

**GARY CORBELL, BIG SIR BAKERSFIELD'S GOLDEN EMPIRE BRANCH BRANCH 163. STATE PRESIDENT RICK KINDLE PRESENTED FIVE SENIOR CERTIFICATES AT ITS RECENT MEETING.**

### Article for SIR Happenings

April 17, 2022, for May 2022 Issue

From: Rick Kindle, State SIR President, 2022

### Four months down and 8 to go!

Again, thank you for the opportunity to allow me to make a few comments on SIR Happenings. The first four months of this year's slate of officers have been busy. We have many challenges and opportunities to address. Daily, I am so impressed at both the State and Branch levels that many very talented individuals step up to fill vacancies to assist SIR in growing in its mission.

We continue to monitor the Pandemic to ensure our members remain safe. I receive so many emails and phone calls about our Protocols and when we will revise them. So far, our Legal counsel and our Insurance advisor have strongly urged us to leave our current protocols in place.

I have been making an effort to visit as many Branches as I can, and I am so enthused with seeing face-to-face meetings taking place and new members being inducted. Keep up the excellent work!

Dave Gonzales, State Vice President, and I have been visiting each Region for what I call "Meet and Greets" to visit with each Regional Director and the Area Governors. First, we review each Area and Branch for the latest information on their progress. Then, we ask what we can do from the State level to help Branches. We held our first meeting with Region 2 and are meeting with Region 1 on April 18. We have found these "Meet and Greets" very rewarding to all.

Here are a few topics for your information and updates:

- 1. Worthy Causes Update:** We are receiving good feedback on this pilot program, and we encourage other Branches to adopt it. If your Branch is interested in starting such a program, please contact Tony de Losada, Chairman of the State Growth and Membership. [tonyde-losada@gmail.com](mailto:tonyde-losada@gmail.com)
- 2. Press Release Templates Update:** I was impressed with the number of press releases completed and posted in local papers. I encourage your Publicity Chairman to continue to post information about your meetings, announcing when your Branch is having its meeting and who is your speaker and what is the topic.



### 3. I'm Doing My Part Update.

This Program is off to a great start. Members in your Branch should have already received some of these pins. If you need more pins, please tell your Big Sir and who will pass on the order to your Area Governor. The Program also has the details on our State Web Site.

- 4. Facebook Update:** This being "The Year of the Branch," State SIR is dedicated to helping you reopen all Branch activities and increase your membership. Membership is of particular concern given that many Branches have been losing members over the last decade and find it challenging to recruit Branch leaders. Facebook promises to be a tremendous resource for

us. Facebook reaches potential SIR members effectively - of those 50-64 years old, 73 percent use Facebook; of those 65 and over, 50 percent use Facebook. Facebook will also help your Branch communicate with your membership. **Facebook is easy to learn and easy to use!**

5. **Your State SIR offers resources** to help you activate a Branch or Area Facebook page and educate your membership on using Facebook. **A step-by-step tutorial is available on the SIR website** (<https://sirinc.org/wp-content/uploads/Creating-a-SIR-Facebook-Business-Page-3-25-22.pdf>). It also suggests a YouTube video that you can watch (<https://www.youtube.com/watch?v=trBA7xGgzjk>). State SIR offers additional help for you and your Branch in a Facebook workgroup that will meet monthly; you and your members can learn more about using Facebook. There you can ask questions and get immediate answers. NOW is the time to identify your members who want to use Facebook and join your Branch Facebook team. **Ask them to attend the Zoom session on Friday, May 13, from 1:00-2:30 p.m.!** This first meeting will focus on starting a Facebook page for the Branch or Area. **The Zoom link is <https://us02web.zoom.us/j/87458843482?pwd=aXgwc1dXOGh-COS85YkkvcmluWmhNQT09>.**

If required, use Meeting ID: 874 5884 3482 and Passcode: 549880. If you need other assistance regarding Facebook, please contact State Growth and Membership Chair Tony de Losada at [tonydelosada@gmail.com](mailto:tonydelosada@gmail.com) or (510)566-2661 for more information.

6. **Renewal of our Liability Insurance:** Insurance Chairman Craig Hoffhines announced that our insurance contract was renewed. We have been waiting for this excellent news!
7. **Appointment of State Activities Chairman:** I am happy to announce the appointment of Bob Lucido from Contra Costa Branch 146, which has 280 members and over 35 activities. I have asked Bob to help Branches offer more activities to their members, assisting Area Governors in promoting more activities by joining several Branches together in those activities. Bob will also be working to encourage more statewide activities such as RV and Bocce Ball events. In addition, we will be planning a ZOOM meeting with all Area Governors and Branch Activities Chairmen to help promote more activities. Please feel free to contact Bob at 925-899-0974 or email him at [bobwendy3@comcast.net](mailto:bobwendy3@comcast.net).
8. **State Data Base Upgrade:** State Treasurer Roy Hodgkinson presented the benefits of the "Membee" database system that would reduce the workload on our State Database Administrator Rick Sale. Our CAO, Dean Steichen, supports the project along with Rick Sale, who will be implementing the change and has already begun with some preliminary work.
9. **Form 27.** The utilization of Form 27 continues to be a struggle for some Branches. As of January, only 53 Branches of 96 Branches submitted their Form 27. It is an important management tool for a branch's leadership. It provides essential data on a range of different benchmarks (summary shown here):
- the last three years of valuable information for easy reference.
  - The number of members-in by month\*.
  - number of members-out (attrition) by month.\*
  - total number of guests.\*
  - the number of member and partner activities.\*
  - median branch age.\*
  - number of guests.\*
  - guest conversion ratio (automatically generated- important to estimate no. of guests required to induct one member for that Branch)
  - no. and % of guests in attendance at luncheons.
- \* to be compared against the goal for the year, assuming one has been set.
- If a branch is not submitting Form 27's, the Branch may not be focusing regularly on the keys to its long-term (and short-term) survival.
10. **Volunteer Recognition Awards:** Region 2 Director and Policy and Procedures Chairman Dale Decker has presented and the State Board has approved two new recognition awards in the form of lapel pins.

- “HLM Gold Lapel Pin.” This pin would be added to the current HLM recognition program.
- “Distinguished Service Award (DSA ) Silver Lapel Pin.” The DSA award would require an application recommended by a Branch BEC and then approved by the Area Governor. This process is designed to increase the visibility and involvement of the AG in its Branches. The DSA could also be used at the State level to recognize State leaders.

These two new pins have just been approved, and orders are being placed to provide these to the Branches. This may take a month or two, so please be patient. We believe it is imperative to recognize the commitment our members make to the success of SIR. You will receive more information on these recognition pins soon.

I have taken up enough of your time but hopefully have provided some meaningful information. If you wish to contact me directly, my telephone number is 209-652-8608, or my email is [rick@kindleandassoc.com](mailto:rick@kindleandassoc.com)

Stay Safe

Rick Kindle  
SIR State President 2022

**2022 STATE OFFICERS**  
**STATE PRESIDENT Rick Kindle**  
**VICE-PRESIDENT David Gonzales**  
**SECRETARY Dick Devoe**  
**ASSISTANT SECRETARY Ed Benson**  
**STATE TREASURER Roy Hodgkinson**  
**ASSISTANT TREASURER Ronald K. Saltgaver**  
**CHIEF ADMIN OFFICER Dean Steichen**

SIR Publicity

[https://  
www.wearsir.com/](https://www.wearsir.com/)

Keep up-to-date

<https://sirinc.org/>

## Note from the Happenings Editor

When the SIR Happenings gets compiled, I gather information from every SIR Branch that sends their Branch Newsletter to me. If you are not included it is usually because I did not receive a copy of your newsletter.



It would be nice if all newsletters contained photos of special events such as new members, luncheons, special awards or other activities. The Branch Newsletters that I receive range in size from two pages up to twenty or more. That is what determines your branch contribution to the Happenings. Specifically—it is very difficult to put a lot of information into the Happenings when your newsletter is small and contains few if any photos.

Unfortunately, if your newsletter is posted online, I do not search for the issues—please send them directly to me in the form of a pdf that has not been encrypted. I need to be able to copy data from the pdf and then paste that information into the software that I use. I do change formatting, but keep the content intact.

I would recommend that many of the newsletter editors take the time to go over one of the videos that I uploaded into YouTube involving embedding photos into a document. There is a concern that many of you might have—why is the Happenings ( a 60+ page document) less than 5 GB in size while many newsletters that I receive from branches as large as 25 GB for an 8 page document?

See <https://youtu.be/YHd2O kZUPs>

Other YouTube tutorials can be found on our Branch 59 website at <https://sirbranch59.org/cyber-geezer-tutorial-videos/>

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

**Jerry Sabo**  
Happenings Editor

PS—it would be nice if we all adapted the official Lata font for our newsletters.

### Publication Deadline for Future Issues

SIR Happenings will be published Quarterly

Deadline for future issues will be:

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

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

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

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

To: All Sirs

### ***Time to see some more stuff...***



Travel seems to be building up all around the globe, particularly with smaller groups as considerable savings can be had. Here are three trips organized by Sir Branches where there is space available. For details, please use the email address or phone number listed for the organizer of each trip below.

I need someone to help me design a survey we can send to our membership regarding travel. If you have some experience in developing surveys or know someone who does and might be interested please let me know ASAP. Also, if you'd like to help me out with some marketing ideas let me know about that too. Now is the time to start looking toward 2023.

Some good news, the state board has reinstated the foreign travel insurance. Travelers will need to pay \$27pp to offset the cost.

I hope to hear from you soon.

Very best regards,

Milt Smith, State Travel Chair 925-285-2897c

### **ALASKA LAND & SEA May 23 - June 4<sup>th</sup>. 2022 SPACE AVAILABLE**

8-DAY CRUISE Aboard the Majestic Princess " Anchorage/Whittier " Hubbard Glacier Scenic Cruising " Glacier Bay Cruising " Skagway " Juneau " Ketchikan " Vancouver Anchorage

**CONTACT** Larry Yarberry (925) 890-9245 [l.yarberry42@comcast.net](mailto:l.yarberry42@comcast.net) Or Talbot Tours 800 662-9933 [info@talbottours.com](mailto:info@talbottours.com) Land & Cruise including roundtrip Airfare \$2995. DBL. OCCUPANCY \$4250. SINGLE

**8 Night Columbia and Snake River Cruise May 12, 2022, via the American Harmony of the American Cruise Lines. Explore the Pacific Northwest with your fellow SIR members following the path of Lewis and Clark.** Unpack once and enjoy the beauty of the lush forest of the River Gorge and the high desert bordering the Snake River and Hells Canyon. Prices range from \$5,600 pp. double occupancy. For more information

**CONTACT** Tan Matosian Branch 128. [tgmatt54@gmail.com](mailto:tgmatt54@gmail.com) Or contact The Travel Center in Pleasant Hill directly at 925-937-2223 be sure to mention Branch 128.

**Discover the Magical Rhine and Moselle Rivers Sept. 12-15, 2022 with Bill Britton from SIR 101. 14 Days 25 meals.** Amsterdam, night River Cruise, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Music Museum, Mannheim, Speyer, Strasbourg, Lucerne, Zurich. Prices range from \$5,999 - \$9,199pp depending on cabin. Includes round trip air from San Francisco.

**CONTACT** Bill Britton 925-443-9913 [bill.britton@comcast.net](mailto:bill.britton@comcast.net)

# Sons in Retirement

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

## Some Viewing Options

### Top 30 American TV Series of the 21st Century

Google identified a dozen lists of the "100 greatest TV series of the 21st Century." Merging them resulted in a combined list of 113 different series. The top 30 are listed here. See where your favorites are ranked.

1. The Sopranos (1999-2007)
2. The Wire (2002-2008)
3. Mad Men (2007-2015)
4. Breaking Bad (2008-2013)
5. Game of Thrones (2011-2019)
6. The Americans (2013-2018)
7. Six Feet Under (2001-2005)
8. Twin Peaks: The Return (2017)
9. The Office (2005-2013)
10. Fleabag (2016-2019)
11. The Crown (2016-)
12. 30 Rock (2006-2013)
13. Deadwood (2004-2006)
14. Lost (2004-2010)
15. The Queen's Gambit (2020)
16. The Thick of It (2005-2012)
17. Curb Your Enthusiasm (2000-2021)
18. Better Call Saul (2015-2022)
19. Veep (2012-2019)
20. Sherlock (2010-2017)
21. Line of Duty (2012-2021)
22. Friday Night Lights (2006-2011)
23. Parks and Recreation (2009-2015)
24. Girls (2012-2017)
25. Arrested Development (2003-2019)
26. The Good Wife (2009-2016)
27. Downton Abbey (2010-2015)
28. Schitt's Creek (2015-2020)
29. Homeland (2011-2020)
30. Grey's Anatomy (2005-)

## Winston Churchill Loved Them, Too

### Paraprosdokians

Groucho Marx enjoyed these clever figures of speech in which the latter part of a sentence is surprising and humorous (or profound).

- ☺ "He was at his best *when the going was good.*" —Alistair Cooke
  - ☺ "I'll always remember my grandfather's last words; '*A truck!*'"  
—Emo Phillips
  - ☺ "Gentlemen, you can't fight here. *This is the War Room!*"  
—President Merkin Muffley in the movie *Dr. Strangelove*
  - ☺ "A freelance writer is paid per piece, per word, *or perhaps.*"  
—Robert Benchley
  - ☺ "He's a writer for the ages...*for the ages of four to eight.*"  
—Dorothy Parker
  - ☺ "Hospitality is making your guests feel like they're at home, *even if you wish they were.*" —Justine Vogt
  - ☺ "Some people cause happiness wherever they go; *others whenever they go.*" —Groucho Marx
  - ☺ "I want to die peacefully in my sleep, like my grandfather. *Not screaming and yelling like the passengers in his car.*" —Unknown
- More paraprosdokians in the April *Bulletin*...

## World Hunger

# Staggering Statistics

- ☹️ 25% of the world's nearly 8 billion people are undernourished or malnourished.
- ☹️ 100 million children under age 5 are undernourished or malnourished, and underweight, causing poor health, low energy levels, reduced mental function, and 45% of all children's deaths.
- ☹️ Causes of world hunger include poverty, rising food prices, falling prices for crops, poor crop yields due to bad weather and pests, low wages, unemployment, and disease outbreaks
- ☹️ Estimates of yearly cost to end world hunger range from \$7- to \$365-billion.



*At the March 2022 luncheon meeting of SIR Branch Number One, former State SIR President Stuart Williams presented an Honorary Life Membership to Alan Melnicoe.*

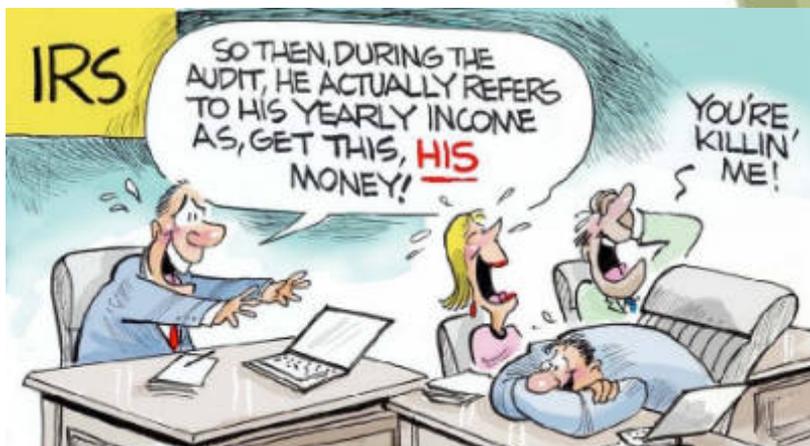
## New Branch Number One Members



*James (Jim) E. Lybrand*



*Mark G. Siemon*

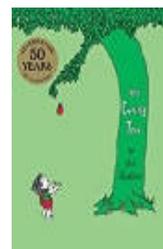


## It's Income Tax Time!

Dear folks at the Fed IRS,  
 Your rules and your regs are a mess.  
 You're unfair to the poor.  
 Middle class? Even more.  
 So beware, 'cuz I know your address.  
 —Madeleine Kane

## Non-Fiction, but Stranger Than Fiction Hard To Believe These Books Were Banned

Luckily, in the U.S. it's impossible to ban a book from publication outright. However, it's easy — and sadly all too common — to ban books from public schools and public libraries. This is usually decided by the local government, or even groups such as PTAs; so, folks who find a book banned in one town can probably find it in one nearby. What may be surprising, some very tame books have been banned over the years for bizarre reasons. Check out the following the books that have been banned at one point or another.



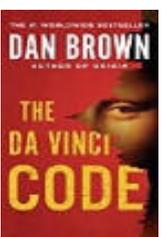
**The Bridge to Terabithia** has been banned because some claim themes of death and isolation are unsuitable for children.

**Lord of the Rings** has been banned because of its frequent and positive portrayal of smoking tobacco.

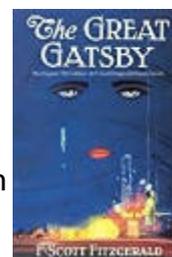


Joseph Heller's classic **Catch-22** has often been banned for explicit themes and bad language

American classic **The Great Gatsby** has been banned due to F. Scott Fitzgerald's characters being too promiscuous, and drinking and partying too much.



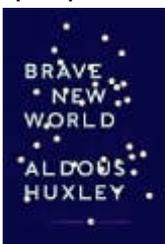
**Gone With the Wind's** positive portrayal of slavery and pro-confederacy stance earned it a banning in many parts of the US. Many folks might think that Shel Silverstein's **The Giving Tree** is harmless, but it has been banned for portraying a selfish and manipulative child as its main character.



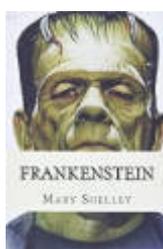
Mary Shelley's **Frankenstein** may be a classic, but over the years it has been banned on many occasions. Perhaps for giving man the power to give life.

