



NOTICE - SIR STATE PRES. CANCELS SIR ACTIVITIES



"SHELTER IN PLACE" ORDERED BY GOV. GAVIN NEWSOM



CORONA 19 VIRUS QUESTIONS AND ANSWERS

SONORA BRANCH 136



Message from the "Big Sir"

Gene Zanoni (209-532-1989) I am going to commence my remarks by simply accentuating the positive rather than dwelling on the negative. One may think on the surface that in such trying times this objective would be difficult to achieve. Not so, as I shall now explain. In March, we inducted five new members into our Branch #136 as a result of vigorous recruiting efforts on behalf of some of our most steadfast

SIRS Mission

To improve the lives of our members through fun activities and events - while making friends for life.

members. Our newest members, along with their respective sponsors indicated in parentheses, include the following individuals: Dennis Biedinger #003 (George Cocores #175), Ron Bethel #076 (Rudy Flores #177), Andrew Cross #075 (Bill Vaughan #032), Michael Orteiza #047 (Scott Lewis #081) and Willie Phillips #070 (Larry Caplinger #205). Let us not forget that it is customary for all pre-existing members to cordially acknowledge our newest members. Year-to-date we have been experiencing robust activity with respect to gaining membership. This is yet another example that socialization, which happens to be one of our basic human attributes, is permitted to flourish under the promotions generated through the SIRs organization.

The evil Coronavirus, also known as COVID-19, has unexpectedly surfaced and is responsible for the abrupt disruption in our ability to socialize. This highly infectious disease currently remains uncontrollable. Therefore, governments around the world, acting on the advice of eminent health officials, have instituted strict sanctions that prohibit all gatherings of groups of individuals regardless of size and purpose. Just exactly how long this mandate shall remain in effect is pretty much left up to conjecture at this time. Due to its lethal nature, “social distancing” has become an overnight phrase associated with this dreadful pandemic disease and is merely an attempt by which to inhibit the distribution of this highly contagious virus. The senior segment of our population appears to be at most risk in contacting this disease, therefore, a vast majority of the SIRs membership are most vulnerable.

The SIRs organization, under the able leadership of President Ed Benson and his talented Team, are tirelessly taking the proper steps necessary to protecting its membership and public at large. Because there is no known medical defense to combat the Coronavirus at this time, our leadership at the highest level had determined early on to suspend all sponsored functions until we get to the other side; that is, until such time it is deemed safe to return to our normal activities. In the meantime, all non-local and local events have been cancelled. Locally, the Elks Lodge is currently closed for all events, including monthly luncheons. Other local events may or have already been rescheduled, a couple examples are as follows: Our Ladies Day Luncheon (LDL), originally scheduled for May 12th has now been tentatively moved to June 9th at the earliest; thereby, allowing additional time for the sale of LDL tickets and raffle prize gift donation considerations. The 39th Annual Home and Garden Show, that was originally scheduled for April 18th and 19th at the Mother Lode Fairgrounds,

*Effective immediately
and until further notice
all SIR activities have
been cancelled.*



Cancelled or postponed
are the following events:

1. Giants vs A's baseball game scheduled for June 7.
2. Ladies Day Luncheon scheduled for May 12.
3. “Spring Fling” golf tournament in Napa Valley scheduled for April 20-21.
4. Regular SIR luncheon at the Elks scheduled for April 14.
5. 39th Sonora Home & Garden show postponed to October 24-25.

Please feel free to contact Big Sir Gene Zaroni (209-532-1989) or any of the committee chairs should you have any questions or concerns.

has been rescheduled for October 24th and 25th. Thus, allowing ample time to consider volunteering to assist in manning our recruitment booth at this event.

In closing, I wish to reiterate that our SIR senior officials are performing their due diligence to ensure a positive outcome that will eventually enable us to successfully navigate through these uncharted waters currently infested with a serious global health hazard. The rest of us can do our part by exercising cooperation, patience and common sense. Please remain in the safety and comfort of your homes and keep well.

