually through accidental bycatch, finning, and a general disregard for the species. But sharks are also apex predators and keep a check on populations lower in the food chain and help to balance their ecosystems, which is incredibly important.

"Finning" is the practice of removing the fins from a shark, discarding the rest of the body, and selling or using the fins for medicinal, cancer-curing soup, despite studies showing that the monomethyl mercury content of most sharks could cause cancer rather than cure it. In the U.S., the Shark Fin Sales Elimination Act became law in late 2022, banning the sale or harvesting of shark fins. Canada, too, passed legislation in 2019 prohibiting the import or export of shark fins, bolstering their existing finning ban. So, until shark kills subside and populations can increase, it's best to leave sharks alone.

Red snapper: American Red Snapper (the species) is a confusing fish to buy responsibly. The catch location is a good determiner, or it should be. Snapper caught in the U.S. portion of the Gulf of Mexico is

listed as a Good Alternative by Seafood Watch because, while the population is considered depleted, it's not subject to overfishing as it was in the past. But the same fish, from the same body of water, caught in Mexico carries an Avoid listing from the same group because Mexico doesn't maintain the strict limits called for in the Magnuson-Stevens Act, updated in 2018 to help rebuild the Red Snapper fisheries.

But multi-national policies are not the only issues that present confusion. Go around Florida to the Atlantic side, and Red Snappers caught on the same vertical lines used in the Gulf have an Avoid rating. Atlantic populations have undergone overfishing and are considered overfished, making a recovery challenging, if not impossible. If you can keep all this straight, ask your fishmonger where and how your Red Snapper was caught when buying.

Source: <https://www.tastingtable.com/1248682/fish-think-twice-before-buying/>

■ **European Travel Information and Authorization System (ETIAS):** United States [passport holders](#) have long traveled throughout most of the world without having to worry about visa applications: American travelers currently have visa-free access to 184 destinations worldwide, according to this year's [Henley Passport Index](#), which ranked the U.S. passport as the eighth [most powerful in the world](#). But that's set to change next year, as the European Union prepares new travel document requirements for American tourists. The new regulations system launches in early 2024, it will require all visitors who currently travel to Europe visa-free, such as citizens from the US, [Canada](#), Australia, and New Zealand, to apply for travel authorization and receive approval prior to their departure.

ETIAS is not a visa in the traditional sense; it only requires a quick online application, with approval delivered via email. In order to receive authorization, visitors must fill out an online form providing details about their basic biographical information, travel plans and travel history, as well as other security questions.

Most applicants will be granted travel authorization within an hour, but if further checks are required, the process could take up to 96 hours. The application costs €7 (about \$8) and is required for all travelers regardless of their age. Once approved, this authorization is valid for multiple entries over the course of three years, or until the traveler's passport expires.

Although many Americans were apprehensive about waiting on another travel document when the program was first announced, as more details about ETIAS become available, many travelers are expressing relief at the simplicity of the process.

"Honestly, the buzz around [ETIAS] on social media made me a little nervous, but after doing some research, that initial shock definitely subsided," says [Alexa Moore](#), a frequent traveler who visits Europe for both business and leisure at least two to three times per year. "It's still easy for us to travel to Europe. It's just one more step we have to think about before our trip."

The authorization will be required for travel to all [ETIAS member countries](#), which fall into one of four categories: full Schengen members like [Spain](#), France, and Italy; European Free Trade Association (EFTA) countries like [Iceland](#), Norway, and Switzerland; future Schengen members such as Bulgaria and Cyprus; plus European micro states like Andorra and [Monaco](#).

The goal of ETIAS is to tighten border security, as well as digitally screen and track travelers entering and leaving EU countries. Its purpose and application process are similar to the Electronic System for Travel Authorization (ESTA) program for visitors headed to the US—a fact that has also made many people more understanding of the new requirement.

"I'm bummed about it, but it does seem easy enough," says Nicki Post, a [travel blogger](#) and [YouTuber](#) who has spent extensive time in Europe. "It's only fair since the US makes it more complicated for Europeans and people of other nationalities to enter the US."

As Europe gets ready to roll out its new ETIAS program, it is important to note that the length of time that Americans can spend in Europe as a tourist is not changing. US passport holders are allowed to stay up to 90 days within a 180-day period. For any stay longer than 90 days, a special visa is required.

At the moment, the exact date when the new travel authorization will become a requirement is still unclear. Moore suspects there will be a bit of chaos when it does launch, but also that ETIAS will ultimately not deter anyone from [traveling to Europe](#).