In some areas, **The Da Vinci Code** has been banned for its anti-Catholic views.

Folks might not think that Chaucer's **The Canterbury Tales** could elicit much trouble. However, it is actually quite raunchy and sexually explicit (in Old English, so most people don't understand the dirty jokes), which earned it a banning in the US up until as late as 1995.



**Brave New World** has been banned for depicting drug use and promiscuous sex.

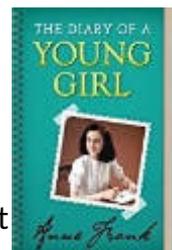


**The Diary of Anne Frank** has sometimes been banned due to violent content and situations, and graphic passages. In the US, some have even tried to ban it on the grounds of being pornographic, but we don't think they have a leg to stand on there.



**Animal Farm** by George Orwell has been banned because of its political views, as well as its portrayal of highly-intelligent talking animals.

**Alice's Adventures in Wonderland** has been banned for having animals that can speak and reason as well as humans. And, perhaps also the suggestion of drug use.



**Where the Wild Things Are** is a childhood classic for many, but it has been banned for being too dark.

## PEANUTS





A Non-profit Organization For Retired Men

# HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: [www.sirinc2.org/branch7](http://www.sirinc2.org/branch7)

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

As my last column as Little SIR I want to give a big THANK YOU to Dick Robinson for being such a stalwart Big SIR. With the pandemic and its variants affecting everything in our lives and everything we did for the past 2 years, Dick stepped up and led us throughout this difficult period. THANKS DICK

With the Corona virus continuing to stifle our monthly get-togethers I feel that we should look to the future and plan ahead for a continuing robust Branch 7.

The logo for SIR inc. is a rooster with the slogan "Social Activities for Men" in the logo's banner.

In order to expand our appeal to prospective new members as well as enhance our current member's experience, I am conducting an "Activities Survey" which you will find in this edition of the Horologium.

Please take some time to look it over and print it out, check off activities that would interest you and/or might interest members of your circle of friends. Ask yourself, do I have a friend or acquaintance that if we had this activity, I could pique their interest in attending and then joining Branch 7?

This form, which I edited for our use, was provided to me by the Activities Chair of SIR Branch 134, Alan Dunham. Branch 134 has 20+ ongoing activities and nearly 200 members. When I learned of their many activities and membership numbers, I attended one of their lunches to learn how they've gone about this, and the membership survey was their starting point about 4 years ago.

Thanks in advance for your participation.



#### Editor's Note:

I am not sure how your newsletter is produced, and perhaps you have encrypted the data, but I have been unable to copy information from the newsletter for inclusion in the SIR Happenings without a significant amount of effort. The Branch 7 website information is included at the top of this page.

**Jerry Sabo**  
**Happenings Editor**



**UP-COUNTRY BRANCH #15**

Chartered Feb 17<sup>th</sup>, 2000

A social activities group for men, previously Sons in Retirement,  
and now open to all men retired or not.

## MARCH 2022 SIR15 Lunch Photos



*Secretary Ken Giving Report*



*Treasurer Dick Giving Report*



*Paul Presents Dave Martin with Service Award For Recruiting New Members*



**Special Guest, Paul Squeri, SIR  
Area Governor 5**



**Paul Presents Dave Jones with Service  
Award for Maintaining Our Lunch Bar**



**Paul Presents Ray with Service  
Award for Guest Speaker (8 times)**



**Dave Martin Reporting on  
New Golf Activities**



**Don Ellington Reporting on SIR15  
Discount Opportunities**



## SIR Branch 17 Starts YouTube Channel

Did you miss the last Branch 17 luncheon, but really wanted to hear former Press Democrat columnist Chris Smith's talk? All is not lost!

You may have read on Facebook or in an email from Big Sir Gordon Boulton that the talk Chris Smith's gave was video recorded and uploaded to YouTube. Now you can see it on our new YouTube channel at: <https://youtu.be/FCHY5zqKzaw> complete with Closed Captioning (CC). Not that Chris Smith needs help with being humorous, but the CC transcript is produced by artificial intelligence, which can, at times, be inaccurate and quite humorous on its own.

While you are watching Chris's talk, you might take the opportunity to Subscribe to our channel. That way you will receive notifications when future videos are posted. Our plan is to video record future luncheon speakers and some activities, and then add them to our channel. This is one way to keep our members informed while reaching out to potential new members. There is also a link to the Branch 17 YouTube channel on our website.

Over the past 10 years, one-on-one recruiting hasn't been enough to keep membership numbers from declining. Research by SIR State's marketing consultant shows that the public knows about groups such as Rotary, Lions, and Elks, but SIR is largely unknown. We need to be known if we're going to continue attracting new members and social media may be able to help.

While many of us have avoided social media, Facebook, YouTube, and others are valuable (and free) tools for communicating with the public, and particularly younger generations. We want to attract men in their 50s and 60s to SIR. These are the future members that will energize and keep our branch alive.

Give our YouTube channel a try!



**New Member** Wynn Bailey



**New Member** Peter Lee



**GLOBAL FORUM:** (Article by Marvin Mai) During our February 25th Zoom meeting we tried to make sense of the happenings in Ukraine and like most everyone had no easy solutions. As the world scene continues to change and evolve we all hope that calm and intelligent leaders will emerge to keep the peace. The attendees all thought that we need to keep discussing and staying informed. The way that we decided that would work is that we'll have a monthly in-person meeting



on the second Friday of the month and a second meeting via Zoom on the fourth Friday of the month. The in-person March meeting will be at 10 am on **March 11<sup>th</sup>** at the home of Marvin and Pat Mai, 4743 Woodview Drive, Santa Rosa. (South on Summerfield to the end and left on Woodview. House is on the left, parking is only permitted in the parking bay and in the driveway.) The Zoom meeting will be on **March 25<sup>th</sup> at 10 am** and if you're not currently receiving the email notices and wish to be included, send an email to Marvin at: [maimarvin57@gmail.com](mailto:maimarvin57@gmail.com) or give him a call at 707-545-2224.

## What is the SIR Brand?

Why are we talking about the SIR brand? Well, there are two ways we can get new members. First, our members can go out and invite people to join SIR. Second, we can put some “breadcrumbs” out in the public so people will follow them and find us. Marketing folks call that second method “branding.” Branding includes both an image and a message. For example, Target stores are recognized by their logo, the red and white bull’s eye, and their message, “Expect More. Pay Less.” SIR State has hired a marketing consultant several years ago to help develop the SIR brand. The SIR brand includes the new SIR logo and a series of messages about what SIR is and does. Let’s first look at the new logo. The rooster has been modernized and the banner below it propagates the message that SIR is about “Social Activities for Men.” You may have noticed that the phrase, “Sons in Retirement” no longer appears in the logo. In fact, the new brand completely de-emphasizes the corporate name. The reason for this is that many SIR members and potential members are not retired, and even if they are, they don’t like the emphasis on retirement. Today we just call our organization SIR. The brand includes more than just the logo. To create a memorable brand that is consistent throughout the state, the brand includes certain shapes, colors, fonts, and messages that appeal to our target audience of younger (50+) men. You will notice the SIR brand style in our new brochures, golf rack cards, and luncheon invitation cards. An example of using the SIR brand is shown in the following image of a potential poster or lawn sign. This poster uses the new SIR logo, two of the SIR colors (red and blue), font, a triangle, and several SIR messages: Social Activities for Men, Enrich Your Life! Be Socially, Physically and Mentally Active. Although not used in this example, the most important and complete SIR message is embodied in the SIR mission: enrich the lives of its members through fun activities, luncheons and events while **making friends for life.**



### Even if you're not a Weather Nut you might find this interesting!

<b>Top 10 cities with Least weather variety</b> <small>Based on temperature variation, precipitation, wind, severe weather</small>	<b>Top 10 Tornado prone cities</b> <small>Ranked by tornadoes per 1,000 miles</small>
1. San Francisco, California	1. Oklahoma City, Oklahoma
2. San Diego, California	2. Tulsa, Oklahoma
3. Los Angeles, California	3. Dallas - Ft. Worth, Texas
4. Santa Barbara, California	4. Wichita, Kansas
5. Eureka, California	5. Springfield, Missouri
6. Long Beach, California	6. Kansas City, Kansas / Missouri
7. Honolulu, Hawaii	7. Ft. Smith, Arkansas
8. Santa Maria, California	8. Little Rock, Arkansas
9. San Luis Obispo, California	9. Jackson, Mississippi
10. Kahului, Hawaii	10. Birmingham, Alabama

# The SIR Branches 17/176 Picnic is Back

## Thursday, June 16th, 2022

Outdoor Event Area at Windsor Golf Course  
1302 19th Hole Drive, Windsor, CA

*Pictures from June 20, 2019 Picnic.*





# ROOSTER TALES

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

## Clayton Valley Branch 19

### New Sir Members

**Mike Scott**

**Dale Foster**

*If you know someone (friend, relative, etc.), that would enjoy meeting new people and participating in SIR activities, please ask them to introduce themselves by calling the SIR Hotline:*

**Hotline: 925-338-1996**

*Please ask them to leave their name and phone number, and a Branch 19 SIR will contact them regarding membership.*

### The Area 16 \$ums Investment Group

Next Meeting on Wed, February 23  
Zoom At 1:30pm

We will again join Branch 128's (San Ramon) Investment Group for their Zoom meeting – on Wed February 23 at 1:30 PM. Topic to be announced.

A Zoom invitation will be sent out later for those on the email list.  
Chair - Tom Henry - Branch 174

[tomhenry925@gmail.com](mailto:tomhenry925@gmail.com)

Co-chair Dave Sutton - Branch 8 -  
[davesutn@comcast.net](mailto:davesutn@comcast.net)

With two years of COVID, SIR branches all over the state have been hit by declining enrollments and some branches have even been forced to close. The State SIR organization has encouraged its branches to advertise more vigorously and recruit new members.

At Branch #19 we have engaged both the print media and social media to make the community aware of SIR and what we have to offer senior men. In many cases SIR is a well-kept secret in the community and when prospective members hear what we have to offer they will say "this is exactly what I have been looking for". In the past couple of months we have had press releases about our new Big SIR and our luncheons. These releases always include a short paragraph on the activities in our branch. The releases have been sent to these print media: East Bay Times, the Diablo Gazette, The Pioneer and Diablo Magazine. We have also posted notices on social media sites: Nextdoor Neighbor, the Walnut Creek Patch, the East CountyNews and Claycord. We have had several inquiries and many "likes" to our ads, which have resulted in a few new members. Our campaign will continue in the coming months and we will augment it with the placement of brochures in Senior Centers, golf courses, fitness centers, community bulletin boards, restaurants, coffee shops, etc.. We will have a presence at future community events, like the Clayton Art and Wine Festival, the Fourth of July, Oktoberfest, etc..

### SIR Branch 19 - Ad Campaign



Please talk up SIR every chance that you have with your acquaintances. You are the best advertisement that we can have.

Sir Dennis Wasco [dennis.wasco@sbcglobal.net](mailto:dennis.wasco@sbcglobal.net)



**Jay Gordon**

*Big Sir*



**Barry Silberman**

*Assistant  
Treasurer*



**Herb Forthuber**

*Little Sir*



**Bill Hockenson**

*Assist Membership  
Chairman*



**Joe Gillis**

*Secretary*



**Rich Balovich**

*Communication  
Editor*



**Ken Kuhn**

*Assistant  
Treasurer*



**Jerry Burton**

*Golf Chairman*



**Sir of the Year Award Presentation**

*Jerry Burton (in picture) and co-winner Dave Requa received the "SIR of the Year Award" at the January SIR luncheon. Unfortunately Dave was not present to receive the award.*



*Jackie Hopkins visits Little SIR (Herb Forthuber). She spoke to the members about the Organ Donor Program.*

*Members paid 2022 members dues. A raffle was held and a bucket hat and jacket with SIR logo and SIR banner were awarded.*





## New Members

*Bob Morley (Barbara)*



*Bill Nix (Jean)*



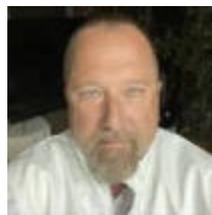
*Bob Caldwell (Nan)*



*John Ahn (Susan)*



*Irish McConnell*



*Jody Michael (Robin)*



*Larry Maibaum (Peggy)*



*Mark Rosenthal (Lisa)*



*Shel Salinger (Sandy)*



*Bart Nelson*



*Big Nick Vicari (Lisa)*



On January 28th many SIR Branch 35 hikers, significant others, and guests will take advantage of the warmer weather with expected clear sky to hike to the top of Black Mountain in Monte Bello Preserve – a 5.4 mile, 1,150' elevation gain hike. The picture is a view of the Bella Vista Trail and Monte Bello Preserve, with Russian Ridge Preserve in the distance.



View of Bella Vista Trail

This will be perfect weather for hiking the south-facing Monte Bello trails through the grasslands and chaparral (it can be very hot during the summer months). After we reach the top, we will have lunch at the Backpack Camp. We will return on the Indian Creek Trail through woodlands where it meets the Canyon Trail.

While a 1,000' elevation gain may seem challenging, these trails do not have significant steep sections. We will keep a steady, moderate pace, with frequent stops to admire the beautiful vistas along the trails.



SIR Hikers on Creek Trail

On February 25<sup>th</sup> eighteen SIR hikers, significant others, and guests joined us for the Hidden Villa Hike, including four first time SIR hikers and three women. The sunny winter weather was perfect for hiking. This photo shows our hikers on a bridge across Adobe Creek as we returned to the farm.

The hike began at Hidden Villa farm. We hiked up on the Creek Trail and the Ewing Hill Trail to the top of the Adobe Creek watershed. We continued over to Windmill Pasture along the Black Mountain Trail to the top of the Rhus Ridge Trail for a scenic lunch stop. We

returned to the farm on the Hostel, Grapevine, and Creek trails.

The hike was about 5.6 miles with 900 feet elevation gain. We were rewarded with many scenic views, sights of a large variety of spring wildflowers, the sounds of running water in Adobe Creek, and visits with the Big Horn sheep on the farm.

#### Branch 35 Monthly Hikes on 4th Friday

Our monthly hikes are designed to encourage spouse and guest participation. There will be many opportunities to socialize and to get to make new friends. Pack a lunch and we will stop at a scenic spot to eat, and to enjoy nature. Branch 35 members, spouses, or friends who have signed the Covid-19 Waiver and are able enjoy a moderate hike of up to 5 miles and up to 1,000 feet elevation gain are invited to join us.

Save the date for our next hike on March 25th, the 4th Friday of the month, at 10:00am. We plan to enjoy the extensive vistas along the Ridge Trail, the Ancient Oaks, and find a wide variety of our spring flowers. To join our hiking group and to get the details, send an email to Peter Thurston, [peterethurston@gmail.com](mailto:peterethurston@gmail.com).



From March Madness to April sadness ...

## Branch 35's Private Suite for A's vs Red Sox- June 3rd

A suite at the A's vs Red Sox game on Friday night, June 3rd is reserved in Branch 35's name. It's a fireworks night following the game with one of the most storied teams on the East Coast. Food will be available as soon as the gates open. The bar is literally right behind the suite as are a pizza station and the restrooms. Seating, couple's couches and a drinking rail are inside the glass enclosed suite and there are two rows of seats outside. Carpool parking is included. The price per attendee is \$135, just \$10 more than a good box seat. Call Ben Gikis (408-802-0794) to sign-up. Families Welcome!



**Bowling-WINNING TEAM: Peter Wong, Darry Walker, Ranney Thayer, Missing - John Faucett**



### **One Swing Was Enough for Joe Cioni**

With all the emphasis on pace of play you'd think more SIR golfers would embrace the option to speed up their round by holing their tee shots on Par 3s. **Joe Cioni**, our Golf Chairman, knows we all learn best by example, so he graciously demonstrated his time-saving hole-in-one technique on the 2nd at Los Lagos on Jan. 27. He used a 13 hybrid (similar to an 8 iron, he says) to ace the 125-yard hole, earning him a \$200 prize. That's an increase of \$100 from last year's prize level, which is another example of the rampant inflation we're all living with.

### **A Match Play story Submitted by Ron Nakamoto**

The morning sun was out again illuminating the lush fairway grass and sandy bunkers at Poppy Ridge golf course in Livermore Valley. The first of the two team matches were on this morning.

The first was the Ron Nakamoto and Tim O'Meara team vs. the Bill Hall and Bruce Karney team. The Four-Ball match format pits two man teams against each other where the lowest net score of one member of the team is compared against the other team score.

The first hole had Hall with a downhill putt of two feet for par and Nakamoto with a two-foot side hill putt for birdie. Both players made their putts and the Nakamoto team was one up after one hole. That was the highlight for their team as the Hall-Karney team proceeded to win the next two holes.

The battle was on with ties and O'Meara taking one hole, then Karney taking another. At the turn the Hall team was up two. On the back nine holes the Hall team went into overdrive with net par and birdies over three of the next four holes. Dormie was called on hole 5 but O'Meara pulled out a win with four holes to go.

On hole 6, a straight but narrow fairway with out of bounds on the left and a fairway bunker and steep drop off on the right became the crucial battleground for the teams. O'Meara hit his ball out of bounds and so did Hall. Nakamoto hit a straight ball that stopped short of the bunkers and then Karney lined up and took a mighty swing and hit his ball straight and long down the fairway. It was the best drive of his day. The fairway shots had Nakamoto slightly right of the green and Karney hitting a "worm burner" to about 40 yds from the green. Karney who was away hit another worm burner that was like a low flying cruise missile that headed straight for the hole and rested to within 4 inches from the hole. With his stroke advantage, the game was all but over.

