



AMERICA PROTESTS



GUIDANCE FOR FACE COVERINGS



SUPER EASY GUIDE TO ZOOM

# SONORA BRANCH 136



## Message from the “Big Sir”

**Gene Zanoni (209-532-1989)** We may have been temporarily sidelined due to the Coronavirus pandemic; however, we remain a tremendous distance from conceding defeat at the jaws of the imposed social lockdown. During April and May we became temporarily stymied as a result of the abrupt social restrictions levied by government officials and health professionals. Fortunately, in June we commenced to

### SIRS Mission

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

resurface to a condition semblance of normalcy, thanks in large part due to the Zoom Video's technology. Last month, on two different occasions we held a BEC Meeting and a Luncheon Meeting. Both such events proved to be extremely worthwhile.

The individual most responsible for enabling our branch to capitalize using this technology is Anthony Butera, the current Big Sir of the Modesto Branch 144. We owe him a huge debt of gratitude for the personal time he has committed in bringing this to fruition. Included in this Bulletin is a section entitled SUPER-EASY-GUIDE to ZOOM. It is highly recommended that you devote a few minutes of your time reviewing this simplistic approach for it is intended to acquaint you with the nuances associated with this technology. The whole idea behind this is simply that we would like to have greater membership participation in our forthcoming monthly virtual events. After all, let us not forget that isolation promotes stagnation accompanied by dwindling interest and participation. We cannot afford to allow this to happen, thus, we must make vigorous attempts to combat such complacency.

Several of the highlights from the above-mentioned previous month's events shall now be reviewed. The Annual BBQ Picnic scheduled for the Indigeny Reserve in September has been CANCELED. This decision was prompted by the numerous uncertainties relevant to the ongoing Coronavirus pandemic. The Indigeny Reserve has been informed of our final decision and was sympathetic since their daily operations remain questionable due to the impending health concerns. Since no deposit was ever transmitted, the concern involving a refund becomes nonexistent. Applications requesting the restarting of branch activities, namely the RV Club Outings and the Golf Skins Game and Golf Tournaments, have been received and approved by BEC action. It is anticipated that other such requests shall be forthcoming.

The upcoming 39<sup>th</sup> Annual Home and Garden Show has been rescheduled for October 24 & 25, 2020 at the Mother Lode Fairgrounds. This event occurs on both Saturday and Sunday and runs from 10:00 a.m. to 4:00 p.m. each day. This occasion provides us with a major recruiting initiative since the event attracts thousands of visitors during the two-day affair. Therefore, we will require a maximum support effort from our membership for volunteering to staff our recruitment booth. Signup sheets appear in this Bulletin as a matter of convenience for selecting your preferred times of participation. Such commitments can be for one hour or longer depending upon your personal situation.

## Questions & Answers about using ZOOM



1. It's a free service. You may purchase a plan if you desire, but it is a free download.
2. You may use any device...computer or mobile device (iPad, cell phone, etc.)
3. Yes, the ZOOM platform works on Windows or Macs.
4. The free version allows you to attend any meeting; should you be "hosting" a meeting, the meeting is limited to 40 minutes.
5. You can record your meeting and ask questions during the meeting.
6. Host up to 100 (free) or 300 (plan) participants.
7. Zoom can handle "break out" groups such as group tables.

Please call me regarding your desired time slots as I will register you on a first come first serve basis.

Our total membership has been adjusted to reflect 203 through June 30<sup>th</sup>. This includes two new members and two transfer members, whose names shall now appear (along with their sponsors in parenthesis): Michael E. Coe #084 (Matt Clay #158), David W. Cox #045 (Danny Laureta #036), William E. Kling #078 (Paul Padavana #080) and Danny A. Villa #082 (Danny Laureta #036). Once again, I ask that all pre-existing members remain cordial to all new members for their acceptance into our branch should manifest a pleasant transition.

