



The Rooster's Crow

The HOOKER OAK BRANCH #84 meets the FIRST THURSDAY of each month at MANZANITA PLACE, (inside the Elks Lodge building) 1705 Manzanita Avenue, CHICO, CA, 11:30 AM

SONS IN RETIREMENT, HOOKER OAK BRANCH #84
Volume 46, Number 7

July 2024

A Non-Profit Organization of Retired Men Devoted to the Promotion of Independence And Dignity of Retirement.

The Branch Executive Committee meets at 10:15 AM on the same day at the same place.



SIR Happenings



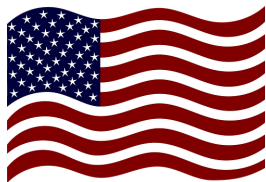
The July 11th Program Will Be A Personal History of the Tuskegee Airmen

NOTE: Spouses and Significant Others Are Welcome As Guests \$20 per plate

PLEASE, IF YOU'RE BRINGING A GUEST, NOTIFY DON FOSTER OR CHIP MERIAM BY SUNDAY EVENING, JULY 7

Don Foster 530 566 1218 dafcaf54@aol.com
Chip Meriam 530 228 1544 chipmeriam@comcast.net

THANK YOU !



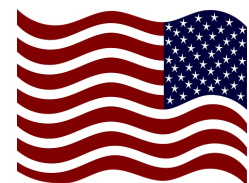
FALL PICNIC AT THE RANCH
Hooker Oak Branch #84
Thursday, September 19, 2024 - 5:00 pm
Walters Ranch - Stanford Lane - Durham

Entertainment by Ivy Flats
Dinner by La Familia
Beer, Wine & Soft Drinks
Raffle Prizes

\$30.00 per plate



Honoring the Memory of Jerry Walters



OFFICERS

BIG SIR,	Chip Meriam-----	228-1544
LITTLE SIR,	Tim Kressin-----	951-743-1297
SECRETARY,	Mike Hamlin-----	526-4408
ASST. SECRETARY,	Lowell Terrell-----	895-1737
TREASURER,	Paul Brossoit-----	530-514-3486
TREASURER ASST.,	Ray Quinto-----	343-6752

DIRECTORS

Jerry Brandt-----	636-4392
Don Foster-----	566-1218
Jim Hertl-----	897-0402
Richard Kannenberg-----	208-869-5786
Myles Pustejovsky-----	342-4751
Allen Wood-----	343-2771
Mark Ward (Alternate)-----	680-8518



AREA REPRESENTATIVE

Lee Lamp-----	921-1375
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COMMITTEES

ATTENDANCE,	Don Foster-----	566-1218
ATTENDANCE ASST.,	VACANT	
AUDITOR,	Benny Sommer-----	895-0840
BOWLING,	Bob Gaines-----	514-5066
CHAPLAIN,	Richard Kannenberg-----	208-869-5786
CHAPLAIN ASST.,	Bob Roberts-----	219-2566
DINNER CLUB,	Jerry Brandt-----	636-4392
FISHING,	Ron Ward-----	354-5147
FISHING ASST.,	Harold Frazier-----	809-1623
GOLF,	Paul Brossoit-----	345-2271
HIKING,	Jim Hertl-----	897-0402
HOUSE MANAGER,	Jim Hertl-----	897-0402
MEMBERSHIP,	Greg Sanger-----	345-2344
MEMBERSHIP ASST.,	Ken Doglio-----	933-3921
MOVIE CLUB,	Greg Sanger-----	345-2344
NOMINATING COMM.,	Greg Sanger-----	345-2344
R. CROW EDITOR,	Chip Meriam-----	228-1545
R. CROW ASST.,	Lowell Terrell-----	895-1737
SONG DIRECTOR,	Jerry Brandt-----	636-4392
SUNSHINE,	Jim Hertl-----	897-0402
TRAVEL,	Lowell Terrell-----	895-1737
TRAVEL,	Don Foster-----	566-1218
WRITING & BOOK CLUB,	Chip Meriam-----	225-1544



FROM THE BIG SIR

Chip Meriam



Greetings, fellows.

In observance of Independence Day, our July 4 meeting has been postponed to July 11, when we'll enjoy a patriotic presentation about a group of true American heroes and their exploits during World War II. See page 4 for further details.

Looking forward a few months, we are approaching our annual fall picnic. On September 19, we will, once again, be honoring the memory of Jerry Walters, long-time SIR member. Be sure to see SIR Jim Hertl to reserve your spot. We're encouraging you to purchase your tickets in advance. They're \$30 per plate. Spouses and significant others are expressly encouraged to attend. Tickets will be available at our July, August, and September luncheon meetings.

