



Few of our State leaders will change our history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of our organization.

During this last week, we witnessed the change in training of our Branch leaders, that I believe will be written as the model for future Training Sessions.

Traditionally, training was accomplished with limited participation, after protracted travel and expenses.

Unfortunately, it took this pandemic to redefine our direction, starting with the holding of State Board meetings and the Annual Meeting being held electronically.

Most of us, when this pandemic started in 2020, had not heard of Zoom, and when the Governor issued California Executive Order N-33-20, we knew that although we were staying home, we wanted to maintain our friends and active social life.

Many Branches started holding regular Virtual Meetings and Activities using a Commercial Zoom Grant of Use from the Sons in Retirement Foundation, and have found this approach helpful in retaining their membership

On January 9, 2021, we scheduled a Fireside Chat on Zoom, with 293 attendees from 1,200 invited guest, constituting a 25% participation level, and we discussed the projected reopening of our Organization.

During the week of January 11-15, 2021, over 1,200 Branch leaders were invited, by Training Chairman Lee Moy, to participate in the five-day Sir Leadership Summit, and according to the identified participants, over 850 individual Branch leaders were in attendance over the five days.

I have come to realize that our organizations progress will never roll in on the wheels of inevitability, and our progress that has in the past been restrained by travel and expense, can be addressed by Electronic means.

President John Kennedy said that "Every man can make a difference and every man should try" and I would respectfully suggest we try a new approach to training and travel and time-consuming non-member meetings.

2021 SIR President Stu Williams



**Vice-President  
Rick Kindle**



**Chief Administrator Officer  
Dean Steichen  
INFOSYS Chairman  
Alan Baker**



**State SIR President-2021  
Stuart Williams**



**Secretary  
Ron Flagel  
Assistant Secretary  
Lee Moy**



**Treasurer  
Roy Hodgkinson  
Assistant Treasurer  
Ronald Saltgaver**





SIR President - Fireside Chat - Stu Williams

273 SIR attendees discussed these topics:  
Golf/Outdoor Sports, Protocol & Regulations, Re-Opening  
Second Chance: If you missed the 2021 Update & Projections  
A saved recording can be viewed now on YouTube

Click link below

<https://youtu.be/WGdPHpP1ceE>

"Immune in June"

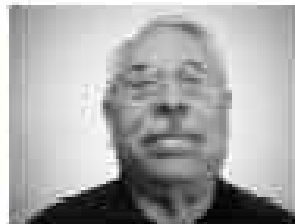
<https://youtu.be/5MjKLy1R3tY>-updated version

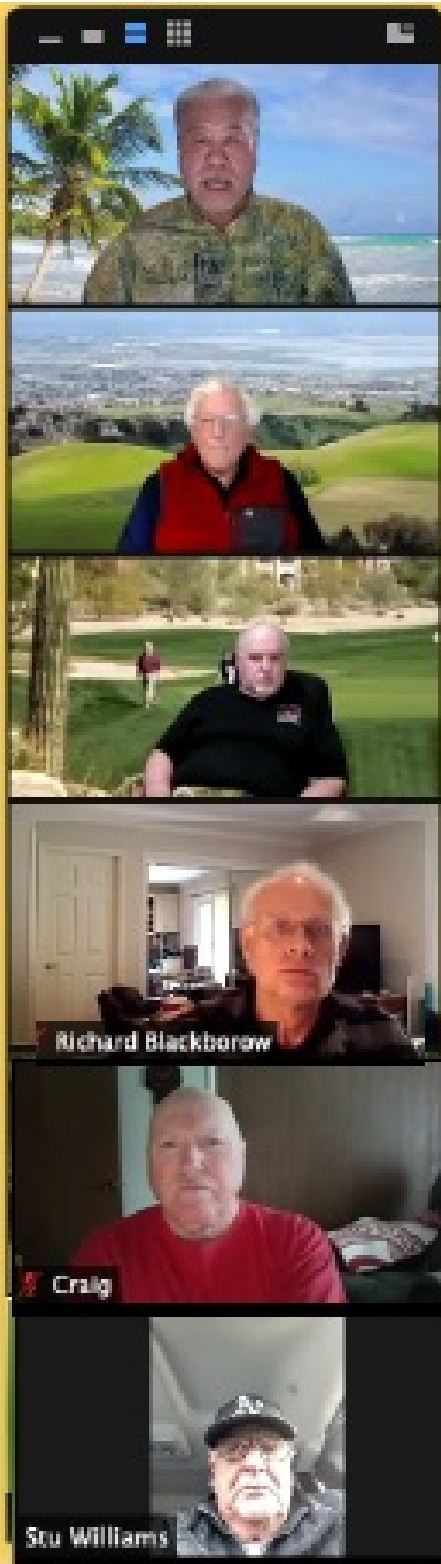
Stu's Fireside Chat is also on the [sirinc.org](http://sirinc.org) home page



In Memoriam 1950-2020

SIR President-Elect Jim Johnson





## Pre-Leadership Summit Meeting

State SIR Training welcomed the New Year-2021-by having a Zoom gathering for all the speakers, greeters and IT techie hosts. We laid out the final details, and agreed to share presentation matters, exchange biographies, and workout the participant's choice of voicing their questions. We invite all SIR membership to attend. You're welcome!!

**Leadership Summit  
January 11-15, 2021  
M-F, daily, 2-4 pm**

**AG Lee Moy  
State SIR Trainer**

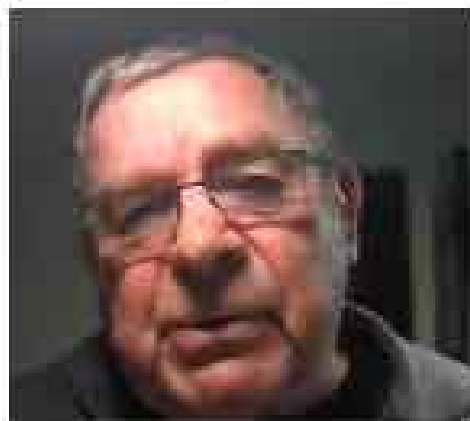
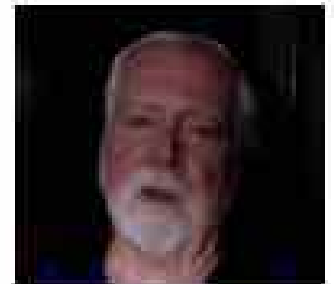


**State SIR Leadership Summit**  
 Tuesday, January 12, 2021  
 A Virtual Meeting

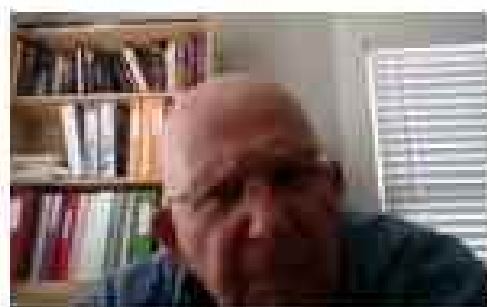
**Policies & Procedures**  
 Dale Decker, Chairman



**-PRESIDENT STU WILLIAMS-**  
 starting 2021 with a first-  
 ever Fireside Chat, and  
 presiding over the Summit.



All State SIR Board Officers were the  
 Distinguished Speakers + Bill Holly  
 7 Past Presidents made a  
 cameo re-appearance.

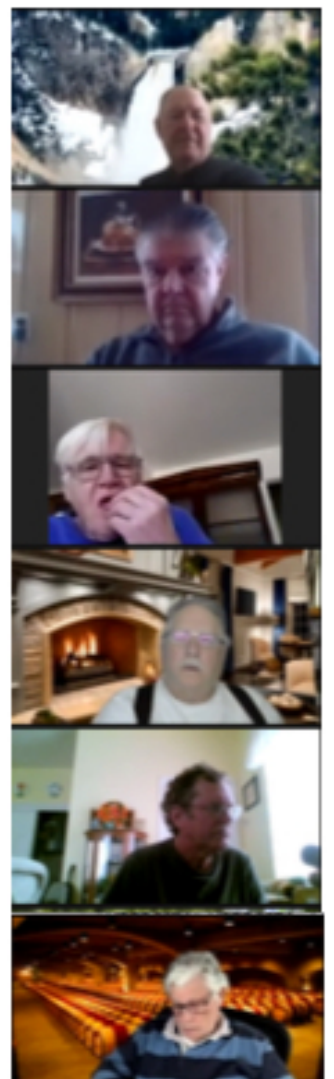
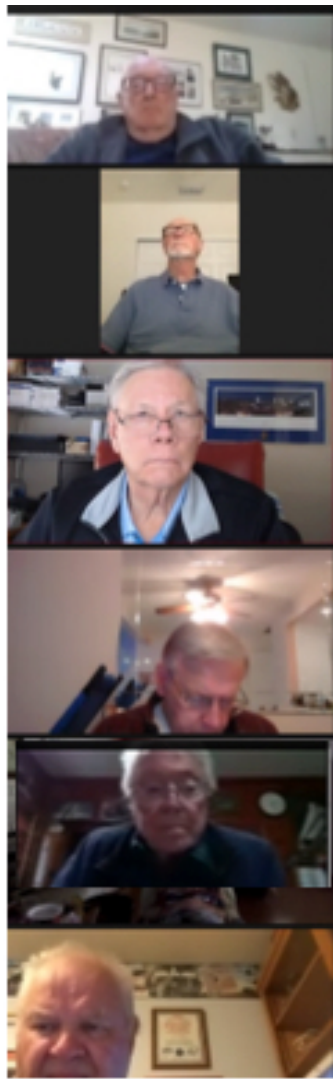




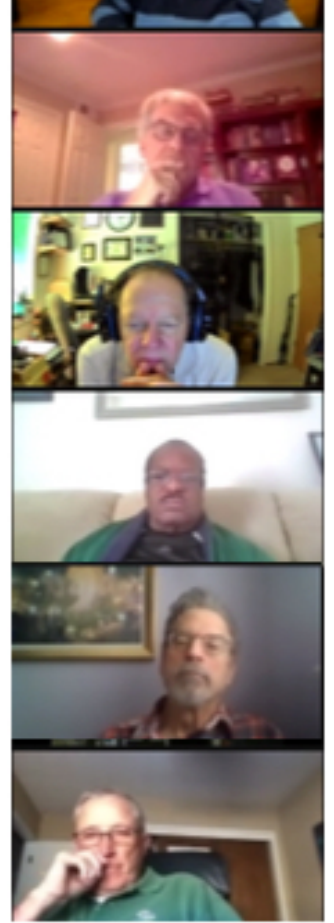
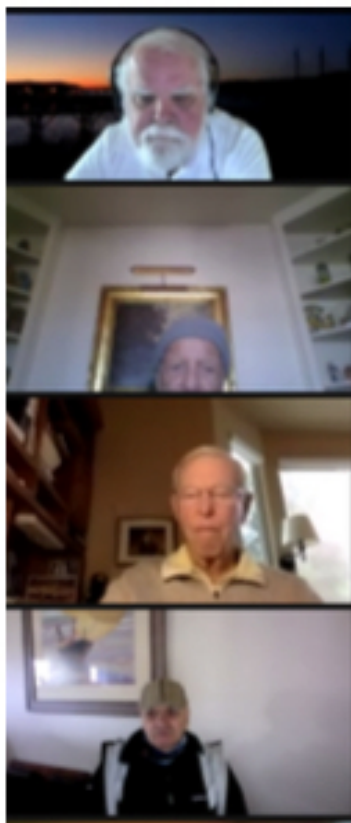
Nearly 1,000 SIR  
Over 200

Participants  
per day!

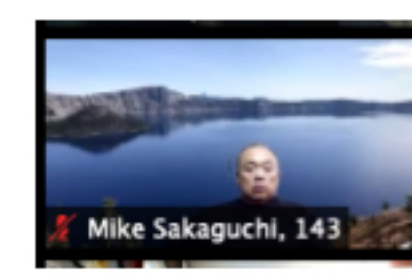
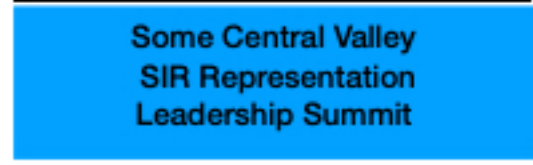
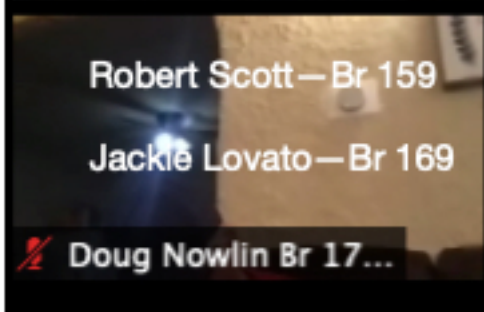




5 Days  
10 Sessions







From BS 124 to [Everyone](#):

Great job on the training, thanks for all the info!

From Clint Collier 146 to [Everyone](#):

Great event. Better format (in my opinion) for this than meeting in person. Great introduction to all that goes on in SIR that makes SIR run. Thank you to all who make this possible and made it work!

From Harold Persily BR 88 to [Everyone](#):

you guys did a great job. enjoyed all 10 sessions. lots of good information. zoom was outstanding.

From Tom Lubas Branch 17 to [Everyone](#):

A successful organization must be dynamic. This summit hit a home run. Thanks to all. Tom Lubas

From Jack Reefer BR 93 to [Everyone](#):

JOB WELL DONE ! Looking forward to 2021.

From Gary Willett-Br 37 LS to [Everyone](#):

Is the America video available for download?

From Jack Reefer BR 93 to [Everyone](#):

From Jack Reefer Branch 93. Great Job everyone.

From Rick Sale BR 79, Sect. to Me: **(Privately)**

Can we remind everyone that From 65 is due March 1

From Robert Lewis #36 Secretary  
to [Everyone](#):

One thing to consider for a future session is for someone to walk us through the Web site as that might help make things easier to find with some training.

From Richard Glover Br 159 to [Everyone](#):

Rich Glover Br 159; Outstanding, much info presented!

∨

Chat

Rich Glover Br 159; Outstanding, much info presented!

From Hugh Thompson AG - 4 to [Everyone](#):

While this training has been like drinking from a firehose, thanks to all for you information and questions, comments, and full participation ... as I look forward to my role in SIRs and our friendships. Thank you and Keep safe

From Richard Provost AG 18 Br 103  
to [Everyone](#):

Remember stay POSITIVE & test Negative

From Gene V. Zanoni to [Everyone](#):

Thank you for a terrific opportunity to gain valuable information.

From Stan Bishop BR79 BS to [Everyone](#):

Thank you all for your presentations on the SIR platform. Without your hard work SIR would not be the great group it has become I look forward to continuing on in sir in the coming years.

From Clint Collier 146 to [Everyone](#):

You are correct Derek... Logitech 920 series one of the best if not the best available webcam

From [Chuck Presto36, Big Sir](#) to [Everyone](#):

Chuck Presto 36, great job Lee and all the rest of the presenters and organizers both in front of the screen and behind. It has been exceptionally helpful to me to really understand what is behind our branch.

From Carl Mason BR88 AG7 to [Everyone](#):

Good Job Lee, and thanks to all the presenters. I learned a lot!

From Clint Collier 146 to [Everyone](#):

Give Lee a raise!

From [Terry Hartman LS 106](#) to [Everyone](#):

Great job Lee!!!

From Jack Reefer BR 93 to [Everyone](#):

This is my second year as BS and I have learned more at this session than all of last year and the year before as LS.