Source: https://www.cntraveler.com/story/americans-will-need-visa-for-the-eu?utm_source=pocket-newtab

■ **A Tip On Buying Canned Tomato Products:** Canned Tomatoes come in many forms – Whole Peeled, Diced, Petite Diced, Crushed, Paste and Sauce. Whole Peeled Tomatoes are not cooked or stewed.

Therefore, they are more flavorful and taste fresher than all the other formats. Also, diced tomatoes contain Calcium Chloride, a firming agent so that it doesn't turn mushy. It adulterates the flavor. To cut down on your pantry inventory, just buy whole peeled tomatoes and use kitchen shears to cut them into the desired size for use as diced tomatoes while they're still in the can. For crushed tomatoes, use your food processor. Both are simple/easy 2-minute tasks. The benefit is a better tasting end product while keeping less inventory. Avoid tomatoes with herbs/spices added (basil, garlic, hot peppers, ground black pepper, etc.). Lower grade tomatoes are often used for 'flavored tomato products' as the added flavoring can be used to 'hide' any off-flavors. Tomato Sauce can easily be made by cooking down cut-up whole tomatoes. Buy Tomato Paste because it is a much more complex product that takes more time/effort to make and contains ingredients to augment the Umami flavor profile.

Source: America's Test Kitchen, Jack Bishop

■ **Replacing Dead Battery in Your Quartz Watch:** In earlier times, a jeweler or watch repair stand at your local mall was the typical way to get your watch battery replaced for as little as \$10 - \$15. Not anymore! Now the cost is more like \$25 - \$35. And to have a metal watch band adjusted (add/remove links) it now costs \$20 to \$35! Here's a tip. Order the [Watch Battery Replacement Tool Kit, BYNIIUR Watch Repair Kit, from Amazon](#). The cost is just \$8.99 with free shipping for Prime Members. A new watch battery can be \$6 - \$13. This kit plus a new replacement battery will be less than the commercial cost to have your local jeweler do the job. The savings can be even greater if you have multiple Quartz watches needing periodic battery replacement. The tool kit contains Watch Opener, Watch Back Removal Tool Kit, Watch Case Opener, Watch Repair Tool Kit and Watch Wrench Band Replacement Tool. You could adjust the fit of your metal watch band with this tool kit, as well.

■ **From fish to bacon, a ranking of animal proteins in order of healthfulness:**

Kind of animal protein:

Fish/seafood/shellfish

Turkey

Chicken

Bison

Pork

Beef

Lamb

Processed meat

Details:

Wild Alaskan salmon, oysters and sardines are highest in healthy fats; white fish such as cod or flounder tend to be leaner. White meat has slightly less saturated fat than dark. Turkey is fairly comparable to chicken in nutrients, but both its dark and white meat are slightly leaner. White meat has slightly less saturated fat than dark; skinless, boneless breast is leanest. Super-lean, lower in fat than other red meat. Look for loin cuts like tenderloin or top loin, which are typically leaner. Round or sirloin are leaner cuts; flank steak is typically pretty lean; T-bones, rib-eyes, New York strip steak are higher in saturated fats. Loin, shank and leg Cuts are leanest; some cuts of lamb are slightly higher in calories than beef, but you can typically trim fat from the edges to make them leaner. Bacon, hot dogs and sausage are all high in saturated fat and often made with chemicals Considered carcinogenic to humans.

Source: <https://www.washingtonpost.com/lifestyle/wellness>

Life Hacks and Tips for Quick/Easy Solutions/Shortcuts:

■ **Using extension cords outside to power electrical tools:** However, one good tug can result in your power tool getting unplugged from the extension cord. That's because not many people are aware of this handy trick: loop your cords around each other in a loose knot so that they never come undone ever again. You can trim that hedge at the other end of your garden or take your vacuum cleaner further without having to unplug from the wall. Not only that, but it's safer. Pulling apart plugs at a fast pace while the electricity is still on isn't recommended due to possible electrical arcing. By doing this, you can make sure you don't have to take a trip to [Home Depot](#) to buy an entirely new cord – and appliance!