You may have noticed the recent return of the "New Member Spotlight." Last month we learned a little more about Marty Nichols. This month, Richard Reynolds has similar honors. We have two other interviews ready to go, so we'll be running one in August and another in September. Furthermore, Branch 84 has recently had the good fortune of attracting new members just about every month. So, the spotlight will keep shining! Be sure to say, "Hello!" to these new fellows. Let them know we're glad they're here with us.

Presumably, most of you are reading this on or before Independence Day. So, my wish for you is to have an enjoyable and safe celebration. Also, take a look around the world and observe how fortunate we are to live in this wonderful country. We're truly blessed!





July 11, 2024 - 11:30 AM

Manzanita Place (Chico Elks)



Lanelle Roberts Brent

Tuskegee Airmen

Lanelle Roberts Brent is the oldest daughter of Col. George S. “Spanky” and Edith Roberts. She was born on the campus of Tuskegee University in Tuskegee, Alabama, where her father was the Dean of the Arnold Air College after WWII. Her father, Col. George S. “Spanky” Roberts, was the first cadet accepted into the famed Tuskegee Experiment, later known as the Tuskegee Airmen.

Being a military “brat”, Lanelle was educated in various schools across the United States and on the island of Okinawa, Japan. She’s a graduate of Rome Free Academy in Rome, New York, and attended West Virginia State College, now University, for a year while her family was relocated to McClellan AFB in Sacramento, California. After college, she came to California, along with her grandparents, eventually getting married, having a son, and working several jobs. Lanelle was a paralegal for over 12 years, then went to work for the CA State Legislature from where she retired in 1999. During her years as a paralegal and legislative employee, she also worked with her mother traveling the state helping to present historical presentations of the Tuskegee Airmen.

As her mother got older and after her retirement, Lanelle took on more of the presentation work, becoming an accomplished speaker while traveling with her sisters and other children of Tuskegee Airmen to venues around the state of California and neighboring states. She enjoys what she does and is very proud to be able to follow in her mother’s footsteps educating the public about her father and other Tuskegee Airmen and helping to preserve their legacy. She is a founding member of the Tuskegee Airmen Heritage Chapter of Greater Sacramento, on several national boards of the national organization and an officer in her own chapter. And, in her spare time, is a book reviewer for a national African-American review magazine and a copy editor for the same. Lanelle feels very proud and privileged to have the many opportunities to continue the legacy of education and help raise money for the chapter’s scholarship programs by telling her father’s story and will continue to do so for as long as she’s able...just like her mother.



HAPPY BIRTHDAY!

**Larry Carmona, Bob Gaines, Bob Kerman, Rex Munroe,
Bill Pahland, Glen Pertuit, Myles Pustejovsky, Doug Rowe,
Vic Stockbridge,**

UNITED STATES OF AMERICA



Rideshare Service

Myles Pustejovsky has kindly volunteered to set up and coordinate drivers to chauffeur members who do not drive any longer or do not have rides to our luncheons. His plan is to divide the area up into districts and ask for volunteers in each district to pick up and drop off members before and after each luncheon. If you are interested in volunteering to pick up fellow members on the way to and from our luncheons, or would like to take advantage of this new club service, please contact Myles.

Myles Pustejovsky

530-342-4751

mandadurham@att.net

Thank you for this
thoughtfulness.



Luncheon Fare

Yankee Pot Roast

Mashed Potatoes & Gravy

Green Salad

Surprise Desert



NEW MEMBER SPOTLIGHT



Richard "Dick" Reynolds

It's my genuine pleasure to introduce yet another of our newest members, Richard (Dick) Reynolds. He was born on August 30, 1947, in the little town of Danville, Illinois (a couple of hours due south of Chicago). Danville is an agricultural community (especially corn [maize] and soybeans) and diversified industry, notably metal products, heavy machinery, food processing, packaging, and heat transfer equipment. He lived there until 1951. That began his nomadic childhood when his family moved to Lakewood, Ca. where his dad, a machinist, took a job in manufacturing. He attended Riley Elementary School for grades 1-3. His parents got divorced there, which took him back to Danville. His parents got back together and, as a result, went back to Lakewood. He remained there through half of 8th Grade when his parents got a second divorce. That took him once again to Danville, Illinois where he completed 8th grade. He attended Bismarck High School while spending one summer in Rapid City, South Dakota. Following his dad's various jobs took him to Conway, Arkansas where he attended Conway High School for half of his junior year. Englewood, Colorado was his next move where he finished his junior year and eventually back to Danville where he was able to finish High School at Bismarck High School in 1965. After high school, and still following his dad's career, he went to New Orleans, LA and started college at Louisiana State University in New Orleans. In 1966 he attended Southeastern Louisiana College in Hammond, LA. In 1967, his dad signed on as a machinist at Lockheed Missiles and Space Company in Sunnyvale, CA. He ended his nomadic existence when he signed on with Lockheed as a tool crib attendant and continued with this same company for 45 years (WOW!).

