



REOPENING CALIFORNIA



COUNTY RECREATION PROGRAMS ON HOLD



SURVEY & "I'M DOING MY PART" ENCLOSED

SONORA BRANCH 136



Message from the "Big Sir"

Gene Zanoni (209-532-1989) Due to the Coronavirus pandemic, as was the case in both April and May, the June luncheon has been cancelled as well. With the paramount concern for the wellness of all its members, SIR Inc. has remained unwavering in its posture regarding such safety. This is in keeping with the ongoing efforts coordinated by both public health professionals and political leaders at various levels of

SIRS Mission

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

government. As such, it remains our civic responsibility to comply with the restrictions that have been handed us relating to group functions. Even though some restrictions that were originally imposed for health safety concerns, they now have been somewhat modified yielding to political and public pressures. Thus, there has been a limited reopening process underway of various activities on a national basis. Yet, social distancing is emphasized to be maintained regardless. Moreover, subsequent health consequences resulting from relaxed restrictions remain unknown currently and persists as a major concern to many individuals. Particularly, to those individuals experiencing respiratory health issues and senior citizens in general. After all, they unquestionably appear to be the most susceptible segments of our population to becoming inflicted with this devastating disease.

Once we have been provided the opportunity to reestablish our normal luncheon activities, as a result of the removal of existing restrictions, in this month's Bulletin there is included a simple form for everyone to consider. Specifically, it relates to the **"I'm Doing My Part" special recognition program**. This program is an attempt to recognize those members that have increasingly contributed to our numerous activities. It is hoped that you will take the time to review this form by which to assist in determining whether you meet the qualifications for such an honor. At our last regularly held luncheon in March, there was a similar form positioned on each table for this very purpose. However, because of the rate of absenteeism that existed, it is felt that it would be in everyone's best interest should an additional opportunity be made available. Thus, you now have a chance to printout the subject form, painlessly complete it and then deliver it to the check-in (ticket purchasing) station during our next "live" luncheon (along with your member survey). Thereby, we will be able to continue with this process without additional delays as has been the case due to our protracted lockdown period.

Until such time as we can congregate, everyone is encouraged to remain safe and keep well.

Message from the "Little Sir"

Paul Pavadana (209-532-8051) Technology got the better of Paul this month as his email was hacked and he had to change his email address. His new address is papasp623@gmail.com. Please do not share this with any hackers.

*The effects of Covid 19
that we did not see
coming.*



1. Half of us are going to come out of this quarantine as amazing cooks; the other half will have a drinking problem.
2. I use to spin that toilet paper roll like I was a contestant on Wheel of Fortune. Now I turn it like I'm cracking a safe.
3. Home schooling is not going so well...two students were suspended for fighting and the teacher was fired for drinking on the job.
4. After six days of home schooling, my little girl said, "I hope I don't get this teacher again next year." I was offended.
5. My body has adsorbed so much soap and disinfectant that when I pee I clean the toilet.

California Status on “Reopening”

California Gov. Gavin Newsom announced on Tuesday that he would ease the state’s restrictions on barbershops and hair salons for some counties in the state that meet certain health criteria.

The state, which issued one of the earliest statewide stay-at-home orders in mid-March, has been reopening its economy statewide in phases. The state is currently in phase two of its reopening plan, which has allowed for the resumption of retail businesses and manufacturing jobs with Counties in the state that meet certain health criteria, including less than 25 new cases per 100,000 residents in the past 14 days or less than 8% testing positive in the last week, are allowed to move further into the state’s reopening plan.

Newsom said 47 of the state’s 58 counties have “self-attested” to meeting the state’s criteria to move further into phase two, and starting Tuesday they will be allowed to reopen barbershops and hair salons with modifications, he said, including enhanced cleaning protocols and face coverings that are so essential in that environment

So far, those 47 counties have been allowed to reopen dine-in restaurant services with enhanced sanitation practices and modifications. Newsom has yet to lift restrictions on nail salons, bars and wineries, nightclubs and theme parks, among other businesses.

“We are advancing conversations with the legislature in particular supporting efforts to put out guidelines on nail salons and personal care, personal services,” Newsom said. “The issues there require, I think, a little bit more specificity, a little bit more nuance and details in terms of the guidance to satisfy our health experts.”

Some of California’s largest counties, however, like San Francisco and Los Angeles County, have yet to move further into the state’s reopening plan. Newsom has allowed cities to follow their own stay-at-home orders and ease restrictions when officials felt it’s safe to do so.

Both the Bay Area and Los Angeles have issued their own stay-at-home orders. Barbara Ferrer, director of the Los Angeles County department of public health, has indicated that the county’s stay-at-home restrictions will likely remain in place in the county through August, according to reports from NBC Los Angeles.