■ **Get the last drop of product from a bottle of Heinz ketchup:** Heinz bottles, especially the glass ones, are famous for having a special treatment on the side so that you can get out every single ounce of ketchup. Nevertheless, what has remained a mystery for a long time is the “57” found on the neck of the glass. It's not that much of a mystery anymore; it is the best place to tap on the bottle to get your ketchup out instead of smacking the bottom. That gets the condiment out faster without making a mess so that you won't be embarrassed in a restaurant full of people. We're not entirely sure how this magic 57 works, but it's a tried and tested theory. We've all repeatedly smacked the bottom of the bottle on numerous occasions with no luck. ‘Slapping’ the bottle on the 57 into the palm of your free hand may be the answer to getting the most from your Heinz Ketchup bottle.

■ **Use toothpaste to clean/polish your headlights:** We use toothpaste to remove plaque from our teeth. You can do the same to your headlights. Toothpaste contains a mild abrasive agent that won't damage headlights (or teeth), but will, instead, get any hazing or grime off the plastic. That's right, you can use toothpaste to clean your headlights. What you want to do is first wipe down the headlights with Windex. Then, take a fingertip-size blob of toothpaste on a soft cloth and rub it onto the headlight and polish until the plastic lens cover is clear again! The best toothpaste to use is Arm & Hammer, which has baking soda in it.

■ **Drippings from wooden stirring spoons:** Cooking pots and pans have made it much easier for people to prepare food in the home since people stopped cooking over an open flame. Stirring utensils have also made it easy to prevent burning or scalding of food, but there is the messy business of putting them down on a paper towel or having to rinse after each use. Alternatively, you could look at the handle of your pot or pan. See that hole? That hole is typically used for people to hang their pots and pans up to store them if they want to, but it's got a double use. You can insert your wooden stirring spoon in the handle hole and position it so that the ‘spoon end’ can drip sauces/food drippings right back into your pan instead of creating a puddle of food on your countertop or stovetop. The spoon holder technique is a great idea, especially if you want to minimize clean-up time as much as possible. And, it's at n cost to you!

■ **The annoying thing about adhesive tape in roll form:** Tape is a quick-fix for most problems, especially if you're not handy. However, it can be such a pain to try to find where the tape ends when you're trying to pull off a piece. This is doubly-true for clear packing tape. Folding the tape isn't the best option, as that wastes tape and can cause even more annoying knots. However, there's a simple solution. **Place a paper clip underneath the tape-end after you use it.** That way, you can easily find the beginning each time you go to grab a piece. The paper clip won't cause knots, nor will it dry out the tape. Problem solved!

■ **Paper ketchup cup tip:** Chances are, you have not been using ketchup cups the (completely) right way. Everyone's familiar with the tiny, free ketchup cups that McDonald's and Burger King (among other fast-food restaurants) hand out for free when you're dining in-person. They're able to fit more ketchup than the tiny packets

Well, ketchup lovers can now rejoice, as not only are these little cups able to fit more ketchup than the packets, they can also expand. Try stretching out the folds on the paper cups, and you'll find that these containers expand to nearly twice their size, allowing you to use them to their fullest potential.

■ **Don't wasted toothpaste:** Toothbrush and toothpaste - two things that we all (hopefully) use every single day, twice a day. To be fair, this one might have more to do with toothpaste ads themselves, which often show a giant glob of



toothpaste being squeezed onto the brush. With these ads, it's a case of do as they say, not as they do. You might be using too much toothpaste. *ABC News* asked around, and most experts recommend that you use a pea-sized blob of toothpaste when you brush. You should also make sure that toothpaste has fluoride in it. Using too much toothpaste can actually damage and stain your teeth over time, proving too much of a good thing is definitely real.

■ **Straws and strawberries:** Strawberries are a healthy, delicious snack, whether on their own or added to a salad or dessert. Strawberry shortcake is one of the classic desserts, and, though it's delicious, the process of chopping all the strawberries can be tedious. You need to remove the leafy green parts, but it's not easy to do that without hacking off the whole top of the berry. Try this - you can use a cheap plastic (or metal) straw to remove the leafy part of the strawberry. Simply shove the straw straight through the berry's pointy end all the way through the berry. That will push out the leaves on the stem end of the berry!

■ **Red Solo Plastic Disposable Cups:** Credit goes to *The Kitchn* for figuring this one out. The makers of the Solo Cup, the red cup that is a steady presence at every single house and frat party in America, didn't actually intend for their invention to have a secondary benefit. It turns out that Solo Cups can work as measuring cups in a pinch. The lowest line on the cup is one ounce (the serving of a shot). The middle line is five ounces (the standard wine serving), and the top line is your average serving of beer: twelve ounces. If you can't find an actual measuring cup, a Solo Cup can help you out of the jam.