Message from the “Little Sir”

Paul Pavadana (209-532-8051) Looks like this will be a short article for April. I hope everyone is safe, healthy (as can be at our age), and coping with having to stay at home. Seeing all activities have been cancelled for an indefinite time I have been kept fairly busy cancelling and rescheduling speakers for our monthly luncheons. As of right now the Lady’s Day Luncheon will be put on hold and hopefully rescheduled for a later date. The tickets sales in March for that event were less than anticipated. Only 52 tickets were sold. Apparently the Sonora Home and Garden show has also been cancelled and rescheduled for October.

Until normalcy returns to our lives stay safe, stay healthy, and stay sane. Take care my friends.

Message from BR Secretary

Bill Burnes We are all living through an unsettling time that none of us have ever seen before. We should remember that we are not alone (even when it feels that way), and we are all going through this together, and we will all get through this together. While you are confined, find things that are fun to do, and stay at home as much as you can. I’ll see you when this is all over with, which it will be.

Notice from Sir State Pres.

To: State Board Members, State Activity Chairmen, Area Governors, Big and Little Sirs

Re: Coronavirus and COVID-19

By unanimous decision of the SIR State Board, It has been decided to postpone all Sir activities, luncheons and events until further notice in accordance with Governmental and Health Advisories.

This may be a fluid situation, but at this time we feel we have no alternative to taking this action. We will keep you informed as further direction develops.

Should you have any questions, please contact your Regional Director (Rick Kindle) or me.

Regards,

Ed Benson, SIR State President

Governor Orders “Shelter in Place”

COVID-19, which has killed more than 8,000 people as the disease sweeps across the world, has prompted cities and areas everywhere to take action, ordering quarantines and lockdowns in an effort to keep people indoors and curb the spread of the coronavirus.

California Gov. Gavin Newsom announced a statewide “stay at home” order in an attempt to prevent the further spread of COVID-19 in the state. The move, which asks all Californians to remain at home unless they have essential reason for going out, comes after officials in the Bay Area introduced some of the U.S.’s most stringent restrictions by announcing a “shelter-in-place” mandate on Monday. Since Tuesday, affected Bay Area residents have been required to stay inside and can go out only for necessities. For now, the mandate, which affects nearly 7 million people across six counties, will last for three weeks, until April 7.

“This is a critical intervention to reduce harm from the spread of the coronavirus in our community,” reads a guide to the mandate from the city of San Francisco. “This is a mandatory order.”

Essentially, sheltering in place means staying at home, the order from San Francisco’s Department of Public Health says. Nearly 300 cases of COVID-19 have been confirmed in the Bay Area, as well as at least three deaths, according to the department.

“Widespread testing for COVID-19 is not yet available but is expected to increase in the coming days,” the mandate says. “This order is necessary to slow the rate of spread.”

People should stay in their homes unless they need to leave for “essential” activities and work. The mandate went into effect on March 17 and will continue until at least April 7.

In the Bay Area, the mandate prohibits going outside, with certain exceptions for different groups of people. Vulnerable people, which include the elderly, minors and people with disabilities, should not go out at all, according to the order. Anyone who is at risk of severe illness from COVID-19 is also urged to stay inside.

People are barred from gathering outside the home. To that end, all restaurants, bars, cafes, nightclubs, gyms and recreation facilities have been ordered closed. Places that serve food can continue delivery and takeout services.

All travel is prohibited — including walking or biking places, taking a car, scooter, or motorcycle on the road, or using public transit — unless classified as “essential.” Anyone who has a job that is not considered “essential” should work from home.

The Bay Area mandate details several exemptions from the shelter in place order. People can leave their house for “essential activities,” which include getting medical supplies, going to the doctor or getting supplies needed to adequately work from home. They can also go out to get groceries.

People can also go out to run, walk or hike as long as they maintain the requirements of social distancing and stay at least six feet away from other individuals.

“Corona 19” Some Questions and Answers

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water.

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps

to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible. Corona 19 Some Questions and Answers

Symptoms You should seek immediate medical help if you have difficulty breathing or shortness of breath; persistent pain or pressure in the chest; new confusion or inability to arouse; bluish lips or face. This list is not intended to be all inclusive. Please consult a medical professional for any other symptom that is severe or concerning.