(On June 23, 2020, Branch 136 had an internet ZOOM meeting.) The guest speaker's presentation, entitled "Unchartered Waters," was moderated by Anthony Butera from PFS Investments and presented by Sean Burke from Franklin Templeton. There are three takeaway points to consider from this stimulating discussion including the following:

- History has shown us that while markets react to shocks in the short term, they have tended to reward patient investors over long periods of time.
- Emotions affect decision-making ability in times of market volatility.
- Three strategies to live with in times of market volatility includes remaining calm, diversification matters, and remember your strategy.

Should you have any questions regarding this topic, please contact me and I will direct you to the appropriate source.

There were major changes approved regarding the purchasing of our merchandise. One such change includes using the new logo with the designation "Sonora Branch 136." Another consideration that passed was that pre-payment becomes mandatory. In addition, orders will only be solicited from the website <https://sir.go.customprintcenter.com/>. Also, the elimination of current inventory is subject to be reduced to one-half off the original purchase price. Moreover, other changes shall be noticeable in the forthcoming months as our Merchandise Coordinator, Fred Kehr, and associate are able to wrap their arms around the necessary adjustments required to streamline such purchasing activities.

Currently, we are underway regarding the selection of new officers, especially a Little Sir, first year directors and various chairmanships for 2021. Should you be approached to fill any such vacancies, it remains each member's duty and responsibility to volunteer and participate.

Remain socially responsible for one day we will be able to reunite as before.

## Message from the "Little Sir"

**Paul Pavadana (209-532-8051)** Hello fellow SIR members, I hope everyone is staying healthy and sane during these trying times. Again, not much to report except with our modern technology (Zoom) the Board was finally able to have a meeting. It was so nice seeing all the smiley faces and in some cases just the foreheads. It was decided due to all the uncertainty and time restraints that the



Annual SIRs Picnic in September will be cancelled. We are still waiting to see when we will be able to have our monthly luncheons at the Elks Lodge. The RV Club and the Golf Club has been given permission to start activities as long as certain safety measures are being followed. The bowling alley at Black Oak has still not opened and we are not sure if any league play will be allowed. The activity chairman from every group will be keeping all groups informed of any changes in the future.

## Protests in Sonora?

That's right, our little community has been the site of three protests - June 4, 2020, hundreds of protestors concerned about police brutality met in downtown Sonora at the Courthouse park in a peaceful demonstration. Protesters chanted "Black lives matter" and "I can't breathe." At one point, the protesters were silent for nearly nine minutes, the length of time a former Minneapolis officer pressed his knee on George Floyd's neck. I joined a friend of mine in protecting his daughters downtown business and I must say I was both proud and thankful of everyone's civility and respect.



On April 15, 2020, people in the small town of Sonora are saying enough is enough. Many are wanting out of the stay-at-home order and to go back to business as usual. Dozens crowded the park near the Tuolumne County courthouse on Wednesday, holding signs and soliciting honks from passing cars.

On April 16, 2020, close to 100 people assembled in downtown Sonora on Wednesday afternoon to protest state and local restrictions over the coronavirus pandemic. One of the organizers, restaurant owner Cindy Zelinsky, [told mymotherlode.com](http://mymotherlode.com) that she and other protesters believe there is insufficient data to support strict regulations that have shuttered many local businesses and restricted gatherings of two or more people. They also questioned whether the public health order was infringing on their constitutional rights. Participants included other business owners, church groups and community members.

I recently had the opportunity to visit young members of my family and their friends in Portland, Oregon. I listened as they expressed their frustrations over the high costs of attending college; not being able to get a job or being "under employed;" and the feeling that they are locked out of the housing market. Coupled with the frustration and weariness the black community has felt, it's no wonder that they have embraced the "black lives matter" movement. Simply put, young people are frustrated and feel "stuck" in their current situation. As a result, they are striking back in marches and demonstrations, and in the removal of historic statues. As we near our country's 244th birthday, its wise for us to remember why we separated from England in the first place.





Tensions between the American colonists and the British Authorities had been growing over a period of several years. The French and Indian Wars (also known as the seven years war) of 1756 to 1763 resulted in Britain leveling severe taxes on trade and commerce. Although the taxes were later repealed, they left a taste of discontent in the colonists. In 1770 British soldiers opened fire on a mob of colonists, killing five men in what later became known as the Boston Massacre. In 1773, a group of men dressed up as Mohawk Indians boarded British Ships and tossed 342 chests of tea into Boston Harbor. This event became known as the Boston Tea Party. An outraged Parliament passed a series of measures (known as the Intolerable, or Coercive Acts) designed to reassert imperial authority in Massachusetts.