# Leadership Summit

“My, My, My”

“wave of the future training”



[www.WeAreSIR.com](http://www.WeAreSIR.com)

Welcome to SIR

You Tube: Fireside Chat

Leadership Summit

SIR Online Training

What Can a Member Do

I'm Doing My Part

[sirinc.org](http://sirinc.org): Watch Our Video,  
"Making Friends for Life"  
SIR Introduction

[sirinc.org](http://sirinc.org): Short Testimonials

YouTube: Fresno Final

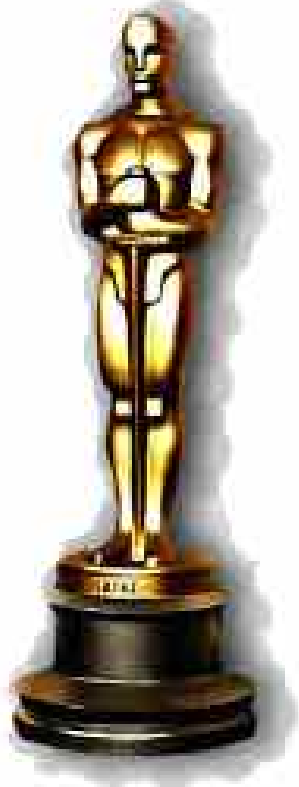
YouTube: 2018 SIR Annual Meeting

YouTube: Welcome to SIR

Form 27-Branch Membership Report



AG Lee Moy





# Our Newest Area Governor



there is life  
after being  
Big SIR



AG Lee Moy

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FACE MASK—UNIQUE DESIGN—STAY SAFE  
6 MASKS PER ORDER, \$ 79.95 INCLUDES TAX & SHIPPING

Make check payable to **Lee Moy**  
Send to: **127 N. Helm Ave, Clovis, CA 93612**

## **Second UCSF/SIR Survey Results**

Continuing our collaboration with UCSF's Division of Geriatrics, SIR participated in a second survey during September and October 2020. The subject, "The Impact of COVID on Participants' Ability to Get Health Care and Medicines and the Use of Telehealth During COVID," was completed by 1266 SIR members.

This response rate was about half the participants who participated in the first UCSF/Survey in 2019. These surveys are important to our relationship with UCSF and provide significant attitudinal insights to the attitudes and opinions of men our age - for which there is little data available, nationwide.

As an aside, the rate of death from COVID per 100,000 of men vs. women in CA is almost 40% higher at 70 vs. 50 deaths per 10,000. Only two of our 1200 plus respondents reported they had contracted COVID.

Demographically, 36% of the participants were 80 and older, highly educated, with 75% having a college degree or higher and 56% considering their health very good or excellent with another third rating their health as good. About two thirds of us have hypertension and one quarter reported having or had cancer.

95% of the respondents reported having no problem obtaining prescription meds or participating in in-person medical appointments since COVID began. Approximately 60% of us have attended telehealth visits with 80% reporting the experience was satisfying. Many felt that telehealth was easy to use and could master the technology while some reported they had difficulties with the technology.

Key survey takeaways for UCSF were:

- The survey with its response rate was deemed successful
- Few of us had contracted COVID
- Many had adapted successfully to telehealth
- But many also voiced a strong preference for the option of in-person visits

Dr. Anna Chodos, the UCSF Team Leader, thanked the SIR participants profusely and indicated that continued collaborations with SIR will provide information to improve the health of older adults in our region.

I encourage all of you to view the full survey results on the sirinc.org website. Here's the URL: <https://vimeo.com/499933133> (Results also available on the SIR Home page: <https://sirinc.org/>)

Best wishes and stay safe. We will get through this.

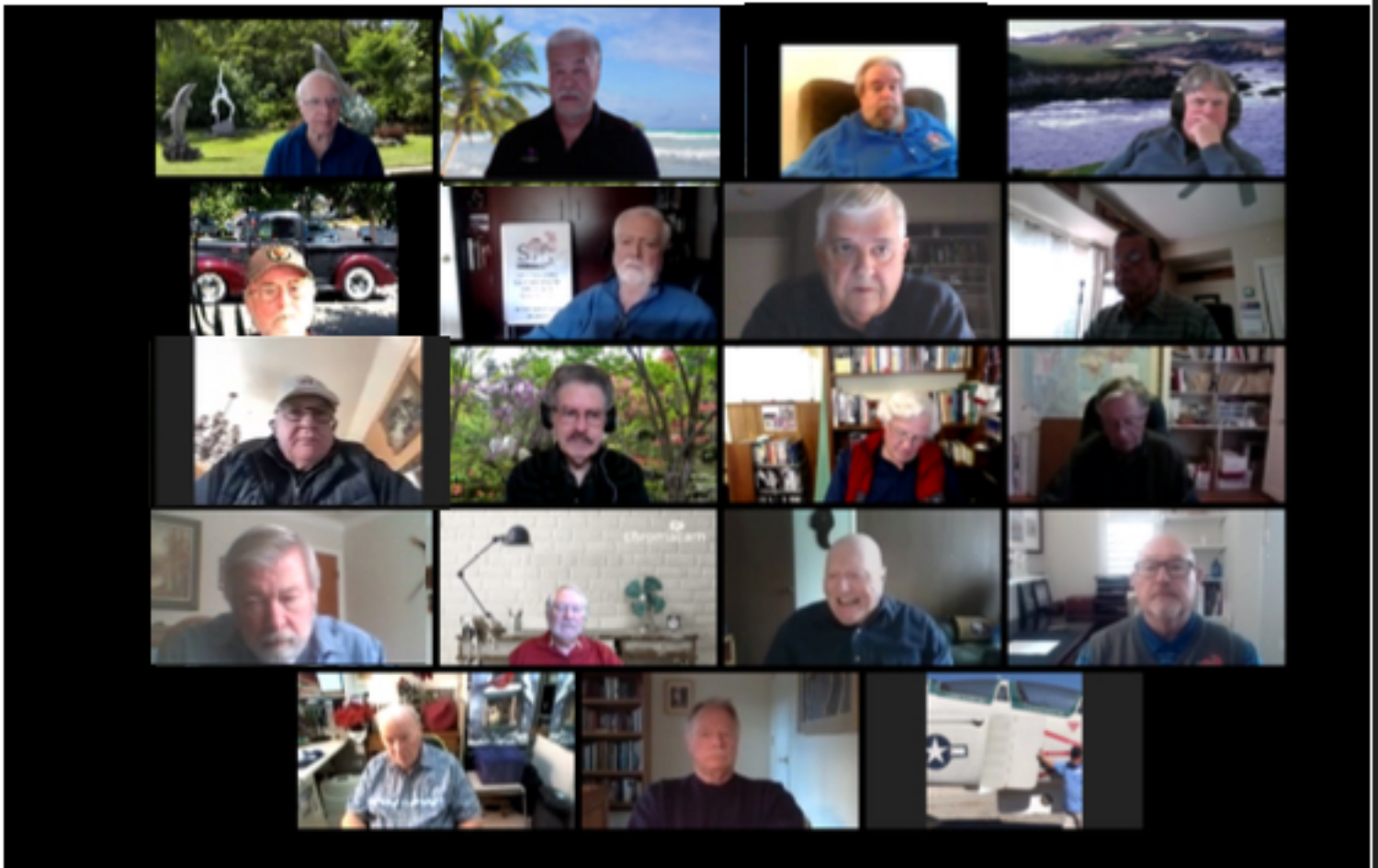
Ed Benson, Past State Present and SIR's team leader working with UCSF and SIR Barry Leskin, Past Big Sir Branch 171 and Past State Training Chairman

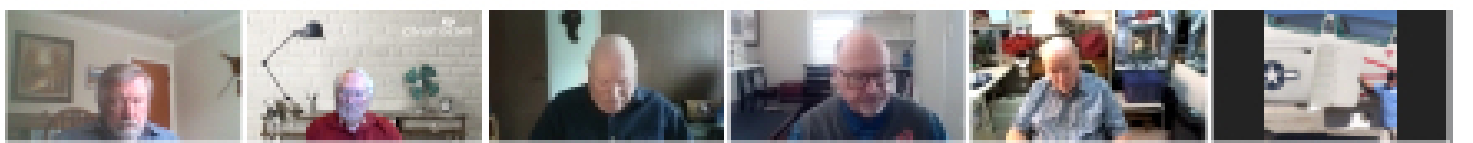
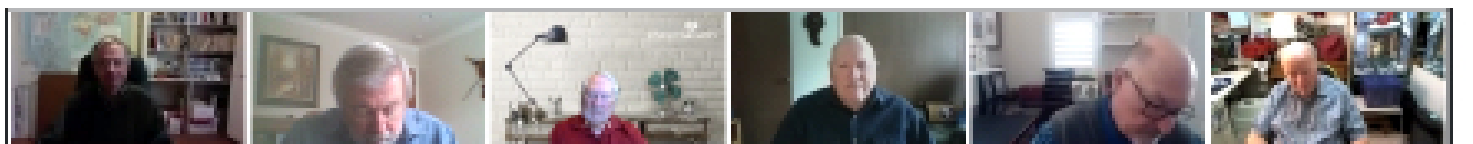
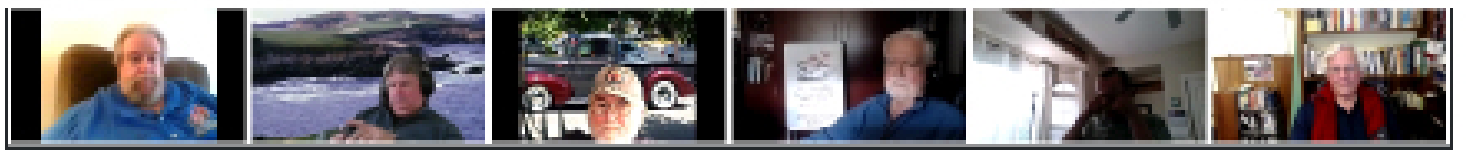
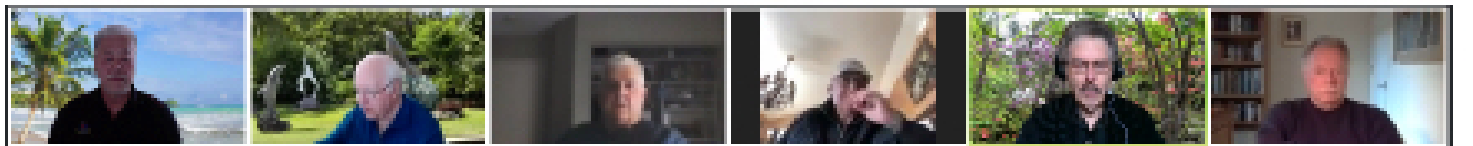


See the video Perspectives on the Impact of Covid based on SIR members' survey responses.



State SIR Board Special Meeting  
President Stu Williams addressing Re-Opening SIR Golf  
and approving Dick DeVoe as Chairman, Covid Liaison





**State SIR Board Special Meeting discussing the Re-Opening of SIR Golf  
January 21, 2021**

**Lee Moy**



# Sons in Retirement



## Century SIR Awarded to Branch 5 Member Lloyd Lettis

Branch 5 was pleased to present the Century SIR Award Lloyd Lettis on the occasion of his 100<sup>th</sup> birthday. This award would normally presented by our State SIR President, Ed Benson, at our luncheon meeting. Lloyd's contribution to Branch 5 has been substantial since he joined in 1984. His service has included seven years as Auditor, four years as Treasurer, six years as Assistant Treasurer, three years on the Membership Committee and one year on the Member Contact Committee. In addition, he has sponsored four new members.

All of us at Branch 5 appreciate what Lloyd have done for the vitality of our branch and we look forward to seeing him again when we can resume our meetings.



### SIR Happenings is published Quarterly

**Deadline for future issues will be:**

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

### 2021 STATE OFFICERS

**STATE PRESIDENT** Stuart Williams

**Vice-President** Rick Kindle

**SECRETARY** Ronald C. Flagel

**ASSISTANT SECRETARY** Lee Moy

**STATE TREASURER** Roy Hodgkinson

**ASSISTANT TREASURER** Ronald K. Saltgaver

**CHIEF ADMIN OFFICER** Dean Steichen

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

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

San Mateo

# Sons in Retirement

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

## ~3200 Years in a Single Photograph

### Ultimate Christmas Tree



Thankfully, no logger has felled it, no fire has consumed it and no earthquake has toppled it. Nicknamed "The President," the tree is the second largest Giant Sequoia on earth, living in the western Sierra Nevada at an altitude of about 6,000 feet in California's Sequoia National Park. Standing 247 feet tall, the tree is an estimated 3,200 years old. It sprouted from its seed in about 1,200 BCE, about the time Egyptian Pharaoh Menephtah claimed victory over the Israelites. Imagine, this tree had been growing for about a millennium during the lifetimes of Alexander the Great and Julius Caesar and for about two millennia during the first Crusade and the Norman conquest of England.

The President measures 30 feet across, with a circumference of 94 feet, and its trunk holds more than 45,000 cubic feet of wood -- equivalent to 25,000 wall studs (2x 4x 8) enough to build a half-mile-long wall.

Giant sequoias grow so large and for so long because their wood is resistant to the pests and disease that dwarf the lifespan of other trees, and their thick bark makes them impervious to fast-moving fires. These properties make them excellent candidates for cultivation to pull carbon from an increasingly warming atmosphere and to keep it locked-up for centuries.

Because of its unbelievable size, this tree has never been photographed in its entirety, until now. National Geographic photographers have worked along with scientists to try and create the first photo that shows The President in all its glory. They had to climb surrounding trees to take thousands of photos. Of those, they selected 126 and stitched them together to get this incredible portrait of this magnificent tree. And here it is. The man standing near the trunk of the tree is a good indicator of the tree's size. Look for the red arrow pointing to a red circle.

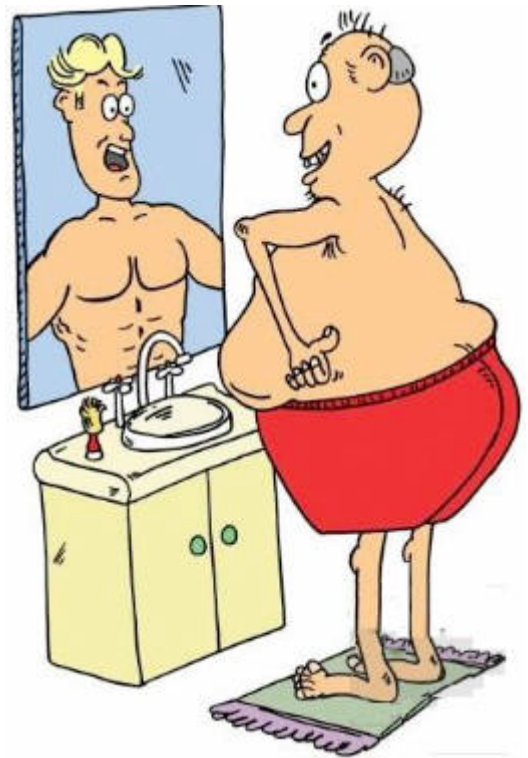


## New Initiative to Promote Growth

### *SIR State Image Committee*

The SIR State Executive Committee, because of its concern about the continually dwindling membership across the state, has concluded that part of the problem is that SIR is, unintendedly, such a “well kept secret.” They believe that, if SIR were better known, this alone would probably stimulate growth of the membership. They hope that increased visibility would also result in more younger men (aged 55-65) joining SIR, who in turn would recruit more new members that older men (age 75-85) typically do.

Before expending efforts to increase SIR’s visibility, SIR must decide on the best image of the organization to promote. Accordingly, the State has formed the Image Committee that, together with a public relations consultant, is charged with articulating a realistic and compelling image for SIR. This six-member group includes Co-chairs Rick Kindle, Mike Burwen, Dave Gonzales, Carl Leivo, Jon Miller, Hugh Thompson, and communications consultant Mary Odbert of MCO Associates.



## Christmas Traditions

**The Krampus – Germany, Austria, and Eastern Europe** For naughty American children, the worst they can expect is a lump of coal in their stockings. However, in parts of Germany, Austria and eastern Europe, obstreperous moppets are more fearful. They are likely to receive a visit from *Krampus*, a horned creature, half goat and half demon, donning rusty chains and bells, who punishes naughty youngsters. He’s so creepy that Austria banned him for being too terrifying.



**Shoe tossing – Czech Republic** Feeling lonely this Christmas? Take a page from Czech women and try this clever trick to see what lies in store for your love life in the coming year? Standing with their backs to their front doors, unmarried ladies toss their shoes over their shoulders. If one lands with its toe pointing towards the door, the woman will expect to marry within the next year.



**Wearing red Undies – Spain** According to this titillating tradition, wearing red underwear on New Year’s Eve brings good luck. The Valencian village of La Font de Figuera has gone a step further. Its tradition is that good luck comes from running through the streets wearing nothing but scarlet lingerie – and probably a red face to match.

