

The Town Crower

Volume 37, Number 10

The Monthly Newsletter for SIR Branch 103

December 2020



Stanislaus SIR Branch 103

DEDICATED to the PROMOTION of INDEPENDENCE and DIGNITY in RETIREMENT

Branch 103 General Membership Meeting

December 9, 2020

10:00 am

Meeting ID: 843 098 3207

Password: 111515

Hopefully, this newsletter will find you and your family in good health and spirits. This newsletter will be brief, with its purposes being the specifics of our General Membership Zoom Meeting next Wednesday and a reminder that NCGA dues for 2021 are due this month. I have included a couple of interesting articles that might bring a smile.

The speakers for our December 9th meeting will be Kelly Smith, the General Manager of Golf Operations for the City of Modesto and KemperSports, and Larry Alvarado, the PGA Head Golf Professional at Creekside Golf Course. Kelly has over 30 years in the golf business. He started out as a range/cart attendant and was eventually promoted to his current position in 2013 when he joined the KemperSports family. Larry graduated with honors from the San Diego Golf Academy in 1985. He was elected a member of the PGA in 1997. Prior to coming to Creekside GC he was the assistant pro at the Tony Lema GC in San Leandro. He came to Creekside GC in 1991.

Find Your Place in the Vaccine Line

There was an opinion article in the New York Times about finding your place in the vaccine line. Here is the site: <https://www.kake.com/story/43004495/new-york-times-shows-where-you-might-fall-in-line-for-covid19-vaccine>. This just gives you an idea of a prediction based on where you live and the health risks. There is a checklist of 4 items: your age, what County you live in, your profession, and any Covid-related health risks like heart disease, cancer, diabetes, obesity or other immunocompromised conditions.

I personally answered the questions and here are my results. I'm in line behind 23.0 million people across the United States. When it comes to California, I am behind 2.6 million others who create a higher risk. And in Stanislaus County, I'm behind 36,600 others.

These numbers are just based on predictions using our area, number of vaccines, and health risks.

30 Things To Do While Stuck Inside Due To The Pandemic

Although remaining inside is a good way to protect yourself and others from the coronavirus, and is an important measure to help “flatten the curve” of daily cases that put pressure on our health care system, it could lead to a lesser evil: boredom and stir craziness. What’s there to do while stuck indoors? Here’s a list of suggestions to help make your time quarantined as interesting, and perhaps even as productive as possible.

1. Complete a puzzle: The more pieces the better! Feeling extra saucy? Take on a Rubik’s Cube. More of a word person? Crossword puzzle!
2. Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
3. If it won’t bother your neighbors: Dust off that old instrument and practice.
4. Watch all the really long movies you’ve avoided until now.
5. Download Duolingo, or a similar app, and teach yourself a foreign language.
6. Finally read “Infinite Jest,” “Les Miserables” or even “The Stand.” Go all in and read “Ulysses.” You got this.
7. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting crosslegged and repeat a soothing word to yourself in your head.
8. Look at pictures of puppies.
9. Write actual letters to family and friends. After that? Write thank-you notes to service people who you remember went out of their way for you.
10. Learn calligraphy. YouTube can help.
11. Put on a soap opera. Mute the sound. Create your own dialog.
12. Watch the films that won Oscars for best picture.
13. Watch films that won Independent Spirit Awards for best picture.
14. Use Zoom to video chat with your long-distance friends.
15. Look at yourself in the mirror. Attempt a self portrait with pencil and paper.
16. Coloring books: They’re not just for kids.
17. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?
18. Write a short story or get started on that novel.
19. Make a list of things for which you are grateful.
20. Have your own wine tasting of whatever bottles you have at home. Make up stories about the journey of the grapes to your mouth.
21. Make lists of all the museums, sporting events and concerts you want to visit when they finally reopen.
22. Teach your dog to shake or a new trick. Hand sanitizer optional.
23. Update or write your will and organize your affairs.
24. Stretch. Work on your flexibility. It’s possible to get the splits back, right?
25. Talk to your plants. How are they doing? Make sure they are getting the amount of sunlight they should be. Check their soil. Water if necessary.
26. Consider donating money to food banks to help families struggling to get meals.
27. Write a song. If you want to make it about your time inside and put it to the tune of “My Sharona” and replace “Sharona” with “Corona,” do what you have to do.
28. Try moving in super-slow motion. It’s OK to laugh at regular speed.
29. Take deep breaths, in through your nose and out through your mouth.

Most important

30. Sleep. Get lots of it.

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Table Setup, Jim Bickner522-4345
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Backup Singer, Gary Goodman578-0848
Audit Committee: Kerry Newman, Kerry Elms
Nominating Committee: Gary Goodman, and
Dennis Imhoff.

Honorary Life Members: Bill Caldwell, Lon Loudermilk
and Don Reed

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EXECUTIVE ZOOM COMMITTEE MEETING

Friday, December 11, at 10:00 am

Meeting ID: 863 1271 8933

Password: 111515

Gentlemen, this is just to remind you that the NCGA Dues for 2021 are now due.

We must have all updates by the end of December or we will drop you from the roster.

After the initial period for update, the fee will increase by \$10 to \$58.

Please all GOLF members get their money in right away.

Get to John Reedy or Bob Kredit ASAP \$48 or January \$58

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