Both teams played well and the banter between the foursome was enjoyable. It was a good day. Congratulations to the Hall - Karney team.

## **BIG SIR COMMENTS**

Dear Fellow Members of Branch #36,

I bet that, with all the beautiful weather we saw in the first few weeks of February, you all thought Spring came early. But not so fast with putting your winter gear away. I think we all are thankful that we are finally getting a little more of the much-needed moisture.

Of course, we are all very happy to see the lower COVID-19 infection rate and the rescinding of the state-wide face mask order. That said, no one should feel out of place if you elect to wear a mask. You cannot be too safe. It is still advised that each of us continue to maintain a reasonable amount of “social distancing”. Even before the current pandemic reared up, many of us probably felt more comfortable when we didn’t have our friend invade our personal space and even experienced a few drops of the other person’s saliva coming at us. So, please be considerate to each other, Branch #36.

Which leads directly into our ongoing need for building some additional depth of membership involvement in the operation of our club. Even though we currently are almost fully staffed, several of the people have been shouldering multiple responsibilities for multiple consecutive years. That is not a good way to run a group such as ours. We need others to come forward and indicate their interests so that we can provide some initial training and then, if they feel ready to take over that task, could step in and take charge for possibly the next year or two.

When we have our interest group leaders give an update on their activity during our luncheon meeting, I encourage each of our members to focus on at least one group that interests you, note who the leader is and speak with him after the meeting to get all the particulars as to when, where and what time they meet.

At least take a “test drive” or two to see if what that group does is a fit for you. Thank you for your generous support as this Big Sir learns the ropes in how to lead our branch.

**Charlie Johnson Big Sir, SIR Branch #36**  
**Cell: 831-594-8965**

## **Computers and Technology Discussion**

Bob Lewis chairs the Branch #36 Computer Club when we are able to meet monthly in person. 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.

## **American Health Care**

Two patients limp into two American Medical clinics with the same complaint. The first patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The second sees the family doctor after waiting a week for an **appointment**, then waits eighteen weeks to see a specialist, then gets a x-ray which isn’t reviewed for another month and finally has his surgery scheduled for 6 months from then. Why the difference treatment for the two patients?

The first is a Golden Retriever.  
The second is a Senior Citizen.



# PLACER GOLD

ATTACH  
FIRST CLASS  
U.S. POSTAGE  
STAMP HERE

## SIR Branch 37 Bulletin

FOUNDED JULY 1958

*Auburn*

Org. March 6,1972



*Sirs with birthdays in December & January*



*Sirs with birthdays in February*



*2022 BEC Officers above.*

**NEW MEMBERS! WELCOME TO SIR'S BANCH 37**



**Gene Copelian**



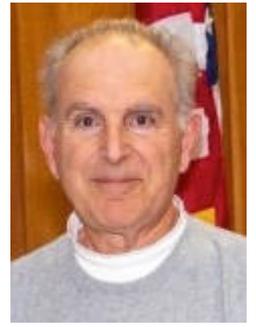
**Tom Smith**



**Ron Means**



**Earl Wilson**



**Dan Sterkin**



**Branch 37 Opportunity Drawing**  
 The winners at the March Luncheon were (left to right) 1st prize Gunter Vogtmann, 2nd prize Rick Sale (BR 79), and 3rd prize Oscar Thompson (BR 79).



**Sir Stu Williams, our 2021 State President, awarded State Honorary Life Membership award to Rick Sale, a Branch 79 member.**



**Sirs (BR 37 & 79) with birthdays in March who attended our luncheon**

**SIR'S ROUND TABLE**  
**THE PEARL OF THE SIERRAS**  
**AREA 1 PARADISE, CA BR. 52**



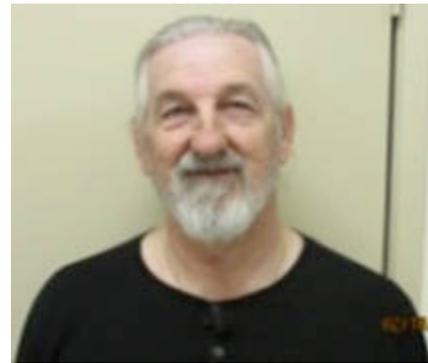
**INCORPORATED DECEMBER 11, 1974**



**Jim Long**  
**Attendance**



**Bill McNelley**  
**Out to Lunch**



**Cy Morris**  
**Treasurer**



**Steve Neely**  
**Secretary**



**Andre Blijstra**  
**Director/Events**



**Ted Dzwonek**  
**Director/Nominations**



**Randy Bullock**  
**Director/Travel**



**George Schiller**  
**Membership**



**Fred Carrasca**  
**Director/ Greeter**

<https://www.paradisesirs52.com/>

## SIR HAPPENINGS



Wednesday Walkers in Niles on Jan. 26, 2022. There were 10 of us to start; one person had to leave by the time I took this photo. It was a 1.5 hour walk, longer than usual because we spent a lot of time standing around and talking about Niles. We did have a good time even if we didn't get in as many steps as usual.

SIR Happenings is Published 4 times a Year—the next Issue will be Published for August 2022. Deadline for submitting articles is July 15th. You can find past issues on our website: <https://sirbranch59.org/> Send news and questions to: Jerry Sabo, Executive Editor [jlsabo3@comcast.net](mailto:jlsabo3@comcast.net) Sammy Lum, Assistant Editor [lumsam@sbcglobal.net](mailto:lumsam@sbcglobal.net)



Newest member Russ Pennelly with "NEW" Big Sir Bob Marshall



Once in awhile, Sir Ron Hamro wins something



Wednesday Walker leader, Sir Jerry Halligan with Rollie –holding a token of than ks for his presentation



**Membership Chair Rob Ingebretson and Big Sir Bob Marshall welcome our newest members: Sir Michael Baratz, Sir Henry Romero**



**Guest speaker Alan Blavins receives a small token of appreciation after presenting his great Ppt involving fishing for fresh water monsters.**



**A great turnout for our last luncheon considering the fact that many members are still reluctant to venture out.**



**Song leader extraordinaire, Sir Bob Benya returns to lead the "College of Music" with facts and song.**





# The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

**SONS IN RETIREMENT**

**A Non-Profit Organization of Retired Men**

**Devoted to the Promotion of Independence and Dignity in Retirement**

## 2022 BRANCH OFFICERS AND DIRECTORS



**Big Sir**  
Steve Burnham



**Little Sir**  
Barry Boole



**Secretary**  
Bob Pastorino



**Asst. Secretary**  
Dave Riopel



**Treasurer**  
Roger Falberg



**Asst. Treasurer**  
Paul Goodwin



**Wally Anderson**



**Ted Crutchfield**



**Glenn Herrell**



**John Dieckman**



**Mike Miller**



**Jack Pettygrove**

### President

Tom Birley

### SIR Bowling

#### Vice President

Phil Thomas

#### Publicist

Lynn Grilly

(408) 489 -4815 (408) 410-3626 (408) 482-3845

Team 8 won 1st place in the 3rd quarter.  
The 4 th quarter is underway with Teams 1 and 6 tied  
with 4 wins and no losses.

#### Top Scores:

**Men                      Women**

Scr. Series: 692 Ted Wadholm 563 Pat Hutton

Scr. Game: 243 Lynn Grilly 201 Nina Middaugh

Hcap Series: 736 Don Haythornwhite

715 Ruth Pettygrove

Hcap Game: 276 George Center 255 Donna Diehl

Lynn Grilly

Bowling Publicist

### Branch 62 Web Site

Have you visited our web site lately?  
Want to read the joke from the  
luncheon?  
Need to contact the speaker?  
Forgot the luncheon's speaker details?  
Want to read back issues of the Rooster?

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

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

Heber Slusser

[branch62sir@gmail.com](mailto:branch62sir@gmail.com)



**BR. 65 Sponsors .....  
THE SIR STATE BOWLING TOURNAMENT**

The first State SIR bowling tournament of the year was held at Napa Bowl Jan 18-19.

There were 57 bowlers from 9 SIR branches. Br. 65 had 5 from Napa plus 2 guests. They were ;J C Surratt, Mark Morris, Tim Hetzer, Jerry Hall, Dave Ellingson. The 2 guests were Adel Ellingson and Rich Skinner. Out of the 7, four earned money. I had two people that did all the computer work for me and that was the hardest part. They were Ray DiBasilio state bowling operations adviser and Chris Sims in Napa. Without them it would not have been possible.

-submitted by Dave Ellingson, local tournament manager,  
photos by J.C. Surratt & Jerry Stabile

## VINE WALKERS DO THE TOWN!

Twice a month our jolly leader Lance Houser leads around an interesting area of Napa. Lance and the other walkers discuss the history of the neighborhood, show us their houses, former houses and local points of interest.

Join us for the FUN and blood circulation!!!



## SIR SEEN SCENE #3

Years ago at the dawn of the pandemic in a neighborhood of north Napa Sir Gary Garver and his lovely wife Sandy, began hosting an outside Friday happy hour with his neighbors. When you zoom in on your computer you will also see a few other SIR members, John Cipriano and John Harrison. Although we are all hoping the pandemic will actually wane, it seems that this event will carry on the fun!



## LIVE LUNCHEONS RETURN!

March saw the return of our in person luncheon/meeting. it was great to see so many members again! Big Sir, Ed Harris presided over the fun and business. Four months of birthday and anniversary celebrations and prize give aways were entertainingly presided by Lance Houser ( Thanks Lance, Jerry) Of course, a meeting isn't a meeting without a glitch. When our speaker cancelled at the last minute, Little Sir Peter Berendsen related a great anecdote



JC collects for his birthday gift







**Bill Donnelly and Robert Chandler**



**Golf – George Fuller**  
[SIRS88GOLF@gmail.com](mailto:SIRS88GOLF@gmail.com)

Hello Hackers and Duffers. The first two tournaments of the year have been completed without a hitch. Congratulations to Alan Close (Branch 73) and Bert Parker for placing first in their respective flights in the March 15 Tournament at Blue Rock, and to Jim Wilson (Branch 73) and Pete Paner for finishing first in their respective flights March 29 at Hiddenbrooke.



For some reason there are a bunch of slots left open for the next tournament April 12, at Blue Rock East. So far, we have only 19 golfers signed up. Please get to me ASAP if you intend to play. Also bring your friends and family to these outings. Who knows, they may even want to join. I want to welcome three first-time golfers from last week - John Hilsenbeck, Ed Cardwell and Michael Ladd. If they can hang tough at Hiddenbrooke they can hang with us at any other course, we play. Look forward to playing with each of them through the season.

Remember, drive for show and putt for dough. That old saying fits my game to a tee. Stay safe and I look forward to seeing you at the next tournament at Blue Rock,

**Devices used to find water**



**Bocce Ball (Co-Ed) –**

Steve Smith  
SIRs COED bocce will start on Friday, April 29. We have eight teams, and 61 players signed up.

The first introductory session (for newbies) is planned for Wednesday April 6 at 9:30am, with additional sessions later in the month. The Benicia Recreation Department stated that the fields will be prepared starting in the middle of the month. Anyone with questions, please feel free to contact me directly.

I need to have the teams designate captains (capos) before we start play. Just a reminder ... SIR's 88 members need to have paid their annual dues to play. So please send in your \$20 dues to Roy MacGreagor before April 29

**Men's Bocce Ball –**

Gary Savelli

We are collecting dues for the men's bocce - \$10 for the season this year. Season starts on April 21. We are changing our location to American Canyon this year due to a significant increase of use fee at the Vallejo Courts. The new courts are at the Park (2801 Broadway, American Canyon) Veteran's.



This morning my son said his ear hurt, so I asked, "on the inside or outside?" So he walked out the front door, came back in, and said, "Both". Moments like this have me wondering if I'm saving too much for college.



## **BIG SIR Letter for March 2022**

To the most loyal and dedicated members of SIR 93:

On March 21st, we will be able to meet once again. The Elks' Lodge has been very good with us and is willing to work with us on a month-to-month basis. That being said, we have our work cut out for us this year to try and boost attendance and consider any other options going forward.

---

Greetings to all Members of SIR Branch 93!

We had a great luncheon this past February. Thanks to our Little Sir, Bob Lutrell for lining up Dirk Verdoon, KCRA3 Weatherman as our speaker. It was a very interesting and informative talk about Sacramento weather. Not only that, but we also had 57 people attend! That was awesome! And we were able to enjoy a great Chinese New Year buffet.

We requested corn beef and cabbage for March, so let's hope for the **Luck O' the Irish**, and our caterer will come through for us. Wouldn't it be something if we could break 60 for attendance this month...unlike our golf scores...the higher the number the better! Also, a shout out to Alan Baker for setting up our first outing of the year. We had 22 members gather at Burgers and Brew to rate their burgers. It was tasty and fun! Come to the meeting to find out where we are going to visit in March.

We need a volunteer to serve as our Activities Chair so if you are interested in that please be sure to reach out to either myself or Alan. In the meantime, be happy, healthy, and safe. Big SIR George



### **The SIR Quest for the Best Burger in Sacramento**

**Tuesday March 29 at 11:30**

Brickhouse Restaurant

9027 Elk Grove Blvd, Elk Grove, CA 95624

Join your fellow Sirs in the quest for the best burger in town. Meet old friends or make a new friend.

In-person events require both a signed waiver and vaccination record. If you attended a SIR event last year, you're all set. If not, plan to bring both.

For a ride or information, contact Alan Baker at 802-339-0059 or [baker@alanbaker.net](mailto:baker@alanbaker.net).

## Words of Wisdom and Hello from SIR 93 Golf – February 2022 Newsletter

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Dale Cummings' Hotel and Golf Course Application for the Carson City Team Scramble from Sunday – June 5th (Hotel Arrival) – June 6th and June 7th Four Man Team Scramble – June 8th (Hotel Departure) is attached below.

The WHS Handicap Roster as of March 1st has seeded the Four Club Championship Flights (A to D). The Sunday's Actual Handicap Calculation before the respective Club Championship Round will be used in that Tournament Round Net Score Calculation.

### **From Don Fuller - The Area 4 Golf Coordinator:**

The tentative Area 4 Team Championship is scheduled for June 6th at Teal Bend.

The tentative Area 4 Individual Championship will be on August 1st at Wildhawk.

The State Team Championship will be at Rancho Solano on August 9th.

Contact Connor Chin at Cell: 1-916-601-1854 or e-mail at [cljschin@gmail.com](mailto:cljschin@gmail.com) if you want to make an Area 4 Team (A-B-C-D Format) Championship or an Area 4 Individual (Seven Flights) Championship Tee Time Reservation.

The **State SIR Spring Fling in Napa Application** is attached below. The First Day is Four Man Two Best Net – Eagle Vines – April 19th. The Second Day is Four Man Scramble (Computer Generated Teams of A-B-C-D) – April 20th – Chardonnay.

As noted, you can sign-up for both days or just sign-up for one day only.



# GOLD COUNTRY BRANCH 95

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

## BRANCH HAPPENINGS / SIR COMINGS & GOINGS | Kevin King (PBS)

916-337-9811

Victor Kan, was introduced at our January meeting. He is former President and CEO of Fujitsu Computer Products of America, Inc. - a global leader in scanners and digital imaging solutions. He is a graduate of University of California - Berkeley. He lives with his wife, Myrium, in El Dorado Hills. Victor was sponsored by Big SIR, Jay Muzio.

We are pleased to have Al Gurevich join our SIR 95 membership. He found out about us by picking up one of our new trifold brochures at Empire Ranch which directed him to our new website where he found the application for membership. He was a civil engineer by trade. He and his wife, Nora, live in El Dorado Hills. Al has already joined our golf group. Please take a moment to introduce yourself and welcome Al at our next meeting.

Check out the SIR Websites listed at the bottom of page 4. Links are provided for the

- New and improved Branch 95 website
- State SIR website
- State’s Marketing website, WeAreSIR.com, which may be useful for you to share with someone considering joining our Branch and wanting to learn more about SIR
- State’s quarterly newsletter
- SIR ProShop should you be interested in picking up a SIR-branded polo, cap or other merchandise

In other Branch news, fishing and e-bikes were added as new Branch-sponsored activities at our last BEC meeting. Look for more news in future newsletters as these activities begin to take shape.

## BOCCE | Oli Bohlman 916-933-8061



Signori Novanta Cinque

Play is open to SIR members, their spouses or significant others and invited guests considering joining SIR. We play at Promontory Park in El Dorado Hills on the 1st and 3rd Thursdays of the month.

If you're interested in playing or simply want to give it a try, please contact me at [ohlman@sbcglobal.net](mailto:ohlman@sbcglobal.net) so I can get you on my mailing list. Our next outing is Thursday, March 3rd.

## PICKLEBALL |

Dan Cockcroft (PBS)  
408-781-0714



Drop-in play on local courts where branch members often play. Call ahead for hours and fees. •El Dorado Hills Community Services District Gym

- Cameron Park Lake Tennis Courts
- Cameron Park Community Service District Gym
- Andy Morin Sports Complex (Folsom)
- Lembi Park (Folsom)

## FISHING | Pat O’Keefe (PBS) 831-809-5830

This activity is currently under development. If you’re interested in helping to get it off the ground or just want to get out on the water with other members, give Pat a call.

## E-BIKING | Pat O’Keefe (PBS) 831-809-5830

This activity is currently under development. If you’re interested in helping to get it off the ground or just want to get out on the local bike paths with other members, give Pat a call.

**DID YOU HEAR?...A** married couple went to the hospital to have their baby delivered. Upon their arrival, the doctor said he had invented a new machine that would transfer a portion of the mother's labor pain to the father.

He asked if they were willing to try it out. They were both very much in favor of it. The doctor set the pain transfer dial to 10% for starters, explaining that even 10% was probably more pain than the father had ever experienced before.