**Hunt the Wren – The Isle of Man** If you go out for an afternoon stroll on the day after Christmas (Boxing Day) on the Isle of Man (between Britain and Ireland), you may come across a gang of men and women singing and banging sticks. They’re practicing a centuries old Celtic tradition – Hunt the Wren. Originally, gangs would scour the countryside looking for the tiny “sacred” bird to trap and kill as a sacrifice, before it was plucked and buried in the local church with much pomp and ceremony. These days it’s a more humane affair, with the wren represented by an artificial bird that is carried from house to house atop of a pole, covered with ribbons and evergreens. One theory holds that the wren was targeted for revenge because it’s the reincarnation of an enchantress who lured Manx men to their deaths.

**How Clean is Your House? - Guatemala** In this part of Central America, cleanliness really is next to Godliness. Locals believe that the devil and other evil spirits live in dark, dirty corners. So, they spend the week before Christmas sweeping up, collecting rubbish and then piling everything in a huge heap outside. Finally, an effigy of the devil is placed on top and the whole thing is set on fire. With this Phoenixesque ritual of *La Quema del Diablo* (“Burning of the Devil”)

## December Special Holiday Trivia

1. What is Scrooge's first name in *A Christmas Carol*? A. Baltazar; B. Ebenezer; C. Hesperus.
2. What real-life department store was the movie *Miracle on 34th Street* based on? A. Bloomingdale's; B. Macy's; C. Sears.
3. What are the most popular other two names for Santa Claus? A. Father Christmas; B. Kris Kringle; C. Saint Nick; D. Saint Nicholas (½ point each)
4. Which modern-day country was the real St. Nicholas born in? A. Germany; B. Ireland; C. Israel; D. Turkey
5. What did Frosty the Snowman do when a magic hat was set on his head? A. Dance; B. Sing; C. Talk.
6. Which country first put up Christmas trees? A. England; B. Holland; C. Germany; D. Italy.
7. What is the snowman called in the song "Winter Wonderland"? A. Parson Brown; B. Happy One.
8. What country did eggnog originate from? A. England; B. France; C. Germany; D. Poland.
9. According to the song, what gift was given on the 8th day of Christmas? A. Golden rings, B. Maids a milking; C. Pipers piping; D. Lords a leaping.
10. Whose eyes are "all aglow" in *The Christmas Song*? A. Angel's; B. Mama's; C. Tiny tot's.
11. What was the total number of gifts given in "The 12 Days of Christmas"? A. 158; B. 256; C. 364.
12. What gift did the Little Drummer Boy give to the newborn Jesus? A. hat; B. song; C. smile.
13. What is the best-selling Christmas song ever? A. *Silent Night*; B. *White Christmas*.
14. Who wrote *How the Grinch Stole Christmas*? A. Dr. Seuss. B. Hans Christian Andersen.
15. What popular Christmas Song was actually written for Thanksgiving? A. *Jingle Bells*; B. *The Most Wonderful Time of the Year*; C. *Let It Snow*.
16. What company first used Santa Claus in their advertising in 1931? A. Alka-Selzer; B. Coca-Cola; C. Macy's; D. Target.
17. In "Twas the Night Before Christmas," where did the clatter come from? A. Chimney; B. Lawn; C. Hall, D. Roof.
18. What are two other names for a Christmas Tree? A. Fir Tree; B. Holiday Tree; C. Tannenbaum; D. Yule Tree. (½ point for each one)
19. How many reindeer are named in "Twas the Night Before Christmas"? A. Six; B. Eight; C. Ten.
20. What was the original title of *Silver Bells*? A. *Bells*; B. *Christmas Time*; C. *Tinkle Bells*.
21. What was the first Christmas carol broadcast from space in 1965? A. *Jingle Bells*; B. *Silent Night*; C. *It Came Upon a Midnight Clear*.
22. 'Twas the Night Before Christmas was originally published under what title? A. *Long Winter's Nap*; B. *A Visit from Saint Nicholas*; C. *A Christmas Story*; D. *The Night Santa Came*.
23. Which Holiday movie includes a Donald J. Trump cameo? A. *Bad Santa*; B. *Elf*; C. *Home Alone 2*; D. *Christmas Story*.
24. What Christian group banned Christmas in Boston from 1659 to 1681? A. Anglicans; B. Baptists; C. Puritans; D. Quakers.
25. What is the original Latin meaning of the French word Noel? A. Birth; B. Christmas; C. Holiday.
26. In what century was the term Xmas first used? A. 16th; B. 17th; C. 18th; D. 19th; E. 20th.
27. What political cartoonist is primarily responsible for the modern depiction of Santa Claus? A. Udo Keppler; B. Thomas Nast; C. Louis Dalrymple; D. Herbert Block (aka Herblock).
28. In what decade did NORAD (North American Aerospace Defense Command) start tracking Santa on Christmas Eve? A. 1940s; B. 1950s; C. 1960s; D. 1970s.
29. What popular holiday song was written during the Cuban missile crisis as a plea for peace? A. *Baby It's Cold Outside*; B. *Do You Hear What I Hear?*; C. *Have Yourself a Merry Little Christmas*.
30. What decade did Rockefeller Center put up its first Christmas Tree? A. 1930s; B. 1940s; C. 1950s.
31. Who created the first electric light display? A. Thomas Edison; B. Nicola Tesla; C. George Westinghouse; D. Alexander Graham Bell.
32. What Northeastern state holds the Guinness record for the largest snowman? A. Maine; B. Vermont; C. Massachusetts; D. New Hampshire.
33. What country is the Poinsettia native to? A. China; B. Japan; C. Mexico; D. South Africa.
34. What old Christmas tradition told people passing by that the residents were Christian? A. Candles in the window; B. Wreath on the door; C. Music.
35. How many wise men (Magi/Kings) does the Bible say journeyed to Bethlehem? A. Two; B. Three; C. Four; D. None of the above.
36. What country has the longest holiday season, from early September to late January? A. Philippines; B. Brazil; C. France; D. Poland.

## Answers to December Special Holiday Trivia

- 30-A, 31-A, 32-A, 33-D, 34-A, 35-D, 36-A  
29-B,  
20-C, 21-A, 22-B, 23-C, 24-C, 25-A, 26-A, 27-D, 28-B,  
B,  
11-C, 12-B, 13-B, 14-A, 15-A, 16-B, 17-B, 18-C&D, 19-  
1-B, 2-B, 3-B&D, 4-D, 5-A, 6-C, 7-A, 8-A, 9-B, 10-C,



Our modern Valentine's Day began as the February 14th celebration of the feast day honoring at least one of three early Christian martyrs, all named Saint Valentine. They are commonly associated with the expressly non-sexual courtly love, which is primarily exemplified by Medieval knights setting out on adventures and performing various deeds for ladies who were the purely platonic focus of their ardent affections.

While little is reliably known about the lives of the St. Valentines, church historians generally agree that at least one of them was martyred and then buried on the Via Flaminia to the north of Rome. Because so little is known about these men, in 1969 the Roman Catholic Church removed St. Valentine from its General Roman Calendar, while

One legend contends that Valentine was a priest in third century Rome when Emperor Claudius II (214-270, reigned 268-270) outlawed marriage for young men, because he decided that single men made better soldiers than those with wives and families. Due to the injustice of the decree and the sacramental nature of matrimony,

Valentine defied Claudius II and continued to perform marriages for young lovers in secret. When his actions were discovered, the Emperor ordered Valentine's execution. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He was beheaded outside Rome by order of Claudius II. Other legends suggest that Valentine may have been killed for attempting to help Christians escape the beatings and torture in Roman prisons. Archaeologists have unearthed a Roman catacomb and an ancient church dedicated to St. Valentine, confirming that, whoever he was, at least one St. Valentine did really exist. In 496 AD Pope Gelasius marked February 14th as a celebration day in honor of his martyrdom. St. Valentine is the Patron Saint of love, young people, engaged couples, and happy marriages; and also of travelers, bee keepers, and of people suffering from fainting, epilepsy or the plague.

Although the truths behind all the Valentine legends are murky, the stories all emphasize his appeal as a sympathetic, heroic, and – most importantly – romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine became one of the more popular saints in England and France.

Others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to Christianize the pagan celebration of Lupercalia. Celebrated on the Ides (15th) of February, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Rome's founders Romulus and Remus.

During the Middle Ages, a common belief in France and England was that February 14 was the beginning of birds' mating season, adding to the idea that Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem *Parliament of Fowles*, writing:

“For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate.”

### Valentine's Day Cards

According to one legend, an imprisoned Valentine actually sent the first “valentine” greeting after he fell in love with a young girl – possibly his jailor's daughter – who visited him during his confinement. Before his death, he allegedly wrote her a letter signed “From your Valentine,” an expression that is still used today.

Valentine greetings were popular as far back as the Middle Ages, though written Valentines didn't begin to appear until after 1400. The oldest known valentine was a 1415 poem by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London, following his capture at the Battle of Agincourt. Charles uses the term *Valentine* referring to his wife, but his expression of love was more somber than today's holiday greetings that we're usually accustomed to. However, given the grim circumstances under which the letter was writ-ten, that's no surprise. He wrote:



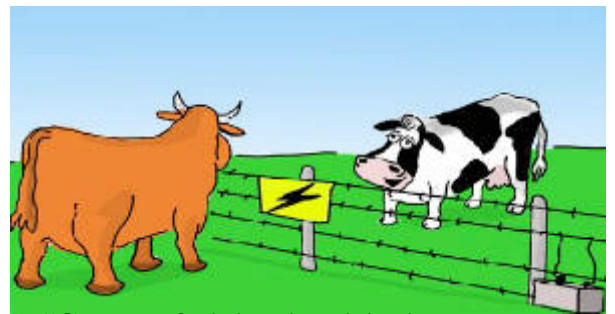
*My very gentle Valentine,  
 Since for me you were born too soon  
 And I for you was born too late.  
 God forgives him who has estranged  
 Me from you for the whole year.  
 I am already sick of love  
 My very gentle Valentine.*

(At the time Charles did not know that his confinement would last more than 25 years!)  
 In addition to the United States, folks celebrate Valentine's Day in Canada, Mexico, the United Kingdom, France, and Australia.

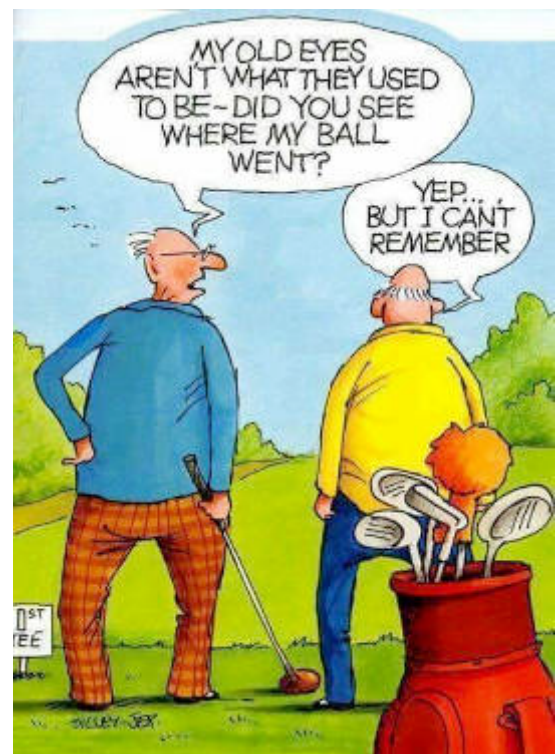
Americans probably began exchanging hand-made valentines in the early 1700s. Then, in the late 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Known as the "Mother of the Valentine," she created elaborate cards with real lace, ribbons and colorful pictures. Today, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday after Christmas. Interestingly, women purchase approximately 85% of all valentines.

### Who Is Cupid?

Cupid is often portrayed on Valentine's Day cards as a naked cherub launching arrows of love at unsuspecting lovers. The Roman God Cupid has his roots as the Greek god of love, Eros. According to the Greek Archaic poets, Eros was a handsome immortal who played with the emotions of Gods and men, using golden arrows to incite love and leaden ones to sow aversion. It wasn't until the Hellenistic period that he began to be portrayed as the mischievous, chubby child he became on Valentine's Day cards.

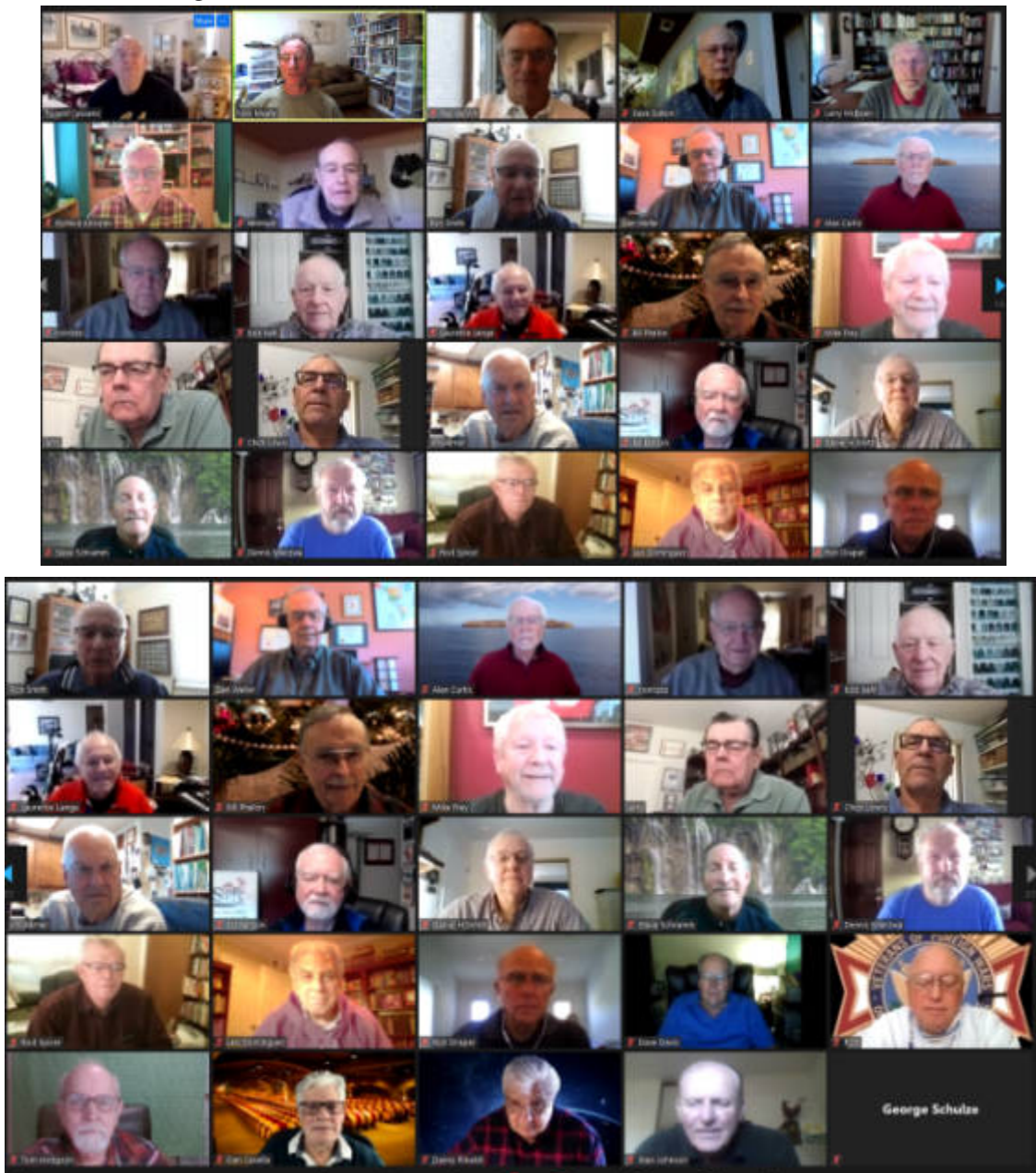


"Can you feel the electricity between us?"





The Branch 8 (Walnut Creek) Activities Coordinating Committee (ACC) held their annual Activity Chairmen's "Breakfast" via Zoom on December 8, 2020. The agenda included presentations by our State President Ed Benson, outgoing Branch 8 Big Sir Steve Schramm, incoming Big SIR Ron Cassano, and one updating how the Activity Management System (AMS) can assist chairmen, by Dan Weller. The agenda also included breakout room discussions on how and what we can do keep interest in the activities during the COVID crisis. A total of 34 members attended and have provided the ACC with several good suggestions resulting from the breakout sessions.