Newsom said that the hospitalization rate for Covid-19 cases in the state has remained stable and there’s now more intensive-care unit beds available, although he said the number of people in the ICU remains “stubborn but stable.”

“All of these numbers are part of those indicators that have to turn yellow to green so we can continue to march forward and indeed, they are turning yellow to green and we are marching forward as it relates to these modifications to the stay-at-home order,” Newsom said.

“COVID-19” Puts Tuolumne County Recreation Programs On Hold

(By BJ Hanson, published May 25, 2020) This summer Tuolumne County is not anticipating having any youth recreation programs, or opening the public pools, due to coronavirus restrictions put in place by the state.

It was one of the topics that CAO Tracie Riggs addressed on Mother Lode Views this past weekend.



She stated, “We will not have a summer recreation program, the way it is looking right now, because we don’t see how the Governor would allow such a service to take place. And that includes our public pools.”

The county’s Health Department continues to work with the state regarding rules and regulations.

Tuolumne County is currently in stage 2.5 of the state’s loosening of restrictions. Riggs also notes that she anticipates Standard Park to be a part of Stage Four, the final phase, because it attracts large crowds during sporting events. “That will probably not reopen until this fall,” she says. “Or

even maybe not until later in the winter, or early spring of next year.”

Much depends on the Governor’s Office and directives regarding gatherings.

Meanwhile, the Recreation Department’s Youth Centers could potentially reopen in the fall when students return to school, Riggs notes.

Related to the Main Library, and its branches, they all remain closed, and the employees are furloughed. Riggs says that the county is exploring whether there is a way to modify services so that people can check out books again.

How exactly recreation and library services will be impacted next budget year is also undecided, and decisions are forthcoming, as the supervisors deal with COVID-19 funding shortfalls.

Committee Chairman Reports

Unfortunately, due to the Covina 19 Pandemic, the State Sirs has cancelled all formal (and informal) SIRS activity until further notice. Accordingly, all SIR luncheons and events are suspended. When venues become available and the state allows us, activities will resume. We will keep you informed as information become available.

Golf - Paul Pavadana (209-532-8051) or Danny Lauretta (209-586-4567). Nothing to report.

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

Chaplain - Steve Gregory (209-533-0309). Another long term member went home to GOD May 21 at Sonora Adventist Hospital. Nuncy Patania, Badge #143, was 93 years young and married to his sweetheart Gloria for 69 years. A WW II veteran and Italian Club member, he was active at St. Patrick's Church and led the daily Rosary devotion. Also, he was a volunteer at Interfaith and routinely brought his famous homemade soup for 20 or so volunteers every Tuesday. He and Gloria traveled to many Catholic religious sites throughout the world. His brother Joe SIR #291 and Gloria deserve our prayers and support. He is "impossible to replace..."

Quoting St. Paul " For I am certain that nothing can separate us from God's love: neither death nor life; neither angels or other heavenly rulers or powers; neither the present nor the future; neither the world above or the world below -there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord"

Bowling -(Chairman pending) (From Paul Pavadana) Bowling at BOCR is on hold until further notice. This per their Facebook page. It is hoped that bowling can resume in September but no one should hold their breath. Above provided by Ruth Abreo, Vice-President of Gold Country USBC and secretary to one of the leagues to report.

Pinochle - Bob Morrison (209-588-0994). Nothing to report.

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

Fishing - Chuck Simmons (209-532-9550). I hope you are all doing well in this current situation. The boat ramps at Melones and Don Pedro are open. I have fished two times in both reservoirs. Melones gave up two kokanees and two trout; Don Pedro was a bust both times. Bass fishing at both Melones and Don Pedro has been good. I went up Hwy 108 when the rivers opened up. The problem there was parking. The picnic areas and campgrounds were closed so finding a parking space with river access was difficult. Stay safe.

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

A Little Humor Goes a Long Way...

Most of the generation of 70+ were HOME SCHOOLED in many ways. Here are my “top 10” of the lessons I learned. Do any of these sound familiar?

My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me RELIGION. "You better pray that will come out of the carpet."

My father taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me about WEATHER. "This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY. "If I told you once, I've told you a million times, don't exaggerate!"

My mother taught me the CIRCLE OF LIFE. "I brought you into this world, and I can take you out."

My mother taught me about BEHAVIOR MODIFICATION. "Stop acting like your father!"

My mother taught me about my ROOTS. "Shut that door behind you. Do you think you were born in a barn?"

My father taught me about JUSTICE. "One day you'll have kids, and I hope they turn out just like you!"

Music has always been a huge part of our lives and during this pandemic its become even more so. Enjoy these “Corona” entertainment videos. You should be able to access them by just clicking on the links noted.