But as the labor progressed, the husband felt fine and asked the doctor to go ahead and bump it up a notch. The doctor then adjusted the

machine to 20% pain transfer. The husband was still feeling fine.

The doctor checked the husband's blood pressure and was amazed at how well he was doing. At this point they decided to try for 50%.

The husband continued to feel quite well. Since it was obviously helping out his wife considerably, the husband encouraged the doctor to transfer ALL the pain to him.

The wife delivered a healthy baby with virtually no pain. She and her husband were ecstatic.

When they got home, they found their mailman dead on their front porch.

## ON THE LIGHTER SIDE

A man goes to see the Rabbi. "Rabbi, something terrible is happening and I have to talk to you about it."

The Rabbi asked, "What's wrong?"

The man replied, "My wife is poisoning me."

The Rabbi, very surprised by this, asks, "How can that be?"

The man then pleads, "I'm telling you, I'm certain she's poisoning me. What should I do?"

The Rabbi then offers, "Tell you what. Let me talk to her. I'll see what I can find out and I'll let you know."

A week later the Rabbi calls the man and says. "I called your wife and spoke to her on the phone for three hours. You want my advice?"

The man said yes, and the Rabbi replied, "Take the poison!"

# The Town Crower

Volume 38, Number 2

The Monthly Newsletter for SIR Branch 103

January 2021

## Stanislaus SIR Branch 103



State Sir President Rick Kindle, with new members James Palkoner and Juan Salinas, presenting "I'm Doing My Part" pin to Big Sir Jeff Chin.



Little Sir Dick Nelson presenting Randy Broughton with his membership certificate at the February Luncheon.

## Breakfast with the Big Sir

Come have breakfast with Big Sir, Jeff Chin, at Denny's restaurant, 1525 McHenry Ave., Modesto. No official business, no agenda, just food and a time to get to know each other, share interests and views of a new year with SIR. These breakfasts will be held the 1st and 3rd Wednesday mornings each month at 7:30 am beginning on February 16, 2022. Bring your wife or significant other, no reservations required. AARP card is good for a discount.

## Couples Dine Out

Our Couples Dine Out will be on March 17, 2022. It will be at George's Steakhouse at 1001 Kansas Ave., Modesto, at 5:00 PM. The restaurant and bar will be open before 5:00 PM. If you would like to attend, please call Jeff Chin (209) 602-3912, or send an email to [jefferygaryc@msn.com](mailto:jefferygaryc@msn.com).

## LADIES' DINE-OUT

The Ladies' Dine-out will be at Lupitas Home Style Cocina restaurant, 950 Oakdale Road on March 24, 2022, at 11:30 am. All are invited and bring your friends, no reservations are required.



Branch 103 Dine Out at Chefs of New York in February

# April Program

By Tom Evans

The speaker for the April luncheon will be Matt Terran, from Save Mart Grocery to speak about a unique method of delivery in Modesto, robots. Save Mart has an on-demand grocery delivery service in partnership with robot delivery company Starship Technologies.



The robots, each of which can carry up to 20 pounds of groceries-the equivalent of about three shopping bags-and can travel up to four miles roundtrip, provide a safe, low-cost and contactless delivery alternative for Save Mart shoppers, allowing them to order from thousands of items via the Starship app for on-demand delivery straight to their homes.

The robots move at pedestrian speed and use a combination of sophisticated machine learning, artificial intelligence and sensors to travel on sidewalks and navigate around obstacles. The computer vision based navigation helps the robots to map their environment to the nearest inch. The robots can crossstreets, climb curbs, travel at night and operate in ...(closing text missing)

## Top of Switzerland and Oberammergau, Germany and the Passion Play

August 27-September 7, 2022

There are only 2 spots left for our group.

Price: \$4,725 double occupancy (Land only) Airfare will be added in October 2021. Deposit of \$750 per person to hold reservation. Highlights:

**2 night stay in Zurich, Switzerland.** Tour of city and leisure time on own.

**1 night stay in Interlaken, Switzerland.** A trip to the "top of Europe"with a panorama 360 degree experience of viewing France, Germany, and Italy.

**2 night stay in Brienz, Switzerland.** Visit a woodcarving museum, walk through the romantic Brunngasse, once awarded the title, "Most Beautiful Street in Europe."

**2 night stay in Lucerne, Switzerland.** A tour of the city and a farewell dinner to Switzerland.

**2 night stay in Oberammergau and the Passion**

**Play.** The Passion Play takes place only once every 10 years and is performed by people that live in Oberammergau.

**2 night stay in Munich, Germany.** Orientation featuring Olympic Stadium, Olympic Tower and Marienplatz. 17 meals, headsets throughout the tour, and much more.

If interested in any trips, call Bill Stires at home phone 209-544-2684, cell phone 209 988-5445, or email [bstires46@gmail.com](mailto:bstires46@gmail.com) to receive a reservation form. Friends, neighbors and relatives can go on any of the SIR trips.

# Travel

# Bowling



Congratulations to Team 8 for winning the first third of the league and to Team 7 for winning the second third of the league.

Results of week 30:

**First Place**-Team 1(A. Sterling, J. Long, J. Hott, S. Gibson)

**Season High Scores: Scratch game:**J. Bradley-265, **Handicap game:**A. Fidalgo-293, **Scratch series:**B. Abujen-695, **Handicap series:**J. Miceli-758



# SONS IN RETIREMENT

TWIN RIVERS BRANCH #109

Marysville, California  
Incorporated June 18, 1984

FUN

FOOD

FELLOWSHIP

Just failed my driving test. When the examiner asked me "what sign would you expect to see down a narrow country road?" Apparently 'fresh eggs for sale' wasn't the answer...

ONE MINUTE YOU'RE 21.  
STAYING UP ALL NIGHT DRINKING BEER, EATING PIZZA AND DOING SKETCHY STUFF JUST FOR FUN.

**THEN...**

IN A BLINK OF AN EYE YOU'RE 50, DRINKING WATER, EATING SALAD AND YOU CAN'T DO ANY SKETCHY STUFF, BECAUSE YOU PULLED A MUSCLE PUTTING ON YOUR SOCKS.

I just cleared out some space in the freezer sounds much more productive than I just polished off another pint of ice cream.

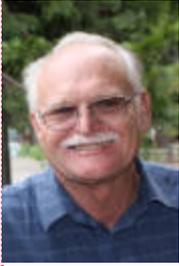
**I JUST FIRED MYSELF FROM CLEANING MY HOUSE. I DON'T LIKE MY ATTITUDE & I GOT CAUGHT DRINKING ON THE JOB.**

Two things to make your day better:

1. Do not watch the News.
2. Stay off the bathroom scale.

**SLOWTROLLERS - Sir Don Allen (530)743-2160**

Fishing Report by Don Allen



Last month we had a "Fun Day" at Bullard's Bar 6 boats showed up all reported catching Bass, we also had 1 boat fishing for Kokanee and catching 15. This month we have a "Team Tournament" scheduled for Collins Lake on March 17 and a "Fun Day" scheduled for Lake Berryessa on March 31.

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

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

Bowling is a sport that can be enjoyed all year around. Come on out and join us in this fun sport!

We have room for bowlers of all ages and abilities.



We meet every Wednesday at 10:30 at the bowling lanes on Beale Air Force base. If you would like to begin bowling with us, contact Ray or Jeff to arrange base access.



Contact Ray (530) 671-5599 or Jeff (530) 755-0746

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

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

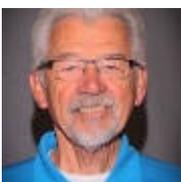
**DINING OUT Sir Roland D'Arcy 743-8742 or [rolanddrc@yahoo.com](mailto:rolanddrc@yahoo.com)**



Dining Out: Dining out is again being successfully attended. Last month at Dancing Tomato there 23 attendees and enjoyed a good social outing. In March we are going to Carlito's on Thursday the 24th. Let me know if you plan to attend. Roland, 530-743-8742 or [rolanddrc@yahoo.com](mailto:rolanddrc@yahoo.com).

As usual, spouses, friends and relatives are welcome to attend.

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



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

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

**Please come and join us.**



## BOCCE NEWS



### Winners in January

**4 TIMES**

Bob Fraka

**3 TIMES**

Len Higginson

Larry Peck

Ken Rose

**2 TIMES**

Denis Carelli

Dave Signorotti

**1 TIME**

Roger Danielson

Bob Hagele

Bard Johnson

Gary Schrader

Paul Schwabe

We roll every Thursday at 10 a.m. at  
Campo Di Bocce, 565 University Ave., Los Gatos  
Come on out -- it will cost you about \$7



One of the safest and  
healthiest activities to do  
nowadays is **GOLF**.

### JANUARY GOLF RESULTS FIRST PLACE WINNERS

**Spring Valley – Jan. 5**

Al Mistretta, Rob Zamborelli, Dave Brown, Mel Bates

**Poppy Ridge -- Jan. 12**

George Bassi, Bob Lopes, Al Mistretta, Rob Zamborelli

**Los Lagos – Jan. 19**

Ray Gilcrest, Alan Wieteska, Kevin Kavanuagh, Bob McCord (BD)

**Seascape – Jan. 26**

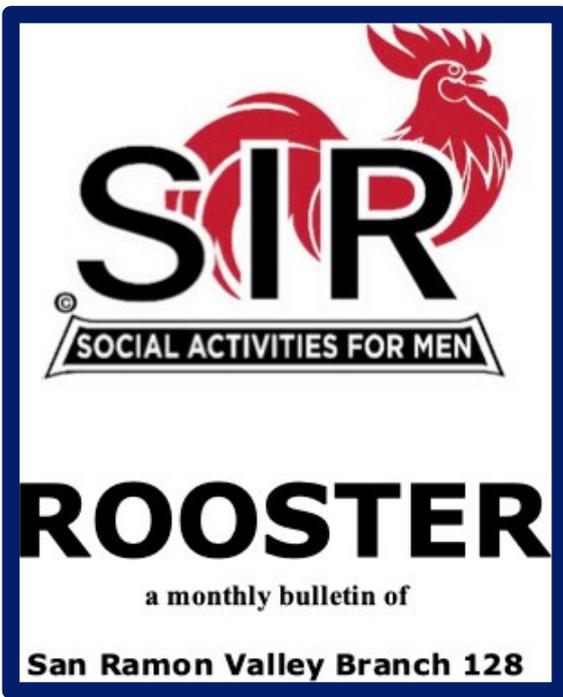
Henry Melin, Daryl Jones, Gene Plevyak, Larry Peck (BD)

### FIRST TOURNAMENT OF 2022 Spring Valley Golf Course in Milpitas Monday, Feb. 28

Join other SIR branch golfers on this beautiful course for the first tournament of the year. Entry fee is \$65 and includes golf, cart and prize fund. First tee time is 10 a.m. For information or to sign up, contact **Ray Gilcrest** at [raygilcrest@comcast.net](mailto:raygilcrest@comcast.net).



TM



On **April 6th** come join **Sir Phil Reed** on a interesting **2.5 mile walk up** Mitchell Canyon fire road to observe the beautiful wild flowers that come up every spring on Mt. Diablo. Some of the blooms are only found on Mt. Diablo, and **Phil is an expert on the the flora and fauna of the canyon.**

If you haven't been on one of these walks with Phil you are in for a eye opening experience. The **walk will last about 2 hours**, and is **limited to 20 participants**. We will meet Phil at **9:00 am.**, and the **walk will begin from the parking lot at Mitchell Canyon Road entrance to Mt. Diablo State Park**) **No charge for the tour**, but there is an **entrance/parking fee of \$6 (\$5 for seniors 62+) per vehicle** (cash only). The main part of the walk is on a fairly flat dirt road with part on mildly single-track trail. The walk will be followed by a separate Dine-Out lunch at Rocco's Pizza , Walnut Creek. Contact Randy Wong for more details

## SF GIANTS BASEBALL

The Giants are playing the **Arizona Diamondbacks** on Wednesday, **July 13th** and the **San Diego Padres** on Wednesday, **August 31st**. You and guests are invited to join us for either or both of these games. Our **discounted tickets are \$21** for Upper Deck View Reserve Seats in Section 311 between Home plate and first base. Games start at 12:45 pm . We are limited to 50 tickets per game so sign up as soon as possible



## NEW MEMBERS



Ken B. Berry #29

No Photo



Available

Art Gardner #13



Jeff Swindel #24

## HILLER AIR MUSEUM TOUR

Join us on **Wednesday, May 11th** for a docent led tour of the **Hiller Air Museum** in San Carlos.

You'll experience **exhibits that highlight many historic flight achievements native to Northern California**. The growing collection consists of unique early aircraft, one-of-a-kind prototypes and cutting edge test vehicles, some of which came from the Hiller Aircraft Company and many from other manufacturers.

**Entry and tour will cost \$9 per attendee—the 1 hour docent led tour will begin promptly at 10:30 am.** We are limited to the first **20 registrants**.

After the tour, you are free to wander and explore all Museum venues until 5pm closing.



## APRIL 20, 2022 LUNCHEON



The BRIDGES  
Wednesday, Apr 20, 11:30 am

**In-Person Lunches Are Back!**  
**You Must Register Online to Attend!**

Details on our [sir128.com](http://sir128.com) web site

## PRESIDIO OF SAN FRANCISCO TOUR

On **May 25th and June 22nd**, docent led tours are being planned for one of California's Historic Landmarks, the **PRESIDIO of San Francisco** (originally, El Presidio Real de San Francisco or The Royal Fortress of Saint Francis). From Spain, to Mexico, to the United States—**The Presidio has been home to more militaries than almost any other fortress in America.** It is a sprawling, fortified estate strategically located at the northern tip of the San Francisco Peninsula. In 1994 by act of Congress the Presidio's status as an active military installation came to an end, and it **became a National Park in 1996.** The park has many wooded areas, hills, beautiful homes, and scenic vistas overlooking the Golden Gate Bridge, San Francisco Bay, and the Pacific Ocean. The **tour will start** at the Officers' Club at **10:30 am**, and last for **2 hours**. The cost is **\$15 per person** with a maximum of **16 participants**.

**Lunch is planned** at Café RX in the Tides Converge building near the end of the tour.



## BLACKHAWK MUSEUM TOUR

On **Friday, June 10th**, 30 SIR128 members & guests have the opportunity to experience a **guided tour led by** two of our very own Sirs, **Truman Howard and John Chiorini**. Truman and John will guide us through the "**Best of the West**" exhibit where we'll explore the Old West from Native Indians to Trappers and Traders, and Settlers and Cowboys. We'll see wildlife, wagons, tools and much much more. The guided tour should last about an hour.

Afterwards, **you can tour any/all of the exhibits at your leisure.** Cost is **\$8 per person** which includes the tour and access to the entire Museum (classic cars, "Art of Africa" and "Into China" exhibits) until 5pm.



# SIR Newsletter



Three Shastas  
Branch 129  
Redding, CA

## Informational Links

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/>



### 9 Hole Golf

Report by Bob Goetz

March had two 9-hole outings. Allen's on the 9th and Lake Redding on the 22nd. Both events had a good turnout and the weather was perfect.

The 9-hole group is a great way to see old friends and meet new ones. We encourage you to invite your friends and family to join us to play with you in the 9-hole events. Check the activity schedule for dates.

To sign up for 9-hole outings, please send me an email(lakehead6@gmail.com), call or text me (530-213-3850). When texting, please include your name in the text. Once in-person meetings are resumed we will also have signup sheets available at the meeting.



**Lee Lamp, Tom Ward, Phil Perry, Dick Fyten, Murray Blake, Lon Harris, & Bob Goetz at Lake Redding, Mar 22nd.**



**Larry Welsh, Tom Ward, & Rich Cunningham at Allens on Mar 9th.**



**Larry Morgan, Barrie Lee, Bill Harris, & Russ Smith at Lake Redding on Mar 22nd.**

## Honorary Life Member (HLM) by Lee Lamp

Recent departures and losses of members resulted in vacancies for 2 HLM's in our branch. We are allowed 1 for every 50 members. These are in recognition to members of at least 5 years fulfilling the true meaning of service before self. I'm honored to announce that upon unanimous approval of your BEC I prepared nomination packages and submitted them to the State via our Area Governor and Regional Director for approval. The State President, Rick Kindle, has approved these candidates.



*Cris Andrews*

***Whereas Cris has distinguished himself through selfless dedication to Branch 129, having been a member since July 2007 he is awarded the prestigious award of Honorary Life Member this 1st day of April, 2022.***

Less than 3 years into Cris's joining the branch he was nominated and elected to one of the Director positions. He held that position for 3 years before assuming the open Secretary position. Cris's fulfilling of the Secretary role through 8 different Big Sir's and his outstanding recording of branch minutes, activities, and actions has provided an invaluable service to the branch. In addition to these regular duties he has been a sole source of "corporate" memory by maintaining any and all required branch records. On more than one occasion his just in time recommendation/direction has resulted in the branch following the State guidelines regarding insurance, branch nominations, recording and approving activities, etc. He is an active participant of the 18 hole golf group and has filled in for the present Golf Chairman when asked to do so. While the participation in activities and positions (Director/Secretary) should be sufficient on face for approval of the HLM, it must be understood that this continuity has also been instrumental in keeping this branch solvent and secure. Cris's leadership has been a key factor in the overall success of navigating the Covid crisis as it pertains to the branch and is factored into this award. There is no doubt in my mind that without Cris's participation on the BEC and his absolute attention to detail our branch would not have survived the pandemic.