While there, he continued his education at De Anza College in general education and then on to Foothill College in electronics. This additional education landed him a job in the Missile Controls Lab for submarine-launched ballistic missiles. This job kept him busy in Sunnyvale for 12 years. From there, he went to the Test Equipment Operations, still at Lockheed, now Lockheed-Martin, where he continued for 20 more years until his retirement in 2012, retiring as a Lead Technician, on his 65th birthday.

He married Maggie in December of 1976 in Morgan Hill, CA. They have three children, a boy in 1978 and twin boys in 1981. They lived in Morgan Hill, CA until 2014 before following their boys to Chico where they all went to, and graduated from Cal-State University, Chico. In retirement, he spends a lot of summertime around the pool, and is active in his church. Over the years he has enjoyed traveling, sailing and SIR golf.

Richard, welcome. We're glad you are part of our Branch.

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WISDOM

Question: How do you handle the delays which are sure to occur in your walk through life? Some may be just inconvenient events, but others may be life altering. For starters.....

Thirty some years ago my son spent two years in China teaching English. He said that no matter what you did, you always ended waiting in a long line So you just had to plan on it, have a good book along and a cup. There were always thermoses of boiled water available for tea or dried soup. Don't get upset or frustrated .

Some delays can have real consequences. A few weeks ago I was driving up I-5 to Salem, OR. There was an accident in the south bound lane and the traffic backup was at least 5 miles long. What if you were hauling livestock and had a load of cattle or hogs on a hot day with no air movement. You have a serious delay problem.

Flight delays are almost a given. I boarded a plane in Denver, flying to Billings. The pilot said this was his third try to land at Billings that day. Guess what. The third try was not a charm, as I spent the night on a bench in the Great Falls airport. I enjoyed another night on an airport bench in Minneapolis while trying to fly from Baltimore to Spokane.

Some of life's delays are the result of our own erroneous bad or delayed choices or decisions. We probably all have a streak of procrastination in our make up. This is a delay when we even know there will be consequences.

Sometimes we delay making a choice or decision because there are unknown elements we are not sure we can deal with.

In observing our children and grandchildren, their development and focus on the issues of life, and independence seems to be quite variable. They are not all the same and I doubt that we would want them to be. What might appear to be a delay may just that person's normal.

I spent six months working at a hospital in Duluth, MN. One surgeon was uncharacteristically calm, relaxed and not "hounding" the control about why HIS case was delayed. I mentioned this observation to one of the regular staff members. The reply was "oh, he just got back from four weeks of behavior modification school".

Hopefully we have all been able to enjoy life to the fullest in spite of our own collection of delays without needing "behavior modification".

June 11, 2024 Richard Kannenberg

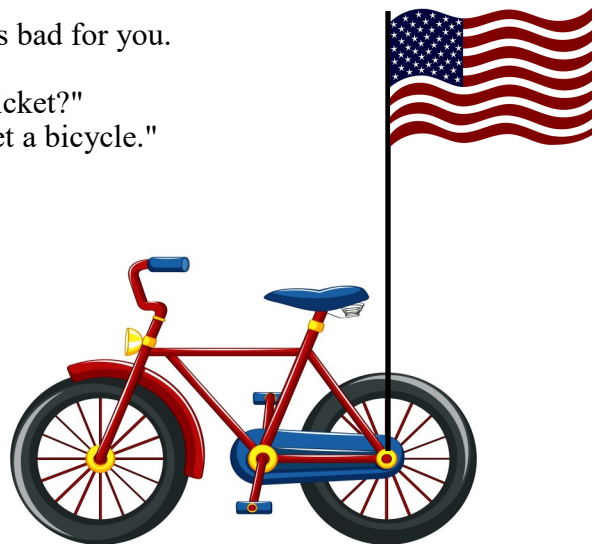
WIT

Nothing spoils a good story more than the arrival of an eye witness. *(Mark Twain)*

Ask your doctor if a drug with 32 pages of side-effects is bad for you.