“Dorothy’s Song”

<https://www.youtube.com/watch?v=C-7gZYT7MKg>

“How Do You Solve A Problem Like Corona”

https://www.youtube.com/watch?v=M4jR_9-YPK8

“I Got You Babe”

<https://www.youtube.com/watch?v=VBzJL3Apbsg>

“Hello From Inside”

<https://www.youtube.com/watch?v=M5azNpTwVk8&list=PLHy97livTv7FjPKvqbd3E6CHMCO4ppuw2&index=2>



A Happy Birthday to You!

June’s birthstone is a pearl, which symbolizes purity and innocence. Babies born in June are smart and very curious; nurturing and sensitive.

Spruner, Ray	06/06
Durand, Paul	06/11
Bellefeuille, Jerry	06/08
Terry, Golden	06/10
Clay, Matt	06/12
Krawchuk, Dave	06/14
La Foy, Don	06/16
Chernoff, Nicholas	06/17
Nischwitz, Tom	06/17
Reinhart, Paul	06/17
Decker, Dale	06/19
Miller, John	06/19
Peluso, Serge	06/22
Banchero, Don	06/22
Boatman, Bill	06/24
Boire, Ernest	06/24
Rancatore, James	06/27
Kangas, Herbert	06/28
Nutting, Dick	06/28
Morales, Gene	6/29

Message from the Editor

John White (408-355-5991). Greetings fellow SIRs. It seems that this “shelter in place” has really changed our lives...some for the better, some not. I do miss going out to restaurants but on the other hand, we are eating meals at home and the food has never been so great! I now understand why so many women dread cooking...they are so tired of deciding what they will cook for dinner. So it has been my pleasure during this pandemic to take over that chore and I absolutely love it. You will be surprised what you can learn to cook using YOUTUBE and recipes on line.

I do, however, miss my SIR friends and activities. We have been forced to substitute meeting together with calling each other over the phone or computer via FACETIME, WEBEX or ZOOM. If you haven’t signed up for these free services I encourage you to do so and then begin face chatting with your friends and family. It really is a great thing.

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).



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 _____.

25 Things To Do When You Retire

1. **Live within your means.** Retiring can be a little scary if you have not financially prepared for your future. So take it easy and see what works best for you. Don't eat out as much, put off those big trips until such time that you feel you can comfortably afford it. It's very hard to change from a lifetime of saving to a lifetime of spending. But spending on yourself is very important. Your kids would rather have you enjoy your retirement than inherit money that you could have used on you. Now is not the time to be house rich and cash poor. Some changes may be in order. Seek a financial advisor to help you in this transition.
2. **Travel the World** Since retiring we have gone to Canada, Ireland, Germany, France, Greece, Israel, Jordan, New Zealand, and Australia. Putting aside our recent Pandemic, traveling has never been easier and since you have the time, traveling has never been more enjoyable. Find a good travel agent, sign up for a tour and go!
3. **Buy a Motor Home** Shortly after I retired we purchased a 36 foot Class A motorhome with the intent of taking it around the United States. So far, we have taken it back to the east coast at least three if not four times. Our shortest trip was two months and our longest was six months. At the end of all of our trips, we really didn't want to come back home. We have a big and beautiful nation and seeing it from the comforts of a motor home is a great adventure.
4. **Remodel Your Home** Now that the kids are gone it's time to clean out the house and have the retirement home you always dreamed of having. Replace those old appliances, get some new furniture and a comfortable bed, turn the kitchen into a cooking experience, build those craft rooms. One of our first projects was turning a bedroom into a sewing room for my wife. She absolutely loves it.
5. **Move to the Country** We came from a small town in Minnesota and moved to Los Angeles in 1977 and then San Jose in 1983. After 36 years in San Jose, we moved to Sonora. What a difference that has made in our life! Yes, we miss our friends and the many conveniences of living in a big town...especially the shopping and entertainment. But the peace, quiet, and harmony of country living is hard to beat!
6. **Move to the City** As we get older we need to consider those things that big city can provide... medical care, group housing, social support and networking.
7. **Start a Business** Are you crazy? But many of us have dreamed of owning a business in an area in which we are very passionate...cooking, crafts, handyman, etc. Properly financed, it could be one of the best things you have ever done.



8. Get a Part-Time Job Many businesses are looking for qualified part-time help. Working a few hours a week may be just the right thing to keep you busy and occupied. A friend of mine has been working as a part time driving instructor and he absolutely loves it. Uber is also another alternative with you working the hours you want.

9. Teach If you have the talent and time to teach, and feel you are gifted to do so, then by all means teach. Investing your life into the lives of your students is the most honorable of all professions.

10. Volunteer Use your time in retirement to give back. Contact your local church or other charitable organization to find volunteer opportunities that suit your skills. Don't forget to consider overseas opportunities as well. Most non profits are eager to have men with experience come along side them and help them run their programs and guide them with the skills you learned in business but are lacking in the non profit sector. I have recently volunteered as a docent at Columbia State Park and this has been absolutely wonderful.



