



# HIGH SIERRA SIDELINES



Ken A. and Eric J. on a day trip to Nevada City in the spring of 2019.



**Irish American  
Heritage Month**

## WHY THE IRISH EAT CORNED BEEF

As this year's St. Patrick's Day approaches, you'll undoubtedly see many photos of festive corned beef dishes flooding your feeds. But do you know what the stuff is and why it's eaten around this time every year? If not, don't you worry. You're about to find out.

Corned beef typically is made by salt-curing beef. Usually brisket is used as it is a tough cut of meat that's made tender by a long, salt-filled cooking process. The brine used to cook the brisket down into corned beef is not unlike a pickling liquid. In fact, *The Spruce Eats* went so far as to call corned beef "essentially pickled beef." The actual term corned beef was reportedly coined in the 17<sup>th</sup> century by the English.

Once done with the brining process, corned beef  
(see *CORNED BEEF* on page 3)

HIGH SIERRA PRIME TIMERS-RENO  
P. O. Box 7789, Reno NV 89510  
Website: <http://primetimersreno.org>  
Email: [info-reno@primetimersreno.org](mailto:info-reno@primetimersreno.org)  
Newsletter input: [renoish@yahoo.com](mailto:renoish@yahoo.com)

## THE PRESIDENT'S COLUMN

We've made it to March and my annual Irish issue. The 17<sup>th</sup> is St. Patrick's Day when everyone, even if they're not Irish, joins in celebrating the Emerald Isle. Last year we planned on having an Irish celebration via Zoom but we discovered we didn't have enough interested Zoomies so we found other ways to individually celebrate.

June will mark our 22<sup>nd</sup> Anniversary and I'm hoping we will find a way to mark the event with a lunch or dinner similar to what we had at Christmas. If you have any suggestions, please contact me or any Board member. Those of us who have been doubly vaccinated and boosted have been able to meet for weekly lunches without anyone getting sick. Hopefully, as we approach warmer weather, more of us will become adventurous and want to attend day trips, lunches, or other activities.

(see *PRESIDENT* on page 2)

## CHAPTER OFFICERS

President: Charlie H.  
Vice-President: Vacant  
Secretary: Charlie H. (acting)  
Treasurer: Joe S.  
Board Member: Bill R.  
Board Member: Vacant  
Membership: Doyle C.  
Website: PTWW  
Newsletter Editor: Charlie H.



We have no members with March birthdays.

## GET UP, GET OUT, GO SEE

Mar. 1 – **Mardi Gras**. Mar. 2 – **Ash Wednesday**. **Sweet: A Tasty Journey**. History of making candy and chocolate. Wilbur D. May Museum in San Rafael Park. Mar. 2 – May 15. Seniors \$9. **Oscar Shorts Film Festival**, Mar. 3 – 5, 1 p.m. UNR Joe Crowley Student Union, \$15. **Reno Little Theatre “American Son.”** Explosive drama in a real-time police station waiting room. Mar. 3 – 5. Eves. @ 7:30, Matinee Mar. 5 @ 2 p.m. Free. Reservations required. **UNR Men’s Basketball vs. San Jose State**, Mar. 5, 7:30 p.m. Lawlor Events Center. **10<sup>th</sup> Annual Leprechaun Race**, 5K run/walk. Mar. 6, 8:30 a.m., Discovery Museum. **Reno Philharmonic Orchestra**, music of Mendelssohn, Schumann, and Saint-Saens. Mar. 5, 6. Sat. @ 7:30 p.m., Sun. @ 4 p.m. Pioneer Center. **Martha Graham Dance Company** “The First and the Future.” Mar. 8, 7:30 p.m. Pioneer Center, \$20-70. **Sweet Honey in the Rock**, Mar. 10, UNR Nightingale Concert Hall, 7:30 p.m. Seniors \$31. **Reno Little Theater**, “Bull in a China Shop,” Mar. 11 – 27. Seniors \$25. Eves. @ 7:30, Matinees @ 2 p.m. on Mar. 13, 20, and 27. **UNR Baseball** home