Driver: "What am I supposed to do with this speeding ticket?"

Officer: "Keep it. When you collect four of them, you get a bicycle."



SIR Branch 84—Current List of Special Interest Clubs



Bowling Club - Bob Gaines 530-514-5066

Fishing Club - Ron Ward 530-354-5147

Golf Club - Paul Brossoit 530 345-2271

Hiking Club - Rich Utter (Branch 110) 925-922-7020

Movie Club - Greg Sanger 530-518-7924

Writing & Book Club - Chip Meriam 530-228-1544

Special Activities Club - Alex Van Patten 530-566-2151

Cycling Club - Tim Kressin 951-743-1297



HAPPY BIRTHDAY AMERICA !

USELESS AND IRRELEVANT WORDS

July 2024

Microplastics

A couple of months ago, this column reviewed the buildup of, and trashing of our world's oceans with millions and millions of tons of plastic waste. It also speculated on a potential way to remove and recycle the part of it that floats on the ocean surfaces. It turns out that there is a Canadian Group trying something similar (<https://www.youtube.com/watch?v=tLcnJEMnlTs>). It did not, however, even mention the most real and immediate problem associated with waste plastic, the problem of microplastic pollution. Microplastics is the term given to tiny plastic particles a few microns to a couple millimeters in size. These result from breakdown of ocean plastics due to UV radiation, tire rubber wear, exfoliants, and other personal care products that use micro beads, the production of plastic itself, degradation of paints and coatings, microfibers shed from synthetic clothing during washing, and plastics used in agricultural applications. Today, these microplastics are ubiquitous. They're found almost everywhere, including marine, freshwater, and terrestrial ecosystems. We ingest them from water, as well as vegetable and animal foods. We breathe them in, if airborne. They are transported through the air and deposited in most environments, including remote areas far from direct sources. In short, everybody has microplastics in their systems, in their blood, gastrointestinal tract, lungs, and most other places in the body. It is even found in individual cells. We are all ingesting hundreds of these particles per day. Research reported in "Environmental Science & Technology" found that most of us ingest or breathe in 40,000 to 50,000 particles per year.

What are the apparent immediate effects of microplastics on the human body? Research into the effects of microplastics on the human body and its health are still very new. The results are immature or even speculative. As I've said, microplastics can be ingested through food, water, and air. Once ingested, they may accumulate in the gastrointestinal tract. Studies suggest that microplastics can cause inflammation, disrupt gut microbiota, and lead to physical damage to the gut lining. Some studies indicate that very small microplastics might relocate from the gut or lungs into the bloodstream and potentially accumulate in tissues; though more research is needed to confirm this. Microplastics often contain chemical additives used in their manufacturing. These additives, such as phthalates, bisphenol A (BPA), and flame retardants, can leach out and may disrupt endocrine function; potentially leading to hormonal imbalances. Somewhere, I read, saw, or heard there are indications that these microplastics are potentially linked to sterility in human males. While not verified, wild speculation along these lines leads one down the road toward man's demise if all males become sterile. Microplastics have also been linked to "oxidative stress." Oxidative stress is a state that occurs when there is an excess of free radicals in the body's cells. The body produces free radicals during normal metabolic processes, perhaps promoted by microplastics. Oxidative stress can damage cells, proteins, and DNA, which can contribute to aging and potentially increase the risk of diseases such as cancer. The presence of microplastics could also trigger immune responses, potentially causing chronic inflammation and immune system instability.