The results of those breakout room discussions will be compiled by the ACC and will be used to develop ACC goals for 2021. A summary of those discussions will be provided to Branch 8 via blast e-mail.



REDWOOD

## Coffee Time--again!

Rich de Lambert believes now is the time to bring it back to life again, but since we cannot meet in person we sure can meet on Zoom, which we have been doing for our BEC and General "Luncheon" meetings.

Rich is offering a donated prize each week to a member that attends this Coffee Time Zoom meeting. Call Rich for more details as to how the drawing is decided and who is providing the many donations. He also wants to remind all of you to invite a perspective new member to join these Zoom meeting so they can see how much fun we have and will become interested in joining us. If they do join, you will be rewarded with a gift at their induction!

This is a FREE program, as you bring your own coffee to the table along with whatever treats you desire. Dress is as casual as you desire but pants are required, especially if ladies might be present!

This is designed to still be able to get to know each other while we can not meet in person. There are no set agendas, no speakers, just friendly talk and swapping stories of what has been happening along with sharing some "family type" jokes.

For more information contact Rich de Lambert at [richdelambert@gmail.com](mailto:richdelambert@gmail.com) or call him at 545-3490. To obtain the meeting number and password to join the Zoom fun session contact Big Sir George Traverso at [geosan@sbcglobal.net](mailto:geosan@sbcglobal.net)



## GLOBAL FORUM: *(Article by Marvin Mai)*



We have continued our "virtual" meetings via Zoom and have had some wonderful wide-ranging discussions.

With the recent news about vaccines, assassinations and peace negotiations, there's always



many global issues to tackle. We hope to continue to explore our look at America in the world and critical countries and allies. The upcoming Brexit is also an area that we'll continue to look at and how that will affect the U.S. and our EU allies.

If you'd like to be included in the next Zoom meeting on **Friday, Dec 11<sup>th</sup> at 10:00 am** for the Global Forum meeting, then contact Marvin at [maimarvin57@gmail.com](mailto:maimarvin57@gmail.com) or give him a call at 545-2224. He needs to know who is going to attend so he can send you an email with the "link" and any others instructions.

Below is the schedule of dates for SIR Branch 17 Zoom Global Forum discussions slated for every **2 weeks** in 2021.

Time: **10:00 AM** Pacific Time.

January 8, January 22,

February 12, February 26

## A New Way To Use VICKS VapoRub

During a lecture on Essential Oils, they told us how the foot soles can absorb oils. Their example: Put garlic on your feet and within 20 minutes you can 'taste' it.

Some of us have used Vicks VapoRub for years for everything from chapped lips to sore toes and many body parts in between. But I've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it, aren't sure why. To stop night time coughing in a child (or adult as we found out personally), put Vicks VapoRub generously on the soles of your feet, cover with socks, and the heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly.

Just happened to tune in A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good, due to the chemicals in them. This method of using Vicks VapoRub on the soles of the feet was found to be more effective than prescribed medicines for children at bed time. In addition it seems to have a soothing and calming effect on sick children who then went on to sleep soundly.

My wife tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes. So she went from; every few seconds uncontrollable coughing, she slept cough-free for hours every night she used it.

If you have grandchildren, pass this on. If you end up sick, try it yourself and you will be amazed at how it works.

TRY IT THE NEXT TIME YOU GET A BAD COLD.

**THE ONLY THING YOU CAN LOSE IS YOUR COUGH!**





# SIR Branch #49 Folsom, CA.

EST. 1974

**ATTENTION:**  
The December luncheon has been cancelled.



State SIR Website  
<https://www.sirinc.org/>

Branch 49 Website  
<https://www.branch49.sirinc.org/>



## December 17 Wright Brothers Day

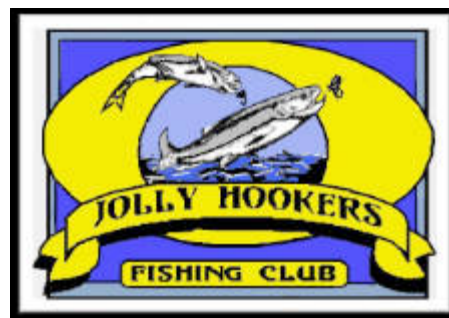


Wright Brothers Day commemorates the first successful flights in a heavier than air, mechanically propelled airplane, made by Orville and Wilbur Wright on December 17, 1903, near Kitty Hawk, North Carolina.



### BOWLING REPORT

The SIRS league bowled at Fireside Lanes for three weeks ending in mid-November, then we were required to shut down until further notice. There is no way of knowing when we will resume.



Catch all the latest fishing

reports and news at:

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

### Branch 49 Golf Club

Chairman: Don Fuller, 916-791-4581  
Asst. Chairman/Prize Dir: Ron Schultze, 916-409-5501  
Tournament Directors: Ed Nishio & Tim Hammon  
Treasurer: Jack DuBe, 916-989-9131  
Secretary/Special Projects: Tom Coultas  
Rules Chairman: Bill Bertsch  
Advisor: Tom Baker

2020 is almost over, thank goodness. It has been a long and difficult year.

SIR is still closed down due to liability issues. There have been quite a few protests from many golfers to the President Of SIR, Ed Benson, about the cancellation of the season. Although it has been quite painful, he has the responsibility of protecting the entire organization.

The good news is that there are several vaccines that will be available very soon. Distributing the vaccine to 300 million people in America will take a while, but it is going to happen. At some point, enough people will be vaccinated that the restrictions will be lifted and SIR can resume playing golf.

I would like to congratulate Chuck Bradshaw in winning the Player of the Year Award, beating out Jim Miller by a total of four strokes.

I would like to congratulate Jerry Nakamura for making a hole in one at the 14<sup>th</sup> hole at Ancil Hoffman. (although he did not actually see it). Also, I want to congratulate Joe Lapilusa who made a hole in one at the 11<sup>th</sup> hole at Mather while playing with a group of friends. (He did not see it either) Sorry Joe, you do not get to collect the Hole in One insurance pot as it was not a SIR event. (Joe actually had to buy beers for the other members of his foursome)

I would like to encourage all of you to make a tee time at one of our courses and invite three other SIR members to go out and play. Being outside and just one person in a cart and maintaining social distancing seems to be a safe way to get out of the house (your spouse would probably appreciate that) and get some exercise.



I'm sad to report that Phil Moeszinger has died. Phil was 94 at the time of his death, and had been a member of branch 49 for twenty years. He was a really nice man, and he will be missed.



# The Pathfinder

Fremont Branch 59

Forty-Fifth Year

Bulletin No. 11



Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on January 26th. We will again include Seniors of the Greater Niles Village, and any Sir Member wanting to join us. The meeting will begin at 1:00 pm. Login information is given below. Our December meeting was a question and answer session, but included more Zoom tools to use and a demonstration of Screenflow software. Using Screenflow the functions of right and left mouse buttons was again demonstrated. We opened a new MS Word document and then edited the document by inserting text, copied text, and graphics using right and left mouse clicks. The session included Text boxes and regular text with embedded graphics. The same concepts were demonstrated using the Affinity Publisher software (used to create the Pathfinder). Jerry is hoping that members will submit questions regarding technology: such as Smart TVs, WiFi, home networks, computer usage, iPhone or iPad usage. We will be able to develop Screenflow videos for presentation or for your use. The next Screenflow session will involve spreadsheet software such as Excel. The concept of left/right mouse clicks and the Paste Special function will be demonstrated.

Please send requests to Jerry at [jlsabo3@comcast.net](mailto:jlsabo3@comcast.net).

Join the next Zoom Cyber Geezer Meeting  
<https://us02web.zoom.us/j/96358532596>  
 Meeting ID: 963 5853 2596



**Wednesday Walkers**

**DUE TO MY ISOLATION. I FINISHED 3 BOOKS YESTERDAY. AND BELIEVE ME. THAT'S A LOT OF COLOURING.**

### Branch 59 Officers for 2021



Big Sir-Larry Jett



Little Sir-Bob Marshall



Secretary-David Nelsen



Asst. Secretary-Rob Ingebretson



Treasurer-Larry Lardie



Asst. Treasurer-James Vermazen



# 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**

## Bridge

Since we are in the midst COVID-19 isolation, bridge is now played on line using the Bridge Base Online (BBO) app for the game play and Zoom for the player communications.

We play every week on Tuesdays at 1:30. The game consists of three rounds of five hands each round. Every round has different players and a different member hosting the table. Roger Falberg organizes the play and sends each player the table positions and hosts prior to our gathering time.

If you want to join us, let Roger know ahead of time so he can arrange the player tables. If you want to learn how to register or use BBO, contact Roger or me.

John Dieckman – Bridge Publicist

## Fishing

Fishing meetings are now in conjunction with the Thursday Zoom Chats. All fishermen are encouraged to join the chats to find out what is new with the Fishing Activity. We are now considering our next activities that may include crabbing in Capitola. Dave Riopel caught a big one from Lake Alpine with Wally Anderson. Until in-person meetings are re-established, please join the “SIR Branch 62 Thursday Chat” to talk about our exploits, fish stories, and dreams about the big ones with others.

We will get back on track as soon as it is safe to do so ... let's all hope that is soon.

Heber Slusser

## 18 Hole Golf

A new golfer this year, Rod Stafford, was the winner of the two round club championship with a net score of 1 over par. Second, 3 strokes behind, was Glenn Harrell. Of those who couldn't make both rounds, Bob Pastorino won with a net 1 under par.

The golf meeting after the zoom lunch was used to announce some new things for 2021. There will be only 6 tournament coordinators. This should make it easier to know “who you gonna call” to find out where we are playing. Of course, the venues are always announced in the monthly Rooster.

On the second Monday of the month next year, we will travel 30 – 60 minutes to get to a course other than the normal 5. Variety is the spice of life and this will provide some new challenges for our game.

December Schedule – TC: A. Goodwin

7 – Sunnyvale

14 – Spring Valley

21 - Los Lagos

28 - San Jose

Swing easy and stay safe.

Paul Goodwin

18 Hole Golf Chairman

## SIR Travel – Branch 62

**Travel Chairman: Jim Hohenshelt (408 394-7226).**

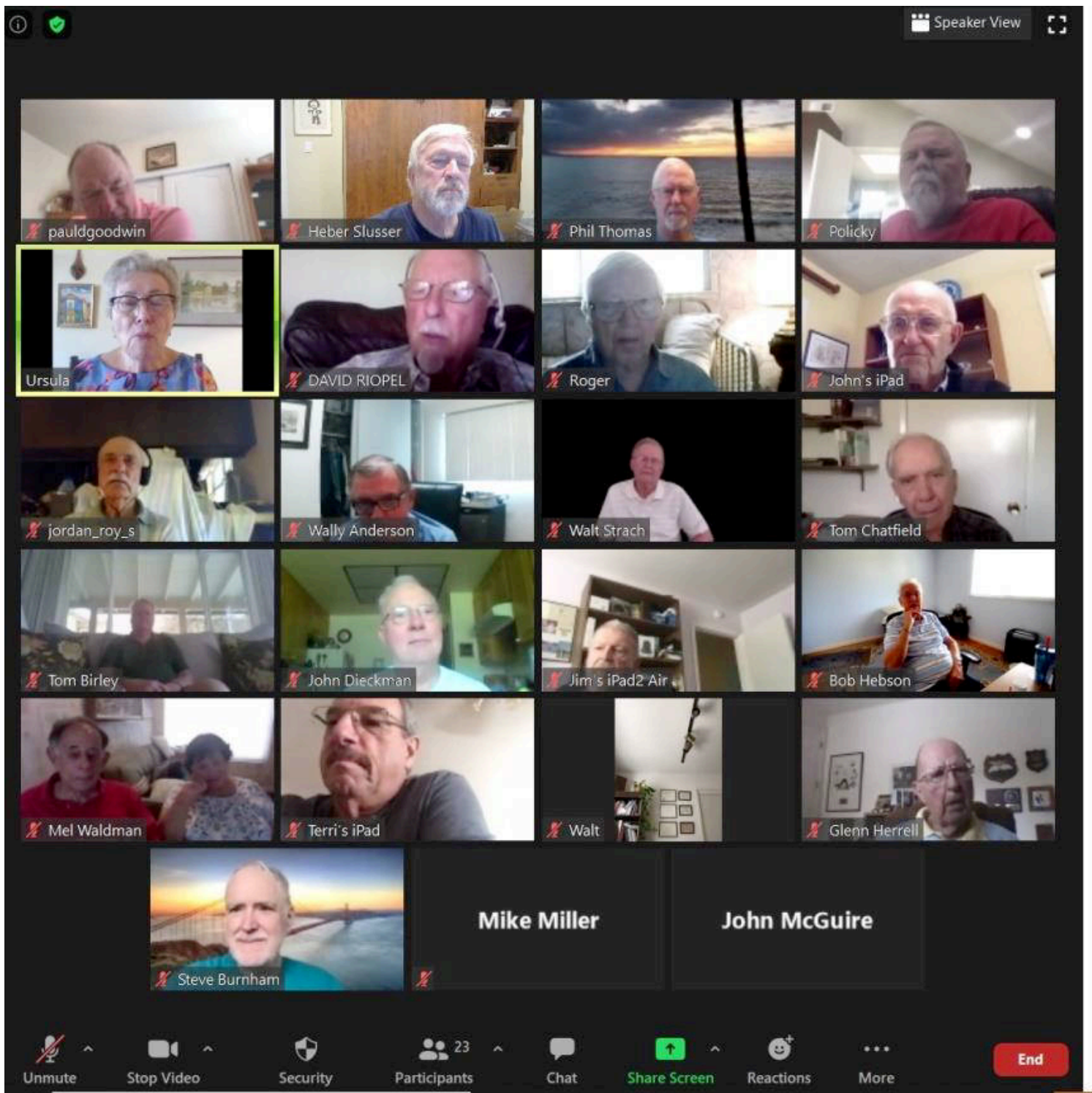
**Assistant: Roy Jordan (408 735-8765).**

The Covid-19 situation does not seem to be improving, so any possibility of rescheduling our one-day trip to the **Chinese Exhibit at Blackhawk Museum - Terra Cotta Warriors**, will likely be later than February of 2021 as we had hoped.

Also, any possibility of re-instating **Normandy Beaches and Seine River Cruise** seems far off. Please contact Jim or Roy for more information. There are still two

trips scheduled for 2021 by other Area 11 branches, “Columbia River Cruise” (May 2-10; Br. 32, John Pletsch) and “Canadian Rockies by Train & Calgary Stampede” (July 11-19; Br. 38, Bill Rodman). There are links to info about these trips and the Area 11 Travel Bulletin on our website [branch62.sirinc2.org](http://branch62.sirinc2.org) under “Travel” “Additional SIR Area 11 Travel”. There is also a cruise from San Francisco to Fort Lauderdale via the Panama Canal scheduled for Feb 8-23, 2021, by Br. 45, Roy Newman. For information contact [roy.newman@comcast.net](mailto:roy.newman@comcast.net).





### **SIR Branch 62 Zoom Luncheon**

**Our Zoom Luncheons are wonderfully successful *even though half of our members don't participate*. If you are a participant, make it a point to contact one who is not and coax them along. We have great speakers with important information for many of us. The technology held up and everyone that joined us was able to participate. Watch your email for details**

### **January 21st Meeting**

**Speaker: Sandy Rosenthal**

**Topic: Words Whispered in Water**

**The catastrophic flooding of New Orleans 15 years ago brought levees into the public conscience. Now flooding seems to be a problem almost everywhere. Much of the nation's population lives in counties protected by levees. A lot of Sandy Rosenthal's presentation is from personal experience. Part of what she will share with us is from her upcoming book: "Words Whispered in Water". She will explain why flooding is such a problem, what it means, and what can be done to stay safe. Should be very interesting. You won't want to miss it!**



# SIR Solano Branch 88 Newsletter

January  
2021

"Live Longer, Live Happier, Join SIR"

State Web Site – [sirinc.org](http://sirinc.org)  
Chapter 88 Website – [sirinc2.org/branch88/](http://sirinc2.org/branch88/)

**One More Time ...  
Attend to Win!**

**HOW? ...**

**Attend the January ZOOM  
Meeting ...**

**Monday, January 11, 2021**

11:00am  
(BEC 10:15am)

**Today's Program**

*Question & Answer Forum*

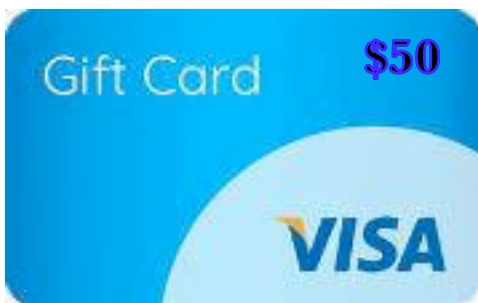
Steve Young

Benicia Mayor-Elect

Submit questions for the Mayor-Elect to David Muthby  
January 7.



Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter. The pharmacist at the counter asked the older boy, 'Son, how old are you?' 'Eight', the boy replied. The man continued, 'Do you know what these are used for?' The boy replied, 'Not exactly, but they aren't for me. They're for him. He's my brother. He's four.' "Oh, really?" the pharmacist replied with a grin. "Yes." the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those."



## January Birthdays



Dennis Clemente



Lisso Dawson



Dick Schumacher



Donald Dunn



Paul Troxell



Phillip Manriques



Peter Wang

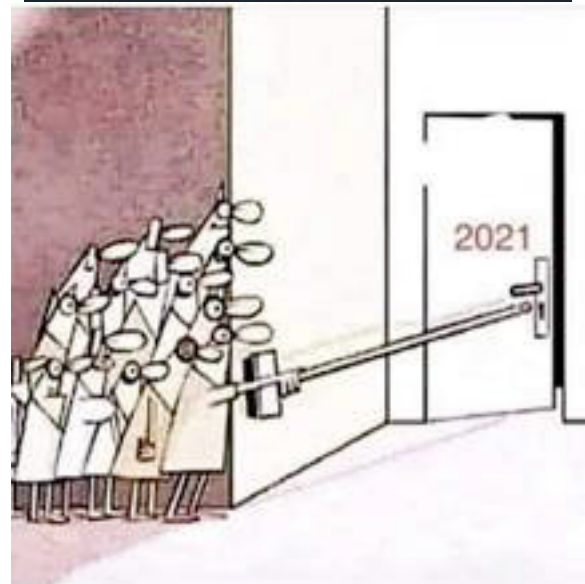


Harold Persily



Ray Wilson

**YOU KNOW  
YOU'RE OLD  
WHEN YOU GO  
TO BED AT THE  
TIME YOU USED  
TO GO OUT.**



**Did you know on  
the Canary  
Islands there is  
not one canary?  
And on the  
Virgin Isles?  
Same thing - not  
one canary there  
either!**

### At Our Last Meeting ... October ZOOM Luncheon Presentation

Michael Ramsey, a scientist from UC Berkley, gave us a presentation on Global Warming at our last Virtual Luncheon meeting. He presented some interesting facts, charts, and examples to support global warming. It was interesting and thought-provoking, despite the looks on our members faces.



# THE ROOSTER TALE

We started with 284 active members and inducted 2 NEW MEMBERS. However, we lost 2 members. This brings out total for December to 284 active members. We have inducted 47 new members which is 114% of our yearly goal. Lets welcome our new members.

<b>PLAN TO ATTEND</b> It is easy & Fun	<b>NEXT MEETING</b> <b>JANUARY 13, 11:30—1:15PM</b> Via ZOOM Webinar Zoom Instructions will be sent before the meeting <b>DITCH THE GLOOM, JOIN US ON ZOOM</b>
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## The Wine Group

Dust off those cobwebs! John Benbow, a Wine Group member, is graciously sharing some articles he has written about wine that will provide great information, a little humor and some interesting facts. This is the first article in his series that he is sharing while we are still sitting home.

**WINE IN HISTORY** Wine has been around as long as civilization. Its role has included: beverage, preserved foodstuff, trade goods, religious experience, national treasure and political objective. This is the first of a series of articles, freely plagiarized from unacknowledged sources, which describes the known history of this most wonderful liquid.

**Part I: The Ancient World** The first people in the world were hunters and food gatherers. Totally dependent on nature and their own skills, they had few options as far as food, clothing and shelter were concerned. The first great revolution in human history was the development and spread of agriculture which can be traced back to the growing of wheat & barley in the Near and Middle East.

The Les Olson Award is the most prestigious award that Branch 98 can give. Les was a long-time member who passed away in 2015. The award is presented to a member that has demonstrated the following; As a member of the Branch 98 Rooster Tale Editorial Team, I am pleased to report that **JERRY FOSTER**—Editor of Rooster Tale has been awarded the **LES OLSEN** award for 2020. Jerry was presented with a Certificate and his name was engraved on the perpetual plaque shown above. We are proud of the high quality of the Branch 98 Rooster Tale and thank Jerry for producing the newsletter month after month. Congratulations Jerry !



Former Big SIR, Dave Gonzales recommended in the Oct. BEC meeting that we recognize Charlie Aichele with a SIR Certificate of Appreciation for his outstanding efforts in recent new member

recruiting. This certificate was created, handsomely framed and presented to Charlie by Big SIR Robin recently. Also, we are pleased that Charlie has agreed to be Chair of the Recruitment Committee for 2021. We had the opportunity to thank Ken Hansen for his past service as Chair of that commit-tee. Thank you Charlie.





## **Watch out for These Top Internet Scams**

Right now, con artists around the world are likely targeting a computer or mobile device near you. Here's a look at the most common internet scams—and what you can do to safeguard your personal information and wallet. Internet scams are continually evolving.

**If you think you've been scammed, change your passwords, delete any questionable software, and contact your local police department.**

### **COVID—19 SCAMS**

The COVID-19 pandemic has provided scammers with new opportunities to defraud consumers.

According to Google, "Scammers are taking advantage of the increase in COVID-19 communications by disguising their scams as legitimate messages about the virus. Alongside emails, scammers may also use text messages, automated calls and malicious websites to reach you."

Common types of COVID-19 scams include:

**Fake health organizations.** Scammers pose as health authorities like the World Health Organization (WHO) and U.S. Centers for Disease Control (CDC) to offer cures, tests, or other COVID-19 information.

**Websites that sell fake products.** These sites offer face masks, hand sanitizer, disinfectant wipes, and other high-demand products that never arrive. Buy products from known marketers only.

**Bogus government sources.** These scammers claim to issue updates and payments on behalf of the Internal Revenue Service (IRS) or local tax authority.

**Fraudulent financial offers.** Scammers may pose as banks, debt collectors, or investors with offers designed to steal your financial information.

### **DISASTER RELIEF SCAMS**

**Fake nonprofit donation requests.** Many people like to donate to charitable causes to help with disaster relief. This provides an excellent opportunity for scammers to set up fake nonprofits, hospitals, and other organizations to collect funds. Donate directly through a reputable non-profit's website instead of clicking on a link you receive by email or text.

You may even get an email that looks like it is from your trusted friend, family member, boss or neighbor requesting a donation or to even purchase a gift card for a worthy cause.

When disaster strikes—whether it's a pandemic or weather related—so do fraudsters. Hiding behind the guise of an actual aid organization, scammers will use a tragedy or natural disaster to con you out of your money. By thinking you're donating to an emergency relief fund, you unwittingly provide credit card or other e-payment information.

Only give to established, legitimate organizations. Visit GuideStar or Charity Navigator to verify the validity of any charitable organization you are considering supporting before you donate.

**We will cover other forms of scams in future issues of Rooster Tale: PHISHING SCAMS, FAKE SHOPPING WEBSITES and FORMJACKING, TECH SUPPORT SCAMS, FAKE ANTI VIRUS SOFTWARE—SCAREWARE, TRAVEL SCAMS, GRAND PARENTS SCAM, ADVANCE FEE SCAMS, PRE APPROVAL, CREDIT REPAIR, LOTTERY SCAMS, FAKE CHECK or MONEY TRANSFER SCAMS (Continued on the next page)**

## Phishing Scams

You receive an email from a seemingly familiar enterprise that you deem legitimate, such as your bank, university or a retailer you frequent. The message directs you to a site—usually to verify personal information such as email addresses and passwords—that then steals your information and exposes your computer to attack by scammers.

Phishing scams are some of the most common attacks on consumers.

According to the Federal Trade Commission, phishing emails and text messages frequently tell stories to trick people into clicking on a link or opening an attachment. For example, phishing attempts may say they've noticed suspicious activity or log-in attempts on your account

- Claim there's a problem with your account or payment information
- Say you need to confirm or update personal information
- Include a fake invoice
- Ask you to click on a link to make a payment
- Claim you're eligible to sign up for a government refund.
- Offer a coupon for free goods or services

You should never click the links provided in emails you can't independently confirm. Doing so will make your computer and personal information vulnerable to viruses and malware. Again, though the sender may seem legitimate—which is exactly what the scammer wants you to believe—no reputable institution will ask for your password or other key personal information online. Phishing emails will often contain typos or grammatical errors, and the sender's email address often looks suspicious.

## Fake Shopping Websites and Formjacking

Thousands of fake websites offer "great deals" on well-known brands. These websites typically have URLs similar to the brands they try to mimic, such as Amaz0n.net. If you buy something from one of these websites, chances are you'll receive a counterfeit item in the mail—or nothing at all.

Form jacking is another retail scam. This happens when a legitimate retail website is hacked, and shoppers get redirected to a fraudulent payment page, where the scammer steals your personal and credit card information. To avoid this scam, double-check that the URL on the payment page is the same as the website where you were shopping. Cybercriminals may change the URL very slightly—maybe by adding or omitting a single letter. Be sure to take a close look at the URL before you enter your payment details.

If you think you've been scammed, change your passwords, delete any questionable software, and contact your local police department.

We will cover other forms of scams in future issues of Rooster Tale: TECH SUPPORT SCAMS, FAKE ANTI VIRUS SOFTWARE—SCAREWARE, TRAVEL SCAMS, GRANDPARENTS SCAM, ADVANCE FEE SCAMS

# Bulletin

Livermore

December, 2020

Volume 39, Number 9

When: tbd Next: tbd

Where: tbd

Contact: Dick Ryon, 925-447-8907, SIR101Kayaking@googlegroups.com

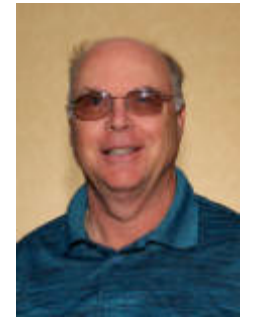
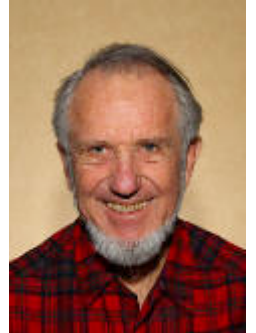
Doug Mansur, 925-640-5233, SIR101Kayaking@googlegroups.com

Kayaking is on hiatus.

The SIRs Kayak Group, like everything else, is on hold for the duration of the Covid-19 problem. It is hoped that monthly scheduled outing will resume by summer. In the mean time, if you go solo or with a small group of friends, practicing now-familiar mask wearing and distancing protocols, you can send trip reviews to me and I will gladly distribute.

In that spirit, I kayaked solo from Monterey to Point Piños on Wednesday December 30th. The ocean side of Pacific Grove looked a bit too rough due to the long-period swells (20 seconds) and observed big surf. At "MBK Beach" in Monterey near the wharf, the "surf" was about 6 inches! It was a beautiful day on Monterey Bay, with big surf extending almost a half-mile off-shore at Point Piños. Needless to say, I did not land until I returned to Monterey.

Here is to a better year in 2021!, Dick Ryon



***Editor's note: A Tyrannosaurus Rex paddle boarding on Lake Natomas on a pleasant January 16, 2021. Photos courtesy of Mark Pool and friends. Note: Paddle Boarding T-Rex's are not a SIR sanctioned activity :)***



## Hiking and Walking Hiking Walking

**When:** tbd  
**Where:** tbd

**Contact:** Art Hull, Chairman, 925-443-5479, SIR101Hiking@googlegroups.com

**Dave Lunn, Asst. Chairman, 925-784-2624, SIR101Hiking@googlegroups.com**

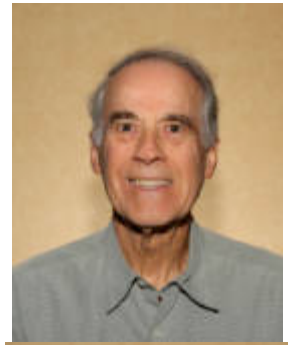
**Hiking and Walking is now on hiatus. The following is when Hiking and Walking was a SIR 101 Approved Activity.**

**Before SIR lifted the sponsorship of hiking, the SIR101 hikers would hike every Wednesday starting from various trailheads in nearby locations (during COVID-19 restrictions). Our starting time was announced before the hike and depended upon the weather. We formed three groups of various hiking levels (Amblers, Ramblers, and Scramblers). The Amblers did a level hike usually at a park such as Sycamore Grove. The Ramblers did a moderate hike and the Scramblers did a more Strenuous hike at one of the many surrounding regional parks. We always had our masks ready and practiced the COVID-19 recommended distancing rules while we hiked in the great outdoors.**

**As allowed by the COVID-19 protocols, outdoor recreation such as hiking, biking and kayaking are encouraged. It is far healthier to get outside and go hiking where you might pass other suitably cautious hikers than sitting at home in front of one's computer or TV. To this end, I have been hiking as a private citizen and often see my hiking friends on the trail, all staying healthy while hiking in our local parks.**

**We had our masks ready and practiced the COVID-19 recommended distancing rules while we hiked in the great outdoors.**

**Our Motto: Remember, there's no such thing as bad hiking weather, just inappropriate clothing.**





# Rooster's Tale



*Sons in Retirement* – Branch 110 **No December Meeting!!**  
1705 Manzanita Avenue, Chico, CA – **No Luncheon – No Executive Committee Meeting**

## Chaplain's Message:

In the midst of these troublesome days, brought on by the coronavirus and subsequent social distancing, you may be a SIR (Bidwell Branch 110) with an unmet need. If so, feel free to email TomShifflet@aol.com. Likewise, if you are a SIR 110 member that is willing to volunteer some time and energy towards helping a fellow SIR with a specific need, please contact me, TomShifflet@aol.com. I will try to match SIRs with needs and SIRs who are willing to help. We can get through this pandemic together.



**November 4, 1970:** Test pilot André Turcat of France's Sud Aviation company flew the prototype of the Concorde supersonic airliner over the Atlantic Ocean at a record speed for a commercial aircraft, reaching Mach 2 and averaging 1,370 miles per hour for nearly 50 minutes. Flying at 52,500 feet over the ocean, he reached a maximum speed of 1,404 miles per hour before returning. The Concorde began regular service in 1976 by British Airways and Air France. Twenty aircraft were built, including six prototypes and development aircraft. Air France and British Airways were the only airlines to purchase and fly the Concorde. All other airlines canceled their orders for Concorde jets because of environmental concerns.



It had seating for 92 to 128 passengers. The aircraft was used mainly by wealthy passengers who could afford to pay a high price in exchange for the aircraft's speed and luxury service. For example, in 1997, the round-trip ticket price from New York to London was \$7,995 (equivalent to \$12,700 in 2019), more than 30 times the cost of the cheapest option to fly this route.

**December 2, 1970:** The United States Environmental Protection Agency (EPA) began operations five months after a governmental reorganization plan had been issued by U.S. President Richard M. Nixon. The agency's first administrator, William Ruckelshaus, was sworn into office two days later.

**December 29, 1970:** U.S. President Richard Nixon signed the Occupational Safety and Health Act into law. The House had approved the Act by a margin of 308 to 60 after its passage by the Senate. This was the basis for formation of The Occupational Safety and Health Administration (OSHA). The OSHA was formed on April 28, 1971 and is currently part of United States Department of Labor with the mission to "assure safe and healthy working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance."

**December 30, 1970:** The Poison Prevention Packaging Act of 1970, mandating child-resistant packaging for medicines and hazardous chemicals, was signed into law by President Nixon. This was a prelude to the Consumer Product Safety Act (CPSA) and the Consumer Product Safety Commission (CPSC). The CPSA was signed into law by President Richard Nixon on October 27, 1972. Section 4 of the 1972 act established the United States CPSC. These acts were in part based on the premise that even though consumers must take some responsibility for their own safety, industry must also assume responsibility for the design and manufacturing of safe consumer products.