Sidelines, March 2022, page 2

opener vs. San Jose State, Mar. 11, 1 p.m., Peccole Park. **Leprechaun Crawl**, Downtown Reno, 8 p.m. to 2 a.m. Mar. 12. **Daylight Saving Time** begins. Mar. 13. **March Madness** begins with the First Four on Mar. 15 and ends with the NCAA Championship game on April 4. (Will Charlie win again this year?) **St. Patrick’s Day – Mar. 17. Shen Yun. Culture of ancient China.** Dance, music, legends come to life. Pioneer Center. Mar. 19 – 20. \$80 – 200. Sat. @ 7, Sun. @ 2 p.m. **First day of Spring – Mar. 20. Carson Valley Community Theater**, The 25<sup>th</sup> Annual Putnam County Spelling Bee,” a hilarious musical. Mar. 20 – 27. Eves. @ 7:30, Matinee @ 2 p.m. on Mar 27. \$20 – 25. CVIC Hall, 1602 Esmeralda Ave., Minden. **Everything is Terrible!** A video and performance collective with the internet’s most hilarious and bizarre videos. Mar. 25, 7 p.m. The Holland Project, 140 Vesta St., Reno. \$15. **Spring Choral Area Concert**, Chamber Singers, Symphonic Choir and Concert Choir. UNR Hall Recital Hall, Church Fine Arts Building. Mar. 29, 7 p.m.

## PRESIDENT (from page 1)

If you haven’t already, please email me your 4 or 5 choices for a month of Lunch Bunch restaurants. Even if you don’t join us for lunch, your input is needed so we get a large variety of places to eat. Just one more chance to participate.

The time is almost upon us when the rubber hits the runway. Nomination of officers is next month. This has been mentioned in my column for the past three newsletters with absolutely not one response from a member willing to step up and fill an office. I would like to see a Prime Timers chapter continue in the northern Nevada area. This will only be possible with your help and cooperation.

--Charlie H., President





### **CORNED BEEF** (from page 1)

is super tender and easily sliceable, hence why you see it frequently in sandwiches (a classic Jewish preparation) and cut up in long slices next to cabbage (an Irish tradition).

Why do people eat corned beef on St. Patrick's Day? Great question. *Irish Central* explained the answer very thoroughly last year. The tradition of eating corned beef for St. Patrick's Day is a pretty American one, the outlet noted. When beef was considered a luxury in Ireland in the 19<sup>th</sup> Century, the Irish turned to ham or bacon as their St. Patrick's Day proteins, but when these Irish got off the boats in America, it was the opposite. Corned beef was the meat that they could easily and more cheaply get their hands on, and so, this became the meal of choice for generations of Irish Americans to come.

As far as why we see corned beef paired so often with cabbage? *The Kitchen* reported it was "simply one of the cheapest vegetables available to Irish immigrants (at the time), so it was a side dish that stuck." *Article by Felicia LaLomia*

### **AARP TAX-AIDE PROGRAM**

The AARP Foundation provides free tax preparation to anyone but focuses on those over 60 with low to moderate income. Trained volunteers offer help with most, but not all tax returns. They won't be able to help with complicated returns.

You visit a tax-aide and leave your documents. While you wait in a separate room, the aide will

prepare your tax return. You then work with the volunteer to finalize your return and file it.

Appointments are required and can be made by contacting the following places:

Reno Senior Center, 3925 Neil Rd., Reno. Fridays from 9 a.m. to noon. Call 530-430-9699. Dates are now to April 15.

Washoe County Senior Center, 1155 E. 9<sup>th</sup> St., Reno. Tuesdays, 1 – 4 p.m. Call 775-328-2575. Dates are now to April 13. Our very own Patrick K. will be volunteering at this location.

Northwest Reno Library, 2325 Robb Dr., Reno. Thursdays 12 noon to 5:30 p.m. Call 775-787-4100.

