



Fellow Sirs,

I am deeply honored to serve as your new President as we step into 2024. It's with great enthusiasm that I assume this role and with it the opportunity to evolve and strengthen our organization.

Our mission at SIR is clear: to enhance the lives of our members through fun activities, special events, and lunches while forging friendships that last a lifetime. Our vision is compelling: to be the best active senior's organization in Northern and Central California by promoting physical, mental, and social engagement which research shows will improve our quality of life and longevity.

Our number one challenge is to embrace the purpose and increase the vitality of our organization. It is clear we need to attract younger members as our older members are becoming less active. New members will play a pivotal role in leading us into an exciting new time. They bring fresh ideas and perspectives, ensuring a dynamic blend of the past with the future. In 2024, our primary goal is to reach out to our local communities and add new members and new life to every one of our branches.

I see the role of State SIR as a Service Organization to the branches. We offer you support for functions that 1) are needed by all branches (incorporation documents, management training, marketing material), 2) offer cost savings based on volume (liability insurance), 3) are one-time efforts unaffordable by a branch (Golden Gate Field party, travel programs), and 4) are Statewide athletic competitions to challenge to all members (Golf, Bowling). We promote these services through email and sirinc.org.

We need to improve the bi-directional flow of useful information between State SIR and all branches. Soon State SIR will introduce a new regular communication effort to provide informative, impactful organizational updates to Branch officers and a second effort to provide meaningful content such as innovative ideas and articles of interest to all our members. In return, we ask you to work with your Area Representatives to seek their consulting assistance on branch issues and inform State SIR on what is not working well for your branches.

I'm excited to announce that the fillable online management forms announced at the annual meeting to minimize your workload and reduce transcription errors are now being pilot-tested. State SIR will begin promoting their availability this month to the appropriate BEC members with instructions and helpful hints. (Continued on Page 2)



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In closing, I want you to remember the sole goal of SIR is to Have FUN with FRIENDS. I want you to honestly evaluate how you can contribute to this legacy of SIR. As you do, remember SIR has simple expectations of its members: 1) be friendly to all, 2) actively participate in mental and/or physical activities, 3) eagerly volunteer and lead when asked, and 4) keep us vital by introducing SIR to your community and invite guests to our activities. Let's set a goal that we each bring one younger member into our branch to Have FUN with Friends.

Here's to a promising New Year filled with growth, camaraderie, and memorable experiences within SIR!

Warm regards,

Dale Decker

President, Sons in Retirement Inc. (SIR)

Please Read! Happenings Editor

The SIR Happenings has been 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 February, March and April. I especially try to include new members, awards, photos, and SIR recruiting ideas.



When I first acquired the Happenings for the August 2018 issue (after former editor John Scarpelos passed away), the newsletter was 13 pages long.

I appreciate the fact that many of the Branch Newsletter editors have referenced the Happenings to their members and have sent me their Branch newsletters, but the Happenings has grown to the state where I have created my own monster.

Evidently the State BEC has plans for the Happenings to evolve further. I have done my part and no longer plan to edit the Happenings.

Thanks again for all of your support.

Jerry Sabo

If you would like to submit comments or suggestions please email me at jlsabo3@comcast.net.

2023 STATE OFFICERS

STATE PRESIDENT Dale Decker

VICE-PRESIDENT Lee Lamp

2nd VP & SECRETARY Rich Carlston

STATE TREASURER Carl Mason

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**

**Please send your newsletters and questions to: Jerry Sabo, Executive Editor
Email: jlsabo3@comcast.net**

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

San Mateo

Sons in Retirement

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

Kate Marvel

New York Times Nov. 18, 2023, Two and a half years ago, when I was asked to help write the most authoritative report on climate change in the United States, I hesitated. Did we really need another warning of the dire consequences of climate change in this country? The answer, legally, was yes: Congress mandates that the National Climate Assessment (NCA) be updated every four years or so. But after four previous assessments and six United Nations reports since 1990, I was skeptical that what we needed to address climate change was yet another report.

In the end, I said yes, but reluctantly. Frankly, I was sick of admonishing people about how bad things could get. Scientists have raised the alarm over and over again, and still the temperature rises. Extreme events like heat waves, floods and droughts are becoming more severe and frequent, exactly as we predicted they would. We were proved right. It didn't seem to matter.

Our report, which was released on Tuesday, contains more dire warnings. There are plenty of new reasons for despair. Thanks to recent scientific advances, we can now link climate change to specific extreme weather disasters, and we have a better understanding of how the feedback loops in the climate system can make warming even worse. We can also now more confidently forecast catastrophic outcomes if global emissions continue on their current trajectory. But to me, the most surprising new finding in the Fifth National Climate Assessment is this: There has been genuine progress, too.

Kate Marvel is a theoretical physicist who shifted her focus to climate science. She was a Science Fellow at Stanford's Center for International Security and Cooperation, at the Global Ecology Department of Carnegie Institute for Science Global, and at the Lawrence Livermore National Laboratory, before joining the NASA Goddard Institute for Space Studies and Columbia University. She is now a Senior Scientist at Project Drawdown— a climate change mitigation project that is focused on bringing carbon emissions to zero and supporting carbon sinks to uplift the natural carbon cycle.



I'm used to mind-boggling numbers, and there are many of them in this report. Human beings have put about 1.6 trillion tons of carbon in the atmosphere since the Industrial Revolution — more than the weight of every living thing on Earth combined. But as we wrote the report, I learned other, even more mind-boggling numbers. In the last decade, the cost of wind energy has declined by 70 percent and solar has declined 90 percent. Renewables now make up 80 percent of new electricity generation capacity. Our country's greenhouse gas emissions are falling, even as our GDP and population grow.

In the report, we were tasked with projecting future climate change. We showed what the United States would look like if the world warms by 2 degrees Celsius. It wasn't a pretty picture: more heat waves, more uncomfortably hot nights, more downpours, more droughts. If greenhouse emissions continue to rise, we could reach that point in the next couple of decades. If they fall a little, maybe we can stave it off until the middle of the century. But our findings also offered a glimmer of hope: If emissions fall dramatically, as the report suggested they could, we may never reach 2 degrees Celsius at all. For the first time in my career, I felt something strange: optimism. And that simple realization was enough to convince me that releasing yet another climate report was worthwhile.

Something has changed in the United States, and not just the climate. State, local and tribal governments all around the country have begun to take action. Some politicians now actually campaign on climate change, instead of ignoring or lying about it. Congress passed federal climate legislation — something I'd long regarded as impossible — in 2022, as we turned in the first draft.

And while the report stresses the urgency of limiting warming to prevent terrible risks, it has a new message, too: We can do this. We now know how to make the dramatic emissions cuts we'd need to limit warming, and it's very possible to do

this in a way that's sustainable, healthy and fair. The conversation has moved on, and the role of scientists has changed. We're not just warning of danger anymore. We're showing the way to safety.

I was wrong about those previous reports: They did matter, after all. While climate scientists were warning the world of disaster, a small army of scientists, engineers, policymakers and others were getting to work. These first responders have helped move us toward our climate goals. Our warnings did their job.

To limit global warming, we need many more people to get on board. This will be hard: It will require large-scale changes in infrastructure and behavior as well as removing carbon from the atmosphere. And not everyone is on board yet. In particular, the fossil fuel industry is still ignoring the science. Oil, gas and coal companies have already made plans for infrastructure that, if used as intended, would cause the world to blow past the Paris Agreement target of 1.5 degrees Celsius in the next few decades.



National Climate Assessment author Kate Marvel teaching at the NASA Goddard Institute for Space Studies in Manhattan.

2023 Golf Champions



The SIR Branch Number One Golf Group held their 2023 awards ceremony at our January meeting. Left to right are Michael Garb, Joe Majka, who received the *Most Improved Golfer Trophy*, John Rittweger and Rich Castro, who shared the *Club Champion Trophy*.



New Member (Yeah!)

Scott Stillman

, scottystillman@yahoo.com
Spouse: Cathy; Sponsor: Frank Schwarz
Formerly in sales for various companies

Interests: Book Club, Book Swap, Breakfast Club, Bocce, Digital Photo, Dine In-Potluck, Dine Out-Group, Dominoes, Gin Rummy, Pinochle, Hikers, Travel, Wine Appreciation, Yoga

There's Plenty of Good News — Here Are a Few Examples

Stuff that Went RIGHT in 2023

Much of what journalists report is spectacularly negative. As folks go forward into 2024, they can be buoyed by remembering that much went right last year. Following are just a few examples; there are many, many more.

Rate of Amazon Deforestation is down 22% — Due to actions of Brazil's government, the rate of rainforest loss is at its lowest level since 2018.

Harvard Researchers Find Key to Happiness — It's NOT many of the factors most folks attribute to longevity. The most important factor is having close relationships with several people.

Montana Youth Won a Landmark Climate Case — Plaintiffs, ages 5 to 22, overturned a provision in the Montana Environmental Policy Act that prevented the state from considering the climate when approving fossil fuel projects.

Successful New Type of Anticancer Agent — Drug Rilotumumab is a fully humanized monoclonal antibody that blocks the action of hepatocyte growth factor, which is required for tumor proliferation.

Global UN Treaty Pledges to Protect 30% of World's Oceans by 2030 — Greenpeace: "the biggest conservation agreement in the history of the world."

Safe, Effective Malaria Vaccines Became Available in Africa — After 70 years of research, this "holy grail" of global health began preventing the 250 million yearly cases and 600,000 yearly deaths (80% are children).

70% of World Population Now Protected by at Least one policy to reduce smoking — Without measures implemented in the last 15 years, there would be an estimated 300 million more smokers in the world.

Hole in the ozone layer is shrinking — It's on track to recover to 1980s levels by 2050, according to UN.

US Pulled off an Economic Miracle In 2022, economists predicted with **100% certainty** that the US was going to enter a recession within a year. It didn't happen. GDP growth is now the fastest of all advanced economies, 14 million new jobs have been created, unemployment is at its lowest since WWII, and new business formation rates are at record highs. Inflation is almost back down to pre-pandemic levels, wages are above pre-pandemic levels (accounting for inflation), and more than a third of the rise in economic inequality between 1979 and 2019 has been reversed. Average wealth has climbed by over \$50,000 per household since 2020, and doubled for Americans aged 18-34, home ownership for GenZ is higher than for Millennials and GenXers at this point in their lives, and the annual deficit is trillions of dollars lower than it was in 2020.

America's Gender Pay Gap Hit an All-Time Low — In 2023, women made 84 cents for every dollar men made for similar work, compared to 62 cents in 1979.

Baby Born from Transplanted Uterus — Accomplished by medical team at the University of Alabama at Birmingham.

CRISPR Gene-Editing Now Approved Treatment for Sickle Cell Disease — Just 11 years after CRISPR's discovery, the treatment corrects the gene defect that causes episodes of excruciating pain.

Battery Technology Made Giant Strides — Breakthrough in sodium batteries solve problem of lithium shortage. New solid-state batteries have doubled charge density to increase range of EVs to 600-Miles.

Geothermal Breakout Now price-competitive with natural gas, proving that the earth's heat can be a commercially viable, huge source of carbon-free power.

Less Plastic in Ocean Than Previously Estimated — Dutch researchers reviewed over 20,000 measurements worldwide, and found the extent of plastic soup in the world's oceans is closer to 3.2 million tons, far less than the commonly accepted estimates of 50-300 million tons. Plus, Japanese scientists discovered a plastic-eating bacteria that could help solve the global plastic waste problem.

Climate-conscious Eating Took-off — Diners are making meals good for the body and the planet.

Skills Taught with **YouTube** Videos

Experience the Thrill of Learning Something New

YouTube is so much more than “funny cat videos.” It is a prime source of entertainment for many. For example, I recently watched performances by a favorite of mine, John Prine. If **YouTube** didn’t exist, I don’t know where I would have gone to find these videos. **YouTube** has evolved to become one of the internet’s better sources of free, accessible education, with tutorials dedicated to a broad array of topics. Many folks have resolved to learn something new in 2024. Following are a very few examples of **YouTube’s** educational offerings. **Adobe Acrobat does not allow connection to www.youtube.com; copy URLs and paste the links into browser.**



Phone Photography [see: <https://www.youtube.com/watch?v=CD5GV8tbfJo>]

No longer do folks need a fancy camera to capture impressive photos. Many smartphones have cameras that render photos comparable to, or even better than, those produced by traditional point-and-shoot cameras and provide access to an array of editing apps. In the above **YouTube** video, photographer Chris Orwig covers photography fundamentals like composition and lighting and explains how to edit and share pics like a pro.

Computer Coding [see: <https://www.youtube.com/watch?v=zOjov-2OZ0E>]

Computer programming, or “coding,” is a versatile and valuable skills to have in the 21st century, and it isn’t only reserved for computer engineers. Many folks can make good use of it. Knowing the basics of languages such as HTML and JavaScript can help folks build and edit websites while honing analytical and problem- solving skills online and off. The above **YouTube** video by **Free Code Camp** provides an excellent start.

Simple Home & Auto Repairs [see: <https://www.youtube.com/watch?v=3FlsFPIfVrQ>]

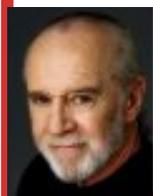
Most folks have searched for, but not found, a capable, reliable, reasonably-price “handyperson” to repair or service any of the numerous things that need-afixin’ in the average household. Often, the only reasonable option is the DIY route. Here’s another area where **YouTube** shines. It’s amazing how precise requests for help can be. Recently, when your “all thumbs” editor searched “How to replace front turn signal bulb in a 1999 Toyota Camry,” multiple options were available. When one **YouTube** video didn’t provide a needed view, another one did. RepairPal.com estimates labor cost of \$44 to \$55 for bulb replacement at an auto repair shop.

Self Defense [see: <https://www.youtube.com/watch?v=x3JkAwMCdpA>]

Most folks are careful not to put themselves in situations where they might be harmed. But even the most vigilant folks may find themselves in a position where they need to defend themselves, or someone else, from harm. Being prepared is the only way to prevail in such situations. Although in-person training is ideal, many **YouTube** videos provide the basics. The above link provides a video that covers 5 key self-defense moves that can keep folks safe.

Hands-only CPR [see: <https://www.youtube.com/watch?v=A5Pnl4l-vd8>]

CPR is another skill folks hope they’ll never have to use, but it can save a life, if the need for it arises. Classical CPR involves chest compressions and mouth-to-mouth ventilation. Hands-only CPR lacks the mouth -to-mouth part. The hands-only version uses chest compression to restart a heart that has stopped beating due to a medical emergency, often a heart attack or accident. While one person performs CPR, hopefully another person is available to call 911 and to look for an AED (automated external defibrillator). The above **YouTube** American Heart Association video explains how to do hands-only CPR. And use the following link to find a local certification class: <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-certification>.



George Carlin — by far my favorite, devastatingly-funny comedian — created a side-splitting routine about “**stuff.**” See at <https://www.youtube.com/watch?v=d8xyKlnZZWA> (copy above URL and paste in browser)

Turn Over a New Leaf — Then Get Rid of It!

15 Rules of Minimalism

Minimalism — in general — refers to a lack of clutter or unnecessary detail. It enjoys a widespread influence, ranging from the arts to lifestyle.

Joshua Millburn and Ryan Nicodemus, who refer to themselves as *The Minimalists*, promote a minimalist lifestyle. They are known for their Netflix documentaries *Minimalism* and the Emmy-nominated *Less Is Now*; their *New York Times* bestselling book *Love People, Use Things*; their *The Minimalists* Podcast; and their minimalism blog.