■ **Coins and Drains:** If you're in a hotel or don't have access to laundry in your home or apartment complex, this simple hack makes it easy to wash your clothes in the sink. All you need is a plastic bag or saran wrap to drape across your sink, and a few coins. Once you place the plastic down in the sink, you can set the coins over the drain hole and the weight of the coins will hold the plastic in place, creating suction that will keep the sink basin full. This allows you to clean your clothes, or whatever else you need to wash, and is also easily reversible by simply removing the coins and plastic.

Source: <https://www.streetinsider.com/magazine>

■ **Trader Joe's Chicken Fried Rice:** Want a an inexpensive, delicious, cheap, quick meal? Try This super-easy but tasty meal! It's in the frozen food section and you can have a 20 oz meal for just \$3! And to make even tastier, add 1 raw egg and stir fry it all together in a wok or non-stick frypan until 165°F. Add some diced green onions just before serving (optional).

■ **Rankings for Vanilla Ice Cream:**

1. Ben & Jerry's Vanilla
2. Kirkland (Costco) Signature Super Premium Vanilla
3. Tillamook Vanilla Bean
4. Trader Joe's French Vanilla
5. Häagen-Dazs Vanilla Bean
6. 365 Vanilla (Whole Foods)
7. (tie) Great Value Vanilla Bean (Walmart)
7. (tie) Blue Bell Natural Vanilla Bean

Source: <https://www.washingtonpost.com/food/2023/06/28/best-vanilla-ice-cream-brands/>

■ **Always buckle up on aircraft during flight:** Common sense should tell that we should always buckle up when seated during all flights. But we continue to see news reports of passengers being injured during clear air turbulence on commercial air flights. It will be even more imperative that we pay attention to warnings during flights. Weather scientists have sounded the alarm that Global Warming will create conditions for more frequent and severe air turbulence, storms, monsoons and other atmospheric disturbances. Buckle up folks!

Source: Recent ABC TV Nightly News

■ **Cool Warm Beverages Faster:** Wet a cloth washcloth, napkin or a double thickness of paper towels and wring the excess water out of it. Then wrap around the bottle, can or carton and put into the freezer until the desired temperature has been attained. This works on all types of containers – aluminum, plastic, plastic coated cardboard, etc. If necessary, use rubber bands to hold the wet media in place.

■ **Forget about Electronic insect traps to kill Mosquitoes:** 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 electrically live grid inside the trap. These traps do not attract mosquitoes.

Source: Bing.com/propane.insect.traps

■ **Eating Loaded/Messy Hamburgers:** Eating a big, loaded, messy hamburger in public can be embarrassing. To mitigate this kind of situation, try this – after adding all the condiments you want on your

burger, turn the burger upside down. The top of the bun now becomes the bottom and is usually thicker and sturdier that will help to hold things together long enough for you to devour your burger before it completely falls apart in your hands. Or, you could attack it using a knife and fork!

■ **Spare Tires on Fully Electric Automobiles:** Did you know that all EV vehicles are not equipped with spare tire? Why's this? EVs have such large and heavy batteries, there is no room for even a Donut Spare Tire. It's also a weight issue in trying to squeeze the most mileage out of a single full charge. Some EVs come with a pressurized bottle of sealant that may be used seal off the leak and pressurize the tire enough to drive a short distance to get home or to a garage.

Source: Consumer's Report, 2022 Automobile Issue.

■ **Ginger Can Prevent Brain Aging and Make You Younger:**

▶ As people age, our brains age and decline, too, but diet may be the key to preventing brain aging. According to Dr. Takuji Shirasawa, a Japanese brain surgeon, ginger can help the brain eliminate toxins, prevent brain aging and dementia, and enhance immunity.

▶ Ginger is a plant that originated in Maritime Southeast Asia and was [introduced and cultivated](#) in Japan more than 2,600 years ago. The root of ginger is widely used in Japanese cuisine. It helps relieve summer fatigue, warms the body in winter, and boosts the immune system when eaten in moderation.

▶ In his new book "[Brain Detox Diet](#)," Shirasawa mentions that the modern brain has accumulated a lot of toxins, which will gradually slow brain function, causing brain fog, forgetfulness, dementia, and other symptoms. This accumulation may even lead to serious disease.

▶ Alzheimer's disease is a cognitive disorder caused by the degeneration of the brain. The patient's brain gradually shrinks, adversely affecting perception, thinking, memory, and other functions.