In response, a group of colonial delegates (including George Washington of Virginia, John and Samuel Adams of Massachusetts, Patrick Henry of Virginia and John Jay of New York) met in Philadelphia in September 1774 to give voice to their grievances against the British crown. This First Continental Congress did not go so far as to demand independence from Britain, but it denounced taxation without representation, as well as the maintenance of the British army in the colonies without their consent. It issued a declaration of the rights due every citizen, including life, liberty, property, assembly and trial by jury.

On the night of April 18, 1775, hundreds of British troops marched from Boston to nearby Concord, Massachusetts in order to seize an arms cache. Paul Revere and other riders sounded the alarm, and colonial militiamen began mobilizing to intercept the Redcoats. On April 19, local militiamen clashed with British soldiers in the Battles of Lexington and Concord in Massachusetts, marking the “shot heard round the world” that signified the start of the Revolutionary War.

America has had a long history of social problems and unrest, and was even born out of similar problems with its mother country of Great Britain. We were never a perfect country. I think it grieves us all when we see our congressional leaders embittered in partisan politics; and when we see young people marching and demonstrating. But America has never been an easy country. We promote free speech and the sharing of new ideas. Let's not lose sight of that as we celebrate our nation's founding. And for those who served in the military, thank you for your service and for the protection of our freedoms which we hold so dear. To quote Winston Churchill, “never was so much owed to so few.”



## Committee Chairman Reports

**Golf - Paul Pavadana (209-532-8051) or Danny Lauretta (209-586-4567).** Finally some good news. I hope everyone read the e:mail I sent out to all golf club members. We can start having golf activities again in July but with the restrictions I explained in the e:mail. Danny Lauretta will be holding a Skins Game on July 7<sup>th</sup> at Teleli Golf Club. Deadline for sign-up is ten days in advance. I will be holding a Golf Tournament on July 21<sup>st</sup> at Teleli Golf Club. Deadline for sign-up is July 11<sup>th</sup>. Contact Paul Pavadana at (209) 532-8051 or e:mail [papasp623@gmail.com](mailto:papasp623@gmail.com). All tee-off times will be 8:30 A.M. This tournament format will be "Individual Low Net Flights A & B." Also if any member wants to walk instead of taking a cart please let Danny or me know when signing up. All carts will be individual rider unless you feel comfortable riding with a close friend or family member. Let us know this when signing up. Stay safe and see you on the course.

**Chaplain - Steve Gregory (209-533-0309).** We lost member Maury Leal #102 recently who had been living with his daughter Arlene Williams. Also prayers are requested for my wife of 53 years Carolynn Gregory, now under home Hospice care.

**Bowling -(Chairman pending) (From Danny Lauretta)** Results of the Reno Tournament survey are in! Roughly fifty percent of respondents indicated they would like to attend the **August 10-12** tournament. Therefore, Branch 113 is moving forward and will offer the tournament (subject to certain procedural limitations and requirements. Please contact Danny Lauretta at 209-586-4567 for more information.

**Pinochle - Bob Morrison (209-588-0994).** Nothing to report. However, I was able to play a few hands with Delbert Rottelli and Ted Carpenter. That is, after we remembered the rules.

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

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

**RV Group - Eddie Toews (209-532-3970).** Nothing to report.

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

## 39th Annual Home & Garden Show

**When:** October 24-25, 2020

**Where:** Mother Lode Fairgrounds, Sonora, CA

We need your help to staff our SIRS booth at the Home and Garden Show. This is our opportunity to represent our chapter to the community and bring in new members. Please consider volunteering to serve at this event. To volunteer, please contact the Big Sir, Gene Zanoni (209-532-1989) with the time you can serve and your telephone number. Sign-ups are hourly (but you can serve longer) starting at 10am on both Saturday (Oct 24) and Sunday (Oct 25). The event closes at 4pm.