*Joe Beck*

***Whereas Joe has distinguished himself through selfless dedication to Branch 129, having been a member since Nov 2005 he is awarded the prestigious award of Honorary Life Member this 1st day of April, 2022.***

For 10 years Joe has been an active and engaged member of our branch in several ways. All should know that he has held 4 positions on the BEC during this time and excelled in each of those jobs. Secretary, Little Sir, and Big Sir responsibilities are outlined well and Joe completed those tasks with excellence. To me, his time as the Membership Chair during my initial 2.5 years as Big Sir has been invaluable. He was a source of calm, intelligent guidance as I transitioned to Big Sir mid year after the resignation of the presiding Big Sir in 2019. His advice and counsel were welcome as was his positive encouragement through a difficult transition. In early 2020 Joe asked me to find a replacement for Membership Chair as he was getting on in age and was concerned about his ability to stay on top of things. As you all know early in 2020 we were hit with the pandemic and without Joe's stalwart efforts to continue promoting the virtues of membership throughout the community while dealing with the isolation we all felt during that time our membership numbers would likely have taken a much bigger hit. He immediately understood that finding a replacement would be next to impossible and he committed to keeping the position. At the same time our Attendance Chair resigned and he helped the new Attendance Chair get on his feet and actually acted in an Assistant Attendance Chair position while we pressed on through virtual meetings and limited activities.

## NASCAR/INDY CAR Report

by Barrie Lee

2/27

The race in St. Petersburg was truly delightful. A lot of close racing and the difference between the two tire compounds was obvious. Scott McLaughlin, driving the number 3 Chevy/Dalara for Team Penske won his first IndyCar race. He was dogged by Alex Palou in the number 10 Honda/Dalara who finished a close second. Alex was the 2021 IndyCar Champion, and he hasn't lost his skill set. He comes from the Chip Ganassi Racing stable which includes drivers Marcus Ericsson (#8), Scott Dixon (#9), and Jimmie Johnson (#48). Third place went to Scott's teammate, Will Power in the number 12 Chevy/Dalara. Both Scott and Will come from down under (Australia). By the way, I mentioned in the November newsletter to keep an eye on the rookie driver, Romain Grosjean. I said one of the prominent teams would grab him for the 2022 season. He's now driving for Andretti Autosport in their number 28 Honda/Dalara. team for a couple of years and is truly talented. The Frenchman drove for Gene Haas's Formula One



2/27

Fontana's 400-mile race was a true demonstration of NASCAR. There were wrecks, many lead changes, and several drivers finished up front that don't normally do so. Kyle Larson won for Hendricks Motorsport in his number 5 Chevy Camaro. Eric Jones of the newly reformulated Richard Petty team (Petty GMS Motorsports) finished in the top five in the famous #43 Chevy. Daniel Suarez in the #99 Trackhouse teams Chevy also did extremely well today. Bubba Wallace continues to impress with his #23 (23XI Team) Toyota. All in all, this was truly an entertaining event that most NASCAR fans would appreciate. The NEXT GEN race cars are working and have made improvements to the NASCAR product. One area of concern is the new larger (low profile) tires and all aluminum wheels. Cars that slide on track and flatten their tires are not always able to drive back to the pits. Getting the wheels to align with the wheel hubs has also caused some difficulties for the teams under the pressures of a timely pit stop. We'll keep an eye on how these issues are dealt with by NASCAR. Next week, Las Vegas followed by Phoenix which will end the western swing. Again, Larson, Dillon, Jones, Suarez, and Joey Logano filled the top five finishing positions. Second, third and fourth were cars no one expected to finish that well. Today's race was a great example of what attracts people to the sport. We didn't see the same old Toyotas winning. Bubba Wallace drove a great race and would have finished well if he hadn't been wrecked out earlier. See you next week.

3/6

The NASCAR race in Las Vegas was held today. It was an excellent example of good solid racing. Many lead changes, several cars were taken out of contention by wrecking and JGR seemed to be in the cat birds' seat with three laps remaining. Kyle Busch took a reconstituted back up machine that took eight hours of rebuilding due to wrecking on Saturday and was leading at the end of the race. Martin Truex Jr. was in close proximity and worked to pass Kyle for twenty or thirty laps. Even though they both drive for Joe Gibbs, who is not my favorite owner, their racing talents shown through at the end. With about three laps remaining, Eric Jones who drives for Petty Motorsports new team lost control of his car due to a tire degradation. The crash caused a green, white, checkered overtime finish. Three Hendricks cars came to the pits and took only two tires which vaulted them into the first three positions. The green flag dropped, and Alex Bowman won in the 48, with Kyle Larson second in the 5. Even Ross Chastain finished third before either Kyle Busch or Martin Truex Jr. saw the checkered. A little reminder, Ross Chastain drove the 42 last season for Chip Ganassi Racing. Chip sold his whole team, plus the NASCAR permits he held to the new Trackhouse Racing Team. They ran one car last year for Daniel Suarez. They are now running the #1 and #99. The Trackhouse owner is very well respected throughout the NASCAR organization. It's nice to have new teams come along, especially when they are thought of so highly. Next week is Phoenix and that venue always seems to create interesting racing. I'm the guest speaker in April, and I plan to wrap up my family history, my personal history, and give the membership much information about my time with professional auto racing. It's a great chance for you to ask questions about my favorite sport, and it will give me a chance to see if there is a need for monthly racing meetings. I would meet you in person and be able to answer anything you wanted

to know about our current racing series. If no interest, I will keep up the column in each months newsletter. Let me know if you enjoy what I care about.

3/13

Wouldn't you know it, after shopping at Raley's this morning, my key bob wouldn't open my car. I blame it on the 13th. I got it fixed and got home in time to watch the NASCAR race at Phoenix. Avondale is about 20 minutes west of Phoenix and the Caterpillar proving grounds is about another 8 minutes beyond the racetrack. I never attended the Phoenix Racetrack; however, I did run heavy equipment at the Cat facility. Peterson Tractor Co. arranged my visit to the Cat grounds, and I enjoyed my chance to run anything in their fleet. Getting back to the race today, Phoenix has become a favorite facility for drivers in the Cup Series. It's been improved over the years and even the grandstands have been moved to avoid looking into the sun. It's one mile in length and is now the last race in the Cup Series each year. Today's race was fun to watch, and several of the younger drivers proved their ability. Toyota is having problems. Stewart/Haas drivers are improving over last year's results. RCR is running up front also. Penske is also doing well. Hendricks Motorsports is always a team to fear. Today's race saw Chase Briscoe win for Stewart/Haas in the #14 Ford. Ross Chastain finished 2nd in the #1 Chevy for Trackhouse Racing, and Cornings own Tyler Reddick finished 3rd in the #8 Chevy for RCR. In 4th, Ryan Blaney in the #12 Ford Mustang for Team Penske and Kurt Busch was fifth for 23XI Racing in the highest finishing Toyota. Kevin Harvick had his best finish of the year in 6th. Then Kyle Busch, Joey Logano, Daniel Suarez, and Chris Buescher. Hendricks's drivers didn't fair well with their highest finish in the #9 Chase Elliot Chevy. Unexpected results but again great racing was had in Arizona. The new Next Gen vehicles are holding their own and teams are sorting out problem areas. Right now, the toughest job is receiving enough parts and cars from the manufacturers. This race finishes the west coast swing for early season racing. Next Sunday we'll be meeting in Atlanta. Newly repaved, it should be fun to watch. Also, the second Indy Car race of the year will take place on 3/20 at the Texas Motor Speedway. It's scheduled for 9:30 on NBC.

3/20

Texas Motor Speedway hosted the IndyCar series today. Team Penske finished 1st, 2nd and 4th. The story of the day was Jimmie Johnson finishing 6th in front of his three teammates. He has decided to run all the series this year and I can't wait to see him at Indy. Because the column is going way long, I'll simply say wow what a great race.

3/20

The Atlanta NASCAR race just finished, and the newly redone track was a great success. I'll simply say that William Byron won for Hendricks Motorsports and Ross Chastain came in second for Trackhouse Racing. This newly rebuilt venue of 1 1/2 miles is a true success in every way. Next week should find us in Austin, Texas for a road course race at the Circuit of the Americas

### **Lunch for Bunch**

by Duane Nelson



Lunch Bunch is officially moving to the second Monday of each month. So this month we will be meeting on April 11th at Black Bear Diner in Redding (Cypress and Hilltop) at 11:30am. And don't forget, please remember that we'd like you to RSVP to Duane (email [bandan@msn.com](mailto:bandan@msn.com) or call 530-547-5157) so they have an idea how many will be attending.



# Rooster Talk



Branch 147 Web Site:  
[sirinc2.org/branch/147](http://sirinc2.org/branch/147)

Little Hills Branch 147



*Our Board of Directors and Officers for 2022*



*New Members John Keating (left), Steve Clifford (middle), and Mark Quam Membership Chairman*



SIR gives men 50+ opportunities to have fun through activities with friends old and new. Join us at our monthly lunch. It's our treat!

The 2nd Tuesday at 11:00AM  
Petaluma Elks Lodge  
2105 S McDowell Blvd,

RSVP to me: \_\_\_\_\_ at \_\_\_\_\_

Discover how much spice you can add to your life  
With SIR you can enjoy:

- Old and New Friends
- Computer and Smartphone Group
- Golf, Bocce Ball, and Poker
- Travel (Local and Worldwide)
- Yearly BBQ and Ladies Events



# The Mountain Messenger

Branch 152 Arnold, CA



## Travels with Dave—*Dave Baugher*

*January came and went like a cool breeze, or perhaps I should say “cold front.” Yes, January was a great escapade with the arrival of our first grandchild. The adventure in that event was the driving to and from the Bay Area from Arnold. If highways had attitudes, our Highway 4 would be a very cool country song on the radio. Highway 580 into Berkeley would be a harsh raging heavy metal tune pounding into your soul, but I digress. I love living here. Yet there are places to go.*

As mentioned last month, we are heading to the coast for a short trip. And yes, our first stop is Oakland to see our new grandchild, Massimo Louis Lundberg. When we can get away from there, it's a short hop to Half-Moon Bay. Then on to Santa Cruz and Big Sur before coming home. I love the coast and California as a whole, despite the politics.

“What's the big deal about California?” My cousin from Pennsylvania, visiting the Bay Area, asked. Huh? “Boy, these guys from the farm,” I thought. “OK,” I replied, “be ready to get on the road at 5:30 AM the next morning, and I will show you the big deal about California.”

I picked up Brock promptly at 5:30, and at 6:30, we were standing, mid-span on the Golden Gate Bridge, fog wafting through the cables and ships gliding below us. A pancake breakfast was enjoyed at Sears Fine Foods on Union Square, then a walk up through Chinatown. We caught a cable car back to Ghirardelli Square and got in the car.

Next, we arrived in Half-Moon Bay. We watched surfers slide along the break and scanned the horizon for breaching whales. Then a walk down the wharf checking out the salmon and crabbing fleet of boats. A couple of recreational fishermen showed off their catch before we continued onwards.

We arrived at Purisima Creek Redwoods Park along Skyline Drive, just as the fog socked in the ridgeline. We hiked for a quick mile. The coastal redwoods disappeared skywards into the grey mist, ferns dripped moisture, and silence dominated the forest. California? Hah, there is still more!

We stopped at Dr. Thomas Fogarty's winery for a glass of wine. From the deck overlooking the Santa Clara Valley, the fog still clung to the ridgeline above us. Still, the sun painted the valley below in a beautiful palette of color.

Dropping into Saratoga, we stopped at a coffee bar and sat in the sunshine along the sidewalk. Enjoying our coffee with a cigar (back when one could do such things), we looked over the quaint downtown and discussed our stops that morning. Finally, we had to leave and returned to my father's house in San Jose, who hosted my cousin during the trip. We arrived right on time at 1 o'clock.

***What's the big deal about California? I always reminisce with a smile as I enjoy a cigar and a glass of wine from my sunny deck here in Arnold. Cheers!***  
***Cheers! Luann and I are back from our CA coast trip. I love living in Arnold, but you know California can be tiresome. "What's the big deal about CA?" I've stated. After this last road trip, my reply now is "Crime!" Let me share what happened on this latest adventure with you.***



## **Travels with Dave–Dave Baugher**

Last month, we headed out to the coast for a short trip. We arrived at the Half Moon Bay Francis Beach Campground on Sunday. Located directly next to the beach, the campground was an excellent place to spend a few days, with Pillar Point Harbor to the north and the Ritz Carlton to the south.

However, after the snow and cold of Arnold, we were ready to stretch our legs and get a hike into our schedule. We drove northwards to the Gray Whale Cove parking lot and hiked the Gray Whale hiking trail to the Pedro Mountain Trail. That trail took us to the top of Montara Mountain, where a spectacular view of the coast greeted us to the west. Northwards, we could see the Golden Gate Bridge and San Francisco. To the East, Mount Diablo peaked out above clouds in the distance. A splendid spot!

We retraced our steps back down the mountain. The round trip was a little over 8 miles in length. During the last mile, our hike became a bit more interesting. We met up with a couple of fellow hikers coming up the trail toward us, and one exclaimed, "Did you hear about all the cars getting broken into down in the parking lot?" Nope. Hmm, "Do you know what cars were broken into?" I asked. He replied, "there were several; one was a Suburban." Darn it. Luann surmised that if our truck was one of those vehicles, the culprits would have taken our case of wine in the back

We rounded a corner and looked down at the parking lot below. I could see the suburban missing the driver's side rear window. A ranger's truck was parked close by. Luann ran down the trail yelling at the officer to not leave. Yep, the Suburban was burgled, both rear windows were broken out. The thieves took my duffel (dirty and clean clothes), backpack, bike bag, and Luann's bag. The wine? Still there! Our wallets traveled with us on the hike, so most of our personal information was secured.

The following day the windows were replaced, and the adventure continued. We traveled down the coast to Big Sur and took more hikes. Always cautiously parking the truck (the wine was now certainly protected) and feeling a little less safe from those in the parking lots. Nothing has been recovered; I'm still recreating personal journals and notebooks lost in my pack back. My 2022 Pacific Crest Trail notebook holding trip plans was a painful loss.

"Crime." California can be tiresome. Nobody has gotten caught or arrested in the break-in of our truck. We have been told that this kind of crime in San Mateo is punishable with a \$500 fine yet never charged and those caught are quickly released.

***March is a time for Cheers and Green Beers. We are here mildly sulking yet enjoying the wine that didn't get stolen. However, in April, we are leaving California, getting away from that crime-ridden coast, and heading for the warm deserts of Utah. Tell you about that next month.***

## **More Travels with Dave–Dave Baugher**

***This April Luann and I are getting ready to leave California, getting away to the sun-drenched deserts of Utah, a side trip to Colorado, and the journey home via Great Basin National Park in Nevada. Here is the scoop.***

Road Trip! We are off for Utah, Nevada, and Colorado's best deserts and mountains. Why? Because we are enjoying visiting National Parks and the adventures they spawn along the way. Most times, it's great; occasionally it makes us wish we never left our home.

This trip will have us making a loop (with a side road-trip to Colorado) through Nevada, four National Parks in Utah, then returning through Nevada and one of its National Parks; this adventure promises to be a great road trip.

Our first target is Zion, preserving the dramatic geology including Zion Canyon and a labyrinth of deep and brilliantly colored Navajo sandstone canyons formed by extraordinary erosion processes

at the margin of the Colorado Plateau. We are spending a couple of days here to hike and explore, then move onwards to Bryce.

The primary feature of this Park is Bryce Canyon, which despite its name, is not a canyon but a collection of giant natural amphitheaters along the eastern side of the Paunsaugunt Plateau. Bryce is distinctive due to geological structures called hoodoos, formed by frost weathering and stream erosion of the river and lakebed sedimentary rocks.

Our third target is Capitol Reef National Park. Early settlers referred to parallel impassable ridges as "reefs," from which the Park gets the second half of its name. Capitol Reef is a warp in the earth's crust that is sixty-five million years old. In this fold, newer and older layers of earth folded over each other in an S-shape. This warp, caused by the same colliding continental plates that created the Rocky Mountains, has weathered, and eroded over millennia to expose layers of rock and fossils. The fold forms a north-to-south barrier that has barely been breached by roads.

The last Utah park is Arches National Park, adjacent to the Colorado River. The Park contains the highest density of natural arches in the world. More than 2,000 natural sandstone arches are in the Park and a variety of unique geological resources and formations.

Here we take a break and head eastward to Colorado Springs. Our son Jacob and wife Brittany have settled here and recently purchased a new home. What a great excuse to visit, check out the new house, and harass the newlyweds. When we get kicked out, we head home, but with one more Park to visit.

Mid-point on the trip back to Arnold, in Nevada, lies Great Basin National Park. We will spend a couple of nights here to explore this rarely visited Park in the middle of Nevada and then return.

***Hopefully, this should be a grand adventure in the sunny deserts of Utah and Nevada. Am I worried about bad things? Nah, tell you what happened next time... Dave***



### THIS MONTH IN BRANCH 152 HISTORY - [Kevin Andel](#)

Twenty Years Ago - April 2002

The membership was 117 strong and two new members were inducted - those new members being [Ken Matlck](#) and [Ric Ferrari](#). Much discussion was held this month concerning what was referred to as "irregular attendees". (I really like our current guidelines where we are not counting the number of meetings each of us attends).

The Ladies Day Lunch tickets went on sale...just \$11.00 each!

Ten Years ago - April 2012

Ten years later we find the membership at 80 with 51 members attending the lunch meeting. [Harry Tittle](#) transferred the Historian Records to [Mike Ray](#). The guest speaker was [John Hamilton](#) of the Pinetree.net.

Refreshments Chair [Norm Friborg](#) stated the "red wine" sales are doing very good! He was also looking for a bartender for the Ladies Day luncheon.

Five Years Ago - April 2017

Big Sir [Tom Gosswiller](#) led the meeting and advised consideration is being given to raising the annual dues from \$25- to \$30-. (btw, dues are still at \$25!) Our guest speaker was [Steve Setzline](#) representing the Murphy's Senior Center. Little SIR [Jim Walton](#) told us that he has received 25 responses to the recent survey sent to all members. He shared some of the feedback received and promised to share all once the survey was complete.