The Minimalists promulgate the following **Rules of Minimalism**:

1. Digitize your photos. That eliminates the physical clutter.
2. Divide everything you own into essentials, nonessentials and junk. Get rid of junk.
3. Discard anything that you haven't used in or will not use in 90 days.
4. For every item acquired, get rid of 10.
5. Get rid of "just in case" items.
6. Keep only basic emergency items, such as first aid kit, jumper cables or water.
7. If you can get an item within 20 minutes for \$20 or less, you don't have to keep it for "just in case."
8. If something costs more than \$30, wait 30 hours before buying it.
9. Don't upgrade to the next version of a product.
10. Your stuff is less important than everything else in your life.
11. If you can't sell an item in 30 days, give it away.
12. If an item spontaneously combusted and you would feel relieved, get rid of it.
13. Do not become attached to material goods. Be prepared to walk away from them in 30 seconds.
14. Avoid getting or giving physical gifts; replace with non-physical gifts, such as dinner, a movie, or a donation to your favorite charity.
15. 30-Day Minimalism Project — get rid of one item on day one, two items on day two, four items on day three, and so on. Using this geometric progression, you'll soon run out of things to eliminate.

Wise Words About Stuff & Clutter

All you need is less. Eliminate instead of organize. Organized clutter is still clutter. You don't need more space; you need less stuff.

Your home is a living space, not a storage space.

Clutter is nothing more than postponed decisions.

If your stuff isn't serving you, it won't serve you any better packed away in a box in a storage unit somewhere.

The "Other" Minimalism

An Ideal of Beauty

Minimalism is a post-World War II, western aesthetic movement. In art, minimalism is characterized by hard edges, linear lines, and simple forms. In sculpture, it's expressed by very simple geometric shapes left raw or painted a solid color. In architecture, minimalism reduces structures to only their necessary elements. Minimalism in music features repetition and gradual variation. *Minimalist* colloquially refers to anything or anyone that is spare or stripped to its essentials — such as the plays and novels of Samuel Beckett, the films of Robert Bresson, the stories of Raymond Carver, and the automobile designs of Colin Chapman.

Hundreds of Happy Small Towns Left Out Happiest Large Cities in America

Wallethub has published its findings on the happiest large cities in America. It includes the 150 largest cities in the U.S., and at least 2 of the largest cities in each state. The rankings on a 100-point scale of 182 cities nationwide are based on 29 relevant factors that fall into three categories: (1) emotional and physical well-being (maximum 50 points), (2) income and employment (maximum 25 points), and (3) community and environment (maximum 25 points). The total scores ranged from 31 to 74 points. 30 of the top-ranked 91 cities surveyed are in California, 8 of these are in Northern California and 4 are in the Bay Area – these cities and their (**rankings**) are (1) Fremont, (3) San Jose, (7) San Francisco, and (26) Oakland.



Drilling down into the data for the two highest ranking Northern California cities revealed the following:

Number 1 ranked Fremont has the highest share of households with an income above \$75,000, at nearly 80%. Studies have shown that increasing income also increases your happiness up to \$75,000 but not beyond. Therefore, cities where a lot of people make at least \$75,000 per year are more likely to have maximized their happiness. People in Fremont also have a high rate of life satisfaction, a low depression rate, and a long lifespan on average. Another contributing factor to Fremont’s happiness is the fact that it has the lowest separation and divorce rate in the country, at only 9%. It also has the lowest share of adults who report having 14 or more mentally unhealthy days in the past month, so people in the city seem to be taking care of themselves psychologically.

Number 3 ranked San Jose has the longest average life expectancy in the country, allowing people to enjoy their lives into old age. It also has one of the lowest separation and divorce rates, so happy couples can spend their lives together into their golden years, and their kids don’t have to deal with the upheaval. San Jose scores the best on the health and wellness company Sharecare’s Community Well-Being Index, which measures how much residents like where they live, feel safe and have pride in their community. It also scores extremely well on Sharecare’s Life-Satisfaction Index, which measures people’s health risks based on various physical, financial, and social factors. San Jose residents happiness is demonstrated by the city’s low rates of depression and suicide.

[see: <https://wallethub.com/edu/happiest-places-to-live/32619>]

AI-Generated Dog Breeds for Each State



California – Golden Coast Surfer

[see: <https://mymodernmet.com/ai-dog-breeds-us-state/>]

Branch One Pickleballers





A Non-profit Organization For Retired Men

HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: www.sirinc2.org/branch7

NEW MEMBERS

Welcome ... Tim "Green Thumb" Biddle

Tim, retired CFO of The Segal Company, was reared in the rural farm country of northeastern Colorado.

A Welcome to new member Fred Coito Five years post-retirement, this Stockton-born long-time San Anselmo resident delights in hitting the road in his camper ...

One of our newest members is Brian McLeran, a man genetically predisposed to travel. Brian's parents frequently left the five McLeran boys for trips abroad for 6 to 8 months at a time

Humor Section – Start exercising for a healthy 2024, really?

Got up this morning and ran around the block five times. Then I got tired, so I picked up the block and put it back in the toy box.

Me, sobbing: "I can't see you anymore...I'm not going to let you hurt me again." Personal trainer: "It was one sit-up."

Some of my friends exercise every day. Meanwhile I am watching a show I do not like because the remote fell on the floor.

Exercise helps you with decision-making. It's true. I went for a run this morning and decided I'm never going again.

Did you know 14 muscles are activated when opening a bottle of wine? Fitness is my passion.

I don't always go to the gym, but when I do I make sure Facebook knows about it.

I really think tossing and turning at night should be counted as exercise.

The trainer asked me "What kind of a squat are you accustomed to doing?" I said, "Diddly."

At my age, rolling out of bed in the morning is the easy part. Getting off the floor is a whole other story.

Exercise makes you look better naked, so does tequila, your choice.

I can't believe I forgot to go to the gym today. That's 7 years in a row now.

How did doctors conclude that exercise prolongs life, when...the rabbit is always jumping but only lives for around two years, and...the turtle that does not exercise at all lives over 200 years.

So, rest, chill, eat, drink, and enjoy life!

There are 2 **BOOK GROUPS**: "Read anything lately" which meets the 4th Wednesday of the month and "Great Books Discussion" group which meets the 4th Thursday of the month.

Other Groups include Photography which includes trips such as Fort Ross up Highway 1. An Art group, a Fly Caster group, an Art Group and a Baking group.

Please feel free to call me for contact information at 415-264-0166.

SEE YOU ON THE 4TH.

YOUR BRANCH EXECUTIVE COMMITTEE AT WORK



We, the Semi Elderly
We grew up in the 40s-50s-60s.
We studied in the 50s-60s-70s.
We dated in the 50s-60s-70s.
We got married and discovered the world in the 60s-70s-80s.
We ventured into the 70s-80s. We stabilized in the 90s.
We got wiser in the 2000s. And went firmly through the 2010s.
Turns out we've lived through NINE different decades. TWO different centuries. TWO different millennia.
We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.
We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and WhatsApp.
From live matches on the radio to black and white TV, and then to HDTV.
We went to Blockbuster and now we watch Netflix.
We got to know the first computers; punch cards, diskettes and now we have gigabytes and megabytes in hand on our cell phones or iPads.
We wore shorts throughout our childhood and then long pants. Oxfords, Bermuda shorts, etc. We dodged infantile paralysis; meningitis, H1N1 flu and now COVID-19.
We rode skates, tricycles, souped-up cars, bicycles, mopeds, gasoline or diesel cars and now we ride hybrids or 100% electric.
Yes, we've been through a lot but what a great life we've had!
They could describe us as "exennials" people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.
We're kind of We-seen-it-all.
Our generation has literally lived through and witnessed more than any other in every dimension of life.
It is our generation that has literally adapted to "CHANGE".
A big round of applause to all the members of a very special generation, who are UNIQUE. Here's a precious and very true message:
TIME DOES NOT STOP!
Life is a task that we do ourselves every day.
When you look... it's already six in the afternoon;
When you look... it's already Friday;
When one looks... the month is over,
When one looks... the year is over,
When one looks... 50, 60, 70 and 80 years have passed!
When you look... we no longer know where our friends are.
When you look... we lost the love of our life and now, it's too late to go back.
Do not stop doing something you like due to lack of time.
Do not stop having someone by your side, because your children will soon not be yours and you will have to do something with that remaining time, where the only thing that we are going to miss will be the space that can only be enjoyed with the usual friends. This time that; unfortunately, never returns. The day is today!
WE ARE NO LONGER AT AN AGE TO POSTPONE ANYTHING.
Hopefully, you have time to read and then share this message or else leave it for *Later* and you will see that you will never share it!
Always together,
Always united,
Always brothers/sisters,
Always friends...tell the people in your life that you love them... every day!
Pass it on to your best friends. Don't leave it for later.



REDWOOD



New Member Welcome

Kevin Costello Badge #10



Three New Members Inducted:

Three new members were inducted by Big Sir Chris Nelle at the March luncheon. They are **Bo Greaves**, who is sponsored by David Harris; **George Schneider**, sponsored by Marvin Mai, and **Steve Karnes**, sponsored by Bob Tutone

Community Involvement Program:

(article by Bob Reuther)

Hope you'll be with us at the Redwood Empire Food Bank on Thursday, April 4, from 9:45 a.m. until noon. If you are coming, we ask that you contact George Traverso when he sends an email. And remember, friends and family are welcome. We have arranged with the Food Bank Volunteer Coordinator to tell them that you are attending, so that you do not need to check in on their computer. This prevents a pileup at the entrance of the building. We are continuously seeking to improve our outings, so that you have a good time helping others. Last time we made sure that the group had a break after the first hour of work. The staff is aware of our needs, and this is not a problem anymore.

Always feel free to tell us if there is something that needs to be improved. This is a great way for new members of former Branch 76 to meet members of their new Branch 17.

At our last outing, we had 26 people participate— 22 were Sir Branch 17 members, three were spouses, and one was a member of Oakmont Branch 92. We worked together as one group. We packaged 1,023 lbs of tomatillos and 1,602 lbs of oranges for a total of 2,625 lbs of produce—enough for 2,187 meals. In addition, several of us made 3,175 bags for produce. The Food Bank appreciates our work and sent us this message:

"The Redwood Empire Food Bank greatly appreciates your time and energy! By volunteering, you are helping 142,000 children, families and seniors get the nutritious food they need and deserve. Thank you for coming out and making a difference! We hope you had a terrific volunteer experience and hope to see you again soon!"

You will be provided with a name lanyard and a card to be punched for attendance when you come to the Food Bank. Ten punches and you are entered into a monthly prize drawing. The Community Involvement Program, Branch 17 Committee has started an additional prize drawing on every visit. Your attendance will automatically enter you for a prize. The winners for March were Sir Blaise Cirelli and Sir Joe Olson.

You can always find us on the www.sir17.org website under the first Thursday of each month. All the information related to time and place is on that site. *"The sole meaning in life is to serve humanity."* – Leo Tolstoy

-Barry Bialkoski and Bob Reuther Co-Chairs

-Rich de Lambert and George Traverso Co-Vice Chairs



The Science of Aging—Parkinson's Disease

(Article by *Dennis Mangan*)



Ron, age 78, is a former dentist and high school/college athlete. He now spends most of his time in a wheelchair, having uncontrolled twitching of his arms, legs, and face, and needing supervised care to stand or walk. Ron has Parkinson's Disease (PD). You probably have heard of it, you might know someone who has it (*Alan Alda, Michael J. Fox, Muhammad Ali*), or you might even have it yourself. PD is a condition that destroys the dopamine-producing brain cells, causing uncontrollable movements.

About one million Americans like Ron have it and about 90,000 more are newly diagnosed with it every year. PD not only takes a toll on Ron, but also his wife, his three boys, and his caregivers.



PD is referred to as a neurodegenerative disease meaning the nerve function progressively gets worse. The risk of PD increases after age 60, and 90-95% of patients with PD are in our SIR17 age group. PD has no treatment to stop it, although some drugs and electrical stimulation of the brain can temporarily alleviate the motor symptoms (shakes, tremors, shuffling walk, arm rigidity), and its effects on the senses (hearing, sight, smell, touch, taste.)

What caused Ron's PD is unknown but might be related to abnormal accumulation of alpha-synuclein, a protein that blocks brain cell functions. Can we stop PD from happening? Not now...more research is needed.

(cont'd top right)

(cont'd from left)

By the time PD is diagnosed, most people have lost an estimated 60-80% of their dopamine-producing brain cells. As with many maladies of men, exercise has beneficial effects on relieving the symptoms of PD...at least for a while.

The US National Institutes of Health invests an estimated \$277M on PD research. Next year, NIH expects to get a small increase of 1.8%, meaning, with inflation, there will be a decrease in funds to study the diagnosis, treatment, and prevention of PD. With time, money, and more biomedical research, we'll beat PD, and clinical trials are underway to test tomorrow's cures. We must appreciate the efforts of the men and women at the Buck Institute in Novato and other research centers across the country who study PD. They need more funds and more time to find the solutions to this disease. For Ron, who is my brother, and all of us growing older, we hope their findings come soon.

Wine, Beer and Spirits: (Article by *George Traverso*)

Our Wine, Beer and Spirits SIR Branch 17 activity is living up to its middle name. Cousin Bill and I are planning to have a Beer event with a tour and tasting flight of four beers at the Lagunitas Brewing Co. Petaluma Tap Room located at 1280 N. McDowell Blvd., Petaluma, on Wednesday **May 1** starting at noon. Bill will be away so I will be the contact person for members, wives and guests attending this enjoyable gathering. Please phone me at 707-528-6987 (leave a message) or e-mail me at geo-san@sbcglobal.net on or before Monday **April 29** as to your attendance so I can reserve an accurate attendee number for the staff at the Taproom. The tour of the facility will be broken up into groups of 10 people. The cost of the tasting is \$18 per person and the tour is complimentary. Following the tour, we will enjoy a "no-host lunch" at Lagunitas at their spacious eating area. The lunch menu includes salads, burgers, sandwiches and more. Lunch prices vary from \$7 to \$18. I hope to see you there for a wonderful experience with an outstanding local brewing company.



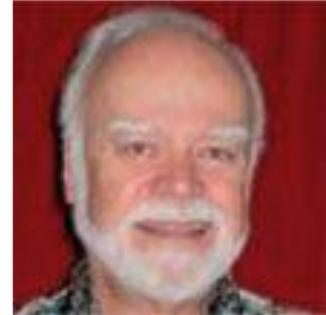
In Memoriam



Norm Pass, a member of Branch 35 since 2009, passed on January 29th.



Capp Spindt passed in December.



Jim Dunaway passed on March 22nd. He joined SIR in 2004,

CENTURY SIR



John Kolb was born on November 11 1921 and joined our SIR branch in 2013. He was recently honored as our century member.