Committee Chairman Reports

Golf - Paul Pavadana (209-532-8051) or Danny Lauretta (209-586-4567). Well after a long time-off from playing golf we were finally able to get things going again for all the golf club members. Danny Lauretta got us off with the Skins Game on March 3rd at Teleli Golf Club. The weather was great except for a 20 minute frost delay, typical for this time of year. There were 30 golfers (two no-shows) who participated. Here are the results from that game:

John Marrs (SIR 77) – 6 skins Pete Larkin (SIR 77) – 5 skins Gene Deaver (SIR 136) – 3 skins

Jeff Phillips (SIR 136) – 1 skin 3 skins will carry over at the April Skins

Closest-to-hole #5

1st Place – Paul Padavana (SIR 136) – 24 ft.

2nd Place – Chace Anderson (SIR 77) – 24 ft. 9 in.

3rd Place – Gene Deaver (SIR 136) – 42 ft. 2 in.

Closest-to-hole #12

1st Place – John Jobling (SIR 136) – 6 ft. 6 in.

2nd Place – Mike Baumgartner (SIR 136) – 24 ft. 10 in.

3rd Place – Pete Larkin (SIR 77) – 30 ft.

Now for the sad news.....Due to inclement weather and voluntary coronavirus quarantine for seniors 60 and older the March Golf Tournament was cancelled. Also just received from SIR State Board all SIR activities are to be cancelled immediately pending further notice. So, the April Skins Game and tournament are cancelled unless things change. I will be sending out e:mails to all Golf Club members to keep them informed of all changes. Please stay safe and hope all this will end soon so we can get back to a normal life style.

RV Group - Eddie Toews (209-532-3970). The RV group was not able to go on our March outing as planned. The park was shut down do the the Virus situation. Hopefully we will be able to get out at our June outing and back to a normal routine. Everyone please stay home, safe and healthy.

Chaplain - Steve Gregory (209-533-0309). The first quarter was a sad time for many member families. Gone are Roland Camfield #045 (Juanita), Bill LeLievre #072 (Louise), Robert Meggers #302 (Judy), and Guy Hoffman #299. Also, gone are Bonnie Patania, wife of Joe Patania #291, and George Cocores Sr., 98 year old father of George Cocores #175. May they each rest in peace "at home with God" and may their families be comforted by our Lord who "comforts those who grieve." Remember the words "I am the resurrection and the Life" John 11:25. Happy Easter.

Bowling - Steve Huff (209-770-0678). Nothing to report.

Pinochle - Bob Morrison (209-588-0994). To each of our SIR members, I hope that you are staying hunkered down and keeping a stiff upper lip and your chins up. Keep hope as we muddle through this national crisis that it will end soon. *"Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all."* Emily Dickinson

To each of our pinochle players, I hope that you are studying that book I recommended for playing pinochle so that when we return to our tournaments your playing skill will be sharper than ever and you will be one of the top scorers, if not in first place.

Car Club - Rich Rinaldi (209-532-8366). Nothing to report.

Fishing - Chuck Simmons (209-532-9550). Nothing to report.

Kayaking/Easy Hiking - Sol Robin (209-651-1054). Nothing to report.

A Little Humor Goes a Long Way...



DIRECTORY of OFFICERS Branch 136**Big SIR:** Gene Zanoni 532-1989 genevzanoni@gmail.com**Little SIR:** Paul Padavana 532-8051 paulp_57@yahoo.com**Sec:** Bill Burnes 533-4334 sonorabill401@gmail.com**Asst. Sec:** Dick Aberle 532-4066 raaberle2@sbcglobal.net**Treas:** Eddie 'Ed' Toews 532-3970 lcoinlady@aol.com**Asst. Treas:** Steve Aldridge 770-5287
stevealdr1147@gmail.com**RAMP** - Steve Aldridge 770-5287**Recruitment** - Larry Matteson 408-691-9393**Activities** - Bill Lobdell-586-7145**Member Relations** - Phil Baylis-510-552-7596**DIRECTORS - Second Year**