New members inducted: [Jim Allday](#), [Larry Young](#) and [Kevin Andel](#) (has it only been five years?!)



*~The SIR~ LAKE TAHOE BRANCH 160~*

CHARTERED APRIL 22, 1991

MEMBERSHIP OPEN TO MEN REGARDLESS OF AGE, RACE, COLOR, OR RELIGION  
GETTING TOGETHER FOR LUNCH AND ENJOYING OUR VARIOUS ACTIVITIES

**HIGH MOUNTAIN NEWS**



Well, we finally have a place to hold our meetings that should work our well. It won't be like Tep's but it is better than searching every month for a meeting location.

We are still looking for an assistant secretary if you feel like helping branch 160 when the secretary is absent, please let me know the only time you would be needed is in the Secretary's absence.

I hope you all enjoyed the speaker at February's meeting I did. Your Little Sir, Tom Kerns has been doing a great job with speakers and the endless search for meeting places, which has been decided for now, Fandango is our home for now.

Our policy on coming to the meeting will remain the same if you tell your caller, you will attend you will be charged the amount of the luncheon whether you show up or not. Last meeting everyone that attended showed up at the meeting. Great Job. If you don't receive a call from your caller please contact your attendance chairman, Steve Butts so that we can clear up any problems in the process.

Your Big Sir, John Lilygren



My Fellow SIRs,

Once again, we had a good turn-out at our February meeting.... Let's see some more of you attend.

My plan to bring in guest speakers that interest the Branch got kicked off in February with historian Michael Fischer. Michael spoke on the history of the Carson Range and why it was denuded of its lumber to support the Comstock Lode. This month we have the Forest Service Supervisor of the Lake Tahoe Basin Management Unit, Erick Walker, talking about the Caldor Fire and some of the fire prevention efforts they are doing in preparation for the upcoming fire season.

After the last meeting, a survey was sent out to all the Branch members that attended both the January and February meetings. The survey was to vote on which venue, Casino Fandango or Carson City Elks Lodge, would become our permanent venue for the remainder of the year. After the votes were tallied, Casino Fandango was the resounding winner. So going forward, all of you won't have to wonder where our meeting will be each month!!

I continue to need suggestions for speakers for our Monthly Meetings...and that includes any of you members that might have an interesting story to tell the group.

**Guest Speaker:** Erick Walker, US Forest Service "Review of the 2021 Caldor Fire and current Wildfire Reduction Strategy efforts"

Your Little SIR, Tom Kerns

## **LAKE TAHOE BRANCH 160 CHARTER DAY – April 22, 1991**

On October 28, 1991, the Sons In Retirement Charter for Lake Tahoe Branch 160 was presented by SIR State dignitaries at a grand occasion in our meeting room at the Timber Cove Lodge. Big Sir was Al Bartley and Little Sir was Bob Peterson. Now, fourteen years later, it seems appropriate that we note with pride the organization of which we are members: Sons In Retirement, Incorporated. It is one of the finest organizations in the world whose members join in supporting its purpose which, as indicated in our Articles of Incorporation, is:

- ... to provide for the welfare of retired men from all walks of life who are pursuing a
- common goal – the enjoyment of their later years with dignity and pride – by
- assisting them in renewing former friendships and associations, and affording them
- an opportunity to make new friends through association with other retired men ...

The assets of the corporation are irrevocably dedicated to the forgoing purpose. This purpose is the common denominator, the fiber that holds our Branches together as a single, inseparable unit. Thus, as a Branch we do not stand alone. The State organization and each of the Branches are incorporated under, and regulated pursuant to, the laws of the State of California as a nonprofit, public benefit corporation organized and operated exclusively for social welfare purposes within the meaning of Section 501(c)(4) of the Internal Revenue Code.

As provided in California law our State organization, as the parent organization, is charged with chartering the Branches and with supervising Branch activities to ensure compliance with the law and our Articles of Incorporation. Supervision of Branches is affected through State and Branch Bylaws adopted by the membership and by Standing Rules and Guidelines promulgated by the State Board of Directors. The governing body of the State organization is the State Board of Directors which consists of seventeen elected members: The President, Vice President, Secretary, Treasurer, 1st and 2nd Assistant Secretaries, Assistant Treasurer and ten Regional Directors. The President is the chief executive officer who is charged with the day-to-day operation of the State organization, subject to the control of the State Board of Directors.

Similarly, each Branch is governed by its Executive Committee which consists of the Big Sir, Little Sir, Secretary, Assistant Secretary, Treasurer, Assistant Treasurer and from two to six Directors. The Big Sir is the chief executive officer, charged with the day-to-day operation of the Branch, subject to the control of the Executive Committee. Thus, with our own governing body and activities we are nearly self-sufficient – subject only to the general supervision of the State organization.

At the same time, we can be proud that we are a part of a large organization dedicated to a most worthy public purpose and can obtain the many benefits afforded by our strength in numbers. There are many “State Events” such as golf, travel, bowling, amateur radio and RV’ing. While no member is required to participate in these events, State events provide members with an opportunity to enjoy the fellowship of members from other Areas and Regions. Even more important, those events permit participation for many members whose Branches do not make those activities available?

The continued existence and vitality of Lake Tahoe Branch 160 depends mainly upon the fellowship and enjoyment that each of us derives from our luncheon get-togethers and our Branch activities. At the same time, we should keep in mind that we are a part of a much larger organization and take full advantage of the strength that the united efforts of our total State membership can bring us.

### **31-YEARS AND STILL GOING STRONG**

SIR BRANCH 160 GOLF SCHEDULE

DATE	TEE TIME	GOLF COURSE	TOURNAMENT TYPE	LUNCH	PLAYERS	FEE
3/29/22 tue	9:00 am SG	EAGLE VALLEY EAST	IND. STROKE PLAY	YES	40	\$42.00
4/4/22	9:00 am SG	EAGLE VALLEY WEST	4 MAN -1 BEST BALL	YES	40	\$47.00
4/11/22	9:00 am SG	SUNRIDGE	4 MAN - MOD. SHAMBLE	YES	40	\$50.00
4/18/22	9:00 am SG	RED HAWK LAKES	4 MAN - 2 BETTER BALLS		40	\$55.00
4/26/22 tue	9:00 am SG	EMPIRE RANCH	2 MAN - 1 BEST BALL	YES	40	\$40.00
5/2/22	8:30 am SG	SILVER OAK	IND. STROKE PLAY		40	\$50.00
5/9/22	9:00 am SG	GENOA RANCH	4 MAN - 1 BEST BALL		40	\$45.00
5/16/22	8:24 am SG	DAYTON VALLEY	4 MAN -2 BETTER BALLS		40	\$50.00
5/24/22 tue	8:00 am SG	TOIYABE	4 MAN - 1 BEST BALL		40	\$55.00
5/31/22 tue	8:30 am SG	CARSON VALLEY	IND. STROKE PLAY	Hot dog*	40	\$40.00
6/6/22	8:30 am SG	GENOA RANCH	4 MAN SCRAMBLE		40	\$45.00
6/13/22 mon	12:00 pm SG	Plumas Pines	PENDING		28	
6/14/22 tue	9:00 am TT	Graeagle	PENDING		28	
6/15/22 wed	9:00 am SG	Plumas Pines	PENDING		28	
6/20/22	8:00 am SG	WOLF RUN	4 MAN - MOD. SHAMBLE		40	\$50.00
6/28/22 tue	8:30 am SG	LAKE RIDGE	4 MAN - 1 BEST BALL		40	\$55.00
7/5/22 tue	8:30 am SG	EMPIRE RANCH	IND. STROKE PLAY	YES	40	\$40.00
7/11/22	8:24 am SG	DAYTON VALLEY	4 MAN - 1 BEST BALL		40	\$50.00
7/18/22	8:30 am SG	SILVER OAK	4 MAN -1 BEST BALL		40	
7/26/22 tue	8:30 am SG	TOIYABE	4 MAN - 1 BEST BALL		40	\$55.00
8/1/22	8:30 am SG	GENOA LAKES	IND, STROKE PLAY CLUB CHAMPIONSHIP	YES	40	\$60.00
8/8/22	9:00 am TT	APPLE MOUNTAIN	4 MAN SCRAMBLE		24	\$41.00
8/15/22	8:30 am SG	GENOA RANCH	IND. STROKE PLAY HEIDEMANN CUP		40	\$45.00
8/23/22 tue	10:00 am SG	INCLINE VILLAGE	2 MAN - 1 BEST BALL		28	\$50.00
8/29/22	8:30 am SG	SILVER OAK	4 MAN - 2 BETTER BALLS		40	\$50.00
9/6/22 tue	10:00AM SG	MACE MEADOW	4 MAN – 1 BEST BALL	YES	24	\$39.00
9/12/22	8:30 am SG	RED HAWK HILLS	4 MAN - MOD. SHAMBLE		40	\$60.00
9/19/22	8:30 am SG	CARSON VALLEY	4 MAN - 1 BEST BALL	Hot Dog*	40	\$40.00
9/27/22 tue	9:30 am SG	SUNRIDGE	2 MAN - 1 BEST BALL	YES	40	\$50.00
10/3/22	9:00 am SG	GENOA RANCH	4 MAN - 2 BETTER BALLS		40	\$45.00
10/10/22	9:00 am SG	DAYTON VALLEY	IND. STROKE PLAY		40	\$50.00

NOTE: SG- SHOTGUN, TT-TEE TIME, MSG-MODIFIED SHOTGUN. 1. SIGN UP ONE WEEK PRIOR FOR EACH TOURNAMENT BY EMAIL WITH GOLF TOURNAMENT CHAIRMAN. 2. PAY GREEN FEES AT EACH GOLF COURSE. 3. \$5.00 PRIZE FUND TO BE COLLECTED BY DESIGNATED PERSON. GOLF CHAIRMAN SIG HEIDEMANN 775-265-4810 (C) 775-220-8603 sigheide@aol.com Asst. TOM SAYWER 775-852-8675 tws@unr.edu. ALL TOURNAMENTS ARE SUBJECT TO CHANGE

Visit the SIR Website at [sirinc.org](http://sirinc.org) and read "SIR HAPPENINGS"—the SIR State Newsletter. Sir Branch 160 Web Site is up and running.  
[https://sirinc2.org/z\\_branch160/index.html](https://sirinc2.org/z_branch160/index.html)



## **Branch 174 History**

SIR Branch 174 Lamorinda was created in 2009 with members transferring from Branch 171. The decision by Branch 171 to separate into two branches was made, in part, because Branch 171 membership had become too large for the venue in use and the waiting list of applicants for membership was considered too large to manage. Although functioning as separate branches; all activities were to be supported by members from both branches. Branch 171 and 174 thrived for a number of years. However, challenges, including declining membership, increased facility costs, difficulty in filling leadership positions, and issues related to the pandemic, led the Boards of both branches to recommend to their members a proposal that both branches merge back into a single branch. At the January 2022 meeting of each branch the members approved this merger.

## **Branch 171**

SIR Branch 171 was organized in November 1993 with members from its sponsoring branch, Pleasant Hill Branch 146. Branch 171 originally consisted of 32 members that resided in the Lamorinda area. From this beginning Branch 171 grew to 285 members by December 2008 with 37 applicants for membership on its waiting list.

Membership size was limited by the maximum seating accommodation and parking space available at the meeting and luncheon venue. Waiting time required by applicants for membership was approaching three years.

## **Branch 174**

Lamorinda Hills Branch 174 was created in June 2009 as a result of the extraordinary success and growth of our sponsor, Branch 171.

In early 2009 the then Big SIR of Branch 171, SIR Jim Gibney, established a task force to evaluate available options that would permit the induction of all current applicants seeking membership and to permit the Branch to continue growing without a size restraint. After study the only viable option was to form a new branch from current members (and waiting list applicants) that would voluntarily transfer to this new branch. When a survey indicated that there were sufficient numbers who would voluntarily transfer their membership, the Branch Executive Committee (BEC) of Branch 171 elected SIR Bill Sumner to serve as an interim Big SIR and to organize the establishment of this new branch.

Branch 174's application to the State SIR organization for recognition as a Provisional Branch was approved on May 17, 2009 by State President Daniel Reiser.

The first meeting of the provisional Lamorinda Hills SIR Branch 174 was held June 10, 2009 at the Holy Trinity Cultural Center in Moraga, CA. Area 2 Governor Dean Steichen attended our first meeting.

Our first guest speaker was Mr. Dan Cawthon who provided us with excerpts from his one-person performance of the life of Father Damien de Veuster, a Belgian missionary priest, who, with only four years of religious training, landed on the island of Molokai and spent the next 16 years, until his death, tending to the needs of the lepers at Puna and Kohala. Dan subsequently became a charter member of Branch 174.

Branch 174 fulfilled the requirements in November, 2009 to become a Chartered Branch. The Charter was signed on November 27, 2009 by State President Floyd "Buck" Kendrick.

State President Kendrick presented our Charter and former Branch 171 Big SIR Jim Gibney presented a ceremonial gavel to the new branch on our Charter Day held at our February 10, 2010 meeting. Other official guests at that meeting included: Region 6 Director Jim Stedman, Area 2 Governor Dean Steichen, and Branch 171 Big SIR Dick Macy. The SIRpremes entertained us with their rendition of "Let Me Call You Sweetheart" and presented roses to our caterer's

servers. Dr. Johan Snapper, our guest speaker, spoke on Love Parables.

There were 103 members and 16 applicants from Branch 171's waiting list that were inducted. Thirteen of our new members had been charter members of Branch 171. From our beginning in May 2009 with 103 members and 16 applicants, 143 additional members were inducted into Branch 174 membership through January 2022.

In addition to interim Big SIR Bill Sumner, the BEC of Branch 171 elected the officers and directors required to establish and serve in the new branch who, in turn, appointed our original committee chairmen. These original officers, directors, and committee chairmen were:

<u>Officers</u>		<u>Directors</u>		<u>Committee Chairmen</u>	
Big Sir	Bill Sumner	Bob	Hickman	Membership/Inductions	Gary Howard
Little Sir	Pete Giers			Attendance	Bob Hickman
Secretary	Fred George	Gil	Klingman	Chaplain	Dick Elliott
Asst.	Neal Huntley			Planist	Frank Lindskoog
Secretary	George McLain			Sunshine	Stu Knudsen
Treasurer	Dick Walsh			Publicity	Larry Swindell
Asst.				Arrangements	Harold Hill
Treasurer				Strategic Planning	Bob Hickman
				Nominating Committee	Bill Mueser
				Newsletter Editor	Dick Curry
				Photographer	Don Reichert



**Presentation of Branch Charter SIR President Buck Kendrick (left) and Big SIR Bill Sumner**



**Gavel presented by Branch 171 Big SIR Jim Gibney (left) to Big SIR Bill Sumner**



**Gavel and charter in-hand it's back to work**

**Branch 171 Reconstituted** The first meeting of the reconstituted Branch 171 is scheduled to take place on February 9, 2022. This meeting will be held via Zoom. A vote of the membership will be taken at that time to elect the slate of officers and directors that will lead the merged branch forward through the calendar year 2022.

# FEBRUARY 2022 CONSUMER TIPS

## GENERAL CONSUMER ITEMS/ISSUES:

■ **Dollar Tree/General is no longer 99¢ - CLARIFICATION:** Last month, I reported that the 'standard' price for all regular merchandise in our local **Dollar Tree and Dollar General Stores** is now priced at \$1.25/each. I have now visited two other Dollar Tree/General stores and per their staff confirmed that their 'standard' price is now \$1.25/each, on a nation-wide basis. This new pricing structure will remain in effect until their cost of merchandise reduces to pre-Pandemic levels. That's very unlikely to happen! However, during a visit to the Livermore **99¢ Only Store**, I was told by their staff that they have not received any word from their HQ of any future price or operational changes coming.

■ **Do Not Purchase Car Repair, Home Repair and Appliance Repair Warranties:** Extended Service Contracts for vehicles, homes and major appliances are incredibly profitable for auto dealers, appliance retailers, and other companies that sell them. But because many new cars and major appliances are very reliable due to improved, robotic assembly techniques and computer designed, most owners make few service claims. Even when something goes wrong, many consumers who buy these plans find their claims are often denied due to sneaky, fine-print exclusion. "We reviewed the lists of excluded repairs buried in several contracts and were left wondering if there was anything on the car left to cover."

Also, our oldest son worked for Macy's Stores doing HiFi/Stereo and Home Theater installations for the equipment sold by Macy's. He quickly learned that these types of service contracts were so lucrative that he was offered a bonus of \$150 if he could get the customer to sign up for any of these contracts.

**Sources:** Consumer Reports; Consumer's Checkbook; Jonathan Quon

■ **Personal/Financial Security:** We all know that Identity Theft is on the rise. All the financial experts recommend that we shred all documents that might have personal or confidential information that should not fall into the wrong hands. They even go to the trouble of specifying that the shredder should be a cross-cut design to make it more difficult for someone to piece the written data back together to reveal what you might want to keep secure. A good alternative to a shredder is a self-inking stamp device that will cover up that sensitive data quickly and easily. And, they are small, inexpensive and can be put in your purse, pocket or briefcase. We use one from Amazon for just \$12. See it at <https://tinyurl.com/2p8btw8u>. It works very well and I plan on getting more of them to give as gifts.

■ **Handy Storage of your Covid Face Masks:** I see a lot of cars with the Surgical Masks hanging from the inside rear view mirror. This is not a good idea as it can block forward vision during driving. If you want a nice, easy, convenient way to store the masks, go to the hardware store and buy plastic hooks with self-adhesive strips attached to 'stick' to a convenient place on your vehicle dash or console. If you get the 3M brand, removal of the hooks can be done quickly and without adhesive residue remaining on the substrate surface when you want to remove the hooks.