From left: Greg Borromeo, Jerry Money penny, Larry Hayes, John McManus, Jerry Machle, Steve Honodel, Bill Freeman, Rich Reitman, Cliff Nishimoto. Missing Bill Moniz, Clem Jue, Dennis Imazeki, Bob Coe, Phil Rosario, Joe Tremba, Tak Young

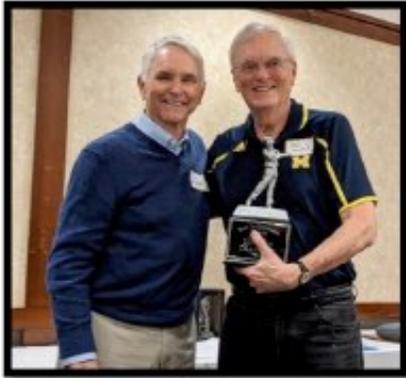
The Sunnyvale Men's 65+ 6.0 tennis team placed 2nd in the USTA National Invitational Tennis Championships held in Surprise, Arizona in early February. Twelve Sectional Champion teams from all over the United States competed in a grueling 3-day tennis tournament for both men and women in skill levels ranging from 6.0 to 9.0, featuring the best 65+ doubles tennis players in the country.

The Men's Northern California Champions from the Sunnyvale Tennis Club included Sir Branch 35 member Bill Moniz and players from Los Altos, Palo Alto, Mountain View, Campbell, Sunnyvale, and San Jose. Players ages ranged from 70 to 84. For Captain Jerry Machle, at age 87 and retiring after 16 years leading many teams to Sectional and National tournaments, this team's performance in placing second is a fitting send off. This was the team's fourth National Tournament and third year in a row, besting its 3rd place finish of two years ago.

20th Annual Golf Banquet

February 2, 2024

By Andy and Jean Danver



Jay Jonekait
Low Net Champ



Richard McGrath – Club Champion



John Rittweger
Match Play Champion



Larry Low – Golfer of the Year



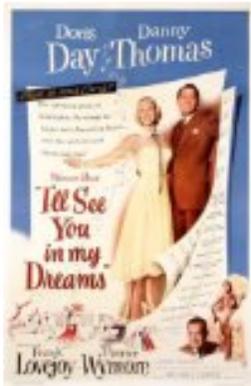
Bob Garten – Iron Man



Gerich & Taboada – 4 Ball Match Champs



Movie & Music: "I'll See You in My Dreams" by Gus Kahn



Released in 1951, this Doris Day and Danny Thomas musical film was based on a biography of lyricist Gus Kahn. Who is Gus Kahn? Although his name is little known today, he wrote the words to some of the best known and loved American songs at the dawn of the 20th century. His first hit song, "I Wish I had A Girl" in 1907 was a big hit, later followed by a series of more recognizable songs like "Carolina in the Morning" (1922), "It Had to Be You" (1924), "Yes Sir, That's My Baby" (1925), "San Francisco" (1936).

"I'll See You in My Dreams" was written by Gus in 1924. It was recorded and released by Brunswick Records, climbing the charts to number one for seven weeks. (Editor's notes 1: Yes, this is



the Brunswick Corporation you know today for its line of recreational boats, marine, and bowling equipment. Note 2: J.M. Brunswick Manufacturing Company started in 1845 to first dominate the billiard business with Brunswick Billiard. Note 3: Did you know that the first bowling balls were made of solid wood? But ... that's another story.)

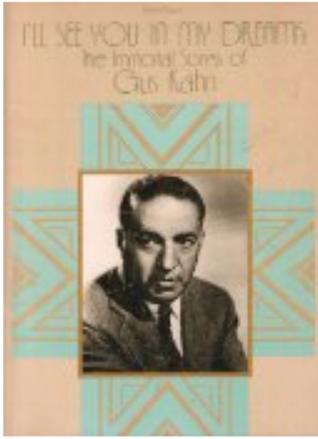


When first released at Radio City Music Hall in New York, the movie toppled that theater's opening week box office records that stood for 20 years. The film depicted the career of Gus Kahn, lyricist of more than 300 songs. The story was written from the perspective of Grace, his co-writer and later wife with Warner Brothers hiring the real Grace Kahn as an advisor on the movie. Doris Day is a natural for this musical film, but Danny Thomas as Gus was a bit of a risk, and he pulled it off beautifully.

Amos Alphonsus Muzyad Yakhoob, a.k.a Danny Thomas, was one of ten children born a Lebanese Catholic in Deerfield, Michigan. He started working at the age of 11, selling candy and ice cream at a burlesque house. He dropped out of school and worked and began his showbiz career at age 20 on a Detroit radio program, "The Happy Hour Club". A guest appearance on Fanny Brice's radio program (Editor's note: Yes, the play and movie "Funny Girl" was based on her life story), led to his own radio show, "The Danny Thomas Show" in 1944. He went on to acting in several films before being selected to portray Gus Kahn alongside Doris Day. He continued as an actor in other movies and later graduated to producing or co-producing such TV hits as "The Dick Van Dyke Show", "The Andy Griffith Show", and "The Mod Squad". He always knew where the money was.

Danny Thomas is best known today as the founder of the St Jude Children's Research Hospital. As Tony, Danny's son recalls, "My father grew up very poor. He lived in a neighborhood where children died of appendicitis, tetanus, or various infections that they never should have died from because they couldn't afford medical care. The catalyst that got it all going came from a heartbreaking newspaper article where a young black child was hit by a white driver in Mississippi. The driver picked up the child and drove to several hospitals seeking treatment but to no avail and the child died." Danny said, "I'm going to build a hospital in the South where no child is turned away for race, religion, or anything else." Danny started fundraising efforts in the early 1950's and the dream became a reality when the doors to St Jude opened in Memphis, Tennessee, in February 1962. He always considered this, his greatest achievement. He was recognized by Congress and received the Congressional Gold Medal in 1983. Danny said, "Success, has nothing to do with what you gain in life or for yourself. It's what you do for others."





Back to Gus. While working as a clerk at a mail order glassware company, he was introduced to composer Grace LeBoy at a New Year's Eve party. This led to a collaboration that produced his first big hit, "I Wish I Had a Girl" in 1907. At her prodding, he started to work with other writers and his partnerships with Egbert Van Alstyne, Walter Donaldson, and Isham Jones led to a series of smash hits in the 1910 - 1920's. His success and relationship to Grace is the basis for the movie. In their real life together, Gus's success, as viewed by others, was attributed to the nurturing, and prodding of his wife. An artist's ego is always very fragile, and Gus was no exception. He became jealous of his wife's reputation and success and announced his retirement at the height of his popularity. Soon after, the stock market crashed, and he lost all his money forcing him to restart his career but this time without Grace's help. He failed and Grace revitalized his career but this time, from behind the scenes. Isn't this another great example of why you hear

the phrase "Behind every great man is a great woman."

Later in life, after the passing of Gus, Grace went on to composing various other songs for her own career to include the theme for the Ed Sullivan Show, titled "Toast".

Here is a youtube clip of the Ed Sullivan Show theme song, "Toast".

<https://www.youtube.com/watch?v=7ZEfb1Shjpo&t=28s>

Here is a historical introduction to the Ed Sullivan Show with many short clips of performances and performers you remember.

<https://www.youtube.com/watch?v=x3cAls2WAUI>

Here is the original movie trailer for "I'll See You in My Dreams".

<https://www.youtube.com/watch?v=H9-blGrPsd4>

Here is Doris Day singing "I'll See You in My Dreams" with various still photos of her. Gosh Darn, she was the girl next door.

<https://www.youtube.com/watch?v=O1eiHm6Peho>

Here is an original news broadcast of the Opening Day for St Jude Children Hospital.

<https://www.youtube.com/watch?v=Sxj-Qm7MErc>

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

Ron



SIR Hikers at Edgewood Park and Nature Preserve

These 25 hardy souls hiked 4.35 miles at Edgewood Park and Nature Preserve on our March SIR Branch 35 monthly hike on Friday, 3/22/24. We had sunshine, good trail conditions and stimulating conversations. It was a good day! Come join us next month.

April Hike: Our next hike will be Friday, April 26, 2024. Come join us and bring a spouse or friend. If you would like to get on the mailing list for the Hiking Group contact John Tucker.

Computers and Technology Discussion

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

April Golf Spring Fling in Napa

State SIR Golf, in concert with Branches 35 and 149, presents a two day event in beautiful Napa Valley:

•Wednesday, April 24 at Chardonney Golf Club, a Four Man, 2-Best Ball Tournament with consecutive tee times. •Thursday, April 25 at Eagle Vines Vineyard & Golf Club, a Four Man Scramble with a Shotgun Start.

Ladies Welcome. Cash Prizes will be awarded for top teams and Closest-to-Pin. Entries can be for one or both days. Further details and Entry Forms are posted on the SIR State Golf Website at <https://www.sirgolf.org>. For more information contact Ben Gikis (408) 802-0794, gikisben@yahoo.com.
Reserve the Dates Today!

Groucho Marx Quotes

I was married by a judge. I should have asked for a jury.

I must say I find television very educational. The minute somebody turns it on, I go into the library and read a good book.

Although it is generally known, I think it's about time to announce that I was born at a very early age.

From the moment I picked up your book until I put it down, I was convulsed with laughter. Someday I intend reading it.

I know, heifer cow is better than none, but this is no time for puns.

I'm sick of these conventional marriages. One woman and one man was good enough for your grandmother, but who wants to marry your grandmother? Nobody, not even your grandfather.

One morning I shot an elephant in my pajamas. How he got in my pajamas, I don't know.

Why, a 4-year-old child could understand this report ... Run out and find me a 4-year-old child. I can't make head or tail out of it.

How many does he want?

"A Roman walks into a bar.

"He holds up two fingers and says, 'Five beers, please!'"

For those who need a visual interpretation, throw up your pointer and middle fingers to make the Roman numeral five (V).

The government is always a punchline.

"In my many years, I have come to the conclusion that one useless man is a shame, two is a law firm, and three or more is a congress."

Often misattributed to President John Adams, this humorous quote actually comes from the Broadway musical, 1776, by Peter Stone. In it, the future President throws out the line in Act 1, amid a sea of complaints about Congress.

A spring joke.

Q: "If April showers bring May flowers, then what do May flowers bring?"

A: "Pilgrims."

It might take a minute, but the audience will certainly give a groan when they realize the Mayflower was the ship that brought the pilgrims to the New World in 1620.



The Pathfinder

Fremont Branch 59

A Big Hello to our New Members



[Sir Charles Paratore](#)



[Sir John Vickroy](#)



[Sir Steve Langham](#)



[Sir John Stokes](#)



[Sir Ed Blank](#)



[Sir Stephen Culp](#)



[Sir Doug Laidlaw](#)



[Sir Frank Scrivani](#)

SPECIAL ANNOUNCEMENT

We are having a monthly business meeting on the first Wednesday of the month to discuss pressing issues and concerns regarding our Branch 59. The BEC and Directors will be attending, but if any member would like to join us, we would love to have you. Our April 3rd meeting will be held at 10:30 am at Suju's Coffee and Tea at 3602 Thornton Ave., Fremont See you there. RSVP to our Big SIR Rob Ingebretson at RobIngy@comcast.net or phone him at (510) 657-7828

THE BRANCH EXECUTIVE COMMITTEE (BEC)

Do you even know what it is? Well, it is a bunch of members, like you, that keep our branch operating. They would love to have you come and watch and listen to one of their meetings. Their meetings start at 10:00 am near the bar at our Elks Lodge and finish at 11:00 am. right before our social hour. Although you cannot participate in the voting, your opinion is welcomed. Attending one of their meetings might spark an interest in you to volunteer and become more of an active member or learn how to become part of the BEC.

Our first Couples Wine Tasting event for 2024 is scheduled for Friday April 19th at Rodrigue Molyneaux Winery: (<https://rmwinery.com>) from 12:00 noon to 2:00 PM.

- This is a beautiful winery that specializes in French Bordeaux and Italian wines.
- Choose from two generous 6 pour flights for \$20.
- Or buy a bottle to drink and share. A variety discounts will be offered. You can also order a flight AND a bottle.
- Take a picnic or snacks and enjoy the wine in a beautiful garden seating.
- The address is 2053 Marina Ave. Livermore.

WE HAVE A RECORD 32 PEOPLE NOW SIGNED UP (INCLUDING WIVES AND SIGNIFICANT OTHERS). This is bound to be a really fun event !!!

Email me at fmtlang@pacbell.net or call or text me at 510-290-6007.

Suggestions are welcome for future events.

Thanks,

Andy Lang -Couples Wine Tasting Activity Honcho

P.S. The next wine tasting event will be in June. Date and wineries are yet to be determined.



Sir Daniel Johnson winner of the wine drawing.





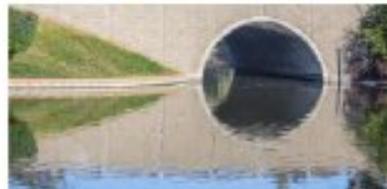
Weather Report 3/13/2024 - Cool and a bit hazy this morning, maybe even brisk, But oh, was it sunny. We loved it, all eight of us!

It was a long walk at Quarry Lakes, it ran a full hour; then some of us finished it off with a coffee stop at Suju's. That photo of Dave Nelsen? He had just discovered a woody resource for his woodworking/woodturning hobby/job. Needless to say Dave, Howard and I fell way behind the rest of the group as Dave surveyed his possible gold (Wood?) mine. We saw a jack rabbit, a number of birds and dogs with their walkers - no photos of the wild fauna - too fast for me.

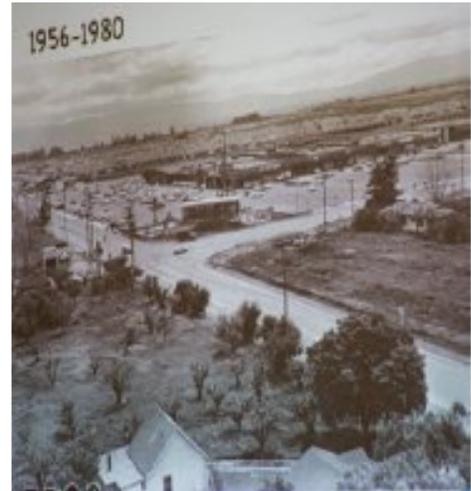
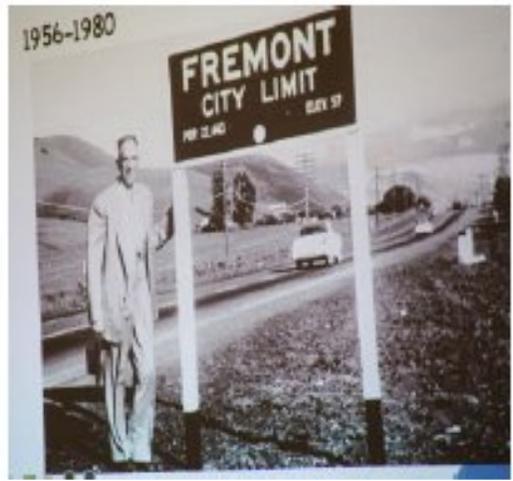
~Bruce Roberts



Four of us showed up at 8:30 AM at Lakeshore Park, but Howard missed us; he arrived in time for a 9 AM walk. Our friends the geese greeted us on land and in the water. We stayed on land doing the Goose Poop Polka. I liked the culvert under the road so I snapped a picture. ~ Bruce Roberts



Sirs Bill Bauhofer and Jerry Ford selling tickets for the May 15th Hawaiian Delight Luncheon



Our guest speaker was Pat Schaffarczyk from the Washington Township Museum of Local History. She gave a presentation on Box Art that chronicle the history of Fremont in four eras with photos and maps. (For more information click on the above photo.)

[CLICK PHOTOS AT THE RIGHT FOR HYPERLINKS TO:](#)

[1956-1980: SCENES OF FREMONT](#)





The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

SONS IN RETIREMENT

On the recruiting front, the Branch 62 recruiters had a booth at the Sunnyvale Farmer's Market in March. Kudos to Heber, Wally, and Dave for making that happen. We have two member prospects from their effort. Please volunteer to help if you have some Saturday morning time to give.