Woodworking Craig Lindquist and Bill Gebhardt have started working on fabricating 28 special 11" x 17" picture frames (see photo) to hold portraits of cancer survivors. And it's all because SIR member Jim Kirks had an idea. Having cancer himself, Jim wanted to do something for other cancer survivors. He talked at length with the Enloe Regional Cancer Center about their Faces of Hope project, where once a year a photographer shoots portraits of 28 cancer participants. Every quarter 7 of the portraits are temporarily attached (with velcro) to 7 permanently mounted frames on the Cancer Center's display wall. Every 3 months the photos are removed from the



wall frames and given to the participants, and 7 new portraits put up on display (see photo). So Jim's idea is that it would nice if he could have 28 frames made and donate them so each participant would be given their portrait already framed. He is picking up the cost of the wood and materials to make the frames, and he knew some guys that might want to build them. It didn't take long for Craig to agree to do the job, with Bill needing no arm-



twisting to help. It's a win-win for everyone. For information on Enloe's Faces of Hope project, call Rebecca Senoglu, Cancer Support Program Coordinator, at (530) 332-3856. Thanks to Michael Kobelt for the monthly woodworking report.

**If you truly love nature, you will find beauty everywhere**  
 Laura Ingalls Wilder

Even if you suffer from a bit of arachnophobia, there is beauty to be found in SPIDERS. Some of the most striking spiders are in the family of "Jumping Spiders" which do not spin webs to catch prey, have a very characteristic eye arrangement and many show very beautiful colors.



The last three photos are of what are called "peacock spiders" which are native to Australia. The males of the species shown here are characterized by colorful abdomens that are used, along with courtship dances, to attract females.



Darrell Hands, the chair of the golf activity, submitted the photo of him and a friend. It was not explained what this had to do with golf, but for your information, it appears to be Darrell on the left in the picture.



# The Mountain Messenger

January 2021

Branch 152 Arnold, CA

Volume 32 No. 1

CHRISTKINDLMARKTS 2019 - Malcolm Gaissert

I wanted to see all the Christmas Markets in Germany that I could in one month. They last from late November to approximately Christmas Eve. My first trip after settling in was to Munich for three days. Of course, the internet gave me an idea of which Christmas Markets that I wanted to see. The one in front of the city hall required a long walk from the train station. But the walk through the pedestrian zone with all the kiosks was interesting, too. Nowadays the main thing is traditional Bavarian food. At the first kiosk that I saw offering traditional Wurst (sausage), I bought one. It was huge, delicious, and so juicy that I had to keep my napkin busy. It arrived in a



Brötchen, a German hard roll, and you have the choice of ketchup or mustard from a huge pump dispenser. Getting to be too American. To travel to Munich, I bought a Bayern Ticket. It is valid from 9:00 am to 3:00 am the next morning and covers all trains, trolleys and buses within Bavaria. The city hall is beautiful in itself with its unique two-level Glockenspiel playing half way up the tower. The kiosks surrounding it impacted the view. So, after a quick Grand Marnier crepe, I walked a mile to the Medieval Markt in the Wittelsbacherplatz. The food there was the same, but the items for sale were indicative of Medieval times and the kiosk people were in costume. I made a few photographs and bought a large Lebkuchen, (gingerbread) it was also delicious, but what a price?

I saved the Alte Pinakothek and the Modern Pinakothek for the next day. The draw for me at the Alte Pinakothek is the self-portrait by

Albrecht Dürer. Unfortunately, they have a cheap piece of glass covering it in a reflective environment. One has to work to see it and impossible to photograph. I next headed for Nürnberg. I booked a whole day's walking tour. Walked through the Christkindlmarkt, it was huge and one of the most impressive in Germany. Then did a tour of the town and up to the castle. The view from the castle is all modern construction, until you look down to the foot of the castle where you see all the reconstructed medieval houses, except Dürer's house to the right that escaped WWII bombing. After lunch, we returned to the market for Wurst and Glühwein (mulled wine). You pay for the wine and mug. Return the mug and you get your deposit back.



Nürnberg has its own specialty sausages. They are small and coarsely ground pork, like the breakfast sausages you can buy in the States, but the taste is totally different. Even the identical looking ones made in Germany that you can buy in Trader Joe's don't taste the same. I stayed in a small hotel that was attached to a city parking garage. Fast train back to Augsburg. I returned to the Siedlung to find a small Markt, a three-day weekender, in our village in the courtyard of the Catholic Church. I continued on to Hindenburg, to enjoy a half liter of beer that I knew was very good: König Ludwig Hells. Then on to Landsberg, a nice town with a river running through it and a hillside on the east side. These hilly German towns keep the residents in very good shape. But where can you park a car? Inside the hillside! Lots of room to dig a car park. The Markt was slow to open, so I walked around the town. It was Sunday and all stores were closed, but window shopping was enough. I was looking for the jewelry store where we had bought our wedding rings. It was gone.





A Roman road that was built from the Donau to the east coast of Italy, the Via Claudia, went through Landsberg. Because it also passes close by our house, we have biked it on several occasions as far as Füssen at the Austrian border. South of Augsburg it closely follows the river plain of the Lech River. This river was so fierce that before dams were built along its course, it was difficult to build bridges across it, so each side of the river has its own Bavarian dialect.

My last Markt was in Füssen, right up against the Alps. Füssen was the workers town



for the building of Neuschwanstein (the castle at Disneyland is a copy of its outside.) The Markt is held in the courtyard of a former monastery. The kiosks were traditional, probably owned by the city and leased to the people selling their home-made items. And again, the Wurst was excellent. A large sleigh was stationed in the middle of the court, but I didn't see any reindeer. It was decorated with huge presents that people used as props when they photographed their children sitting on it. The monastery is now the city's museum.

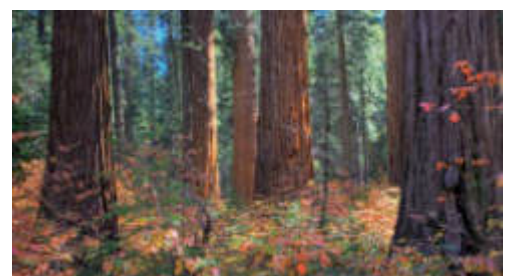
The local area has tree covered mountains giving a supply of wood for lute making. The museum has a very good exhibit of a lute/violin maker's workshop, with several lutes on display. And a guitar made in 1630, one of the first. It was a smaller version of today's. I had a great time chasing the Markets and escaped without a single souvenir. Unless, of course, you count the liter of Calvados and Kilo of coffee from the airport Duty Free shops. And, I have a few pictures, and I gained two kilos after the going away parties from our neighbors.

### DOGWOOD LORE - Dave Baugher

November was here and gone. Autumn in the Arnold area brings the changing colors of our dogwoods. I took a walk in the park to view the dogwoods in their IN WINTER COWS ARE KEPT IN THE BARNS kaleidoscope of colors. Here are a few things you might not know about our dogwoods and the majesty of their fall display. There is a change in the air. Right now, you certainly have noticed this shift. Cooler temperatures serve as a reminder to pull out warmer clothes, scarves, and puffy coats. It stays dark longer in the morning, and the sun is setting much earlier in the evening. For Luann and I, this also signifies a time to schedule a memorable hike in the park to check out the dogwoods' color transformation. These cooler changes are not only taken notice of by us but the trees as well. You may be surprised to know the dogwoods are the stuff of legends and chemistry. Legendary Cherokee folklore talked about tiny people living amidst the dogwoods, and this divine little race was sent to teach people to live in harmony with the woods. The "Dogwood People," as they were called, were exceedingly kind; they protected babies and took care of the old and infirm. It is said that when the Cherokee learned to speak English, they began to call the Dogwood people "brownies." According to another legend from biblical times, it was Adam's favorite tree... so the devil sneaks into the Garden of Eden to knock the blossoms off the Dogwood using a locust tree to climb over the wall surrounding Eden. His attempt was foiled, as the Dogwood blossoms were in the shape of a cross, all he could manage was to bite a chunk out of each petal. This little escapade caused the locust tree to grow thorns so that it could never be used again to access the garden. These legends are interesting for our trees, but as fall brings on shorter days, dropping temperatures, shorter daylight hours, it also brings the changing of leaves' colors. Leaves are generally green, getting their color from a chemical called chlorophyll to drive photosynthesis, providing energy for the trees. All tree leaves also have orange and yellow pigments within their leaves; the same chemicals are responsible for the color in pumpkins and carrots. During the warmer months, the colors are masked by all the chlorophyll active in the leaves. When the temperatures and daylight hours begin to drop in the fall, chlorophyll production also declines; these other colors – reds, yellow, orange – are revealed: Wonderful to walk when viewed with the majestic giant sequoias towering above in the park.



Wow, December is here. That means I usually opine about having to take attendance at SIR meetings – reconciling between those of us who show up, those who do not, and those who forget to mention they will not be showing up. But that was another day. It is time to head to the mountain and do some ski patrol work at Bear Valley. Ever wonder how those ski runs got their names? I will give some background to the most popular ski run names in the next article.



## BEAR VALLEY LORE - Dave Baugher

**A** s me n t i o n e d l a s t m o n t h , i t i s t i m e t o h e a d t o t h e m o u n t a i n a n d d o s o m e s k i p a t r o l w o r k a t B e a r V a l l e y . E v e r w o n d e r h o w a l l t h o s e s k i r u n s g o t t h e i r n a m e s ? I w i l l g i v e s o m e b a c k g r o u n d t o s o m e o f t h e s k i r u n n a m e s a t t h e R e s o r t . A c c o r d i n g t o t h e R e s o r t , t h e m o u n t a i n o f f e r s t e n l i f t s a n d 7 5 + t r a i l s a c r o s s 1 6 8 0 s k i a b l e a c r e s a n d a 1 9 0 0 ' v e r t i c a l d r o p . 7 5 + t r a i l s ! A l l t h e s e t r a i l s b r e a k d o w n a s 2 5 % d e s i g n a t e d b e g i n n e r s k i e r f r i e n d l y , 4 0 % a r e f o r t h e i n t e r m e d i a t e s k i e r , a n d 3 5 % a r e f o r t h e e x p e r t s . W i t h a n a m e l i k e ' B e a r V a l l e y , ' i t ' s u n d e r s t a n d a b l e t h a t p a r t s o f t h e l o d g e , l i f t s , a n d t r a i l s a r e n a m e d a f t e r ' B e a r ' i n f l u e n c e s f o u n d i n b o o k s a n d f i l m s . A n y b o d y c a n f i g u r e w h e r e n a m e s l i k e P o r r i d g e B o w l , G o l d i l o c k s , P o o h , K o a l a , T i g g e r s , H i b e r n a t i o n , a n d G r i z z l y c a m e f r o m , b u t h o w a b o u t s o m e o f t h e m o r e e s o t e r i c n a m e s ; w h e r e d i d t h e y c o m e f r o m ? S o , w i t h a l i t t l e r e s e a r c h a n d i n t e r v i e w s , w e h a v e a c o u p l e o f i n t e r e s t i n g n u g g e t s f r o m h i s t o r y a n d y e s t e r y e a r a b o u t s o m e o f t h o s e n a m e s . S p e c i a l t h a n k s t o M a t t l y T r e n t , t h e s k i r e s o r t o p e r a t i o n s d i r e c t o r ( a n d m y b o s s u p t h e r e ) , f o r h e l p i n g o u t w i t h s o m e i n f o r m a t i o n . W e l l , l e t ' s s t a r t o u t w i t h a n o n - b e a r r e l a t e d n a m e t h a t i s s c a t t e r e d a l l o v e r t h e m o u n t a i n – M o k e l u m n e . T h e r e a r e s k i r u n s ; W e s t , U p p e r , a n d L o w e r M o k e l u m n e . T h e r e i s t h e M o k e l u m n e E x p r e s s s k i l i f t . W h o c a n e v e r f o r g e t t h e v i e w s i n t o t h e M o k e l u m n e R i v e r C a n y o n W i l d e r n e s s A r e a t o t h e n o r t h ? B u t w h e r e d i d t h e w o r d ' M o k e l u m n e ' c o m e f r o m ? R e s e a r c h i n d i c a t e s t h a t t h e n a m e i s a P l a i n s M i w o k d i a l e c t w o r d a n d i s f r o m m o k e , m e a n i n g f i s h n e t , a n d - u m n e , a s u f f i x m e a n i n g " p e o p l e o f . " D u r i n g t h e g o l d r u s h , m i n e r s n a m e d M o k e l u m n e R i v e r a f t e r a M i w o k I n d i a n v i l l a g e t h a t w a s l o c a t e d i n t h e r i v e r ' s v a l l e y . T h e I n d i a n s w e r e m o s t l i k e l y k n o w n a s t h e M o k e l s . I t w a s F a t h e r N a r c i s o D u r a n , t h e p r e s i d e n t o f t h e C a l i f o r n i a m i s s i o n s , w h o r e c o r d e d t h e n a m e i n w r i t i n g . H e s p e l l e d i t " M u q u e l e m n e s " i n A p r i l o f 1 8 1 7 . W h o u s e d t h e w o r d f o r n a m i n g s o m a n y o f t h e R e s o r t f e a t u r e s ? T h a t ' s a s t o r y f o r a n o t h e r a r t i c l e . H o w a b o u t t h a t h i d d e n , e x p e r t s k i r u n n a m e d ' Y e l l o w S u b m a r i n e ? ' I f y o u g u e s s e d i t ' s f r o m t h e B e a t l e s , y o u a r e r i g h t . Y e l l o w S u b m a r i n e a n d S t r a w b e r r y F i e l d s a r e j u s t B e a t l e s s o n g s . T h e b o u l d e r s a n d a v a l a n c h e d e b r i s i n t h e e a r l y s e a s o n s o m e t i m e s l o o k l i k e s t r a w b e r r i e s i n a f i e l d , a n d t h e g u e s s i s t h a t s k i i n g i n b l o w i n g s n o w m i g h t s e e m l i k e y o u a r e i n a s u b m a r i n e . H e r e i s o n e l a s t b i t o f s k i r u n t r i v i a , h o w a b o u t t h e r u n n a m e d ' H a r i K a r i ? ' L o o k i n g t h r o u g h t h e g a t e , t h e v i e w i s i n c r e d i b l y s t e e p , a n d y o u t h i n k y o u a r e c o m m i t t i n g H a r i - K a r i i f y o u p r o c e e d ; Y e p , i t ' s t h a t s i m p l e . *I t ' s c o l d , J a n u a r y , a n d a n e w y e a r . O u r n e w s l e t t e r p u b l i s h e r , B r u c e U t t e r , s e e m s t o t h i n k I ' m a f u n - g u y , b u t s e r i o u s l y , J a n u a r y i s m y a n n u a l p i l g r i m a g e t o S a n t a C r u z f o r t h e F u n g u s F a i r h e l d b y t h e S a n t a C r u z F u n g u s F e d e r a t i o n . N e v e r h e a r d a b o u t t h a t ? I ' l l t e l l y o u a b o u t t h e t r i p n e x t m o n t h .*





**"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**



**Joe Tomlin (on left) most improved Branch 160 Golfer for 2020. Sig Heidemann presents the Trophy to the winner.**



General membership meeting October 2020 at the Carson Valley Inn.



Executive Board Meeting for October 2020 at Carson Valley Inn.





**SIR Mission Statement:**  
The Mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life.  
Visit the SIR INC Webpage:  
<https://sirinc.org/>



**John Crooker –  
Big SIR and Little SIR –  
Frank Treanor**

We will be having another Zoom coffee tomorrow Tuesday 1/5/2021 at 9am John Crooker is inviting you to a scheduled Zoom meeting. Topic: John Crooker's Zoom Meeting Time: Jan 5, 2021 09:00 AM Pacific Time (US and Canada) Join Zoom Meeting <https://us02web.zoom.us/j/88049000119?pwd=cUd4MFEwMjMvRUFVeINtcDVhdDBjQT09> Meeting ID: 880 4900 0119 Passcode: 953810 See you then  
John



Not much to report, made it to the new year. Christmas deco is stowed. Looking forward to vaccinations and a bright new year. Hoping all of you are well and socially distanced

Best  
Frank

**Senior Center Activities**

The Windsor Senior Center is offering outdoor SitN'Fit classes. Call to register.  
The Sebastopol Senior Center has Zoom SitN'Fit twice a week.