Bill Guenza 568-7088

Marty Martin 568-1886 George Cocores 456-9814

DIRECTORS - First Year

Phil Baylis (510) 552-7596 Chris Methot (408) 218-5221

Tom Neiderer (714) 886-8574

COMMITTEE CHAIRMEN & CO-CHAIRMEN

Attendance Membership - George Cocores 456-9814

BEC Advisor - Al Limon 533-4544

Bowling - Vacant

Branch Photographer - Steve Belochi 533-5315

Bulletin - John White 408-355-5991

Car Club - Rich Rinaldi 532-8366

Fishing - Chuck Simons -532-9550

Golf - Paul Padavana 532-8051,

Tom Nischwitz 694-8624 & Danny Laureta 586-4567

Honorary Life Membership - Al Limon 533-4944

Internet - Jerry Bellefeuille 533-3630 & Danny Laureta

Kayaking/Hiking - Sol Robin 651-1054

Lunch Tickets - Roger Swartz 533-0376

Luncheon Drawing - Tom Neiderer 569-9003

Nominating Com. Chair. - Jim Botto 586-0822

Pinochle - Bob Morrison 588-0994

Poker - George Parsons 533-8637

Propane - Marty Martin 586-1886

R.V. Travel Group - Eddie Toews 532-3970

Senior Member Awards - Jim Johnson 536-1595

SIR Item Sales - Fred Kehr 785-4358

Sunshine - Chaplain - Steve Gregory 533-0309

Wine Tasting - Phil VanSwoll 532-1133

A Happy Birthday to You!

We are told to wash our hands for at least 20 seconds. That's the time it takes to sing *Happy Birthday* to yourself twice. So let's recognize our April birthdays.

Zanoni, Gene	04/01
Burnes, William V. (Bill)	04/01
Bowers, Michael	04/03
Harrelson, Raymond	04/05
Cosetto, Dan (Guido)	04/06
Espino, Felix	04/06
Rossi, David	04/06
Wright, Michael (Mike)	04/07
Deaver, Eugene (Gene)	04/07
Avila, John	04/07
Patania, Nuncy	04/08
Basham, Darell	04/09
Abbott, Gerald (Blair)	04/15
Limon, Al (HLM)	04/23
Barth, William (Bill)	04/28
Elam, Stanley (Stan)	04/30

Message from the Editor

John White (408-355-5991). Greetings fellow SIRs. As you can see from this publication, the bulletin has a different look. Why? Well, Steve Huff, the previous bulletin editor for many years has moved to Florida. Filling Steve’s shoes is an awesome task as he was a very gifted and dedicated man. So as Steve’s replacement, I have a different set of tools to use and of course a different outlook. I want the monthly bulletin to be informative, timely, complete, and worth your time to read. Please let me know how you like the new format, which will most likely change as we move forward.

As you are aware, we are in the middle of a pandemic. A friend of mine sent me the following which I hope will help you get through these trying times...

Satan - “I will cause anxiety, fear, and panic. I will shut down businesses, schools, places of worship, and sporting events. I will cause economic turmoil.”

Jesus - “I will bring together neighbors; restore the family unit. I will bring dinner back to the kitchen table. I will help people slow down their lives and appreciate what really matters. I will teach my children to rely on me and not the world. I will teach my children to trust me and not their money and their material resources.”

A note on Membership

George Cocores (209-456-9814) According to the February 2020 SIR state membership roster, the total number of SIR members statewide is 12,811. Of the approximately 111 active SIR branches, Branch 136 ranks eight in attendance! For March, the active membership of Branch #136 was 204. 125 members attended the lunch; 42 members called in advance and were excused. Please consider inviting your neighbors, friends, and associates to join our Branch. Should you bring a guest to one of our luncheons, please call the membership line at 209-536-6311 in advance so that arrangements can be made

Photo at right new members and sponsors inducted in March 2020.