Bridge

We meet on the first and third Tuesdays at Roger Falberg's home, 751 Silver Pine Court in Sunnyvale to play in person. On the other Tuesdays, we play online using the Bridge Base Online browser app. We play every week on Tuesday at 1:30. Roger Falberg organizes the games for both the in person and online games. If you would like to play, let Roger Falberg know and he will work you into the game.

John Dieckman, Bridge Publicist

They are also planning to return to the DeAnza Flea Market in April and will need several volunteers to help. Better things happen when many chip in. Spring is here, and we look forward to getting all our outdoor activities back into full motion. Personally, I'm looking forward to more golf. Wally Anderson has volunteered to bring back the 9-hole golf activity; by the time you read this, it will have begun. Kudos, Wally! In conclusion, remember that bringing in new members to join us in our fun is everyone's job!

Regards,
Mike Miller
2024 Big Sir

Help Needed!

We need 2 to 4 volunteers to man the Sunnyvale Farmer's Market booth on the 5 Saturdays in March. Please contact Heber Slusser if you can help. (408) 769-1851
hebers@comcast.net

In Memoriam



Don Colleti

March 7, 1925 – January 26, 2024

Don was an integral part of our branch, having served as the Senior SIR and holding the esteemed position of Big SIR during the year 2001 in our Branch

Branch 62 Web Site

Have you visited our web site lately?
Want to read the joke from the luncheon?
Forgot the luncheon's speaker details?
Want to read back issues of the Rooster?
Read meeting minutes and Treasurer Reports?
Get all of this and more on our Web Site at: <https://sirinc2.org/branch62/index.php>

THE TOM CHATFIELD WALK

Roy Jordan

The Tom Chatfield walks will continue to be on the second and fourth Fridays, this month April 12 and 26. Our newest Branch 62 member, Felix Sy, has suggested a few new locations to walk, so for this month **the walk will be in the Sunnyvale Baylands Park**. We'll meet at 9:30 AM in the parking lot east of Caribbean (the northbound continuation of Lawrence Expressway) just north of Highway 237. Felix reports that they have a sign indicating a charge for parking, but he has not seen it collected on weekdays.

We will keep the rain contingency of walking through the big Westfield Mall Valley Fair, accessible from Winchester just north of Stevens Creek. Meet near the entrance to Macy's Men's store. If you would like a nice walk on either of these days, or have questions, please contact Roy Jordan at jordan_roy_s@yahoo.com or at (408) 757-1132. You could just show up, but if you make contact beforehand, we can give detailed directions or let you know when we are using the rain contingency. **Walking is good for you!**

SIR is a non-profit activities based organization for senior men devoted to the promotion of independence, health and dignity of senior life. Luncheon meetings are held the second Tuesday of the month 11:30 am at the Napa Elks Lodge.



A LIFE WELL LIVED MIKE SOLARIO 1930-2024

March Luncheon



- LET'S CREATE MORE FUN FOR BR.65!!!!**
- If you have an interest that isn't already an activity for Br. 65, let's hear about it!
 - If you like movies, how about a once a month trip to the theater?
 - Maybe a monthly wine and hors d'oeuvres party!
 - Sports watching parties? Game nights? Dominos? Bridge? Trivial pursuit? Cribbage?
 - Lunch group? dinner group? Going to see local free music group? Hobby based groups?
 - Got an idea? let Jerry Stabile know at j_stabile@yahoo.com or 408 828 3486

The SIR Orchestral Band

The ever improving and light hearted musicians of Br. 65 were asked to entertain for the Spring Luncheon in May.

So we opened our music notebooks, put our heads together and chose a bunch of different tunes to play for the May luncheon. The music we picked so far is from ...

The Beatles.

MONTY PYTHON, Neil Young,

Woody Guthrie/Billy Bragg.

Mary Hopkins,

Margis Mallsauskas,

the Rolling Stones,

a surprise TV theme song from the 1970's ,

A REIMAGINED SEA SHANTY and more !

We chose songs that will be great to sing along with.



ON THE LANES..... WITH DAVE ELLINGSON oredave@aol.com



The first tournament this month was in Citrus Heights on March 6. J.C. and myself were the only ones that went. We both bowled well all day but not good enough to win cash. On March 19, Mark Morris, Dan Roberts, Jerry Hall, Rena Chastain, Adel and myself went to Concord.

We all bowled well all day but I was the only one to make a little cash.

J.C. was out of town so missed out on all the fun. Next month is Carson City April 22-25

League bowling is Monday at 11 am, Wednesday is No Tap at 1 pm, and Friday Red Head at 10:30. No Tap and Red Head all are non-league and open to anyone who wants to play.



Our ever in motion happy bowling rollers continue to bring their best games to SIR tournaments around NorCal!

<<< In Concord the glowing Mark, Dave, Rena, Adel, Dan and Jerry brighten up the lanes.

In Citrus Heights >>>> Dave and J.C. flank Cindy the wife of the SIR state Bowling chair.





The rain has gone by the wayside, and we have been enjoying many a sunny day of golf this month. I have only one report of results so far this month as I have to put this article to bed early, I'm going on vacation.

From Jim, results of Blue Rock West on March 4th.

Everyone that played today was a winner. . . turned out it was a dry day and the course was wet but not as muddy as expected. Not bad for March 4th in an El Nino year.

We had a closest to the pin contest on the last par 3 (#15), it measured 114 yards and

103, downhill. The contest was closest to pin after the second shot. In the A flight, Jim Heitkemper hit his tee shot to 6'2" and then made the birdie putt! Turns out it was Jim's 3rd birdie of the day. Congrats to Jim, 1st place. Second place in flight A was won by Gary Garver, he was 8'0". Third place was squeaked in by me at 10'6"...

In flight B, Larry Timmer put his second shot to 0'1", he said the ball was partially over the hole, so maybe it was a half inch? Second place went to Peter Dreier as he was the only other player on the board! And now a big hand to Branch 65 golf new member, Bruce Reynolds. Welcome Bruce!

Below right is our 2nd Quarter golf events schedule.

If you are interested in playing golf with your fellow Branch 65 SIRS, please give me a call at 707-363-4551, or email: icu2yru@sbcglobal.net

Well, that's it for golf this month, again short and sweet.

Good luck out on the course, and

Hit 'em straight and have a good time!



Spring has sprung and we got out on beautiful days

(right) Marge, Jerry & Jeff are calling Scotty to beam them up to the Enterprise >>>>>>>>

From top left..... Marge on the back nine at Chardonay (Jerry was the only one to hit the green on this par 3.....a rare moment!!)

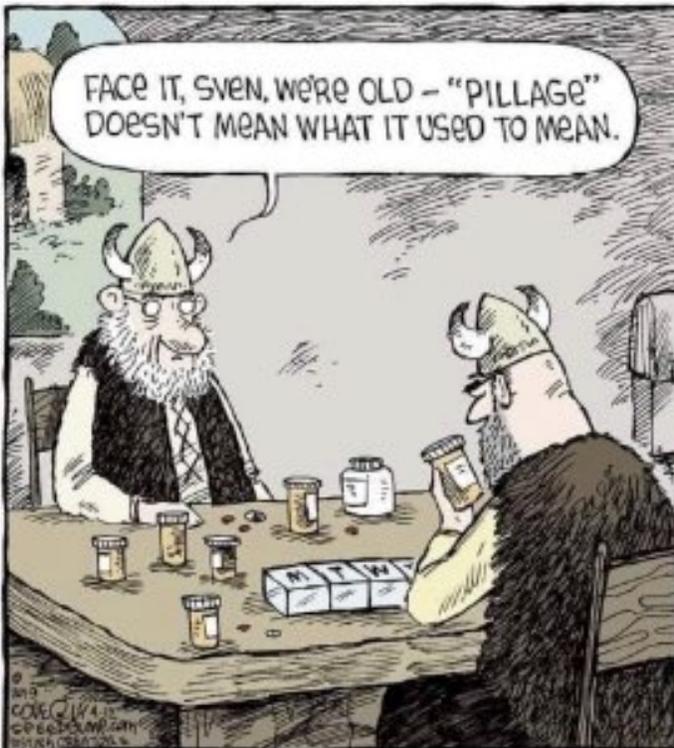


Jeff contemplating his shot at Chardonay.



Paul showing pro form in early March at Kennedy. The course was cart path only and our shoes went from white to brown... but the weather was

☀️ UTIFUL!!!!





THE MAIL POUCH



Website: branch69.org



The Pony Express Branch #69
January - 2024 Edition



Facebook: Pony Express SIR Branch 69

John Popadak, Editor

FEBRUARY NEW MEMBERS AND SPONSORS



New members (NM) and Sponsors (S) for February: Blake Thompson (S), Gregg Hess (NM), Ernie Flores (NM), Mark Steffens (S), John Valdes (S), and Richard Stratton (NM)



ACTIVITIES CHAIRMAN

DINE-OUT

On March 25th, we gathered at Sammy's restaurant located in Stones Casino. We also got to celebrate Fred Smith's 78th birthday. Everyone had a fantastic time and we hope you can join us next month. There's always a ways room!



PING-PONG

For those interested in playing ping-pong, there are ping-pong clubs open at both Swanston Community Center and Mission Oaks Community Center.



The Swanston ping-pong club (Blazing Paddles) meets Mondays, Wednesdays, and Fridays from 11:00am to 1:00pm at the Swanston Community Center, 2350 Northrop Ave, Sacramento. Their telephone number is 916-333-6464. A \$2.00 donation is suggested.

The Mission Oaks ping-pong club meets Wednesdays and Fridays from 3:00pm to 6:00pm at the Mission Oaks Community Center, 4701 Gibbons Dr, Carmichael. Their telephone number is 916-972-0336. Membership is required.

For more information call, text, or email me.

Robert Schrupf, Ping-Pong Chairman
(916) 897-7114

rschrumpf@hotmail.com

BASEBALL DAY

On Sunday May 19th the Sacramento River Cats, a San Francisco Giants Minor league affiliate, will be hosting The Oklahoma City Dodgers, a Los Angeles Dodgers Minor league affiliate, at Sutter Health Ballpark in West Sacramento (formerly known as Raley Field). Please see attached flyer for more information.



A seating chart can be viewed at www.rivercats.com. Should you have any questions my email is wis-chixen1@aol.com and my phone is (530) 312-3896.

Dennis Kramer
River Cats Chairman

INVESTMENT GROUP

The investment group meets (via ZOOM) on the 4th Wednesday of the month. The next meeting will be on April 24. Information and materials will be sent out a few days before the meeting. Please contact Joe Cain for more information.

Joe Cain, Investment Group Chairman
(530) 219-3709



The Rooster's Crow

Last month the **Rooster's Crow** grew to ten pages—mostly thanks to the publicity pages for the golf tournament in Napa. This month, it's eleven pages. For most of us, that's no big deal. It's just a few extra pages to read (or ignore). There are, however, a few of us who are affected by this growth in printed volume. The publishing and distribution staff at the **Rooster's Crow** have a scant bit more work to do, dealing with the extra pages to be prepared for the subscribers still receiving this newsletter by US Mail. Also, no big deal. Where the real effect of this is noticeable, is the extra postage needed to mail the larger (and heavier) newsletters. The extra ounces are now up to twenty-four cents. YIKES!

Did you know the extra ounce rate for First Class letters was three cents from June 6, 1932, until January 1, 1952, when it rose to four cents?

Do you remember the good old three-cent stamp? It was the single-ounce letter rate from 1932 until 1958. Then it was the postcard rate until 1963. When the single-ounce letter rate rose to five cents in 1963, the three-cent stamp saw little use. But in 1968, the single-ounce letter rate rose to six cents. So, all the old three cent stamps (that no one had been able to use) came back into fashion by using two of them to mail a letter. When the single-ounce letter rate went to eight cents in 1971, the old three cent stamp joined the old five cent stamp to mail a letter.

Is any of this meaningful? Probably not. But it is sort of fun to think back to earlier times when things were, seemingly, less hectic, and less expensive. As for me, I just think the Violet Lady Liberty is a beautiful design.



Big Sir Chip Meriam

**SONS IN RETIREMENT,
HOOKER OAK BRANCH #84**

Volume 46, Number 4

April 2024

The HOOKER OAK BRANCH #84 meets the **FIRST THURSDAY** of each month at **MANZANITA PLACE**, (inside the Elks Lodge building) 1705 Manzanita Avenue, CHICO, CA, 11:30 AM

The Branch Executive Committee meets at 10:15 AM on the same day at the same place.



Incorporated

**A Non-Profit Organization of Retired Men
Devoted to the Promotion of Independence
And Dignity of Retirement.**



Cycling Club

Chico weather is turning into that time of

year when it is revitalizing to be outside. Did you know that there are literally endless bike rides of all distances and sceneries in our beautiful town? Bidwell Park, bike paths throughout the city, river rides, almond blossom rides; too many to mention. Day, place and distances will be determined by the group; we ride fast enough to get there and slow enough to enjoy the ride. All types of bicycles and riders are welcome.

**For More Information Contact:
Tim Kressin - 951-743-1297
Ken Doglio - 530-933-3921**

Rideshare Service

Myles Pustejovsky has kindly volunteered to set up and coordinate drivers to chauffeur members who do not drive any longer or do not have rides to our luncheons. His plan is to divide the area up into districts and ask for volunteers in each district to pick up and drop off members before and after each luncheon. If you are interested in volunteering to pick up fellow members on the way to and from our luncheons, or would like to take advantage of this new club service, please contact Myles.



Myles Pustejovsky

530-342-4751

mandadurham@att.net

Thank you for this thoughtfulness.

Useless and Irrelevant Words April 2024

by ChatGPT 3.5 and Greg Sanger

Pausing AI Development Isn't Enough. Should We Shut it All Down?