Someone invited you to attend our branch and look what happened! Now is the time to invite another man and give them the opportunity for fun, fellowship, and much needed friendship.

## A Little Humor Goes a Long Way...

A couple in their nineties were both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down. Later that night, while watching TV, the old man gets up from his chair and asked:

'Want anything while I'm in the kitchen?'

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

She says 'Where's my toast?'

### 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).

Have you been checking out our "You Tube" links? All you need to do is click on the link and then skip the commercials. It's just that easy. Nothing to download or sign up for.

#### **"ZOOM overview and tutorial"**

<https://www.youtube.com/watch?v=fBj6KVjNRfQ>

#### **"America, Why I Love Her" John Wayne**

<https://www.youtube.com/watch?v=AuteyiYN6js>

#### **"God Bless America" Kate Smith**

<https://www.youtube.com/watch?v=TmfeNq5x5aQ>

#### **"I'm proud to be an American" Lee Greenwood**

<https://www.youtube.com/watch?v=XtI8p-cVRvA>





**MEMBER SURVEY**

1.How long have you been a member of our organization? \_\_\_\_\_

2.What is your general level of satisfaction with our Branch? Satisfied \_\_\_\_\_ Dissatisfied \_\_\_\_\_. If Dissatisfied, please tell us why.\_\_\_\_\_.

3.Are you currently involved in any activities? If so, which one(s)? \_\_\_\_\_

4.Have you ever volunteered for a leadership role in our organization? \_\_\_\_\_ If not, what might encourage you to VOLUNTEER? \_\_\_\_\_

5.Do you read or view our monthly newsletter? \_\_\_\_\_ Yes \_\_\_\_\_ No.

6.What type of content would you like to see in our newsletter? \_\_\_\_\_

7.How many monthly membership luncheons have you attended in the last year? \_\_\_\_\_.

8.Have you attended any of our events or activities in the past year? \_\_\_\_\_ Yes \_\_\_\_\_ No. If so, which ones? \_\_\_\_\_.

9.Of our current activities, which ones are your favorite? \_\_\_\_\_.

10.What type of activities would you like to see in the future? \_\_\_\_\_.

11.Some of our activities and events are co-ed, should we provide more co-ed opportunities? \_\_\_\_\_ Yes \_\_\_\_\_ No. What would you recommend?\_\_\_\_\_

12.What type of speakers at our Members Luncheon are of most interest to you right now? \_\_\_\_\_

13.What do you currently like most about our organization? \_\_\_\_\_

14.What do you currently like least about our organization? \_\_\_\_\_

15.Have you sponsored a new member to our organization in the last two years? \_\_\_\_\_ Yes \_\_\_\_\_ No. If yes, how many? \_\_\_\_\_.

16.Would you sponsor your best friend to be a new member? \_\_\_\_\_ Yes \_\_\_\_\_ No. If not, why? \_\_\_\_\_

17.What can the organization do to encourage more new members? \_\_\_\_\_

18.If you could tell our organization just ONE thing you would like to see happen, what would it be? \_\_\_\_\_

19. What would you like to see changed about our branch?  
a) First change: \_\_\_\_\_  
b) Second change: \_\_\_\_\_  
c) Third change: \_\_\_\_\_

20. Please select the branch size that you believe is best for our branch? Less than 100 \_\_\_\_\_,  
100-150 \_\_\_\_\_, 150-200 \_\_\_\_\_, over 200 \_\_\_\_\_, No opinion \_\_\_\_\_.

### A Happy Birthday to You!

July's birthstone is the ruby and is said to inspire courage and success. Your July flower is the water lily, which symbolizes purity and majesty. Those born in July are either Cancer (June 21 - July 22) or Leo (July 23 - Aug 22). Cancer signs are nurturing and sensitive. Leo kids are bold and outgoing. Their birthstone is a pearl, which symbolizes purity and innocence.