**Thursday Coffee at Noon on Thursdays – Gary Jensen**

We have coffee (weather permitting) on the patio of the Windsor Senior Center on Thursdays at noon. Bring a sandwich!

**Rooster Garden**

We planted Fava Beans as a winter cover crop. The plantings are doing well!



Fava Bean Ground Cover at the Windsor Senior Center Rooster Garden

**Miscellaneous Holiday Dinner Preparations and Cleanup**

Yes, Thanksgiving has come and gone. But, there is still Christmas dinner yet to come, shortly. Use the following for Christmas or save them for future use, next year!

■ **Make Your Own Cranberry Relish.** Typically, Canned Cranberry Sauce/Relish lacks real zip or bright flavors. I recommend you make your own. It's simple, easy and quick to make. All you need is 1 package of fresh (or frozen berries), 1 cup of sugar and 1 cup of water or orange juice. Use a 1.5 qt. saucepan to bring all the water ingredients to a boil. Simmer the mixture until most of the cranberries have burst, approximately 10 minutes. Use a whisk or slotted ladle to stir everything to promote the individual berries to break up. Optional, add some lemon zest for added flavor. Your finished product will be much brighter in both flavor and color with a much more pleasing texture.

■ **Check Label for Frozen Turkey Ingredients.** Frozen turkeys are plentiful and inexpensive and can be put away in the freezer for a long time. Fresh and frozen turkeys can benefit from being brined before roasting. Brined meats and fowl will be more moist, more tender and often, more flavorful. However, check the label on your bird. If it is a "Butterball" or has been injected with other ingredients, do not brine. Those processes by the poultry processors are a form of chemical brining. 'Double brining' is not a good idea. For more information about brining and a recipe for the brine, Google the term on the Internet.

■ **Cleaning Fine Wine Glasses:** Many people wash their fine wine glasses by hand. But, as it turns out, hand washing is not the best way to clean wine glasses. Manufacturers of even the thinnest, most expensive stemware recommend washing wine glasses in the dishwasher. Counterintuitive as it may seem, you're far more likely to break delicate stemware when you're washing it by hand. But there are some steps you should take to extend the life and shine of your wine glasses if you wash them in the dishwasher.

□ **Dishwasher detergent:** Whatever you have on hand is probably fine. If you really care about the lifespan of your glassware, get something that allows you to control the dose, such as a powder detergent (not tablets or gel packs), since too much detergent can etch the glass over time.

□ **Rinse aid:** This helps prevent your glasses from coming out cloudy or covered in water spots. We like Finish Jet-Dry, but you don't need it if your detergent (like most Finish tabs) already includes rinse aid.

□ **Bottle brush:** If you must wash your wine glasses by hand, using a bottle brush is the safest way to do so. We like the soft, durable OXO Good Grips Bottle Brush.

□ **Dish soap:** We like Seventh Generation Dish Liquid because that dish soap cleans well and is unscented.

□ **Polishing cloth:** If you want to get your glasses really sparkling, a microfiber polishing cloth will erase smudges more easily than a cotton kitchen towel and won't leave lint behind.

□ **Hot water:** For tough spots, it helps to steam the glass first by holding it over a cup of hot water.

Source: Summary of an article on Wirecutter.com; submitted by Nancy Lewis

**Consumer Tips:**

■ **Ziploc Seal Closure:** Avoid a poor sealing of this type of plastic bag by using a technique that is foolproof. Instead of starting from one end of the seal strip and squeezing the Ziploc mechanism shut while running your fingers all the way to the opposite end, try this: start in the middle of the seal and squeeze with your thumb and first finger until you feel and hear a noticeable 'click' indicating closure at that point. Repeat this procedure at about every 1.5" for the entire seal length. Finally, squeeze and run the entire length of the seal between your thumb and first finger. If you don't do these initial, individual, spot seals, the 'seal mechanism' can and will jump the track and fold over onto itself without producing a seal.

■ **Face Masks worn for Covid-19 protection don't last forever:** Both reusable cloth and disposable paper filter face masks can be cleaned for extended life. Reusable cloth masks can simply be machine-washed. Laundry detergent will kill Covid 19 viruses. For the paper filter of the commercial paper face mask, gently hand-wash the using dishwasher detergent. Replace your mask when you notice the elastic band loses its elastic quality and fails to hold your mask in place for a good fit, or if you notice fraying and tears in the filter material. The best way to check this is to hold the mask up to sunlight or some other bright light source and observe how much light comes through. If the material remains relatively opaque, it's still good. If it is somewhat transpar-

ent (lets lots of light through the material), it's time to replace the mask. This is, essentially, the same method for checking your AC/furnace filters for replacement.

- **Care and Maintenance of Windshield Wiper Blades:** Winter is finally here! Check your windshield wipers on your vehicles. Use a clean rag moistened with Rubbing Alcohol (aka denatured alcohol) to clean the wiper blade leading edge that contacts the windshield. If that does not improve the blades performance, replace them. **TIP:** Put some disposable hand cleaning or eyeglass towelettes in your glove box or Center Console Bin for quick, easy access. Use these to spot clean the windshield if and when your wiper blades begin to make a 'chattering' sound or motion as the wiper blades sweeps the glass.

- **Download Text/OCR App Onto Your Smartphone:** When reading a newspaper, book or magazine or even a menu in a restaurant that you would like to be able to refer to for future use, you can easily and quickly use your Smartphone to scan it and record it. Simply go the the App Store for your type of instrument (Apple, Droid, Microsoft, Amazon) and download the App/s. They are often found in the 'Utilities' part of the App Store. They may have "OCR" in the name of the App listed. Simply scan the text material and let the App convert it into a savable text file. You can, then, Copy/Paste any or part of the text for use in email messages or for use in any document you are writing. This is much better than simply taking a simple photo of the text you want to save because you cannot use Copy/Paste format to manipulate the text information for incorporation into whatever you are writing. Note: I use an OCR Scanning App on my Samsung Android phone to produce a good portion of each month's Consumer Tips. It saves me time, effort and reduces errors by scanning and using "Cut/Paste" technique to assemble and format the information from various print media sources.

- **Download Home Depot App:** If you are a handy person, you are probably familiar with Home Depot and shop them for parts and supplies for your various projects around the house. My son is in the process of converting his van into an RV. He gets a lot of his tools, supplies and hardware from Home Depot. He uses this App frequently to check stock, prices and inventory. Best of all, the App will tell him where (aisle & bay) and how many/much they have of any given item being sought. It's free and easy to use.

- **Confused About What Cooking Oils To Use?**

In 2003, two small-scale studies claimed that coconut oil could decrease belly fat and increase metabolism. Over the next decade, the newly christened health food blew up in the wellness world. People were cooking just about everything with it, blending it into smoothies, and stirring it into their coffee. Advocates and some research credited it with the power to clear up acne, lower cholesterol, and even improve memory. A 2016 survey of 2,000 Americans showed that 72 percent rated coconut oil as healthy. But coconut oil contains over 50 percent more saturated fat per serving than butter. In 2017, the American Heart Association released an advisory statement suggesting that people ease off their coconut oil consumption, citing the link between saturated fat and cardiovascular disease. The following year, Harvard epidemiology professor Karin Michels made headlines when she called the oil "pure poison" in a lecture at the University of Freiburg.

Colorado-based Kylee Van Horn, a registered dietitian nutritionist, encourages skepticism about coconut oil's health benefits. "It's still hotly debated in the health professionals world," she says. Pure MCT oil, which has demonstrable health benefits, is often derived from coconut oil, Van Horn explains, so the two get lumped together, but just 14 percent of coconut oil is made up of MCTs. Much of the research cited in favor of coconut oil is actually conducted on purer forms of MCT—including the two studies that started the buzz in 2013.

Other claims—like the idea that coconut oil promotes belly fat loss—stem from small-scale studies or have been taken out of context. For instance, the idea that coconut oil can improve cholesterol levels is misguided, Van Horn explains. It does offer a small boost in good cholesterol (HDL), which our body needs to regulate overall cholesterol levels and clean out arteries, but that bump is far outweighed by a major increase in bad cholesterol (LDL).

At best, the hype around coconut oil is overblown, but you don't have to throw out your jar. Just use it the same way you would butter or bacon fat: sparingly. In moderation, it can be a fine addition to a well-rounded diet that includes healthy fats from a wide variety of sources. Aim for oils that are higher in monounsaturated and polyunsaturated fats, which help reduce bad cholesterol and are critical to normal bodily functions.

Here's a guide to navigating the cooking oil aisle. The below options each contain roughly 40 to 45 calories per teaspoon and four to five grams of fat and can liven up your cooking while boosting your health in the process.

**Extra-Virgin Olive Oil:** Good old-fashioned olive oil is a kitchen staple, and there's no need to cut it out of your diet. It's made up almost entirely of monounsaturated fat, specifically oleic acids, which are high in phenolic antioxidants. (Avocado and hazelnut oil are good sources as well.) Van Horn points out that these are beneficial to overall health, thanks to their anti-inflammatory properties. Olive oil has a relatively low smoke point—the temperature at which an oil will begin to burn and change flavor—of 320 degrees, so it's rarely used for baking, but it's ideal for most other applications, like sautéing or as a base in salad dressings and marinades. Plus, it's one of the cheaper oils you can buy.

**Avocado Oil:** Its smooth, buttery flavor makes avocado oil great in salad dressings and for all sorts of cooking, according to dietitian and ultrarunner Amy Tribolini. Thanks to an extremely high smoke point of 500 de-

grees, it's one of the most versatile oils for baking, frying, sautéing, and even grilling. Plus, it's composed primarily of heart-friendly monounsaturated fat. While avocado oil is a bit pricier than olive oil, it's the most multipurpose option on this list.

**Hazelnut Oil:** Hazelnut oil works well for baking and roasting, having a high smoke point of 430 degrees. Try it drizzled on some sweet potatoes sprinkled with cinnamon for a tasty treat. A teaspoon provides 3.5 grams of inflammation-fighting monounsaturated fat. It's also high in [vitamin E](#). Hazelnut oil has a roasted, nutty flavor and works well as a topper for your morning bowl of oatmeal or a sweet rice dish. Just be sure not to use it in anything you wouldn't want tasting like hazelnuts.

**Macadamia Oil:** Macadamia oil boasts an even balance of omega-3 and omega-6 fatty acids, as well as [heart health-boosting antioxidants](#). Like hazelnut oil, macadamia oil has a slightly nutty taste, but with buttery notes rather than a roasted flavor. The delicate flavor doesn't hold up well to high heat, but it's an excellent finishing oil or salad dressing base. Try it atop grilled vegetables or shellfish or as a vegan substitute to mimic butter in lower-temperature sautéed or pan-fried dishes.

**Canola Oil:** The wellness world overlooks canola oil because it's typically highly refined and thus stripped of antioxidants and vitamins. Plus, it's associated with fried food. But of all the oils on this list, canola is the highest in polyunsaturated fat—1.2 grams—and it contains 2.8 grams of monounsaturated fat. With a high smoke point of 400 degrees and a completely neutral flavor, it's a good choice for frying or baking, but it won't add much to your salad dressings or sautés. In the United States, an [estimated 95 percent](#) of canola oil is made with genetically engineered crops, so opt for an [organic expeller-pressed](#) option if you're concerned about GMOs.

Source: Molly Hurford is a fitness + nutrition writer, wanna-be ultra-runner, cycling coach and occasional yoga instructor. She's also the author of the Shred Girls series

#### ■ 6 ways to keep your immune system healthy

Your immune system plays a vital role in keeping you healthy. It's your personal line of defense against sickness, infections, and disease. And as we face daily challenges due to COVID-19, it's important now more than ever to make sure your immune system is at its peak.

Here are steps you can take to help keep your immune system healthy.

### 1. Protect yourself from infectious diseases

When your immune system is working to kill a virus or disease, it can take a toll on your overall health. So, it's important to avoid infections whenever possible. For example, wearing a face covering when in public will help prevent your exposure to COVID-19 — and help protect those around you. Other things you can do to protect yourself include:

#### Practice proper hygiene

Wash your hands, avoid touching your face, and shower or bathe regularly.

#### Get vaccinated

One of the best ways to strengthen your immune system is by staying up to date on your [vaccinations](#) — especially during this year's upcoming [flu season](#). Because it's possible to get [the flu and COVID-19](#) at the same time, getting your flu shot will help reduce your risk of getting the flu — which will help keep your immune system healthy.

#### Attend recommended health screenings

Health conditions like heart disease or type 2 diabetes can weaken your immune system. But these diseases can often be prevented — especially if the warning signs are caught early. Attending preventive care visits — even by phone or video when appropriate and available — may help your doctor catch the early signs of a disease before it causes serious health complications.

### 2. Eat healthy

Studies have shown that malnutrition — or a poor diet — can weaken our immune systems. To keep your immune system in top shape, [give your body the nutrients it needs to thrive](#). This means eating a variety of vegetables, fruits, grains, and lean proteins — while limiting saturated fat, added sugar, and salt. Need healthy and simple recipes ideas? [We've got you covered](#).

### 3. Exercise regularly

Maintaining a consistent workout routine can help you build strength and endurance. And when your body is strong and healthy, your immune system can run at peak performance. Just make sure not to push yourself too hard. Excessive exercise can have the opposite effect by wearing down your body, so you have less

strength to fight infections. Aim for at least 150 minutes of moderately intense exercise every week. Whether that's a walk, online yoga class, or [HIIT workout](#).

#### 4. Stress less

Stress can put a strain on your immune system and your body's ability to effectively fight disease. You can help your immune system by taking steps to control your stress levels. Activities like [journaling](#), deep breathing, and yoga can reduce stress. And research suggests that meditating may help improve your immune system.

#### 5. Quit tobacco

Smoking, vaping, or using tobacco products damages your body. Tobacco use — like smoking cigarettes — may cause inflammation which can impact your immune system's ability to do its job. Quitting tobacco can be tough, but there are many resources and programs available to [help you](#).

#### 6. Get enough sleep

Good sleep is an important part of the immune system process. Allowing your body the time it needs to rest can help keep your immune system healthy.

How much sleep should you get? The standard recommendation is 6 to 8 hours of sleep per night. But how long you sleep is less important than how you feel when you wake up. You should wake up feeling refreshed and ready to start your day. If you don't, then you can explore ways to get [better sleep](#).

#### Bottom line

The best way to give your immune system a boost is by maintaining a healthy lifestyle. Explore our [health and wellness resources](#) to learn more ways you can stay healthy and thrive

Source: Kaiser Permanente Member Newsletter

#### Voltaren Arthritis Pain Gel:

Big news for arthritis sufferers: Voltaren Arthritis Pain Gel has been approved by the Food and Drug Administration and is now available at Costco! Voltaren is the first prescription-strength, Over-The-Counter, topical gel for treating arthritis pain. The active ingredient in Voltaren Arthritis Pain Gel is diclofenac sodium, a nonsteroidal anti-inflammatory drug (NSAID) included in the same class as other NSAIDs such as ibuprofen and naproxen. It is clinically proven to relieve the pain of arthritis, reduce stiffness and improve mobility. Voltaren Arthritis Pain Gel penetrates deep through the tissue and targets pain directly at the source to deliver powerful arthritis pain relief to hands, wrists, elbows, feet, ankles and knee. As with any new medication, you need to ask your doctor or pharmacist before using Voltaren. Available in the warehouse and at [Costco.com](#). Item #1369089.

Source: Barb Bradford, Costco Magazine

Note: Voltaren is also a very effective topical anti-inflammatory medication. I was personally introduced to it by the professional guides on The Milford Track, New Zealand over 20+ years ago. I injured my knee in a minor fall while descending a 3,000+ foot mountain pass. The guide used Voltaren that night to reduce the swelling and I was amazed at how effective it was on my injury. Since then, I have always kept a tube of it on hand at home. It has been available worldwide as an OTC medication for over 30+ years. The U.S. FDA just changed their restriction as an OTC item just this February.

#### Technology Update of Consumer Television Devices:

Your next TV will be much clearer. 4K or UHD (ultra-high definition) televisions offer four times the resolution of a 1080p HDTV. Instead of a screen with roughly 2 million pixels, these televisions boast more than 8 million pixels resolution. Buying a new television is a lot like ordering a pizza: You think it's an easy task until you realize how many options there are. While you might feel overwhelmed by your choices - brand, size and screen technology - there's never been a better time to buy a TV.