At the last SIR Writers and Book Club, our leader and Big SIR, Chip Meriam, assigned the members a task of reading and commenting on an article that discusses the fear, anxiety, and luddism with respect to the recent advances in AI (Artificial Intelligence) technology. Perhaps the most famous of these AIs is OpenAI's ChatGPT, who I invited to co-author this article. I'll call it "Chat." Chat is one of a dozen or more such large language model based chatbots or digital assistants. They are trained on large amounts of text and Internet data to generate human-like text, lyrics, sonnets, artwork images etc., in response to input prompts. While they include extremely limited programming for learning, in my opinion, they are not intelligent and will not be taking over the world anytime soon, in some kind of robot apocalypse. It is the public nature and use of these bots that has led to so much concern about the widespread application of this technology. Which leads us to the subject of this essay. That is, the growing concern and fear that these new computer systems will somehow take over all activity and leave mankind in the rear view mirror, or to history, or something. This anxiety and fear is leading to serious anti AI activism some even organized as described in the first reference¹ below. Chat says,

"Anti-AI activism encompasses various concerns and viewpoints regarding the development, deployment, and impact of artificial intelligence (AI) technologies." These include:

Ethical concerns: *Activists may advocate for increased ethical considerations in AI development and use, including issues such as algorithmic bias, fairness, transparency, and accountability. They may call for the development of ethical guidelines or regulations to ensure that AI systems are designed and deployed in a responsible and equitable manner.*

Social impact: *Activists may express concerns about the potential social and economic impact of AI technologies, including job displacement, income inequality, and the concentration of power in the hands of a few large technology companies. They may advocate for policies or measures to mitigate these impacts and ensure that the benefits of AI are distributed more equitably.*

Privacy and surveillance: *Activists may raise concerns about the implications of AI for privacy and surveillance, particularly as AI systems are increasingly used for data collection, analysis, and predictive purposes. They may call for stronger privacy protections and limitations on the use of AI for surveillance or monitoring purposes.*

Autonomy and control: *Activists may express concerns about the implications of AI for human autonomy and control, particularly as AI systems become more autonomous and capable of making decisions that affect human lives. They may advocate for measures to ensure human oversight and control over AI systems, as well as safeguards to prevent the misuse or abuse of AI technologies.*

Environmental impact: *Activists may raise concerns about the environmental impact of AI technologies, including their energy consumption and carbon footprint. They may advocate for the development of more energy-efficient AI algorithms and hardware, as well as the use of renewable energy sources to power AI systems.*

Military applications: *Activists may oppose the development and deployment of AI technologies for military purposes, particularly autonomous weapons systems that could pose risks to human safety and security. They may advocate for international treaties or agreements to ban or regulate the use of autonomous weapons and ensure that human judgment remains central to military decision-making."*

While Chat presents a good evaluation of the types of concerns it and its associate systems present, it fails to understand that ALL AI programming is created by man. All AI's do what they're programmed to do, no more. Well, not quite. Man sometimes includes programs that allow some AIs to learn, understand, assimilate and manipulate data. Such routines are normally confined to just a few highly limited topics or subjects. To me, the problem comes when we develop and release such learning routines to the general acquisition of knowledge (from any source available to it) for optimizing actions or thinking against a set of goals or objectives. Such programming could lead to a run-away situation in which an AI gets to an unintended place, that is harmful or destructive. While indeed concerning, this to, is preventable, by assuring that such AI, with general learning routines, have built in, immutable or hardwired programming that provides ethical axioms and behavioral laws that prevent such destructive action. A similar set of regulations will need to apply to the programmers as well. In 1942, Isaac Asimov penned such a set of ethical directives that have become highly regarded, and which go a long way toward becoming the basis for such ethical protocols. They are his Three Laws of Robotics:

- ⓐ A robot may not injure a human being or, through inaction, allow a human being to come to harm.
- ⓑ A robot must obey orders given it by human beings except where such orders conflict with the First Law.
- ⓒ A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

Should all programming, now and in the future, contain such laws and axioms, ones that cannot be circumvented, the likelihood of an "apocalypse" becomes nearly impossible. The problem with this is, of course, the ethics and motivations of the programmer, us. Fortunately, to my knowledge, no such

programming has ever been developed and modern AI chatbots use only the data on which they are trained. General learning and manipulation routines are not used. In Chat's words about itself (my paraphrasing for brevity):

"As an AI developed by OpenAI based on the GPT-3.5 architecture, I don't have direct access to my own learning routines or processes. However, I can provide information about the typical capabilities and learning patterns of AI models like me. Though inaccessible, my learning routines and capabilities are designed to simulate human-like understanding and language processing, providing assistance and generating text-based content, using the information available to me up until my last training cut-off. I can understand and interpret language text, including many forms of content. I can access a vast amount of information and knowledge stored in my training data up to my last training cut-off in September 2021. While I don't learn in real-time or update my knowledge independently, I can adapt to new inputs during a conversation and provide responses based on the information provided to me. I do have limitations, including a lack of real-time learning or updating, reliance on existing training data, potential biases present in the data, and occasional inaccuracies or gaps in knowledge."

So, while Chat and associates are amazing in their capability, no robocalypse is in sight. AI's remain simplistic compared to their creators and will not be taking over anytime soon. One should not forget though, that our rapidly increased use of them, in all forms of manipulation of data and physical activity, will have a major disruptive effect on mankind now and in the future. As this possibility grows however, personal human ethics and governmental regulation of ethical protocols will be necessary. Let me know what you think.

https://www.theguardian.com/technology/2024/feb/17/humanitys-remaining-timeline-it-looks-more-like-five-years-than-50-meet-the-neo-luddites-warning-of-an-ai-apocalypse?utm_source=pocket-newtab-en-us

<https://www.theguardian.com/business/economics-blog/2014/feb/24/second-machine-age-luddites-computers>

Comments or questions are, of course, welcome.

Greg Sanger

gsanger@comcast.net

SIR Branch 84—Current List of Special Interest Clubs



Bowling Club - Bob Gaines 530-514-5066

Dinner Club - Jerry Brandt 530-636-4392

Fishing Club - Ron Ward 530- 354-5147

Golf Club - Paul Brossoit 530 345-2271

Hiking Club - Rich Utter (Branch 110) 925-922-7020

Movie Club - Greg Sanger 530-518-7924

Writing & Book Club - Chip Meriam 530-228-1544

Special Activities Club - Alex Van Patten 530-566-2151

Cycling Club - Tim Kressin 951-743-1297





Live Longer, Live Happier, Join SIR.

SIR Solano Branch 88 Newsletter

January 2024



Pool League - Ed Drosch
New players have brought the league to 15 skilled (?) competitors. *Sirs Brandon Wroblewski, Michael McCamish, and park resident Vic Prosser, have joined the roster. Park resident Don Reasoner currently leads, with Wayne Burdick and Al Switzer close behind.*



Poker - Steve Smith
Men's poker is still up and running. The biggest story is that a Roy MacGregor was the big winner ...not unusual. If he keeps it up, he may have to report it on his tax forms. We still all have a lot of fun. If you are interested in being an alternate, give me a call.



Pop-the-Cork

- David Muth
Every month, our wine group has host families, and we bring food to our meeting spot and have fun talking to one another. In March, the selected wine was any wine from Australia. I have never had an Australian wine before, but now I know why the Aussie's drink mostly beer. You could say that they have a really good sense of humor calling the four bottles that we sampled wine. Well, the idea behind wine tasting is to discover what you like and what you don't like. Wine aside, we had a fun time laughing and enjoying friends. It hasn't been decided yet if this is a winery visit month or a regular get-together. If you are interested in joining our group, please contact me at david66muth@gmail.com.



Bocce Ball (Men) - Steve Hazelton

Because of the chance of rain and a long season ahead, I am canceling our season opener for Thursday, April 4. Our first game will be Thursday, April 18, at Vets Park in American Canyon. Hopefully we will get more sign-ups at our meeting on April 11. Last year we had 27 members signed up to play. So far this year only 7 members signed up and paid the \$20 fee. I am sure the gang will show up for the start of the season, anxious to compete.



The \$20 fee is to cover our end of season pizza celebration, which features salad bar, sodas, beer and a wide selection of pizza. Last year the \$15 fee did not cover the lunch, and I noticed most members selected salad bar as well as pizza. Let's get the BALLS rolling at the Veterans Park on Broadway in American Canyon ... 10:00am until 12:00noon. Be there at 9:45am to sign in. All members are invited as well as new members. I will have sign-up sheets with me.

Bocce Ball (Co-Ed) - Tim Tarazi

We have 70 paid players thus far and we will be doing the random team selection immediately following our Luncheon on April 11. Assistance in drawing names will be appreciated. Once the teams are assigned, a captain (Capo) needs to be voted on no later than Sunday 4/21/24. The actual play begins on Friday 4/26/24 at 9:30 am. Looking forward to it.





A SPOONFUL OF SUGAR

When inspiration strikes, you have to just go with it – no matter how unexpected the circumstances. Few knew that better than Robert B. Sherman, who, along with his brother Richard, made up one of the best-known songwriting duos in Hollywood history. In addition to *The Jungle Book*, *The Sword in the Stone*, and other Disney classics, they collaborated on 1964's *Mary Poppins* – including the song “A Spoonful of Sugar,” which was inspired by the polio vaccine. This was recounted by Robert’s son Jeffrey, who in late 2020 shared his story of receiving the vaccine as a child. When asked whether it hurt, Jeffrey told his father, “They put it on a sugar cube, and you just ate it. He stared at me, then went to the phone and called my uncle Dick.”

Robert recalled the incident similarly: “I realized at the moment that I had the spark of a winning song,” he wrote in his autobiography *Moose: Chapters From My Life*. “I couldn’t sleep all night. The lyric mullied around in my mind. The next day, at work, I showed up half an hour earlier than usual so that I could pop the idea on my brother.” Created by virologist Jonas Salk, the polio vaccine (originally administered as a shot) was released in 1955, after which Salk was hailed as a miracle worker and refused to patent it. An oral vaccine, the type Jeffrey Sherman received, was developed later by biomedical scientist Albert Sabin. Within 25 years, the polio vaccine eliminated transmission of the disease in the United States.
by Doug Griffin



Ed Forman, Liz Lefson, Jeri Phillips, Louise Bettner and David Beach

Photo by Bern Lefson

FAMOUS QUOTE

“Be yourself; everyone else is already taken.” -Oscar Wilde

UNIQUE HOTELS

The Conrad isn't much different from your typical beachfront luxury hotel, though their location in the Maldives features a private suite that takes you where few hotels dare venture: underwater. Known as the Muraka — which means “coral” in the local language — this two-level luxury residence is highlighted by a master bedroom that descends 16 feet below the surface of the Indian Ocean. The room itself features a 180-degree acrylic dome that allows stunning views of passing fish, manta rays, and whale sharks. Though the views are the undeniable selling point of this beachside paradise, the perks don't end there. If you're willing to shell out the money, you'll also receive a private speed boat, personal chef, and access to an infinity pool overlooking the ocean.



The Big Idaho Potato Hotel is a 28-foot-long, 12-foot-wide, and 11.5-foot-high replica of a hollowed-out potato. Situated 20 miles outside of downtown Boise in view of the Owyhee Mountains, the potato-shaped structure was originally built in 2012 to celebrate the 75th anniversary of the Idaho Potato Commission. It was repurposed as a hotel after a seven-year tour across the country and now — thankfully — features air conditioning, fresh water, and a nearby converted silo that serves as the bathroom. However, it lacks TV and Wi-Fi, making it the perfect opportunity to go truly off the grid and immerse yourself in the beautiful 400 acres of farmland on which the potato sits.

Your head may start spinning just looking at the Cube House (or *Kubuswoningen*), a housing complex completed by Dutch architect Piet Blom in 1984. These cubic rooms have all been tilted on their side at 54.7 degrees and were designed to resemble an abstract forest — per their creator — with each triangular roof reflecting a treetop. The series of buildings is located in downtown Rotterdam near the old harbor, providing an unparalleled perspective of the surrounding city made all the more interesting by the hotel's bizarre geometry. While the majority of apartments are residential, one unit was made open to tourists by popular demand, so be sure to book your stay before someone else does. From the beauty of unusual geometry to the more hyper-realistic design of Hotel Casanus, this Belgian hotel is designed to look like a giant intestine. Dutch artist Joep Van Lieshout created the functional work of art as part of the larger Verbeke Foundation Sculpture Park, which welcomes over 20,000 annual visitors. The exterior of the structure is painted bright red featuring bulging veins that highlight its grotesque albeit morbidly fascinating appearance, which exists in quite the contrast to the hotel's beautiful natural surroundings. You may be wondering how you access these livable intestines, but thankfully it's not the way you may have feared. You can simply enter the intestines through a normal set of doors in order to access the winding interior, which features a double bed and, appropriately, working plumbing.



New Members

Sheldon Yee
Jim Von Bergen
Mark Laybourn
Glen Smith



FRUITRIDGE BRANCH 93

Bill Palmer / Editors Comments

Spring is all about new Beginnings and Transformations; It's a season that symbolizes starting Fresh and starting Over. For me, I am challenging myself by taking on the task as your newsletter editor. SIR is a Social Activities group for all our members. I will do my best to inform and highlight our events in the upcoming newsletters. Currently we have Bowling, Golf and Social events. I am hopeful that we could have each activity appoint someone to send me information and results about your events by the end of the month. This is your newsletter so anyone can send me information prior to the end of the month, and I will do my best to get it in the next issue. Enjoy Your Spring and Embrace your new Beginnings.

Submit all Articles and Photos by the end of the Month to bill@lazpal.com

Last Month's Luncheon at Aviators Restaurant



Ken Hill/Bowling

Our very own Branch93 Bowling Team, "Mike's Raiders," decisively won first place in the Winter 2023-24 SIR Tuesday League Playoffs (and "Sweeper" competition) at Country Club Lanes on March 26, 2024.

*Left to Right, Mike Coombs, Ken Hill,
Bob Olsen, Hansel Johnson*



Craig Chalmers / Social Events

- When: Friday April 5th
- Overview: Hike the flat 3.3mile River Walk Trail at the Preserve. Then Lunch at Wimpy's Marina and Restaurant. Websites:
<https://www.cosumnes.org/>
Wimpys: <https://www.wimpysontheriver.com/>



Please never Forget all SIRS 93
members that have gone on to
Rainbow Island

Omar Pertel
Michael Sharif
Al Machado
Bill Reiff
Jack Campbell
Vince Damyanovich
Sergay Ivazian
Mike Grubs



GOLD COUNTRY BRANCH 95

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

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

We're fortunate this month to welcome two returning members and four new members. Take a moment to welcome them and, perhaps, invite them to join your table.



Larry Keenan originally joined our Branch in 2002. Larry served as Little SIR in 2007, Big SIR in 2008 and Director at Large from 2009-2010. He left the Branch in 2022 due to his health. We're pleased that he decided to return. As a former member of our Branch's leadership team, Larry brings a wealth of knowledge and a unique perspective. In his corporate life, Larry was a Lobbyist for Bayer Corporation. He lives in El Dorado Hills.



Bill McClanahan also joined our Branch in 2002 - having transferred from Branch 115 in Carmel. During his career, Bill was a doctor for Kaiser. You'll sometimes find Bill leading us in singing *God Bless America* with his pitch pipe and/or keyboard. He left our Branch in 2019 to care for his wife. We're happy that he's rejoined us. Bill lives in El Dorado Hills.



Dan Koelzer learned about our Branch through his sponsor, Rick Hernandez. He served as a member of the US Air Force during the Vietnam years. During his career, he was a Civil Engineer for the State of California. He listed a number of activities - among them bocce, pickleball and poker. He also indicated having computer skills which are always in demand. He and his wife, Dian, live in Gold River.



Richard "Bart" Magoffin was introduced to our Branch by his sponsor, Harry Hall. Bart was a telephone tech/manager for 37 years for Pacific Bell, AT&T and SureWest. He moved from Walnut Creek to the Sacramento area in 1982 and has been in El Dorado Hills, with his wife, Chris, since 1995. He also has a family ranch in Jackson where he spends much of his time. He lists a number of activities that he enjoys that could lead to new activities that the Branch might consider offering.



Angelo Perata heard about us through friends. He was a member of the US Coast Guard. He previously worked for Oakland Garbage Company. Among the various activities he enjoys, he listed bocce, bowling, cooking, golf, pickleball and woodworking. He is a licensed boating instructor and enjoys restoring antique boats. He and his wife Bette live in Camino.



Alfred "Al" Thome heard about our branch through Folsom Branch 49. When it came time to decide which branch to join, he discovered that our Branch was closer to his home. Al served in the Army during the Vietnam era and was stationed in Germany. He worked in insurance operations for AIG. He listed baseball, bowling and breakfast club as the activities he enjoys. He lives in El Dorado Hills.