Schwartz, Roger	07/03
Randall, Earl	07/04
Guzman, Larry	07/05
Hurst, Frank	07/08
Vieira, John	07/09
Vanswoll, Phil	07/12
Methot, Chris	07/12
Mueller, James	07/14
Hodgson, Gregory	07/17
Nolan, Mike	07/18
Gibbs, Bob	07/18
Waters, Dennis	07/23
Davis, Gary	07/25
Orth, Ron	07/26
Matteson, Larry	07/30

(Editors apology if I overlooked your birthday.)

## Message from the Editor

**John White (408-355-5991).** Greetings fellow SIRs. Let me start by asking you a questions, “How do you like change?” At first, you may think...”I hate change!” But then again, don’t you want something else for dinner? Do you change your clothes? What about watching a different movie or television show? You see, you are more open to change than you think.

What we have learned from this pandemic, which came out of nowhere, is that things are going to change. So you have a choice, either to long for the good old days or embrace the new normal. I prefer the latter (providing we can bring forward some of the good from the past).

I love this quote from Viktor Franki, “*When we are no longer able to change a situation - we are challenged to change ourselves.*” Franki was an Austrian neurologist and psychiatrist, and a Holocaust survivor.

My wife and I grew up near Fargo, ND. The local paper, *the Fargo Forum*, recently disbanded their home delivery department, elected to print the paper only two days a week, and will deliver the paper only through US mail. Just another reminder of our “new normal.”

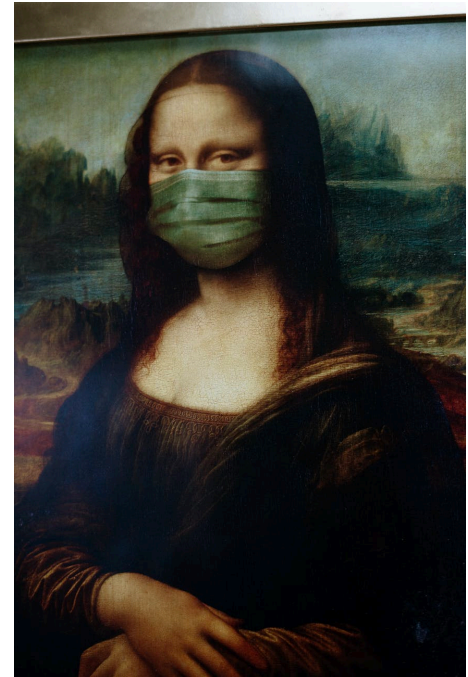


# GUIDANCE FOR THE USE OF FACE COVERINGS

According to the California Department of Public Health (CDPH), California has limited the spread of COVID-19 and associated hospitalizations and deaths in our state. Still, the risk for COVID-19 remains and the increasing number of Californians who are leaving their homes for work and other needs, increases the risk for COVID-19 exposure and infection.

Over the last four months, we have learned a lot about COVID-19 transmission, most notably that people who are infected but are asymptomatic or pre-symptomatic play an important part in community spread. The use of face coverings by everyone can limit the release of infected droplets when talking, coughing, and/or sneezing, as well as reinforce physical distancing.

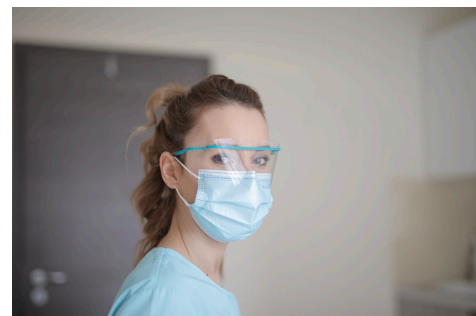
This article updates existing CDPH guidance for the use of cloth face coverings by the general public when outside the home. It mandates that face coverings be worn state-wide in the circumstances and with the exceptions outlined below. It does not substitute for existing guidance about social distancing and hand washing.