11. Go into Public Service

12. Spend Time With Friends You can't choose your relatives but you can choose your friends. Now that you have additional time, invest it in those that you love and care for.

13. Visit Family Spend more time visiting with family members, near and far. Explore your roots and find relatives you never knew you had. One thing I have done in retirement is to make a point of writing a monthly letter to those in our extended family who are attending their first year of college. Each letter provides an opportunity to share my experiences



and help guide them into becoming a better student, a better person, and a better citizen. Young people need to have some guidance and getting it from someone who loves them and has been there is so much better than from a stranger or new found college friend.

14. Babysit Use your free time to help your family or local families in need of a babysitting service. This could even be a way to bring in a little extra cash if needed. If you are feeling a little old,

nothing will cheer you up sooner than to be around a younger person and invest a little into their lives.

- 15. Be a Mentor** Find a young person to mentor. Many young people would love the chance to learn from the experienced and successful. Take time out of your week to change the life of someone else. Were you aware that many of our men in SIRS volunteer as mentors with the local correctional facilities? Men need to be guided by other men. When they are not, they remain boys. It's time to help a boy man up.



- 16. Get Educated** Go back to school. Finish your diploma or get a graduate degree. You could even take classes just for fun to learn a subject of interest.

- 17. Read** My father-in-law was a barber and during the 30 plus years that I knew him I never saw him pick up a book. Now, in retirement, he has become a voracious reader. He reads all the time and all sorts of things. Reading has become a very enjoyable and satisfying part of his retired life.

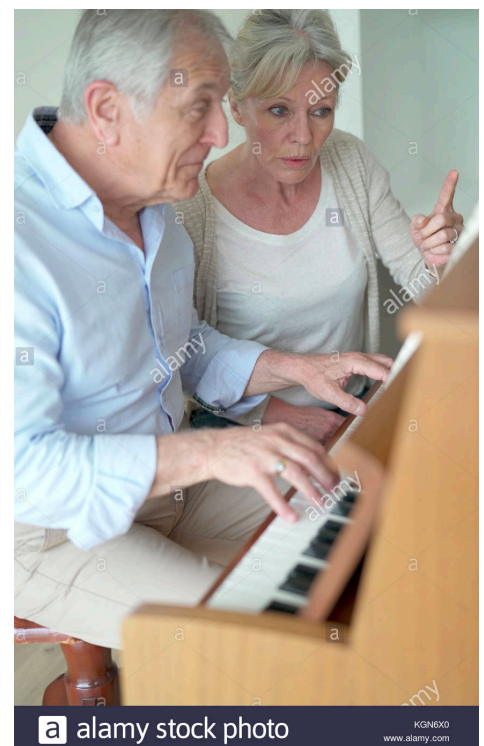
- 18. Write a Book** Writing a book takes time. Now you have plenty of it. Write a novel, a cookbook, a how-to guide or even your memoirs. One of our projects was to put together a family cookbook with recipes from family members and friends. What a joy it is to open it and see those wonderful recipes.

- 19. Start a Blog**

- 20. Learn a New Language** When I was a kid back in Minnesota we had the option of learning three languages... German, French, or Spanish. Why would I ever learn Spanish? Well, I'm now in California and its time to expand my mind.

- 21. Learn to Play Music** Take lessons and learn to play the piano, guitar or your favorite instrument. You'll impress your family at the next get together with your new musical talent. One of my closest friends, Ron, who is 65 years old has recently taken up playing the cello. He's never played a musical instrument before and had never been musically inclined. He's been playing for a little more than a year now and absolutely loves it.

- 22. Start a New Hobby** Now is the time to expand on your interests. Take on a new hobby such as fishing, hiking, gardening, painting, photography or even just playing cards. My uncle was a tool and die maker and when he retired he



wanted to learn how to work with wood. He found a carpenter/wood crafter to help him and began with simple projects, like a pencil holder. Those projects grew to making beautiful grandfather clocks. What a great heritage to pass onto your children. I have one of his clocks and I just love it.

23. Take up a New Sport Stay active by taking on the challenge of a new athletic pursuit. Many people complete in marathons or snow ski well into their retirement. Recently, my wife and I purchased E-bikes and are looking forward to hitting the hillsides and roads with the aid of an electric bike.

24. Join a Fitness Group When I retired my wife and I joined a water exercise group. I was never much of a swimmer and getting into a pool was not my first thought. But then I found myself in a pool with 35 women. They worked me to death, but I loved every minute of it.

25. Nothing. Not recommended. Yeah, I know you worked all your life and you don't want to be committed to anything. How foolish is that. It's time to live and you can't do that by drifting. So do as nike says, "just do it

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.