A LIGHTER MOMENT

In light of the rising frequency of human/grizzly bear conflicts, the Montana Department of Fish and Game is advising hikers, hunters and fishermen to take extra precautions and keep alert for bears while in the field. "We advise that outdoorsmen wear noisy little bells on their clothing so as not to startle bears that aren't expecting them. We also advise outdoorsmen to carry pepper spray with them in case of an encounter with a bear. It is also a good idea to watch out for fresh signs of bear activity. Outdoorsmen should recognize the difference between black bear and grizzly bear poop. Black bear poop is smaller and contains lots of berries and squirrel fur. Grizzly bear poop has little bells in it and smells like pepper."



Stanley ("Stan") Lemke learned about SIR through a local newspaper article and his sponsor, Tim Irish. He was an Underwriter for Nationwide Insurance in the Agri-Business (farm) line. He listed many activities that he enjoys including antique cars, biking, bowling and golf which we currently offer. He and his wife, Alyslynn, live in Cameron Park.



Gary McKae is a former member and Little SIR at Branch 19 (Concord/Pittsburg). He is sponsored by Bill Willman. Gary is a Realtor for his own company - McKae Properties. He listed golf, investments, pickleball and wine tasting among the numerous activities that interest him. In fact, Gary has offered to chair a new Investments Group that the BEC will be taking up at its next meeting. Gary and his wife, Cindy, recently moved to the area and live in El Dorado Hills.



Scott Ravel learned about our Branch through his sponsor, Ron Wadsworth. He is a former Director of Global Supply Chain for Cisco Systems. He listed antique cars, biking, bocce, bowling, golf, pickleball, poker and wine tasting among numerous other activities he enjoys. His wife, Betty, and he live in El Dorado Hills.



William ("Bill") Klump learned about us through the ongoing piece run in The Clipper. He listed biking, golf and pickleball among the activities he enjoys. He and his wife, Stacey, live in Pollock Pines.



Harlan Proctor saw one of our advertisements and contacted our Membership Chairman, David Chighizola, to inquire about joining our group. He actually joined back in November but was only installed at our March meeting. Jeff was an Aquatic Biologist for the State Water Resources Control Board. He listed wine tasting as one of his activities. Harlan was a Staff Sergeant in the US Army in the early to mid-60s. He and his wife, Sandi, live in Cameron Park.



John ("Jeff") Zehner was sponsored by Terry Privott. He also joined in November but seems not to have been installed yet. He was a Field Service Representative for Pitney Bowes. His activities of interest include antique cars, bocce, bowling, golf, pickleball, poker and wine tasting among others. He and his wife, Charlotte, live in Folsom.



SIR Malcolm Ramsay was the recipient of the Senior SIR - 90 Year Presidential Award. Malcolm is a 26-year member of our branch.

CLASSIC CARS | Rick Talone 916-761-7222



NEW Unlike car shows you may have attended where cars are for viewing only, the purpose of this group is to meet monthly with other car enthusiasts and drive your classic or special interest car to lunch. The group meets the last Thursday each month at a predetermined starting location. The group will then drive a specific route to a location to enjoy lunch with other group members before driving back as a group. To be put on the group's interest list, contact Rick at the number above or email him at rte88a@comcast.net.

DROP-IN BOWLING |

Rick Willson (916) 847-1452



NEW Meets every Wednesday at FLB Entertainment Center in Folsom. Arrive at 12:45pm to get your shoes and pick out a ball. The cost of \$15 includes shoe rental and bowling from 1:00pm until 4:00pm. Come for one game or as many as you're up to. No advance reservations are required. Just drop in for some fun and exercise with your fellow SIR members. Give Rick a call or email him at rivereagle4u@gmail.com for more information.

A clean desk is a sign of a cluttered desk drawer.

If at first you don't succeed, redefine success.

I started out with nothing and I still have most of it.

I'm out of bed and dressed. What more do you want?

My boss used to say that I lacked "passion and intensity." I guess he never saw me alone with a Big Mac.

I get plenty of exercise - jumping to conclusions, pushing my luck and dodging deadlines.

Efficiency is a higher developed form of laziness.

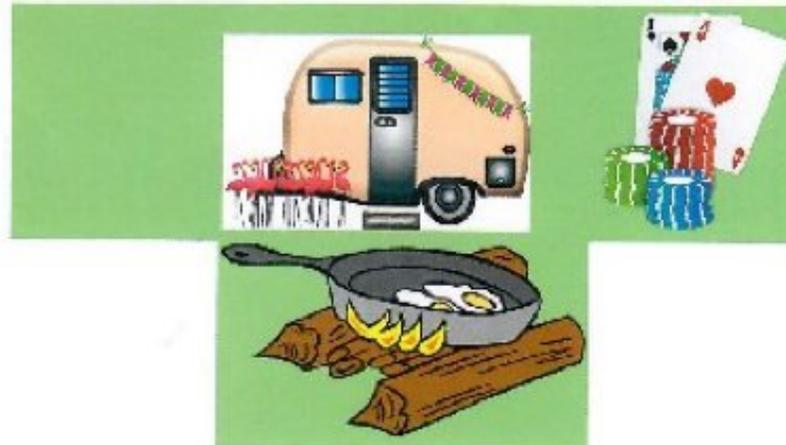
The Town Crower

Volume 41, Number 1

The Monthly Newsletter for SIR Branch 103

January 2024

Modesto SIR Branch 103



2024

BLACK OAKS CASINO RV PARK

April 28 - MAY 3

Sunday	4/28	ARRIVAL MEAL DECISIONS TO BE MADE FOR WEEK
Monday	4/29	ACTIVITIES: BOCCE BALL, CORN HOLE, CARD GAMES
Tuesday	4/30	
Wednesday	5/1	
Thursday	5/2	DINNER CASINO RESTAURANT
Friday	5/3	DRIVE HOME SAFELY

Sign Up Procedure

1. Call Black Oaks RV Park for reservation 1-877-747-8777
2. **IMPORTANT** Let them know you are with KEN KAJIOKA group
3. Call or text Ken Kajioka after registering. 209 602-8351
Reservation will ask for a credit card # but will not be charged

IMPORTANT: RESERVATIONS ARE FILLING UP FAST!



The Pickleball Activity is be scheduled the first and third Fridays of every month at the courts at Beyer 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.

Creekside Golf

Creekside Golf is an activity that was created by Bob Kredit and Don Reed. This is now a SIR sponsored event. This is a weekly event held at Creekside Golf Course on Thursday mornings. Tee times are first come, first serve, and requests must be made by email or message to Bob Kredit at 6:00 pm the prior Wednesday to the golf tee time. You must have a tee time before coming to the course.



Bowling

League Bowls Tuesdays at 1 p.m.

McHenry Bowl, 3700 McHenry Ave., Modesto

Branch 103 Website

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

Couples Dine Out

The April Couples Dine Out will be on April 17, 2024 at Strings Italian Restaurant, 2601 Oakdale Rd., Modesto at 5:00 PM. If you would like to attend, please call Juan Salinas at (209)605-6762 or at juangolfnut@yahoo.com.



LADIES' DINE-OUT

The Ladies' Dine-Out will be at Javi's Restaurant at 1225 Standiford Ave., Modesto on April 25, 2024 at 11:15 AM. No reservations are required



SONS IN RETIREMENT

TWIN RIVERS BRANCH #109

Marysville, California
Incorporated June 18, 1984

FUN

FOOD

FELLOWSHIP



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

Fishing Report by Don Allen .

Last month we had a "Fun Day" at Oroville Afterbay only one boat showed up due to the weather. The fishermen reported catching three Bass the biggest one was 4 pounds.

This month we have a "Team Tournament " at Collins Lake on March 18th.

Fishermen have reported catching Bass at Lake Oroville, Collin's Lake and Camp Far West.

Bass and Trout fishing are slow on most lakes due to the cold 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.



BOWLING Sir Ray Buttacavoli, (530)671-5599
(530)755-0746

Sir Jeff Brockman



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

We bowl at 11:00 AM. All are still welcome to bowl with us, but if you have not bowled with us since we moved to Beale AFB, it will be necessary to contact me so that we can start the paperwork for the Guest Pass.



You can contact me at the phone number above or via email at rdb0416@comcast.net .



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



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

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

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

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



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

Dining Out:



We had a great turnout last month at Marcello's and hope to do the same this month.

On March 28th , a Thursday, at 6 pm we will be dining at Pete's Brewhouse in Yuba City. They are very busy that night so it is important that you let me know if you plan to attend and how many.

May March Madness be with you.

Hope you can join us by letting me know.

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

SIR Newsletter



Three Shastas
Branch 129
Redding, CA

Superior Court of California, County of Shasta

On January 30th a group of 39 consisting of members and a few of their wives made a trip to our new courthouse. **Thanks to Chuck Spafford** for coordinating with Melissa Bradley, CEO of the Superior Court of California, Shasta County to arrange for this tour. I'll note that other than one prior tour for senior executives of the county and City of Redding, our group is the only other tour scheduled or planned. The Court opens to the public on Feb 13th for Civil Actions and later in the month for the rest of the normal daily activities. This facility is pretty impressive. Melissa answered a barrage of questions from the group and I'm certain everyone in attendance was thankful for the opportunity to see this and hear the story of how it came to be. I've included some pictures of our group.



Front Signage



Lady Justice 1889



Jury Room



Courtroom on 2nd Floor



Courtroom on 2nd Floor



Arraignment Court 2nd Floor



Arraignment Holding



Gathering Point Prior



Original 1889 Courthouse

Activities I'm certain that there are some types of activities that we can consider to fill other days during the month. When thinking about what SIR is, I think of the fellowship we offer and coming together to remain engaged and active. Whether it be engaging our brains with board games or card games, finding a trail to hike that is easy for some or another trail to hike that may offer a challenge. Remaining active keeps us healthy. All it takes is one person with an idea.

Apr/May Calendar of Events

Activity	Date/Time	Meeting Forum
9 Hole Golf	April 2nd, 8:00am	Tucker Oaks
BEC Meeting	April 4th, 9:30am	Elks Lodge
General Membership Luncheon	April 4th, 11:00am	Elks Lodge
18 Hole Golf	April 18th, 10:00am	Riverview (\$55+ optional skins \$3)
9 Hole Golf	April 23rd, 9:00am	Lake Redding
18 Hole Golf	April 29th, 9:30am	Rolling Hills (\$50+ optional skins \$3)
Bocce	TBD	South City Park
9 Hole Golf	May 1st, 9:00am	Allen's
BEC Meeting	May 2nd, 9:30am	Elks Lodge
General Membership Luncheon	May 2nd, 11:00am	Elks Lodge
18 Hole Golf	May 8th, 9:00am	Tierra Oaks (\$59+ optional skins \$3)
Bocce	TBD (hoping for some sun)	South City Park
9 Hole Golf	May 21st, 8:30am	Tucker Oaks
18 Hole Golf	May 29th, 9:30am	Bidwell (\$45+ optional skins \$3)

SIR Branch 129 Facebook page link.
<https://www.facebook.com/socialactivitiesformen/>
 SIR Branch 129 Private Facebook page link.
<https://www.facebook.com/groups/401463741647384/>
 For more information on Zoom: Go to
<https://sirinc.org/Zoom/LearningZoom.pdf>
 State SIR Newsletter "Happenings".
<https://sirinc.org/newsletters/>



SIR INC. MODESTO BRANCH 144

THE ALMOND CAPITAL BULLETIN

Dedicated to enriching the lives of members through social activities while making friends for life



100 YEARS YOUNG



HAL CONKEY TURNS 100 YEARS YOUNG!

SENIOR SIR 90-YEAR-OLD PRESIDENTIAL AWARDS



Pictured L-R: Larry Parks and Bill Burchell receive the SENIOR SIR 90-YEAR-OLD PRESIDENTIAL AWARD.

Weekday Humor – Part #1...

- 1. The biggest joke on mankind is that computers have been asking humans to prove they aren't a robot.**
- 2. When a kid says, "Daddy, I want mommy", that's the kid version of "I'd like to speak to your supervisor".**
- 3. It's weird being the same age as old people.**
- 4. Just once, I want a username and password prompt to say: CLOSE ENOUGH!**
- 5. If I am ever on life support, unplug me and plug me back in and see if that works.**
- 6. Do you ever wake up in the morning and look in the mirror and think: "That can't be accurate?"**
- 7. Last night the internet stopped working so I spent a few hours with my family. They seem like good people.**
- 8. If Adam and Eve were Cajuns they would have eaten the snake instead of the Apple and saved us all a lot of trouble.**
- 9. We celebrated last night with a couple of adult beverages: Metamucil & Ensure!**
- 10. You know you are getting old when friends with benefits means having someone who can drive at night.**
- 11. Weight loss goal: To be able to clip my toenails and breathe at the same time.**
- 12. After watching how some people wear their masks, I understand how contraception fails.**
- 13. Some of my friends exercise every day. Meanwhile I am watching a show I don't like because the remote fell on the floor.**



Rooster Talk

Little Hills Branch 147

April 2024

Vol. 39, #3=4

Branch 147 Web Site:
sirinc2.org/branch/147



Computer & Smartphone Group

From the Magic Keyboard of SIR Mike Burwen

This group will meet at noon on Thursday, April 25th @ the Petaluma Senior Center

The next meeting of the Computer and Smartphone Club will be held Thursday April 25 at noon. The subject of the meeting will be **Safety Considerations: Backup Practices and VPNs**.. If you want to know how to preserve your data and settings and protect them using a Virtual Private Network (VPN), don't miss this session.

A Message On SIR Membership:

Too often, we hear the phrase “members are the lifeblood of an organization.” But, that’s largely because it’s true.

Finding ways to identify, recruit and retain members is essential to the impact, growth and, ultimately, the success of SIR moving forward. Word-of-mouth is still one of the most effective marketing plays there is and has been extremely effective for SIR. According to Deloitte research, new members referred by current members have a **37% higher retention rate.**

If you would like to invite a potential new member to join SIR—please share with them my contact information below or invite them to our luncheon in March. When you bring a perspective member as a guest, then their lunch is free! Please let myself know or call the Luncheon Line (707-789-1079) to tell us that they are coming so we will order a meal for them.

Thanks so much!

Dave Behrs
 SIR Membership Chairman
Behrsdavid8@gmail.com
 415-798-6772



THE MENU

<u>MONTH</u>	<u>ENTREE</u>
April	French Country Chicken
May	Pork & Green Chili Enchiladas
June	Meat Loaf with Mashed Potatoes
July	BBQ Pulled Pork
August	Herb Roasted Chicken with Potatoes and Corn

BOCCE BALL: Bocce Ball will be on Hiatus until the Spring weather arrives.

In the meantime, please enjoy this picture from a “high rivalry” game in the past.