## Guidance

People in California must wear face coverings when they are in the high-risk situations listed below:

- Inside of, or in line to enter, any indoor public space; Unless exempted by state guidelines for specific public settings (e.g., school or childcare center)
- Obtaining services from the healthcare sector in settings including, but not limited to, a hospital, pharmacy, medical clinic, laboratory, physician or dental office, veterinary clinic, or blood bank; (Unless directed otherwise by an employee or healthcare provider)
- Waiting for or riding on public transportation or para transit or while in a taxi, private car service, or ride-sharing vehicle;
- Engaged in work, whether at the workplace or performing work off-site, when:
- Interacting in-person with any member of the public;
- Working in any space visited by members of the public, regardless of whether anyone from the public is present at the time;





- Working in any space where food is prepared or packaged for sale or distribution to others;
- Working in or walking through common areas, such as hallways, stairways, elevators, and parking facilities;
- In any room or enclosed area where other people (except for members of the person's own household or residence) are present when unable to physically distance.
- Driving or operating any public transportation or para transit vehicle, taxi ,or private car service or ride-sharing vehicle when passengers are present. When no passengers are present, face coverings are strongly recommended.
- While outdoors in public spaces when maintaining a physical distance of 6 feet from persons who are not members of the same household or residence is not feasible.

## **The following individuals are exempt from wearing a face covering:**

- Persons age two years or under. These very young children must not wear a face covering because of the risk of suffocation.
- Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering. This includes persons with a medical condition for whom wearing a face covering could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- Persons for whom wearing a face covering would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.
- Persons who are obtaining a service involving the nose or face for which temporary removal of the face covering is necessary to perform the service.
- Persons who are seated at a restaurant or other establishment that offers food or beverage service, while they are eating or drinking, provided that they are able to maintain a distance of at least six feet away from persons who are not members of the same household or residence.
- Persons who are engaged in outdoor work or recreation such as swimming, walking, hiking, bicycling, or running, when alone or with household members, and when they are able to maintain a distance of at least six feet from others.
- Persons who are incarcerated. Prisons and jails, as part of their mitigation plans, will have specific guidance on the wearing of face coverings or masks for both inmates and staff.

**Note:** Persons exempted from wearing a face covering due to a medical condition who are employed in a job involving regular contact with others should wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.

*What is a cloth face covering?*

A cloth face covering is a material that covers the nose and mouth. It can be secured to the head with ties or straps or simply wrapped around the lower face. It can be made of a variety of materials, such as cotton, silk, or linen. A cloth face covering may be factory-made or sewn by hand or can be improvised from household items such as scarfs, T-shirts, sweatshirts, or towels.

*How well do cloth face coverings work to prevent spread of COVID-19?*

There is scientific evidence to suggest that use of cloth face coverings by the public during a pandemic could help reduce disease transmission. Their primary role is to reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes, including someone who has COVID-19 but feels well. Cloth face coverings are not a substitute for physical distancing, washing hands, and staying home when ill, but they may be helpful when combined with these primary interventions.

*Should I wear a cloth face covering?*

You should wear face coverings when in public places, particularly when those locations are indoors or in other areas where physical distancing is not possible

*How should I care for a cloth face covering?*

It’s a good idea to wash your cloth face covering frequently, ideally after each use, or at least daily. Have a bag or bin to keep cloth face coverings in until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face. Discard cloth face coverings that:

- No longer cover the nose and mouth
- Have stretched out or damaged ties or straps
- Cannot stay on the face
- Have holes or tears in the fabric

## I’m Doing My Part

Do you qualify? You do, if you have participated in either of the following:

- Brought a guest to one of our luncheons.
- Volunteered in any position and in any capacity to support our Branch luncheons and special events (Ladies Day, Annual Picnic & Christmas Luncheons).