■ **Genuine Butcher Shops are a dying breed among local food purveyors.** The last real butcher shop that I can recall in the Tri Valley area was Lawrence's Meat Market, Alamo. However I've learned there are 2 real butcher shops still alive and well. **1. C&H Meat Company, Castro Valley**, home of the Oakland Kalbi® - yes, that's a registered trademark - this Korean 'All You Can Eat' eatery and butcher shop started in San Francisco in 1982, long before the Bay Areas obsession with Korean food began. These days, you'll find Mama Cho's exclusive cut of Angus beef short ribs at the meat counter in Castro Valley along with prime, grass fed and organic cuts of everything else you need to master Korean barbecue or Japanese dishes like Shabu Shabu. Located inside Lake Chabot Public Market, C&H's friendly, knowledgeable staff offers a dizzying array of marinated beef, pork and chicken options, plus unique items like house-made spicy Thai chicken sausage and Kurobuta pork belly. You'll find rib-eye sliced specifically for Shabu Shabu and paper-thin brisket for bulgogi and chadol baegi. **2. LIVERMORE BUTCHER SHOP** - Family-owned and operated with a wide variety of cuts, including bone-in pork chops, rib-eye steaks and house-made sausages, plus sandwiches. **282 S. L St., Livermore;** [livermorebutchershop.com](http://livermorebutchershop.com).

▪ **East Bay Dining Scene:** The loss of formerly viable restaurants has increased from 25% after the first year of Covid. Per the San Francisco Restaurant Association, it is now over 35%! Some of the more notable closures are Brown Sugar Kitchen (15+ years), Specialty's Café & Bakery Chain (33 years), Chow's (22+ years), Bette's Oceanview Diner (40+ years) and Pappo's Restaurant, Alameda (16 years). This was just a partial list of the better known eateries.

## ▪ **Kitchen/Cooking Tips:**

### ▪ **Care and storage of fresh vegetables from the store:**

▪ **Fresh Corn** - While shopping, don't peel back the husk at the tail to see if the kernels are plump/whole/mature. You can actually feel it through the husk and that will leave the corn undamaged. Store in damp paper bag or paper towels. Use a Ziploc bag in the fridge but leave the mouth of the bag open.

▪ **Tomatoes** - Smell them. They should smell earthy with a strong tomato presence. Press on them with your thumb but do not dent them. They should give a little. If it's rock hard they're not going to ripen anytime soon. It's OK to put them in the fridge if they are ripe.

▪ **Cucumbers** - English style are wrapped in plastic and will last longer in the fridge. You can do the same with Farmer's market fresh cucumbers. Simply wrap them immediately in Saran Wrap tightly. Supermarket cukes are coated in wax which do the same thing. **Tip:** The large, plastic wrapped, English Cucumbers will last much longer than the unwrapped ones. That also applies to the smaller Persian Cucumbers.

▪ **Carrots** - If the market has the green's still attached choose those over a bag one without the green tops. The bagged variety were picked as much as a month to 2 months ago. The ones with the greens still attached were picked just a day or 2 ago. When you get home cut those greens off because a carrot has a root and you don't want the root feeding those greens and losing flavor and nutrition. Put the carrots into a Ziploc bag but leave the opening open and put them in the fridge.

▪ **Lettuce** - First thing is dry as much of the lettuce as you can roll/wrap them in paper towels and insert into a Ziploc bag with mouth open. Also remove any rubber bands or other banding material because they'll rot underneath that band. Wash just before making your salad.  
**Source:** America's Test Kitchen, S21/Ep24.

▪ **Cook Frozen Foods in Air Fryer:** Cook just about any frozen food in your air fryer to crispy, take-out quality perfection. (I'm looking at you: Trader Joe's mandarin orange chicken). Oh, and it's great for crisping up any leftovers, too.

▪ **Microwave lemons to get more juice out of them:** After a quick 20 seconds, they're so much easier to squeeze and yield so much more juice.

▪ Instead of sautéing mushrooms in olive oil or butter, start cooking them in a dry pan for a few minutes. This gets much of the moisture out so they brown better.

▪ **Pre-make roux in big batches**, then freeze it in silicon ice molds. Use the individual portions of roux whenever you're making something like gravy, mac 'n' cheese, or béchamel sauce. It's a total time saver.

▪ **Bake with browned butter** instead of regular butter. Brown butter has a richer and nuttier flavor that will enhance whatever you're baking (cue: the world's best chocolate chip cookies).

▪ **Add a little bit of mayonnaise to beaten eggs** before scrambling them or making an omelette, quiche, or frittata. It makes them super light and fluffy.

▪ **Use the spice packet that comes with instant ramen as a popcorn seasoning.** Mix the powder with some melted butter or margarine and then toss with the popcorn. It's even better than the movie theater stuff.

▪ **When making grilled cheese sandwiches**, schmear a little bit of salad dressing on the outside of the bread. Most people do this with mayonnaise, but salad dressing (like store bought Italian dressing) is even better. Just a light spread is all you need.

- **Line the lid of your slow cooker with paper** towels to soak up extra condensation and prevent your food from getting watery. This is especially useful if you're making dishes with a crispy top like lasagna or mac 'n' cheese with a bread crumb topping.
- **If you're making soup, stew, or even a sauce** that looks too thin, add a bit of instant mashed potatoes as a thickener. It's an easy fix when you realize too late that you've added too much liquid.
- **When breading something like a chicken cutlet**, forget about the egg and coat it in mayonnaise before the breadcrumbs.
- **You can boil eggs in the air fryer** with no water necessary. Set your handy appliance to 270°F and place the eggs inside the basket. Cook 10 minutes for soft boiled or 15 minutes for hard boiled.
- **Starchy foods like rice, pasta, potatoes, and quinoa** taste better when cooked in stock, rather than plain water.
- **Make homemade whipped cream** shake for about 20 seconds. You'll have delicious, fluffy whipped cream in no time.
- **Add a dash of vanilla extract and cinnamon to pancake or waffle batter**. It gives the final product a touch of sweetness and richer flavor.
- **Mix soy sauce and butter** to instantly boost the flavor of just about any savory dish like fried rice, mushrooms, or salmon.
- **For the crispiest fried or roasted potatoes**, dip them in ice water first. When you're cutting potatoes, toss them into a bowl of ice water. Give them a swirl to wash off excess starch, then drain and pat them dry. Even soaking them for a few minutes is enough to get them really crispy.
- **Add a few drops of lemon or lime juice to a cutting board** before you dice onions. It doesn't impact the flavor whatsoever, but the acid from the lemon neutralizes the fumes from the onion so you won't cry.
- **Add a small amount of water to the pan when frying bacon**. The water significantly reduces the amount of fat splattering, and it actually results in really crispy bacon.

**Source for Above 19 Items:** [buzzfeed.com/hannahloewentheil](https://www.buzzfeed.com/hannahloewentheil)

▪ **Rewarming Leftover Pasta:** This can be tricky. Reheating pasta in cream or other thick type sauces will often result in the sauce breaking down into oil and other components of the sauce. The key is to reheat it slowly. Here are two methods I use. **1.** Reheat it in your microwave oven set at just 20% power. "Baby up" on your target temperature slowly, using 5 minute maximum cycles to avoid the oil component of the sauce from separating. **2.** Put the leftover pasta into a oven safe dish or wrap in Aluminum Foil. Place in oven or Toaster Oven or Air Fryer for 20 - 25 minutes. Use a digital thermometer with a long probe to check the temperature of the food being reheated.

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▪ **Tip for eating noodles in Asian restaurants:** If you are not proficient in using chopsticks, soup noodle and stir fry noodle dishes can be very difficult and messy to eat. Try asking for a pair of scissors to cut your noodles into shorter lengths to make the use of a fork or large spoon less frustrating. Many Asian places often have scissors for use by their customers for this purpose. The server may even offer to cut your noodles up for you for eating or serving ease.

▪ **Brita Water Filter Pitcher Battery:** Ever wonder about the power source for the little gauge on the top of the pitcher used to remind you that it's time to replace the filter cartridge. There is nothing in the User's Manual or product packaging material to indicate any need for service. It's a sealed meter and is designed to require no service by the user. The battery is a small, sealed, wafer-type battery with a 5-year shelf life. The battery will last a lot

longer than 5+ years. The battery or the gauge is not user-replaceable. The battery, gauge and pitcher lid are not sold separately. You'll have to replace the whole pitcher if the meter dies on you.

## MARCH 2022 CONSUMER TIPS

### GENERAL CONSUMER ITEMS/ISSUES:

### PHISHING ATTEMPTS ON OUR CELLPHONES”

#### This is something we've all experienced.

**SMS phishing warning signs:** You receive a suspicious text from an unfamiliar number, and when you open it, the sender claims to be from your bank or internet service provider and urges you to click on a link. Chances are it's a scam artist using a tactic called SMS or text phishing to steal your personal information. Here are a few ways to spot this trick and actions you should take if you get a text you're unsure about..

#### **1. They play with your emotions**

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

#### **2. They urge you to click on a link**

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

#### **3. They ask you to respond**

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

#### **4. They don't use your name**

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

#### **5. They use incorrect grammar**

Established companies and organizations have teams dedicated to proofreading emails, so incorrect punctuation, grammar, or spelling should be a warning sign that it may be a phishing message.

#### **Help Stop SMS Phishing Scams:**

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

#### **REPORT THE SCAM**

Tell Your Carrier: **1.** It's simple. Forward the suspicious message to 7726 (text message). **2.** Tell the Federal Trade Commission (FTC). Go to the FTC's reporting website so they can add the suspected scammer's number to a list of known fraudsters. **3.** Block the Number: Both iPhone and Android devices have the ability to block unwanted calls and texts from their own cell phones.

**Source:** SR Smith Corp. IT Dept.

■ **Age –Related Macular Degeneration (AMD)** – is a leading cause of blindness and affects the sight of approximately 11 Million people in the U.S. and growing. AMD is a progressive disease with symptoms usually appearing from age 50 onward.

#### **Diagnosis and treatment**

If you have a family history of AMD, it's vital to have your and your children's eyes examined by an ophthalmologist early on and regularly throughout life. To check for macular degeneration, a dilated eye exam is necessary. Make an appointment with an optometrist or an ophthalmologist, who can perform a complete eye exam.

Currently, there are only a few treatments for late forms of dry AMD, including **AREDS2 supplements**, available as OTC meds at your local pharmacy. Research into the wet form has demonstrated that treatments involving injections into the eye have revolutionized the outcomes for af-

flicted patients. These injections, especially when given early in the disease, when it presents with good vision, are effective. "It does not slow or stop, or restore, vision loss in all cases. But in some cases vision has been able to be restored, and the patients who have good vision at the time of treatment do much better. In fact, some patients who are 20/20 still after four years of injections, and some even longer." "Being diagnosed with AMD is going to be an emotional experience." "Getting injections into your eye on a regular basis is not a pleasant thing, but it's critical to keep up treatments or the faulty blood vessel formation can reoccur. This condition is not dissimilar to diabetes; it takes regular and continual management." Use the information available to check your own vision. "Know your family history and, above all, follow a healthy lifestyle. Remember: We are what we eat and how we live."

**Normal vision:** Clear vision of both eyes. **Macular degeneration:** Blind spot in center of field of vision. **VISION SYMPTOMS** - By the time you experience the symptoms of AMD, it's already quite advanced. Symptoms include blurred areas near the center of your vision, straight lines appearing wavy or crooked, objects appearing smaller than normal, colors appearing less bright or difficulty in adapting when going from light to dark. The American Macular Degeneration Foundation recommends periodically checking yourself by using an Amsler grid (macular.org/amsler-chart) to see if straight lines look wavy or if you perceive a central darkening. Anyone can use this Amsler Grid Chart.

Use this link: <https://www.macular.org/amsler-chart>. Download/print this chart and follow the simple directions on that website to check to see if you have any signs of AMD. It's easy and simple enough to do this on a daily basis. Do it once a week at the very least. Like any disease, you want to catch this early rather than allow it to mature. The earlier you catch this, the more options you will have.

**Source:** Costco Connection February 2022 Edition  
American Macular Degeneration Foundation Website

#### ■ **Best Value in Chef's Knife for Home Use:**

**TOP KNIFE OVERALL: Henckels Premio 8 Chef's Knife \$40.**

CR'S TAKE - The Premio has great force transmission, so you don't need to exert as much effort when cutting, and the contoured handle is comfortable for a wide variety of hand sizes and grip styles.

**STURDY & SMOOTH CUTTING: Wüsthof Classic 8" Chef's Knife \$150.**

CR'S TAKE: This knife was heavy but still comfortable for all of our panelists. Good force transmission. Let it glide through tougher-to-cut foods, like chicken.

**BEST BUDGET CHEF'S KNIFE: KitchenAid Classic 8" Triple Rivet Chef Knife \$20.**

CR'S TAKE: Considering its bargain price, this knife has decent force transmission. And the design is reminiscent of much pricier knives, such as the Wüsthof.

**GOOD GRIP: Global Classic 8" Chef's Knife \$125**

CR'S TAKE: Great for chefs who use a pinch grip (when thumb and index fingers grip the top of the blade). Plus, the handle resisted slipping in wet hands.

**Source:** Consumer Reports, Jan. 2022 issue

■ **Sleep Aid Supplements:** How effective are the more popular supplements? Here's what Consumer Reports says:

#### **Melatonin**

This popular supplement is made from a natural or synthetic version of the hormone melatonin, which signals to your body that it's time to sleep. It can be helpful for older adults (who produce less melatonin and those with wonky body clocks (night owls, jet-lagged travelers, and night-shift workers). But a 2013 meta-analysis found that, on average, people fall asleep only about 7 minutes faster after taking melatonin. Talk to your doctor before trying this supplement, and consider taking it only occasionally: Research is still pending on the safety of long-term use, beyond about three months.

## Iron

Iron deficiency is closely linked to restless legs syndrome, a condition marked by uncomfortable sensations in the limbs and an uncontrollable urge to move them-which can interfere with sleep. Think this might be your issue? Consult a doctor before self-treating. Taking iron could mask a more serious problem. Plus, in people without deficiency, supplementing could lead to iron overload, which can damage organs.

## Vitamin D

A growing body of evidence suggests a link between low levels of vitamin D and sleep troubles. One study of 89 adults with sleep disorders, published in 2018, found that when people whose vitamin D levels were on the low side, but not deficient, took supplements regularly for eight weeks, they said they nodded off faster, slept longer, and had better sleep quality than those who received a placebo. But other research has found that in certain populations, the supplements have no positive effect on sleep, or may worsen it. What to do? Talk to your doctor about vitamin D testing and whether supplements might be worth a try.

## Valerian

This root has been used for centuries to treat insomnia. And several studies suggest that this supplement may help people fall asleep faster and wake up less often at night, though next-day grogginess may occur. But other studies show no benefit. Such mixed findings may be due to the variable quality and instability of active ingredients in valerian, according to a 2020 research review, so be sure to check for a trustworthy seal on the bottle (see more on seals at [CR.org/seals0222](https://www.consumerreports.org/seals0222))

Source: CR Reports; Feb, 2022 Issue

## ■ Debit Cards vs. Credit Cards

Credit cards are preferable to debit cards in many ways, but learn the pros and cons of each before deciding what's best for you. With a credit card, you're essentially drawing on a line of credit from your card's issuer, and you're expected to pay off your debt each month. If you don't, you'll be charged interest. A debit card, on the other hand, draws directly from your bank account, as if you were writing a check. There's no borrowing involved.

An advantage of debit cards is that they don't let you rack up debt. You can't buy what you can't afford. That means you also don't receive a bill every month that needs to be paid off. Debit cards also generally don't charge annual fees -- while many credit cards do.

Credit cards, meanwhile, offer many benefits. For starters, using a credit card responsibly -- that is, paying your bills in full and on time is a good way to build a high credit score, which can help you get better interest rates when borrowing money. (On the flip side, though, applying for too many cards or racking up debt can depress that credit score.)

Many credit cards offer perks such as a percentage of your purchase price back in cash or the ability to earn points toward discounts. Travel credit cards can offer access to airport lounges, upgrades for hotels and flights, and dining credits at restaurants. Some credit cards offer purchase protections and extended warranties, too.

Credit cards also offer safeguards that debit cards don't. Their issuers tend to monitor usage, and will often flag suspicious activity before it becomes a problem. And by law, you're not on the hook for more than \$50 if unauthorized charges are made on your credit card.

The downsides of credit cards being charged steep interest rates and racking up lots of debt can be disastrous, though. Consider using a credit card, but treating it like a debit card paying off your bills in full right away.

Source: San Jose Mercury News, Financial Section

■ **Description Audio Feature:** During the last few days of the Winter Olympics TV coverage, a strange 'thing' happened to our 2004 wide screen LED TV during viewing. A new female voice suddenly began to describe the action that was taking place on the video that was in addition to the regular program audio. It was describing in narrative style everything that was going on in the program. It was very distracting. I 'Googled' this new phenomenon and discovered that this was a standard feature as an assistive feature to blind or visually handicapped viewers that can be invoked by the viewer. I followed the various instructions given on Google and nothing worked. After a couple of hours of trying, I finally turned the problem over to our son. It took him all of 2 or 3 minutes to find the hidden feature and turned it off. Google was wrong. It wasn't in the TV set. It was a part of the Comcast Xfinity features controlled by the Xfinity Remote Control. If this ever happens to you and you subscribe to the Xfinity Cable programs, simply click the DOWN ARROW

button on the remote. A new menu will appear on the bottom of the screen. Highlight this menu bar to go to the far left screen item "DA" and click on it to toggle this feature on/off to eliminate this annoying, narrative, voice-over feature. Problem solved!!

## **EAST BAY DINING SCENE:**

**Bette's Oceanview Diner:** Last month I reported the impending closing of this iconic place in Berkeley after 39 great years of operation. Late breaking news – it will reopen in March as **The Oceanview Diner**. Ownership will be a group of former staffers that include the Chef, Darryl Kimble and Manager Rima Ransom. It will be a coop arrangement with equal ownership among all the former staffers. Target date for reopening is early March 2022!