..Richard Zanotti





Wine Valley Press

SONS IN RETIREMENT
WINE VALLEY BRANCH #149



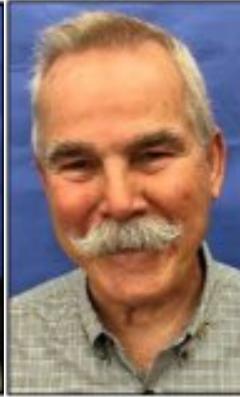
New Members



Richard "Brock" Brockmeyer



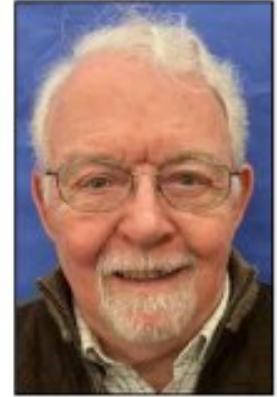
Douglas Mosher



Karl Crowe



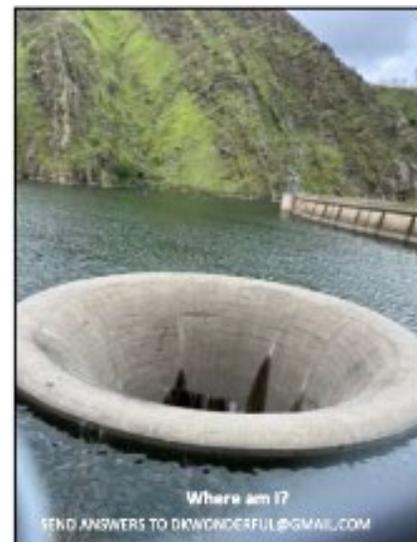
Chuck Taylor



Tom Kalczona



WAR DOG EXHIBIT
AT NAPA VALLEY MUSEUM
THANKS DAN DCCABE





Our cribbage guys. Ted, Jim and ?



Barry, Peter and Adrian



Our Activity Chairs

Big turnout at our Tuesday coffee group. Come join the fun every Tuesday at 9:00 at Brew at the outlet



Pictures are from State Sir Leadership Workshop on 3/15/24.

Branch 149 was recognized for being among the highest branches with 41 new members in 2023.



BULLETIN

April 2024

SIR # 172 • Twain Harte, CA
 Website: www.sirtwain.org
 PO Box 1143 • Twain Harte, CA 95383

New Members

Friedhelm Peter, Badge# 73

Matt Marion, Badge # 138

New Member

Eddy Wauzee, Badge# 11

2024 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	Rich Bronner	408 318-4826
	172	David Duckworth	640-3283
Biking	172	Steve Happel <i>2nd Tues of the month</i>	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) <i>Every Friday</i>	588-1345
Horseshoes	172	Rich Brandau <i>Last Thurs of the month</i>	352 4320
Kayak	136	Sol Robin	707 315 1284
	172	Dave Kenney <i>4th Tues of the month</i>	650-867-4671
Pinochle		Bill Lewis <i>Every Monday</i>	209 604-6304
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

Stop editing your pictures. What if you go missing? How can we find you if you look like Brad Pitt on Instagram and a potato head in real life?

I'm great at multitasking. I can listen, ignore and forget all at the same time.

Me: (sobbing my heart out, eyes swollen, nose red)...I can't see you anymore...I am not going to let you hurt me like this again!

Trainer: It was a sit up. You did one sit up.



Twain Harte Weather in April

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

April in Twain Harte, California, is a refreshing spring month, with an average temperature ranging between min 40.6°F (4.8°C) and max 61.5°F (16.4°C).

Temperature

The shift from March to April is marked by a slight increase in the average high-temperature, moving from 55.6°F (13.1°C) to a still refreshing 61.5°F (16.4°C). Nighttime temperature experiences an average drop to a cold 40.6°F (4.8°C) in April.

Humidity

In April, the average relative humidity in Twain Harte is 65%.

Rainfall

In April, the rain falls for 9.9 days. Throughout April, 2.48" (63mm) of precipitation is accumulated. In Twain Harte, during the entire year, the rain falls for 77.4 days and collects up to 29.06" (738mm) of precipitation.

Snowfall

Months with snowfall in Twain Harte are January through May, November and December. In April, it is snowing for 1.9 days. Throughout April, 3.03" (77mm) of snow is accumulated. Throughout the year, in Twain Harte, there are 16.2 snowfall days, and 38.07" (967mm) of snow is accumulated.

Daylight

In Twain Harte, the average length of the day in April is 13h and 13min.

On the first day of the month, sunrise is at 6:44 am and sunset at 7:24 pm. On the last day of April, sunrise is at 6:04 am and sunset at 7:51 pm PDT.

Sunshine

The average sunshine in April is 10.2h.

I'm so tired of wasting money on things that don't work.



For example, microwaves. I put my food in, press the "pizza" button, and when I open the door, it's still beans.

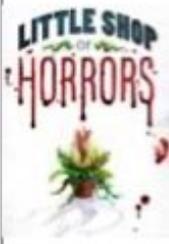
PROPANE



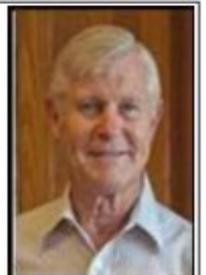
Help Wanted

THEATER (Dave Tibbets, P: 209 532-2453)

Any member who wishes to be on the SRT Theater list, please send me an email asking to be added. My email is: dksvcs@att.net. You will then receive all information on each play and dinner as it becomes



Mark your calendar for Thursday April 18, 2024 at 2:00pm for, SRT's production of, "The Little shop of Horrors," playing at the Fallon House in Columbia, CA. As always, Tickets are \$25 each and we have 40 very good seats for this play. I will be collecting checks, made to: SIR 172, at our March luncheon. If you wish, you may mail your checks to me, Dave Tibbets, 16200 Stine Ct. Sonora, CA 95370. Cut-off date for tickets will be Wednesday April 3, 2024, the day of our April SIR luncheon. Dinner after the play will be at Standard Pour Restaurant.





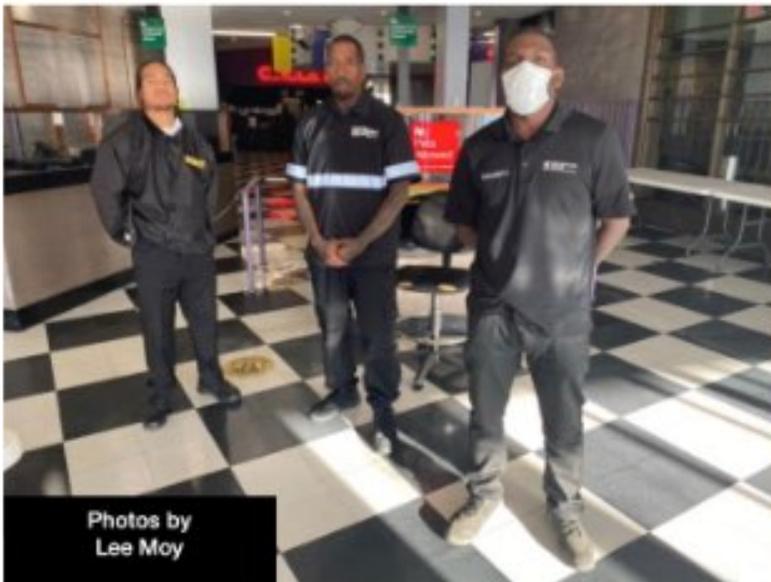
**Golden Gate Fields
161 SIR Members
Lee Moy, State SIR Sports**





”
Lee: Thank you for organizing this outing to Golden Gate Fields. We had a great time and want to thank you for including us and for all your hard work. It was fun!
Branch 35





Photos by Lee Moy

**"Thanks"
for the Memories**

Golden Gate Fields
(originally closed now extended thru spring)

Participating Branches
(based on member input)

62, 8, 32, 176, 19,103, 65
146, 149, 37, 58, 47, 159
88, 152, 35, 54, 128, 161
116, 45, 34, 104, 7

Golden Gate Fields Count
350 + 160 = 510
SIR members & guests attending
(based on two outings)

**Battle of the Bay Bridge
MLB A's vs Giants**
(summer 2024)

NBA Warriors & King Games
(winter 2024)

MARCH 2024 CONSUMER TIPS



■ **New Discoveries in Dementia Patients:** Many caregivers and clinicians report that memory-enhancing, mood-improving benefits of music are temporary, lasting only as long as the music is playing – and for a period of about 15 minutes afterward. But experiments by researchers conducted in the 1990s suggested something different. Funded by a \$250,000 grant from the New York State Department of Health and hiring enough music therapists to administer a lavish amount of music therapy on small, five- to six-person patient groups, in 30-minute sessions, three times a week for 10 months. A battery of cognitive tests conducted before and after the therapy revealed significant improvements in brain function and behavior. Formerly silent patients began addressing staff by name and participating more appropriately in conversations than those who participated in verbal reminiscence groups—"implying", "that there is a potential for improvement in patients with dementia."

In a follow-up study in 1996, 121 dementia patients also showed "significant changes in behavior and affect." A brain scan showing areas stimulated by new, recently heard music and by long-known tunes did have an effect in the brain. New research has emerged that supports observations, including fMRI (Functional MRI) studies published in 2021 from a project led by Michael Thaut, a professor of music and of neuroscience in Toronto. He had always been fascinated by the power of music. Prior to becoming a neuroscientist, he had been a professional violinist in Europe. In the early 2000s, while working as a neuroscientist at the University of Colorado, he did groundbreaking research involving people with Parkinson's disease and those recovering from stroke, showing that when rhythmically strong music was played to such patients, they synchronized their walking gait with the music and moved more quickly and with better joint control. The therapy is called rhythmic auditory stimulation. "Stroke patients walk much more symmetrically and faster. Parkinson's patients don't have that shuffle and tendency to fall over." Additional studies using fMRI in 2016 and 2018 confirmed the earlier observations that support the earlier anecdotal reports of music's power to help dementia patients.

The most recent findings include specific areas of the brain that are now receiving additional attention and funding for Dementia Research. These include:

Brain Stem: Rousing classical music makes the pulse and blood pressure rise; soothing lullabies make them drop!

Motor Centers: These are the source of the irrepresible urge to tap the toe or bob the head in time with the music.

Language Centers: They light up to a song with lyrics we remember.

Auditory Cortex: This is where music's pitches and tones are processed.

Emotion Centers: Here feelings of yearning, joy, exultation, sadness, fear or loss are touched off by changes in the music's tempo, pitch, volume; in the executive centers, thoughts and memories connected to the music are activated,

Visual Systems: Think of how a dark and stormy passage of Beethoven's Ninth passage can call up images in your mind of black and turbulent skies. Disney did it for us with "Night on Bald Mountain" in Fantasia.

Dementia is the general name for a decline in cognitive abilities that impacts a person's ability to perform [everyday activities](#). This typically involves problems with [memory](#), [thinking](#), and [behavior](#). Aside from [memory impairment](#) and a [disruption in thought patterns](#), the most common symptoms include emotional problems, difficulties with language, and decreased [motivation](#).^[2] The symptoms may be described as occurring in a [continuum](#) over several stages.^{[10]a} Dementia ultimately has a significant effect on the individual, [caregivers](#), and on social relationships in general.^[2] A diagnosis of dementia requires the observation of a change from a person's usual mental functioning and a greater [cognitive](#) decline than what is caused by normal [aging](#).

According to the WHO, **60% to 70%** of people with dementia have Alzheimer's disease. Therefore, steady scientific progress in Dementia is key in the quest to find treatments and cures for Alzheimer's! The above work on Dementia and Alzheimer's appears to be another step in the ongoing battle to find ways to helping Dementia/Alzheimer's patients. And the FDA recently approved two drugs for treating Alzheimer's.

Source: a summary of an article in the December/January edition of the AARP Magazine.

▪ **ONLINE SECURITY:** So, in addition to doing technical things like keeping your operating systems, browsers and software up-to date and using anti-malware software, Strong unique passwords, the most important things you can do have little to do with technology and everything to do with critical thinking and protecting your information.

Strong Unique Passwords: Start by making sure all your passwords are unique, relatively long and hard to guess. Never use a name or a word that can be found in a dictionary. A phrase is OK to abbreviate with the first letter of each word. It's a good idea to have at least one capital letter and some numbers and symbols. Some experts recommend a series of random words that don't ordinarily go together. Never use the same password on multiple sites, but you can have a similar one that you change is very secure, but you should still keep a copy of your passwords, preferably on a piece of paper that you keep away from your computer. I realize some people are afraid of writing them down, but unless you live in a place where someone is likely to find and use your password list, it's likely OK. Hackers on other continents do not have access to things you write down and store in a drawer or safe at home. Some sites let you sign in using Google or Apple or even Facebook. As long as your passwords to those services are secure, it's a pretty good idea, especially with sites that are not that well known, because it means not having to share your password with that site. I have different standards for different types of sites. My passwords for my newspaper or streaming services are secure, but I have very secure passwords for email, banking, social media, medical records or other sites where the consequences of a break-in are more serious. Many services offer two-factor authentication where they send you a code by text or email or allow you to use an authentication app. It may take a minute or two longer to sign in, but it greatly reduces the risk of a hacker getting in. In most cases, you don't have to authenticate yourself every time. It's usually just the first time you sign-in from a new device or browser, or they may ask you to re-authenticate after a period of time. Some sites, mostly on mobile devices, allow you to use biometrics such as your fingerprint or face recognition. This is not only secure but makes it very easy to log in. I recommend using this when-ever possible. Keep track of your password in case you need to log on from a different device or if the biometric fails to work as sometime happens. Some sites let you use a time-based, one-time password (TOTP). These generate a unique, temporary password that is valid for a short time, typically 30 or 60 seconds. Sometimes they will send that temporary, unique code to your email or mobile device on the assumption that only you have access to those items. There is also the option of using an authentication app like Authy, Google Authenticator, Microsoft Authenticator or Lastpass Authenticator.

If You're Compromised: Chances are pretty good that you have interacted with a site that's been breached, so it's likely that your email address, some usernames and even some of your passwords are already on the Dark Web. That's why it's important to change passwords periodically. There are ways to check if your information including sites that have been hacked. Many security programs, like Norton Security offer services that look for your data on the Dark Web, but there are free ones including "haveibeenpwned.com that let enter your email address to find if that address has been revealed in a database. Don't panic if you find out it has. Just make sure you use your secure password that has been changed since any likely breaches. And if you ever hear that any of your services you use have been breached, change that password right away! Be Careful About Challenge Questions: You've probably been asked to enter information for challenge questions to authenticate you – such as your mother's maiden name, your first car, etc. Your best bet is to answer these with fictitious information that can't be guessed or found online. Make sure you write down that information or store it in a secure and encrypted file so you know what you entered if you ever have to use encrypted services.

Use Encrypted Services: If you must share confidential information, use a service like WhatsApp, Signal, Telegram or iMessage that uses end-to-end encryption so that your information cannot be compromised in transit. All reputable password management services are encrypted as are many messaging services.

Avoid Phishing Scams: Be wary of phishing scams that send you email or texts asking you to login to a service or respond to an email with information that can be used to compromised you. Often, they ask you to log into what appears to be legitimate bank or another website. Don't click on their links unless you've verified that they are legitimate. One tell-tale sign is if the website they link to doesn't have the same URL (web address) of the organization or company, but sometimes it's hard to tell, so the safest bet is to log into the site using a known URL or calling them on the

phone. It's also important to have backups of all your data in case you're ever a victim of a ransomware attack or a virus that wipes out your device's storage. Monitor all your financial accounts, and if you find any unauthorized charges, report them immediately so that you can be reimbursed for any losses.

Source: Larry Magid is a tech journalist and internet safety activist. Contact him at larry@larrymagid.com

Note: Something that I do to verify that the received email is legitimate is to carefully look at the sender's address. Often you will find that it is a non-sensical, complicated and long email address. I've also found some where there was no email address shown – it's hidden. To see the return email address, use your email software to "send a reply." Check the recipient's email address that way. Most times it's easy to see that the address that comes up is bogus.