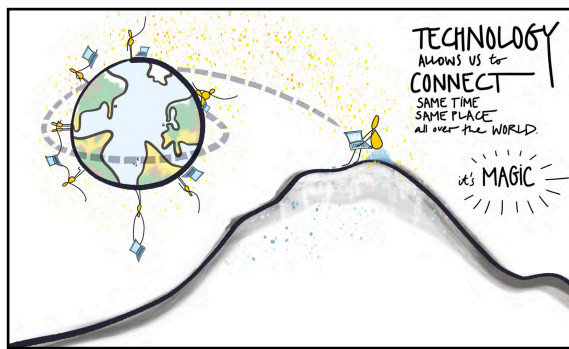
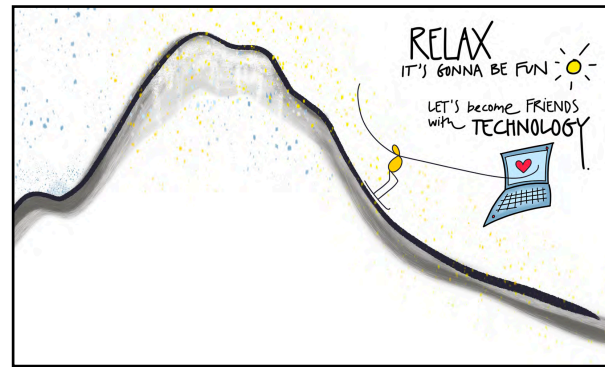
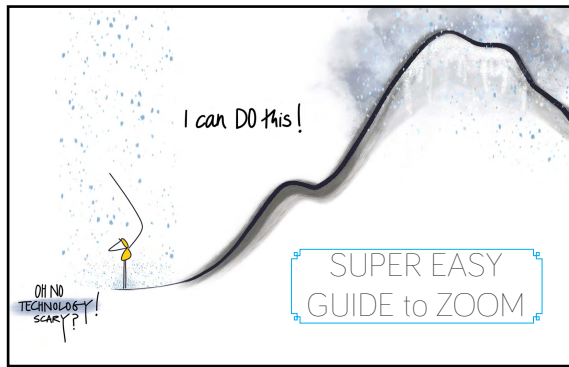
Please enter your name and badge number should you feel that you qualify.

Name (Print)

Badge #

Please submit this form to the check-in (ticket sales) upon arriving at our next “live” monthly luncheon.

# Super Easy Guide to Zoom



This is what ZOOM looks like in “speaker” view



This is what ZOOM looks like in “participants” view

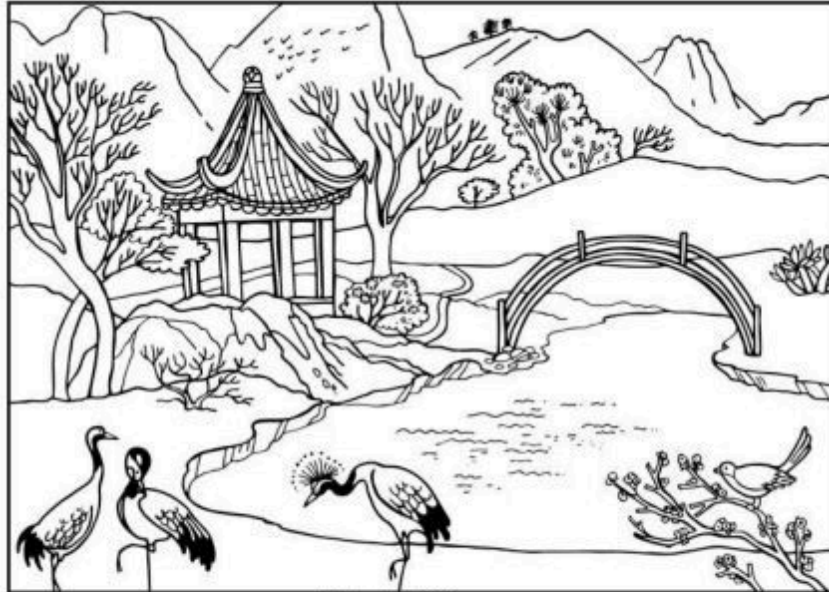
## The Six Steps for a successful Zoom experience

- 1) Close everything on your computer that you don't need (all you need is Zoom & an internet browser (if we're using Google Docs))
- 2) Put on your headphones & make sure your audio settings are working
- 3) Find a place with good light and adjust your video settings
- 4) If you're having trouble with anything, use “Chat” to communicate about it to the tech host (or everyone)
- 5) Adjust your view settings to the view you like best - Speaker View or Gallery View
- 6) Ask questions whenever you need to



# Find the Difference

Test your eyes and challenge your mind...I found 15, could there be more?



Find the differences