You simply can't go wrong with today's stunning (and stunningly thin) models. While 4K refers to the resolution of the television, also look for a TV with HDR (high dynamic range), as these models reproduce a wider range of brightness levels and contrast; colors won't break the bank, either. The following are a few things to consider.



Screen type: flat-screen television are more vibrant, today. You might also see televisions branded with technologies like HDR10 and Dolby Vision, two improved types of HDR. The two main screen types today are LED-backlit LCD TVs (the most common) and OLED televisions.

Some TV makers have boosted the Smart TVs picture quality of LED TVs by adding local dimming (which dims LEDs that don't need to be on) and 'quantum dot' technology that significantly enhances the color. Samsung often uses the term Smart TVs to allow you to access online content via Wi-Fi, be it for video streaming (such as Netflix and Disney+) or online photo galleries and much more. You can download apps the way you do on your Smartphone. Other manufacturers, like LG, come with a voice remote to communicate with the embraced OLED TVs, which are incredibly thin and energy efficient, and deliver deep, dark blacks for an amazing picture. Many TVs have an integrated personal assistant, such as Google Assistant, so you can use your voice to ask a question or issue a command. Most smart TVs also let you wirelessly play content from mobile devices, like Smartphones and tablets, using AirPlay or Chromecast.

Source: MARC SALTZMAN, Syndicated Consumer Electronics

## CONSUMER TIPS JANUARY 2021

■ **Ancient Trivia** – Where is the oldest Chinese restaurant in the U.S? No, it's not in San Francisco or New York. It's the Pekin Noodle Parlor, Butte Montana, opened in 1911 and is still open, today. It is still owned and operated by the same family. However, because of the Pandemic, they're not sure how much longer they can hang on. I was born in Butte in 1938 and we knew the family. My parents ran a tailoring shop in Butte just a block away from the Pekin (that spelling is not correct but that's what the family chose at the time). At that time, ethnic Chinese made up almost 10% of the Butte population. My mother specialized in making Cowboy Shirts. Her order book has all the measurements, notes and history of her customers that included Gene Autry, Roy Rogers, Wyatt Earp, Will Rogers and many lesser folks.

■ **Ratings of Services and Businesses** – How do you find a good Electrician, Handyman, Plumber, Carpenter, Auto Repair Service, AC Service, etc.? You could try the following rating services online: Yelp, Google, Diamond Certified, BBB, County/City Licensing Boards and Angies List.

■ **Product Reviews** – When looking for product reviews of things like large/small appliances, household goods, automotive items, etc., Cnet.com, Wirecutter.com, Amazon website and Consumer Reports Magazine and online summaries. Amazon lists customer reviews of all the products it sells. This information can be very helpful and it's very easy to navigate their web pages to find these reviews.

■ **20# Propane Tank Refill** – When it's time to refill your empty propane tanks, try using Ace Hardware (aka Richert Lumber) exchange program. They charge \$18.87 for a full filled 20 lb. tank. Most other exchange programs only fill their tanks to ¾ full, approximately 15 lbs. at \$20 or more. The Ace Hardware is a much better buy!

■ **Face Mask Fit** – If you regularly wear eyeglasses, fogging of the lenses often occur. To reduce this potential vision hazard, remove your glasses before putting your mask on. Put the mask on. Pull the top of the mask slightly high and your put glasses on top of top edge of mask. This will help 'seal' the top fit of the mask to reduce or avoid fogging.

■ **Extend Shelf Life of Mushrooms** – Fresh mushrooms have a very short shelf life in the refrigerator. Sauté or par boil/blanch the mushrooms and thoroughly dry them to extend their shelf life.

■ **Camera Position When Using Video Conferencing Webinars, etc.** – When prepping for use of Zoom, Skype, Face Time, Duo or other video conferencing calls/meetings on your cell phone or laptop, place the camera at or very near eye level to avoid the camera "looking up your nose."

■ **Amazon Echo Show - Staying in touch with senior members of a family can be very challenging if they are not competent at operating a computer or Smartphone. The Amazon Echo Show is a good alternative for those that are technology challenged. Although it boasts of being one of the most advanced communication devices in the market, Amazon Echo Show is uncomplicated and relatively easy to use. Amazon Echo Show is a smart 8" HD screen with an integrated smart home hub that allows seniors to make video calls easily. This device comes with built-in Alexa, which allows the elderly to make a video call through voice activation. The seniors will just need to orally instruct the device to call a specific person or persons, and if the people are in the contact list, the video call will be patched through to them. In addition to the video call feature, the Echo Show Can be used to perform a wide range of other functions. It can be used to manage voice control enabled devices in your homes, such as security cameras, thermostats, and lights. It can also be used to display your albums from Amazon photos and showcase step-by-step cooking recipes.**

■ **Plastic Bowl Lids Make Good Splatter Shields – Disposable bowls used in restaurant takeout orders for soups, salads and other foods requiring a wide-mouth container will likely have a snap-on plastic lid varying in size from 5" to 7.5" in diameter. After consuming the food in the bowl, save the lid. These make excellent splatter guards for use in microwave ovens. Best of all, they're free to you and you'll be practicing recycling!**

■ **Open Sealed Package Wrapping on Candy and Snacks Easily – Instead of looking for the serrated edge of the wrapper, grasp the sealing seam of the package and pull it apart. It is 'welded' close with an adhesive. This seam will open with less effort. Best of all, it will separate in a predictable path and manner. You can avoid spilling the contents or crumbs from the package because access to the contents will be very wide and you will be able to withdraw the contents easily. You may also avoid crushing the contents as well.**

■ **How to Clean Your Dishwasher – This procedure is too complex to describe here. Instead, go to the following website: <https://www.nytimes.com/wirecutter/reviews/how-to-clean-your-dishwasher/>. (contributed by Nancy Lewis)**

■ **Lease Car Turn In Detail – When your lease is up on a leased car, there are contract details that must be met or extra charges may apply. Most lease contracts will stipulate a required tread depth of no less than 4/32" upon return, plus no damage that would render the tires unsafe. So if your leased vehicle's tires are worn out, you'll definitely want to replace them before returning the vehicle. How much will you have to pay? The exact fees for any excess wear will not be included in your lease contract; they will be determined when you return the vehicle. Usually, this fee will be the cost of replacing the worn or damaged tires. What's more, the cost will be the dealership's price, which can be the highest in town. Depending on the make and model of the vehicle, charges could be upwards of \$400 per tire! You may want to take care of this detail before turning the vehicle in. When replacing the tires on your lease, be sure to replace them with tires of the same size and specifications as the OE (Original Equipment). This information is found on the tires themselves, as well as on the vehicle's door placard, a sticker found in the driver's side door jamb. In most cases, you'll be expected to have a matching set, or at least matches on the back and front respectively. They may have used tire sets for use as replacement tires that could be at a significant savings over a new set of tires.**

■ **Easy Way To Pay Someone – If you owe a friend a sum of money for various reasons or buy something from someone, the *Zelle* App is a very easy and quick way to pay up. The *Zelle* App is easy, fast, safe and convenient to use from your Smartphone. Forget running to the ATM or mailing a check. With *Zelle*, you can send and receive money with peace of mind. Safely and easily send money to people you know through your trusted banking app - or the *Zelle* app if your bank doesn't currently offer *Zelle*. Pick a person to pay. Once you enroll, all you need to send money with *Zelle* is the preferred email address or mobile number of the trusted recipient. Enter the amount you want to send. If your recipient is already enrolled with *Zelle*, the money will go directly into their bank account, typically in minutes. If they aren't enrolled yet, they will get a notification explaining how to receive the money simply and quickly. Again, it's quick, secure and easy to use. And, there does not seem to be any charges to the sender or the receiver of the funds. I use it to pay my son when he goes grocery shopping for us. Dan Poulin uses it to make and receive payments in his Fantasy Football activity. He has also collected NCGA fees from our golfing members wanting to renew their NCGA dues for 2021.**

■ **Calibrate Your Cooking or Household Thermometer** – Simply fill a cup or glass with ice cubes and fill with tap water. Wait a few minutes for the water to cool to its lowest temperature. Immerse the probe of your thermometer into this cold liquid. It should read 32°F. If it reads higher/lower than that, many of these thermometers can be adjusted to give a true reading. Some digital, instant-read units have a calibration mode. Analog units often have a locking nut on the back of the face that can be loosened and the dial turned to align with the 32° mark.

■ **Costco Good Buys** – 1. 2017 Kirkland Pinot Noir is an excellent sample of this popular varietal for just \$6.99, in the Wine Section! 2. A package of 12 Croissants at \$4.99 in the Bakery Department is an outstanding buy. The pastry is excellent for a bargain price. It will be even better if you put it in your Convection Toaster Oven or Air Fryer for a very few minutes. Warning – it will be so flaky and tender that it will make a big mess when you eat it. You may want to eat it outside or leaning over a sink to minimize cleanup.

■ **Top 10 Hot Dogs to Buy** – According to a panel of taste testers, per WashingtonPost.com, the top 10 hot dogs fall in the ranking shown below. Taste, ‘snap,’ texture and overall customer appeal were considered. Price was not a consideration.

1. Costco Kirkland Beef Hot Dog – 93 score
2. Nathan’s Angus Beef Franks – 84
3. Oscar Meyer Classic Beef Uncured Franks – 82
4. Trader Joe’s Uncured Beef Hot Dog - 73
5. Wellshire Sugar-Free All Natural Uncured Beef Frank – 72
6. Whole Foods 365 Uncured Beef Hot Dogs – 71
7. Ball Park Beef Hot Dogs – 68
8. Safeway Signature Select Beef Franks – 68
9. Dietz & Watson Deli Beef Franks – 67
10. Hebrew National Beef Franks – 67

■ **Catalytic Converter Thefts** – The theft of Catalytic Converters is at an all time high. Why? First, it takes as little as 3 minutes to cut one out of a vehicle using a powerful, cordless saw with a metal-cutting blade. Second, they are easy to sell at scrap yards due to the rare metals inside the converter unit. Thieves can easily make \$200 - \$450 for each unit. The Prius is a prime target because it has 2 catalytic converters. Vehicles, mostly SUV and pickup trucks are prime targets because of their higher ground clearance (approx. 9”) making it easier to gain access to the units quickly while the vehicle is parked. The cost of replacement varies from \$945 to \$2475 (Prius typically is \$1800). To avoid theft, always park in well lighted areas or in an enclosed space. Muffler shops can also install a Catalytic Converter Security Plate at a cost starting at about \$250.

■ **Lip Protection** – Most folks are aware of the need to apply sun block lotions and sprays to much of our bodies for protection from the sun’s harmful UV rays. But don’t forget the lips! I speak from experience. To date, I’ve had to undergo two procedures (Moh’s Surgery and Topical Chemotherapy) for Squamous Carcinoma, the second most common form of skin cancer. Both procedures are painful and very unpleasant.

■ **Upgrade to 5G ?** – For those folks that are bent on owning the latest and greatest technology things, the following may surprise you! In the ads, 5G means blazing fast speeds—download a movie in mere seconds!—and more reliable service in crowded places, such as airports and sports stadiums. The goal is to convince customers to take part in the “5G revolution” and buy new Smartphones. The carriers all have maps showing how many cities already have 5G, but that can be misleading. The fine print says “actual coverage may vary.” It means the super-fast 5G coverage is limited to specific areas in that city—in some cases, just a few blocks or even specific buildings. Consider these published summary comments about the subject: 1. “Generally, we’re seeing exaggerated claims, claims that tout the breadth and depth of 5G service that’s just not yet available to consumers,” said Bonnie Patten, executive director of [TruthInAdvertising.org](http://TruthInAdvertising.org). 2. Brian X. Chen, consumer technology reporter at *The New York Times*, struggled to find 5G service in San Francisco when he reviewed the new iPhone 12 in October. He criticizes the wireless carriers for not being transparent and over-promising what 5G can do in these early stages of deployment. “If they’re going to call it a technology revolution, I’m going to call it a revolution happening in slow motion, because everything they’re hyping up and raving about has yet to happen,” Chen told Checkbook. “The super-fast speeds they talk about are accessible in a very, very small portion of the country. The rest of the country is going to get something that’s way more modest.” 3. AT&T, T-Mobile, and Verizon insist they are not trying to mislead customers, but as Patten points out, the [National Advertising Division of the Better Business Bureau](http://NationalAdvertisingDivisionoftheBetterBusinessBureau) “has repeatedly deter-

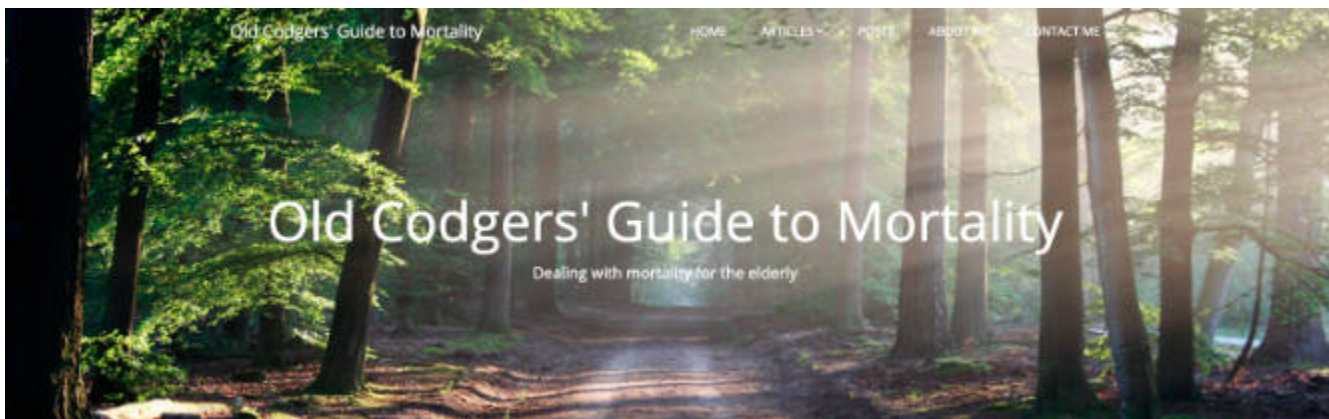
mined the three major wireless carriers have engaged in false and deceptive marketing of 5G.” 4. [PCMag.com](http://www.pcmag.com) tested 5G in 26 cities and found it to be “disappointing all around, on every carrier,” editor Sascha Segan wrote. Based on PCMag’s extensive testing, Segan told Checkbook: “5G is really nothing to write home about at this time. In some cases, its slower than 4G.” Verizon has “superfast” 5G, but almost no coverage, and he said it’s pretty hard to find any AT&T 5G service “that gives you a fresh experience.” Segan found that T-Mobile’s mid-band 5G, available in some parts of some cities, does give “a serious performance boost,” providing download speeds that are two or three times faster than 4G

**Note:** *The above are excerpts from the current issue of Consumers Checkbook.*

■ **Hazardous Waste Disposal** - Old batteries, fluorescent light bulbs, oil paints, chemicals used in pest-killing, household tasks, etc.: Anything labeled “Caution,” “Danger,” or “Poison” needs to be disposed of at a facility that handles hazardous household waste. To find one near you, visit [Earth911.com](http://Earth911.com) and enter your Zip code. Also, for Contra Costa County Household Hazardous Waste Program, call (800) 750-4096, select Option #1.

**HERE'S HOPING THAT YOU WILL ALL HAVE A HAPPY NEW YEAR!**

**Jim & Joyce**



I am starting a new blog called: "Old Codgers Guide to Mortality: Dealing With Mortality for the Elderly." The blog is a unique experiment to help people deal with the grief and fear of mortality. I'm hoping to create a dialogue with others facing the life-ending challenges that face all elderly people. Hopefully, we can jointly develop or distill some better coping mechanisms for dealing with the loss of our spouse or the prospect of our own mortality.

The blog is brand new and still under construction. It is non-commercial, non-profit, non-religious, and non-political. (And hopefully non-boring!)

Sincerely,  
George Nolta

Member, SIR 161 Branch

<http://www.codgersmortality.blog/>

Editors Note: The Happenings was previously prepared using Adobe In Design, then Quark Express software. We are now using Affinity Publisher (Now on sale at a great price) **\*\* not a paid commercial.**

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

Dwight Sale, Publisher Email:  
[dwight.sale@comcast.net](mailto:dwight.sale@comcast.net)

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