Bring your previous two years' tax returns, any correspondence from IRS, Government issued photo ID, bank information for direct deposit of refund.

You will also need any or all of the following forms: W-2, SSA-1099, all 1099 forms, 1095-A, 1098.

Local tax-aide sites will comply with local requirements and CDC guidelines regarding Covid-19. Tax season will end on April 18, 2022 unless extended by IRS.

Be aware of scammers. The IRS will never contact you by email, text message, or social media. Fake IRS emails usually have eye-catching subject lines like "IRS Important Notice" or "IRS Taxpayer Notice" because they're very effective at getting people to open them.

The scammer may spoof the sender's email address to make it look like it came from the IRS, and once opened, it may even have the official IRS logo. Clicking on the link will download malware that infects your computer. From there, it's easy for the scammer to gain access to your financial information.





Doyle, Darryl, and Charlie at last year's Pride Night at the Aces Baseball Game.

## **GAY MEN FINDING BALANCE**

The difficulties of trying to meet your own needs as well as the needs of work and the demands that others place upon you can be extremely stressful. The challenge is even greater for single gay men who have the added responsibilities of extended family members, caring for pets, trying to build or maintain a social life and having to make ends meet on one paycheck.

Generally these reactions are temporary, and should pass within a few weeks. While they are a normal, expected response to a crisis, here are some things you can do to reduce their impact and restore normal feels and functioning more quickly.

Remember all these reactions are normal. What you are experiencing is an expected, temporary response to a traumatic event. Be patient with yourself and recognize that healing takes time.

One of the most effective treatments for dealing with personal trauma is talking—to friends, loved ones, ministers or sometimes a counselor. Discussing the event repeatedly is a common, normal and helpful activity for many people who have undergone personal crises.

If talking isn't possible, try writing out your thoughts and feelings. You might want to write to someone who is special, or to pretend you are writing to that person. You might want to write out your feelings to yourself. What is written needn't be sent or shared with anyone else; just putting words to feeling is often helpful in clarifying emotions and reducing your stress.

Moderate physical exercise (walking, stretching, etc.) alternated with periods of relaxation, may be

helpful, but consider seeing your doctor before starting any new exercise program to determine the frequency and type of exercise that is appropriate for you.

Drugs, including alcohol and tobacco, should be avoided. Instead, substitute other stress-reducing activities. While drugs may temporarily ease the symptoms of stress, they also mask emotions and feelings, sometimes slowing normal recovery.

If reactions to the crisis are excessive, short-term use of medication, prescribed by a physician specifically for you, may be helpful and appropriate. Consult with your doctor about this.

Limit the amount of time you watch the news. The 24/7 news cycle constantly pumps tragic events into our homes, and more importantly, into our minds. If it gets to be too much, turn off the TV or change the channel.

Be productive and make necessary decisions, but don't make major life changes until you are sure the crisis has passed.

Concentrate on what you can control in your life, and let go of those things you have no control over. Use your support system—your friends, family, pets, religion, hobbies, sports, etc. Most people want to help but don't always know how. Tell people what you need and want, as well as what you don't.

Spend time with others. Don't isolate if it makes you feel uncomfortable, or if it is hampering the progress of your recovery.

Be patient with yourself as you go through the healing process. Recurring thoughts, flashbacks, restlessness, etc., will eventually fade away. Give yourself permission to recover at your own pace. Remember that you are having normal reactions to an abnormal, stressful event. Be as loving to yourself as you would be to someone you truly love. If your reactions persist for some time, seek professional help to aid you in your recovery.

By [www.lifesolutionsforgaymen.com](http://www.lifesolutionsforgaymen.com)

**WELCOME ABOARD  
NEW MEMBER  
STEPHEN LAWRENCE**



When Irish Eyes Are Smiling,  
sure 'tis like a morn in spring.  
In the lilt of Irish laughter  
you can hear the angels sing,  
When Irish hearts are happy  
all the world seems bright and gay,  
And When Irish Eyes Are Smiling,  
sure, they steal your heart away.



created by Patty Whipple

grand plans for a corner shop empire, remains unaware of the depth of the boys' burgeoning friendship and of the changing landscape of a nation.