▶ In a 2021 interview published in [Integrative Medicine: A Clinician's Journal](#), American neurologist Dr. Dale Bredesen stated that four significant factors contribute to Alzheimer's disease: inflammation, toxicity, energy, and nutritional support.

▶ Another book edited by Shirasawa, "[No No Wakagaeri Shoga Kenko Ho Tabete Nagaiki! No Ga Ikiki!](#)" (the ginger health method that makes the brain younger), also mentions Bredesen's theory and points out that ginger has the effect of preventing brain aging. Ginger has anti-inflammatory properties, and the curcumin and gingerols in ginger also have potent antioxidant effects, thus preventing both brain and body aging.

▶ Ginger can also [enhance the detoxification](#) function of the brain, addressing accumulated toxins such as harmful metals, mold, periodontal bacteria, intestinal bacteria, and others. Ginger dilates peripheral blood vessels, can improve blood flow, and help the brain better discharge toxic waste, which slows aging.

▶ Shirasawa recommends that people incorporate ginger into their regular diet. In addition to various dishes that include ginger, you can drink ginger lemonade before meals, promoting liver detoxification.

▶ Here's another example of ginger's ability to improve blood flow. Minoru Iwate, who works for a large Japanese company, recalled in an interview with The Epoch Times that one day in November 2021, he was walking home from work. He could not move his right leg. "I couldn't move my leg after experiencing an indescribable stabbing pain for about five minutes. The pain lasted about two weeks and I was thinking of buying a cane, walker, or something like that," Iwate said. "During this, I saw a video about ginger being effective for the same symptoms, so I tried it. After only two days of taking it, the numbness in my legs disappeared."

▶ In addition to revitalizing the brain, ginger has many health benefits. Mr. Saito, a pharmacist in a Japanese drugstore, told The Epoch Times that ginger contains active compounds that promote improved insulin levels and metabolism. This is because raising insulin levels can reduce the risk of diabetes. Drinking ginger tea can also reduce bad breath.

▶ According to Saito, ginger is widely used in Japan. Japanese people like to consume raw fish and raw meat sliced with ginger. Eating ginger this way has a bactericidal effect and can reduce bacteria that cause food poisoning. He mentioned that ginger is also commonly cooked with pork slices and eaten with vegetarian noodles in summer, which can help the body sweat and release residual heat that causes discomfort. It can also reduce swelling. In winter, ginger can promote blood circulation and warm the body.

▶ "Ginger is now used as a bathing agent in bathrooms to reduce symptoms of joint pain, frozen shoulder, and rheumatism, as well as to promote blood circulation and relieve fatigue," Saito says.

■ **Dementia: Best evidence yet on how lowering blood pressure cuts risk:**

- **Researchers analyzed data from five randomized controlled trials assessing the effects of antihypertensive medications on dementia risk.**
- **They found that taking antihypertensive medications in mid-to-late life lowers dementia risk.**
- **They noted that future studies should investigate the cognitive effects of lowering blood pressure earlier in life.**

Observational studies have demonstrated a strong link between high blood pressure in midlife and an [increased risk](#)[Trusted Source](#) of dementia and cognitive decline.

However, a recent [meta-analysis](#)[Trusted Source](#) involving over 17,000 older adults found that those with the lowest dementia risk had high blood pressure.

Randomized controlled trials have meanwhile produced [mixed results](#)[Trusted Source](#) on the effects of lowering blood pressure on dementia risk.

Further investigation of the link between blood pressure and dementia risk is necessary to develop effective prevention strategies for the condition.

Recently, researchers analyzed five trials that tracked how different blood pressure-lowering treatments influence dementia incidence.

They found that blood pressure-lowering treatments significantly reduced dementia risk.

“The study puts forward an individual participant data analysis of double-blind placebo-controlled trials that all used blinded expert adjudication of dementia according to standardized criteria,” said [Dr. Phillip Tully, PhD](#), registered psychologist and researcher at the University of Adelaide, not involved in the study.

“Consequently, this study constitutes the strongest evidence to date on antihypertensive drugs and dementia risk,” Dr. Tully told *Medical News Today*.

“The data obtained across multiple countries utilizing various antihypertensive drugs versus placebo suggests that irrespective of the type of antihypertensive drug, blood pressure lowering among individuals with hypertension is associated with lower dementia risk.”

– Dr. Tully; The study appears in the [European Heart Journal](#).