**Rock Wall Wine Company, Alameda:** This popular urban winery has closed after 14 successful and fun years of serving the East Bay. This Urban Winery was a new concept developed by the famed Rosenblum family. They are, apparently, victims of the current Covid economy and the lack of qualified staff to serve their clientele.

**Pho Saigon, Dublin,** closed last November and moved to a new location in Pleasanton next to Honey Baked Ham and across from the now-shuttered Sweet Tomatoes. They reopened in January but suffered a devastating kitchen fire and will be closed for repairs for the next couple of months. However, the story doesn't end there. There must have been some 'Musical Chairs' skullduggery going on because their former location has already reopened. The name is new but the staff is mostly made up of the former Pho Saigon folks! It is now known as **Pho Dublin!**

Source: San Jose Mercury News

**New Steakhouse in Bishop Center: L B Steak** is a relatively new eatery to open up on the ground floor of City Center Bishop Ranch within the last year. It's an excellent Steak House. We like it a lot. However, it's expensive. Their least expensive steak is a 6 oz. Filet Mignon @ \$54 and the most expensive cut for one person is a Boneless, 35-day Dry-Aged 12 oz., Rib Eye @ \$59. Their signature steak is a 48 oz. Tomahawk, Bone-in, Rib Eye (for two) @ \$130! We've had the 12 oz. dry-aged Rib Eye and it was outstanding in flavor, tenderness and cooked perfectly medium rare. They also offer a good selection of Japanese Wagyu steaks priced at \$25 - \$30 per oz. depending on District of origin in Japan. Minimum size is 4 oz. Steaks are started on a lower temperature flat-top grill and finished in a Salamander at 800°F 1000°F. Professional service, ambiance and hospitality are top notch! BTW, "L B" stands for Left Bank, the French Brasserie Chain of restaurants.

Source: Our visit 2 weeks ago.

## **APRIL 2022 CONSUMER TIPS**

### **■ Costco Internal Warehouse Pricing Guide**

The secrets to Costco pricing. "Costco expert" Len Rapoport shared his knowledge of Costco's unique pricing structure – which he gained in his years as an Ebay power seller, unloading items

he bought for steep discounts at Costco. The secret, he says, lies in examining the cent amount at the end of the price.

According to Len, items ending in 99 cents are regular, full-priced items. Same goes for prices that end in 49 cents, 59 cents, and so on. If the end of the price reads 97 cents, however, you're looking at goods that have been marked down. Costco is not quick to disclose this the way some stores will, but if you want to know precisely how much the goods have been marked down, Len says you can ask a manager. If an asterisk also appears on the upper right corner of the price tag, this means the item will not be restocked, so what they have currently available in the store is all they plan to have. You may also see prices ending in .88 or .00. Len says those are manager specials and markdowns, and are often goods that have been returned to the store, or end of inventory items.

Read More: [https://www.mashed.com/64877/secrets-costco-doesnt-want-know/?utm\\_campaign=clip](https://www.mashed.com/64877/secrets-costco-doesnt-want-know/?utm_campaign=clip)

Source: Mashed.com

## ■ **Men's Cordless Electric Razors – A Primer:**

There are two types of cordless electric shavers: **foil (also called oscillating) and rotary**. Foil shavers are the earlier technology, and use an oscillating blade like a barber's shaver covered by a curved metal foil. Our tests show foil shavers give a closer, more precise shave than rotary models. Rotary shavers are generally thought to deal better with thick, coarse hair that grows in all directions, while foils work well on thinner, straight hair. Rotary cutter shavers are also quieter and more comfortable on sensitive skin types. Foil shavers are much noisier and produce a lot of vibration. Both types of cutter assemblies can be used wet or dry. The cost of foil blade shavers is generally lower in price. If you're currently using a rotary blade unit and want to try an inexpensive rotary shaver, try this unit from Amazon: <https://tinyurl.com/y9auy7m7>. If you would like to try a foil cutter shaver, try this one: <https://tinyurl.com/y7m23dt8>

**Source:** Consumer Reports

## ■ **Take Better Care of Your Teeth as You Get Older:**

According to the Harvard Medical School publication, The Family Health Guide, adults over the age of 65 suffer higher rates of gum disease, tooth decay, mouth infections and tooth loss than any other group. While some of these conditions happen as a part of the aging process, others occur as a result of a history of poor dental hygiene.

One of the most noticeable impacts of aging that happens in the mouth is receding of the gums. While some cases of gum recession are caused by a lifetime of improper brushing technique, the side effects of medication or vitamin deficiencies, gum recession usually happens as a result of bacteria build up. When bacteria builds up and is not brushed away sticky plaque forms over the teeth. This plaque is the perfect breeding ground for bacteria that cause gingivitis, periodontal infections, and even bone loss.

Senior patients with receding gums often report their dentures no longer fitting properly. Food particles can get stuck beneath ill-fitting dentures, causing bad breath and bacteria to build up. Dentures that do not fit often lead to painful sores, which in some cases cause elderly patients to stop eating.

Other studies suggest that saliva production decreases with age, causing dry mouth or xerostomia. Saliva is an essential element in maintaining balance in the mouth and protecting oral health. Saliva is full of enzymes that help break down food particles as part of digestion. Saliva also helps keep bacterial growth in check. Dr. Amy Norman, D.D.S., P.S., of Everett, Washington, affirms saliva's importance, "When saliva production decreases and patients experience dry mouth conditions, chewing and swallowing becomes difficult, patients experience bad breath and the opportunity for bacterial growth arises. These bacteria attack teeth and gums, leaving patients at risk for more serious health complications."

These health complications include cardiac and pulmonary infections, may impact pre-existing conditions like diabetes and even bring on early dementia.

Gums and saliva are not the only parts of the mouth influenced by aging. Teeth wear down naturally after years of chewing or grinding. The teeth also become more brittle as the enamel dries out and becomes less permeable, paving the way for cracks and breaks. Other contributors to tooth erosion include poor diet and use of particular medication.

Seniors are also still at risk for cavities. Cavities form at the gum line as tissue recedes and exposes roots to bacteria. Other seniors have old fillings that erode and wear away, leaving behind holes in the teeth. These holes collect food particles and bacteria and can lead to root canals and even extractions.

"Aging is a process that occurs even with interventions," says Norman. She continues, "The best way to protect your teeth throughout the life cycle is to practice proper dental hygiene and see their dentist regularly for preventative treatments like fluoride."

Additionally, the use of a Fluoride Dental Rinse after brushing teeth before retiring for the night is a good practice to reduce cavities from forming during the night.

**Source:** Amy Norman, DDS, PS

## ■ **What you need to know About Reverse Mortgages:**

If you're at or nearing retirement age and looking for a way to generate cash flow, a reverse mortgage can seem like a great idea, especially given all the starstudded ads for them floating around prime-time TV. And in some cases, a reverse mortgage can be a helpful financial tool to turn much of your home equity into spendable cash, but there are downsides to consider, too. In this article, we'll walk through the pros and cons a homeowner would be smart to weigh in order to make an

informed decision about the most popular kind of reverse mortgage: the federally insured home equity conversion mortgage (HECM)

Here are the basics of how reverse mortgages work. A reverse mortgage is a loan offered to people who are 62 or older and own their principal residence outright or have paid off a significant amount of their mortgage. You usually need to have at least 50% equity in your home, and typically can borrow up to 80% of the equity, based on the home's appraised value. The lender uses your home as collateral in order to offer you the loan, although you retain the title. The loan and interest do not have to be repaid until the last surviving borrower moves out permanently or dies. A nonborrowing spouse may be able to remain in the home after the borrower moves into a health care facility for more than 12 consecutive months or dies. Fees and interest on the loan mean that over time, the loan balance increases and home equity decreases.

A reverse mortgage offers seniors the opportunity to turn what may be their largest asset — their home — into spendable cash.

The **risks and dangers** of reverse mortgages:

### **The Elder Might Need A Care Home in the Future**

If you incur the debt of a reverse mortgage, or your aging parents do, it's ok as long as they can live in that home. What happens when they have to move out of the home into assisted living or a nursing home? The mortgage becomes due. Now, there is the expense of paying it off, besides the high cost of the assisted living or nursing home care. It can leave an elder homeless.

### **It Can Affect Any Dependent in the Home**

If the elder who needs care in a facility has non-borrowing family members in that home, the loan is still due. Anyone left in the home must move out, go to a care facility or be taken in by someone else. Those displaced if a borrowing elder has to go to a care facility can include a non-borrowing spouse, child or grandchild. They are "tenants" according to the rules of reverse mortgages and they have to leave when the elder does.

### **It Can Go Into Default**

If an elder with a reverse mortgage fails to pay property taxes, to keep up insurance on the home, or fails to maintain the home, he is in default. The lender can then foreclose. Lenders are in a good position to purchase such properties cheaply and then flip them for a good profit. Elders who are low on cash may fail to pay home insurance premiums or property taxes. If they are getting forgetful, they might not maintain their properties.

### **When the Elder Dies, the Heirs Must Pay Off the Loan**

The entire principal, plus accrued interest and service fees must be paid in full to the lender before the heirs can rightfully take possession of the home. This debt may exceed the actual market value of the home. If they can't pay the debt, the lender has the right to foreclose and sell the property. Low wealth heirs are not likely to be able to pay the debt and those homes fall into foreclosure. Goodbye inheritance.

### **The Amount the Lender Will Loan is Limited**

There are seemingly irrational formulas used to calculate how much a borrower can get on a reverse mortgage. If an elder lives into one's 90's, becoming more common these days, there is a risk that the amount loaned will not be enough to sustain the elder who needs long term care at home. The elder can run out of money to make the loan payments, go into default and end up homeless and impoverished. This is a real risk, particularly for anyone who thinks it's a dandy idea to take out a reverse mortgage to pay for home care providers. If the elder borrows, say, \$200,000, and ends up needing care 24/7, that reverse mortgage cash she got will be exhausted in about two years or less. Then what? Default, foreclosure and Medicaid paid nursing home.

According to Norma Paz Garcia, Senior Attorney for Consumer's Union of the United States, there is no suitability standard for reverse mortgages for seniors. We need standards. She warns that all seniors need truthful counseling to warn of the negative consequences and potential harm of reverse mortgage products. She urges borrowers to consider any other possible alternatives to raising cash such as a forward mortgage equity lines, inter-family loans, local government loans or public benefits.

So what's the bottom line? **Consider a reverse mortgage an option of last resort.** If you or your aging parent gets charmed by the TV ads, get advice from a competent financial planner and elder law attorney before doing anything. Recognize that your aging loved one might not be in

perfect health to the end of her days and that care at home might cost more than a reverse mortgage could cover, especially over a period of years. There just might be less costly, smarter ways to deal with the need for money when funds run low.

**Source:** [Carolyn Rosenblatt, AgingParents.com & AgingInvestor.com](#)

■ **Heart Healthy Avocados:** If you're a regular avocado eater, keep up the excellent work. A new study published in the Journal of the American Heart Association confirmed that consuming avocados – a fruit high in vitamins, minerals, fiber and healthy nonsaturated fats – is linked to lowering the risk of cardiovascular disease and coronary heart disease in both men and women.

■ **Creating A Trash Free San Ramon:**

We all know the satisfying feeling of sitting down at a table and eating a meal from beautiful dishware, metal utensils; using sparkling glasses, sturdy ceramic cups; and our laps draped with cloth napkins. The only waste created is any bits of leftover food still on the plates. Since the 1950s, single-use foodware has become increasingly popular in the U.S., largely for convenience. No washing, no problem! Take it to-go! Many of us know the heft of that full paper coffee cup in our hand, plastic-lidded, plastic spill-stopper in the lid, cardboard insulation sleeve keeping fingers from being cold/hot. That cup had about a 10-minute role as YOUR cup, and then it was...Recycled? Composted? Trashed?

Then came the bumpy nature of the Pandemic, where planning to dine out is much like forecasting the weather, and when food for take-out definitely became a lifeline for many restaurants. Here is the difficult truth-disposable (single-use) foodware makes up the majority of litter found in the U.S. Americans use and throw away almost 108 billion disposable cups every year. Most of these cups are not easily recyclable, are not readily compostable, and often find their way into our parks, schools, and waterways as litter. Moreover, the manufacturing, distribution, and disposal of single-use cups uses 22 billion gallons of oil, produces 26 billion pounds of carbon dioxide, and requires the harvest of over 20 million trees annually.

Consider this when heading out for a bite to eat or picking up food to-go. Take a few more minutes to make that food choice, and select food establishments that use durable cups, plates, utensils, and cloth napkins. When buying food "to-go", politely refuse the single-use items like paper napkins, plastic straws, ketchup packets, and utensils. Remember that you have the items at home you can use repeatedly! We can all make tiny changes to help create a trash-free San Ramon.

**Source:** City of San Ramon Newsletter

■ **Sausage Cooking Tips:**

Don't marinate sausage before grilling – here's why. The sausage casing isn't porous enough to really allow in much extra flavor. If you do want any particular marinades in your sausage, you might want to just inject them straight into the casing. If you're trying to avoid drying out the sausage, you can let your brats or sausages spend their resting period after cooking in a beer bath, for more moisture. Don't put cold sausage immediately in to a hot pan. According to Premio Foods, manufacturer of a range of sausages, it's vital that you bring your sausages to room temperature before you start cooking. If your sausages are frozen, you'll want to let them thaw out in the fridge overnight and then let them come up to room temp further on the counter right before cooking. Refrain from poking or cutting your sausage casings, as that can allow all those delicious juices to seep out of the sausage and into your grill or pan – and you don't want that (per Good Food Australia). To avoid pricking, use a pair of tongs to move your sausages as needed during the cooking process, rather than a fork. And, yes, we know, sometimes those casings burst on their own, even if you were extra-careful not to poke, prod, or cut. If you consistently struggle with burst casings, it's a sign that you're cooking your sausages at too high a temperature.

**Source:** [https://www.mashed.com/736645/mistakes-everyone-makes-when-cooking-sausage/?utm\\_campaign=clip](https://www.mashed.com/736645/mistakes-everyone-makes-when-cooking-sausage/?utm_campaign=clip)

■ **Do Not Drive on Flooded Streets or Roadways:**

Drivers need to be extra careful during heavy rains and tropical storms, being wary of potential deep, standing water and other road hazards.

More than half of flood-related drownings occur when someone drives into hazardous water, according to the Centers for Disease Control and Prevention and the National Weather Service. Flood-related deaths vary significantly from year to year, based on weather conditions. For the past decade, the average has been 100 deaths per year, based on NWS data.

Simply put, turn your car around if you encounter water on the road that looks to be 6 inches or deeper—or you can't even tell how deep it is. Be especially cautious at night, when it is harder to recognize flood danger.

Even water that's 12 inches deep can move a small car, and 2 feet of raging water can dislodge and carry most vehicles, the NWS says.

"Deep water is also a threat to trucks and SUVs, even with their increased ground clearance," says John Ibbotson, CR's chief mechanic. "They have the same vulnerabilities as passenger cars." Driving into water on flooded roads can lead to trouble in several ways, says Jake Fisher, senior director of [auto testing](#) at Consumer Reports.

"Some drivers can lose control after hitting a large water puddle and may hit a tree or become stuck, some may find their car swept away, and some get stuck when the car's engine sucks in water and stalls," Fisher says. "All of these situations can leave drivers—and possibly their families—at risk of drowning if the water continues to rise."

And getting stuck can put others in peril, especially emergency workers who may need to come to your aid.

People drive into floodwater because they often think it's shallow, says Stephen Hegarty, public information officer for the Tampa, Fla., police department, which has experienced many of these situations.

"People just think they'll make it to the other side, and it's a lot deeper than they think," Hegarty says. "They don't know if the road has worn away and don't know what's under the water. You don't know if there's a wire down or debris in the road." Downed wires can lead to electrocution, Hegarty adds. "When we have bad flooding, especially a storm with a name, we have to rescue people on a regular basis," he says. "It's a legitimate crisis."

Even experienced drivers can be caught in flooding. Houston Police Sgt. Steve Perez, 60, drowned during Hurricane Harvey in 2017 when he inadvertently drove into floodwaters, city officials said. He had worked 34 years with the department. That was a particularly dangerous year, with NWS reporting 180 total flood-related deaths in 2017.

Beyond personal risk, driving into floodwater also can leave you with a car that's totaled. "Even if the water isn't over the car's bumper, it's possible for water to be sucked into the engine's intake and stall or even destroy the engine," CR's Fisher says.

AAA recommends that any vehicle that has been damaged by floods be inspected by a professional mechanic before driving. If there is significant damage, owners without a comprehensive auto insurance policy will end up having to pay for a replacement vehicle out of pocket. AAA recommends contacting the insurance company to determine the extent of coverage before seeking repairs.

**Plan ahead when storms approach.** Get to your shelter-in-place location rather than risking driving on flooded roads. This helps keep everyone safe, and it reduces the burden on emergency crews.

**Source:** Consumer Reports, Feb. 2022, issue

#### ■ **In N Out French Fries:**

**In N Out** produces really good burgers for a Fast Food place. But, you can improve on their French Fry texture. The next time you have fries there, ask for them to be "Well Done" or "Extra Crispy." You may be surprised at how crispy the outside texture can be. The side benefit is they don't become limp or soggy when they cool down.

Note: FYI, if you have never tried things on the In N Out 'Secret Menu,' try ordering your burger "Animal Style." Burger of your choice with hand-leafed lettuce, tomato, a mustard cooked beef patty (a squirt of mustard is added to the patty and cooked); add pickle, extra spread, with grilled onions. For more info on their 'Secret Menu' go to: <https://enjoyorangecounty.com/in-n-out-secret-menu/>

**Source:** Personal experience

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