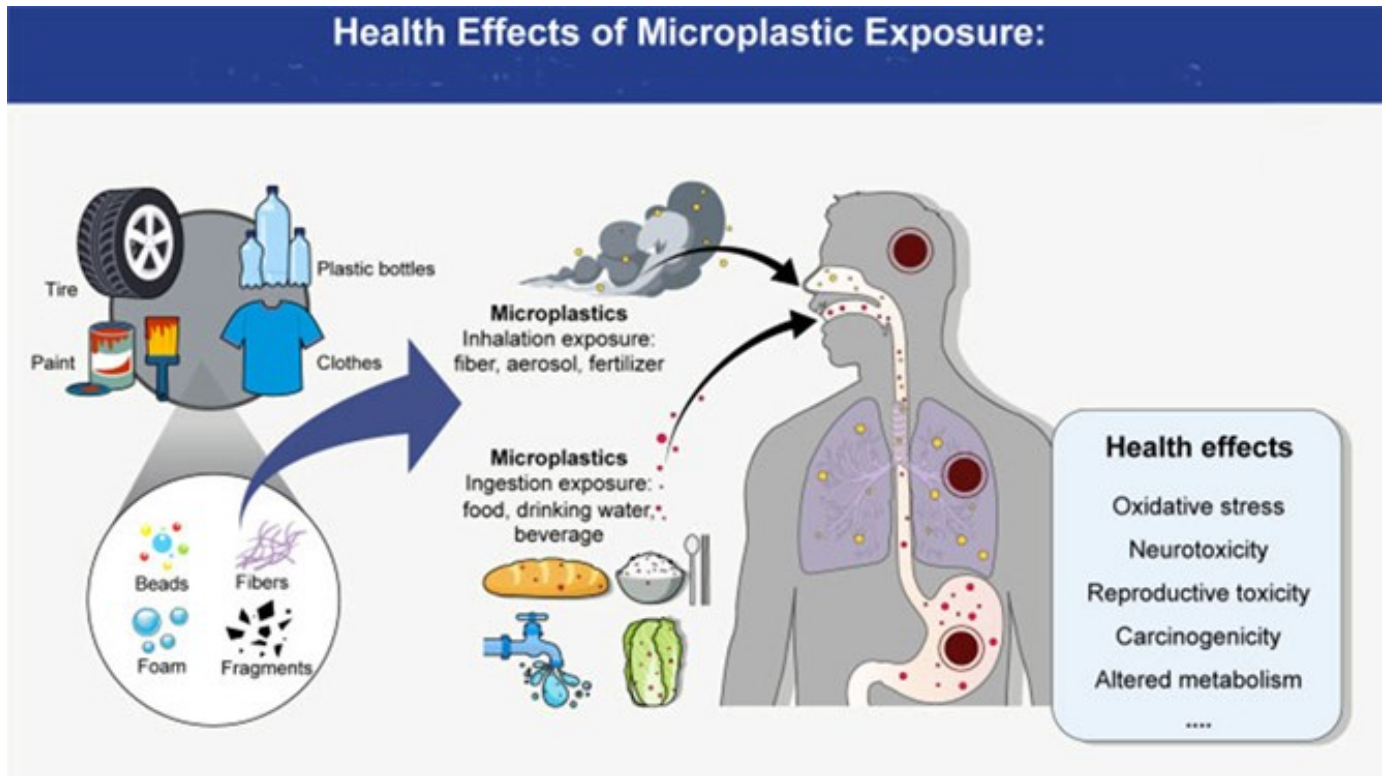
There are also potential long-term health effects. Inhalation of microplastic particles can lead to respiratory inflammation and potential damage to lung tissue. Some chemicals associated with microplastics, like BPA and phthalates, have been shown to affect reproductive health and development. They may affect fertility, development of the fetus, and lead to birth defects. The chronic inflammation and cellular damage caused by microplastics might contribute to the development of various chronic diseases, including cardiovascular disease, diabetes, and neurodegenerative diseases.

Anyway, there is growing evidence of the potential harm caused by microplastics, but there is still a long way to go before it's fully understood. Given the current state of research, it is prudent to continue monitoring and studying the effects of microplastics on human health, including reproductive health. More research is needed to establish a clear connection and understanding of the mechanisms involved. Research on animals has shown that exposure to microplastics can affect reproductive systems. For example, studies on rodents have indicated that microplastic exposure can lead to reduced sperm quality and quantity. However, translating these findings to humans is difficult as human biology can respond differently. While there is evidence suggesting potential harm, there are currently no definitive studies conclusively linking microplastic exposure to sterility in human males.



If you are concerned about exposure to microplastics, you can take steps to reduce ingestion and inhalation, such as minimizing the use of plastic products and avoiding foods and beverages stored in plastic containers. The last thing worth considering is what things we might do to mitigate the problem of particulate plastic pollution in the first place. As I said two months ago, remove the plastic waste from our environment by collecting it and/or reusing it in ways that prevent it from entering the environment. Another path is to promote the decreased use of plastic in all packaging products and promoting mandatory recycling. The principal target should be single use plastic containers. We could also:

- Ban or regulate the use of microbeads in personal care products.
- Improving wastewater treatment technologies to capture microplastics.
- Encourage the use of natural fibers over synthetic fibers in textiles.
- Promote responsible waste management and recycling to reduce plastic waste.
- Promote the use of natural materials in packaging.



So, are we going to do this in a way that will have an impact on human health? Like so many other things, probably not due to the magnitude of the problem, the cost, and the will to do it. But it's worth paying attention to in your daily life.

Comments and arguments are welcome.

Greg Sanger
gsanger@comcast.net