▪ **DRIVING SAFELY IN THE RAIN:** The rainy season is still with us! The following are ideas to keep you safe and sound when driving in heavy rain situations. **1.** Make sure your windshield wipers are in good condition. Replace them if you experience blade chattering or streaking on the glass. **2.** Turn your headlights on – do not use the "auto headlights" feature. In heavy rain during daylight, the automatic mode may not work properly. This is especially important if your vehicle is not equipped with Daylight Driving Lights. It's also the law in California. **Headlights must be turned on anytime your wipers are in use!** **3.** Slow down! Your vehicle can and will be susceptible to hydroplaning (resulting in loss of control) at speeds above 45 mph. **4.** Do not use the **Adaptive Cruise Control** feature in heavy rains. The laser/radar/optic sensors used by that feature may not work properly. **5.** Increase your following distance between you and the vehicle in front of you! **Braking distance is** compromised when the pavement is wet. Think about extending your inter-vehicle distance by 1.5 to 2 times the normal following distance. **6.** Check your tire tread. Replace your tires if there is less than 1/16" tread depth. Also, check you tire pressure to be sure they are properly inflated.

Note: Re #1 above, if you need to replace your wiper blades, get the O.E.M. blades from a dealer for your brand of vehicle. For some unknown reason, O.E.M. blades last much longer than After Market blades. As an example, our 2015 Subaru Outback is still equipped with the original O.E.M. wiper blades after almost 9 years of service. After-Market blades usually only last 2 seasons, 3 seasons at most.

▪ **CANCER SCREENING:**

Cervical Cancer: The Pap test, in which cells brushed from the cervix are examined to find early signs of disease, dramatically increases the survival rate of this typically slow-growing cancer. Because the HPV vaccine can prevent cervical, vaginal, anal, and some head and neck and other cancers caused by HPV infection, introducing the vaccine when appropriate, typically from adolescence through young adulthood, saves lives.

Colorectal Cancer: Colorectal cancer is the fourth most commonly diagnosed type of cancer and the second leading cause of cancer-related deaths in the United States. U.S. adults have an approximately 4% chance of developing it. Colonoscopies can detect this cancer in its early stages and allow physicians to remove premalignant polyps to reduce disease risk. In 2018, MSK opened its Center for Young Onset Colorectal and Gastrointestinal Cancer to address rising rates of the disease in people under 50, the first center of its kind. In 2021, the U.S. Preventative Services Task Force lowered its recommended age for a first colonoscopy from 50 to 45.

Lung Cancer: More people in the U.S. die from lung cancer than from any other type of cancer. Cigarette smoking is linked to 80% to 90% of lung cancer deaths, making it the number one risk factor for the disease. Screenings that include low-dose CT scans of the chest can identify early-stage, more treatable lung cancer. MSK has developed immunotherapies that treat this cancer more effectively in people with specific genetic mutations.

Ovarian Cancer: Approximately 1 in 78 U.S. women will develop ovarian cancer during their lifetime. An annual pelvic exam may help identify signs of the disease, which is challenging to detect. For most women, there is no effective way to screen for cancer in the ovaries, making it important for all women to be aware of the risk factors, the most common of which is age: About two-thirds of all ovarian cancers are diagnosed in women between ages 50-75.

Prostate Cancer: This is the second most commonly diagnosed cancer overall, and the second leading cause of cancer death in men. Early detection methods, such as a digital rectal exam combined with a prostate-specific antigen test known as PSA, have helped lead to a five-year survival rate of 97% for people with this cancer. MSK leads the use of breakthrough technologies

and therapies to identify and treat prostate cancer more effectively in people with early-, middle-, and late-stage disease.

Skin Cancer: Each year, more than three million people in the U.S. are diagnosed with skin cancer, much of it preventable through year-round use of a broad-spectrum sunscreen with an SPF of 30 or higher, protective clothing, and avoiding direct sun exposure from 10:00 a.m. to 4:00 p.m. Periodic skin checks lead to early detection and successful treatment for most of these malignancies, including melanoma, which can be deadly when left unchecked.

Hereditary Cancers: One way to mitigate risk is through the identification of genetic mutations associated with the development of specific cancers. Today, MSK physicians are monitoring people who carry these mutations, to either prevent cancer or catch it early.

Source: Memorial Sloan Kettering Cancer Center Pamphlet

Note: Most of our Chapter #128 members know that my Joyce passed away from Colon Cancer last August. We were/are Kaiser Permanente members since 1966 and we feel that our medical coverage, treatment and coverage has been excellent over all these years. However, Kaiser and other HMOs stop screening for Colorectal Cancer after age 75. This is a statistically driven decision. Most Colon Cancers are diagnosed between the ages of 50 to 75. Knowing what I know now, I would urge everyone to continue monitoring your colon health on an annual basis by using a simple, inexpensive, easy to use test. Cologuard requires the patient to take a small stool sample and send it to their lab for analysis. This is an easy, inexpensive way to extend your screening action beyond age 75. Joyce was 83 when she received her diagnosis of stage 4 Colon Cancer. Her general health was excellent except for the cancer! Please be aware that this type of test is not foolproof. A small percentage of these tests can result in false negatives and false negatives. I urge you to talk to your Primary Care Physician about this for further information.

APRIL 2024 CONSUMER TIPS

■ **Protecting yourself from fraud:** Your first line of protection is to [enable two-step verification](#) on your bank and other important confidential accounts. This extra step will help keep your account safe, even if someone gets your password. Once you enable two-step verification, you'll receive a text or email with a verification code before an unrecognized device is allowed to sign in to your account. Remember: Never share your verification code with anyone. Also, you can manage and control your account settings such as your username and password, authorized users, parental controls, saved payment methods and more through your ISP account. There are additional ways you can be proactive to ensure protection of your various accounts. First and foremost: Trust your gut! If a communication, whether it be an email, text message, or phone call claiming to be from representatives of your ISP (Internet Service Provider), seems suspicious in asking for payment or personal information, call or email that company using their published company/organization email or phone number to verify if the communication is legitimate.

Common fraud techniques: Bad actors may also try to impersonate representatives of websites to obtain your personal information. Here are just a few ways to identify potential threats:

Fake payment requests:

Legitimate accounts will not request a specific payment method such as merchant gift cards, wire transfer, PayPal, Venmo, or Zelle®. If you receive an unexpected call, text, or email requesting that you make a payment on your account, we recommend you check your account balance first. Once you confirmed this is a legitimate message, **then make a payment directly through a known, safe website. Legitimate representatives will never ask for your username and password over the phone.**

- Bad actors may have gained access to your personal information such as address, account number, balance due and even last payment amount on some of your accounts that you use for shopping or bill paying.

- Always confirm you are interacting with authorized representative before engaging in any

transaction.

- When instructed to make a payment through a link in an email, be sure the webpage you are redirected to is secure.
 - To do that, simply click on the lock symbol in the address bar to verify the connection is secure.

□ **Deceptive emails and phone calls**

- Crooks rely on misdialed phone numbers or making imposter calls from similar numbers to obtain your account and payment information.
 - If you're unsure whether the person on the line is an authorized representative, hang up immediately and call them directly using their public website.
- Most legitimate websites use multiple levels of review to ensure the accuracy of their emails, websites and text messages.
 - If you see a misspelling, low-resolution image or graphic, or other mistakes and inconsistencies, delete the communication, navigate away immediately.
- Always check the email address of the sender.
 - If the email has an unrecognizable address but claims to be from one of your trusted accounts, don't trust it.
- Never open links or attachments in unsolicited emails or text messages.
 - They may execute a disguised program such as malware, adware, spyware, or viruses that can damage or steal your data.

□ **Misleading websites**

- Some bad actors purchase similar website addresses to Xfinity, Google, Microsoft, Yahoo, etc. – often with subtle typos or misspellings – to take advantage of people who accidentally navigate to those sites.
 - Once there, they may prompt you to make fake purchases, confirm or update your account credentials or install malware on your devices.
- These sites may be accompanied by creative replicas that look like popular websites like Xfinity – or that of an authorized Xfinity partner – and may request you to confirm or update your account credentials.
 - Always double-check that the web address you've typed into your address bar is correct.
 - Example - The correct address for Xfinity is [xfinity.com](https://www.xfinity.com).

Report fraud

You can also find more tips on how to avoid scams, what to do if you were scammed, and how to report fraud, scams, and bad business practices by visiting the [Federal Trade Commission's Consumer Advice](https://www.ftc.gov/consumer) website.

Also, you can manage and control your Internet Account settings such as your username and password, authorized users, parental controls, saved payment methods and more through your account.

There are additional ways you can be proactive to ensure protection of your account. First and foremost: Trust your gut. If a communication, whether it be an email, text message, or phone call claiming to be from your ISP, seems suspicious in asking for payment or personal information, call or email their published address to verify if the communication is legitimate.

Common fraud techniques

Bad actors may also try to impersonate Xfinity representatives or websites to obtain your personal information. Here are just a few ways to identify potential threats:

□ **Fake payment requests**

- Xfinity will not request a specific payment method such as merchant gift cards, wire transfer, PayPal, Venmo, or Zelle®.
 - If you receive an unexpected call, text, or email requesting that you make a payment on your account, we recommend you check your account balance first.
 - Then make a payment directly through the [Xfinity website](https://www.xfinity.com) or thru the [Xfinity app](https://www.xfinity.com/app).
- Legitimate ISP representatives will never ask for your username and password over the phone.
- Bad actors may have gained access to your personal information such as address, account number, balance due and even last payment amount on your Xfinity bill.
 - Always confirm you are interacting with an authorized ISP representative before engaging in any transaction.

- When instructed to make a payment through a link in an email, be sure the webpage you are redirected to is secure.

- To do that, simply click on the lock symbol in the address bar to verify the connection is secure.

□ **Deceptive emails and phone calls**

- Bad actors rely on misdialed phone numbers or making imposter calls from similar numbers to obtain your account and payment information.

- If you're unsure whether the person on the line is an authorized Xfinity representative, hang up and call the published email or phone number.

- Most ISPs use multiple levels of review to ensure the accuracy of their emails, websites and text messages.

- If you see a misspelling, low-resolution image or graphic, or other mistakes and inconsistencies, delete the communication immediately and navigate away or contact us.

- Always check the email address of the sender.

- If the email has an unrecognizable address but claims to be from a trusted website, don't trust it.

- Never open links or attachments in unsolicited emails or text messages.

- They may execute a disguised program such as malware, adware, spyware, or viruses that can damage or steal your data.

□ **Misleading websites**

- Some bad folks purchase similar website addresses to popular ISPs – often with subtle typos or misspellings – to take advantage of people who accidentally navigate to those sites.

- Once you are there, they may try to prompt you to make fake purchases, confirm or update your account credentials or install malware on your devices.

- These sites may be accompanied by creative replicas that look like popular websites – or that of an authorized partners – and may request you to confirm or update your account credentials.

- Always double-check that the web address you've typed into your address bar is correct.
- The correct address for Xfinity is [xfinity.com](https://www.xfinity.com).

Report fraud

You can also find more tips on how to avoid scams, what to do if you were scammed, and how to report fraud, scams, and bad business practices by visiting the [Federal Trade Commission's Consumer Advice](#) website.

Source: Bay Area Checkbook

■ **FasTrak Scam:** “To avoid further penalties, settle the amount by March 23, 2024, via the link provided,” the message continued, offering a link to BayAreaFasTrak-express.com. The website, which cribbed FasTrak's green triangular logo, had a link to make payments, and a tell: a dollar sign in the wrong place.

Drivers with FasTrak accounts pay tolls electronically via transponders mounted on their windshields, or photographs snapped of their license plates as they pass through a toll lane. People without accounts receive invoices in the mail after cameras capture their license plates.

February's FasTrak scheme sent customers to a website registered in Hong Kong, but the new one has referred them to multiple fraudulent sites registered in different countries, including Hong Kong and Russia, said John Goodwin, spokesperson for the Metropolitan Transportation Commission, the regional body that makes planning and policy decisions for the Bay Area, and operates the seven state-run bridges.

Another twist: This round of text messages has better spelling, Goodwin said.

He warned motorists to be suspicious of any text message they see asking for a FasTrak payment. FasTrak will never communicate with customers or ask for payment by text message, he said.

Source: Bay Area Checkbook, Winter 2024 issue.

■ **Handy Spot Remover:** When traveling, pack a small bottle of Foaming Hand Soap/Detergent. I use Method Foaming Hand Soap. It works great as a hand soap but it is also a terrific Spot Remover. Simply squirt some onto a clean cloth and cover the spot and massage the foam to work it into the fabric. Wipe off any excess and let it air-dry. You may have to repeat the action. It's also a very effective hand soap for hands badly contaminated by ballpoint pen ink, stamp pad ink and grease/oil soiled hands from working on automotive equipment.

Source: Personal experience

■ **Regular Viewers of By Are Check Please:** You are in for a treat! KQED has included the Monterey Bay Area (Monterey, Carmel, Capitola) in their new Season #19 restaurant coverage that has just recently begun airing.

Source: KQED

■ **New Features Added For Gmail Users:** Google has added some nice enhancements for their Gmail users. Users can now schedule the delivery of sent messages to be delivered at a future date/time. And your scheduled delivery will work even if you lose power or Internet Connection. Messages are temporarily stored on their Cloud Server. Another feature – “Unsend,” allows you to “delete” a message after you have already hit the “send” button. There is a user-selectable delay of 5 to 15 seconds to ‘delete’ a message. Message Blocking and Spam Reporting are now easier to use. The same goes for “Mark As Read” and “Message Snooze.” Google “new Gmail features” for details.

Source: Larry Magid, [CBS News](#) on-air technology analyst

■ How can you tell when a video is a deepfake?

1. First, pay attention to their eyes. If their eyes are acting unnatural, or not blinking, it doesn't mean they're secretly a lizard person: it's more likely you're looking at a deepfake.
2. Look at their expression next. Humans have a pretty good sense for what's an authentic human face and what isn't. If you feel uncanny about the way their face looks, or their expression, it could be a sign you're looking at a deepfake.
3. Look at their bodies. Deepfakes are good at disguising faces, but far less good at mapping out bodies and the way they move. If someone's head and face doesn't seem to line up with their body (or if they have an incorrect number of fingers, for example), it can be seen as a sign you're looking at a deepfake.
4. Finally, look for choppyness. A deepfake video will often feel like chunks are missing, or have an unnatural flow. That could be a good sign that the video was generated instead of produced.

Source: Yahoo News

■ Sale Prices are Rarely Deals:

Our researchers tracked prices at 24 major retailers for 33 weeks and found that “sales” at 21 of the stores were often bogus, with supposedly lower prices being offered more than half the time. And we found that at some stores the fake sales never end. Stores increasingly rely on illegal discounts and promotions to mislead their customers.

Source: Checkbook Website: ['Sale' Prices Are Rarely Real Deals](#)

■ TPMS (Tire Pressure Monitoring Sensor) Replacement and Reset Cost:

All vehicles sold since 2014 are equipped with this safety feature mandated by DOT. That's a good thing – until the small batteries in each wheel that power the systems need replacement. The individual sensors on each wheel may also need replacement. The cost to do all of this will run as much as \$600 when performed by the dealer. It pays to shop around. Check with tire/brake and general automotive repair shops. Independent shops may save as much as \$300. The sensor and batteries are expensive. A work-around for this expensive repair is to replace them with inexpensive, screw-on, with visual color indicators that screw onto the tire stem in place of the standard screw-cap. The cost for 4 of these color-coded caps should be less than \$50. That, however, may not be a ‘legal fix.’ The repair shops should be able to advise you on that issue.