SIR STATE OFFICERS
www.sirinc.org
PRESIDENT: Sir Ed Benson **VP:** Sir Jim Johnson
SEC: Sir Stuart Williams
TREASURER: Sir Roy Hodgkinson
REGION 2 DIRECTOR - Sir Rick Kindle - Denair, Ca
AREA 5 GOVERNOR - Sir Dale Decker, Sonora, CA
PAST BIG SIRs - BRANCH #136 SONORA
1997 - Dave Holton **1999 -** Al Limon **2000 -** Bob Gibbs
2002 - Jim Nuzum **2003 -** Dick Nutting **2007 -** Wil Reich
2008- Roger Milligan **2009 -** Don Nilan **2010 -** Don Banchemo **2011 -** Al Smith **2013 -** Phil VanSwoll **2014 -** John Bristow
2015 - Jim Johnson **2016 -** Dale Decker **2017 -** Danny Laureta **2018 -** Paul Squeri **2019 -** Jim Botto
BRANCH #136 HONORARY LIFE MEMBERS
 Al Limon - Past Big SIR 2000
 Frank Taylor - Treasurer 2001-2015
 Jim Johnson—Past Big SIR 2015



Beginnings of Sons In Retirement, Inc.

Realizing the social nature of man and his desire for the company of others, particularly those retired from gainful employment in commercial and professional life, the late Damian L. Reynolds conceived the idea of Sons In Retirement in the spring of 1958.

From time to time, three friends, all retired, would meet with Mr. Reynolds for a friendly luncheon. He suggested to those three, Messrs. Claus Hinks, Lorenz Hansen and Wallace Plummer, that they join him in his idea of a monthly luncheon club for retired men for the purpose of maintaining old friendships, making new acquaintances and avoiding the boredom caused by inactivity. A kickoff luncheon was held in the Clarimar Restaurant in San Mateo, California on July 29, 1958. Five additional friends of the four founders came to the luncheon. They were Messrs. George Rogers, Clarence Johnson, Conrad Lange, Lloyd Cartmill and William Torello.

The name Sons In Retirement was unanimously adopted by eighteen members of the club at a second meeting on August 12, 1958. Consideration was given to several other names, none of which seemed to make clear the purpose of this fledgling group. Because most retired men wish for nothing to do with things pertaining to inactivity or laziness, the chosen name seemed to enunciate and give dignity to retirement. Since the name of the group was Sons In Retirement, one of the original group proposed that the club's executive officer be designated as the Big Sir, a salutation "indicating maturity and respect". Second in command would be known as the Little Sir.

Rules for the club were adopted on October 28, 1958. Among them were that members were not to be solicited for donations for outside groups or purposes. On January 10, 1962, this was further clarified to state solicitation was permitted only to provide funds to carry out the purposes of the club.

The corporation's copyrighted insignia is the rooster. Mr. Reynolds stated, "Of all the creatures on earth, none expresses independence and dignity with more sureness and aplomb than a rooster. The majesty of his presence is felt in every barnyard, and when he crows, he can be heard for miles, not a fainthearted crow, but with a noise that calls attention to his majestic being."

The new club's first bulletin was called "Yes Sir" and its publication was financed entirely by voluntary contributions, a tradition which continues to this day. The club's slogan, "Promoting the Independence and Dignity of Retirement" speaks to the purpose and the long range goals of Sons In Retirement, Inc., that were set forth by our founders in 1958.



DECLARATIONS: NON RESPONSIBILITY DECLARATION

All travel and other events/activities arranged for or sponsored by SIR, Inc. and its Branches are for the convenience and pleasure of the members of SIR and their guests who desire to participate. SIR, Inc. and its Branches do not assume any responsibility for the well-being or safety of the participants or passengers or their property whatsoever, in any matters pertaining to said events/activities (Rule 345).

Checks, money orders or credit cards for Travel for one day or less (no overnight), where a bus/busses is/are used as the primary means of transportation, may be made payable to the Branch sponsoring the event. All other checks, money orders or credit cards for travel must be made payable to the travel agency (Rule 429 & 421).