In Paul McVeigh's novel, *The Good Son*, Mickey Donnelly is a pre-adolescent boy living in 1980s Belfast. He's Catholic and lives in Ardoyne. Ardoyne was one of the most notorious Republican areas during the Troubles. It borders on heavily Protestant areas that were sites of paramilitary activity, and dangerous territory for Catholics. After the 1998 Good Friday Agreement and "peace," the Ardoyne neighborhood has continued to be a site of sectarian violence.

Mickey dreams of going somewhere outside of his neighborhood. Belfast is ringed by mountains and young Mickey wonders what lies beyond. His dream is to go to America. Given his poverty, and his family situation, it is unlikely this will happen. He has no friends, and plays with his younger sister, which earns him the reputation of being weird, as well as insults that he is gay. It doesn't help his rep in the neighborhood that he truly is a good son, looking out for his mother who struggles to care for her family, while her alcoholic and abusive husband drinks away any money she brings home.

Mickey is a survivor. Surrounded by threats of violence involving British troops, IRA hard men, Protestant paramilitaries, and even his own household, he maintains an optimism and sweetness that is hard to comprehend. Mickey represents the resilience of children in warfare. Although the Troubles were small scale, and affected mostly working class neighborhoods, for the people in those areas, it was a daily fight for survival. They had to avoid being suspected by the British Army and/or the police who could raid your house in the middle of the night, or being suspected by the IRA who would easily kneecap those they suspected of collaboration, or worse. Kneecapping was an IRA punishment that involved shooting someone in the kneecap, but more often victims were shot in the legs, and/or elbows. There were over 2500 victims of this particular IRA punishment during the Troubles. You will find yourself cheering for Mickey throughout because he is a good soul and a good son.

McVeigh, who is from Belfast, has worked in theater, and written for theater as well as short stories. This novel won various prizes including The LGBT writing prize.

## NOVELS WITH AN IRISH TWIST

Praised as "a work of wild, vaulting ambition and achievement" by *Entertainment Weekly*, Jamie O'Neill's first novel, *At Swim, Two Boys*, invites comparison to such literary giants as James Joyce, Samuel Beckett and Charles Dickens.

Set during the year preceding the Easter Uprising of 1916, Ireland's brave but fractured revolt against British rule, *At Swim, Two Boys* is a tender, tragic love story and a brilliant depiction of people caught in the tide of history. Powerful and artful, and ten years in the writing, it is a masterwork from Jamie O'Neill.

Jim Mack is a naïve young scholar and the son of a foolish aspiring shopkeeper. Doyler Doyle is the rough-diamond son—revolutionary and blasphemous—of Mr. Mack's old army pal. Out at the Forty Foot, that great jut of rock where gentlemen bathe in the nude, the two boys make a pact: Doyler will teach Jim to swim, and in a year, on Easter of 1916, they will swim to the distant beacon of Muglins Rock and claim that island for themselves. All the while, Mr. Mack, who has



### **Corned Beef and Cabbage**

Place a 3 – 4 lb. beef brisket in a Dutch oven and barely cover with hot water. Add 2 sliced onions, 2 cloves minced garlic, 2 bay leaves, and 6 whole cloves. Cover and simmer (do not boil) one hour per lb. of beef. Remove from liquid. Add 6 peeled med. potatoes and 6 small, peeled carrots. Cover, bring to a boil and cook 10 min. Then add 1 med. cabbage, cut in wedges and 6 small onions. Continue cooking 20 min. longer or until vegetables are tender. Serve.

### **Irish Soda Bread**

Preheat oven to 350 F. Grease a large baking sheet. Combine 2 ½ c. all-purpose flour, 1 ¼ c. whole wheat flour, 1 c. currants, ¼ c. sugar, 4 tsp. baking powder, 2 tsp. caraway seeds (if desired), 1 tsp. salt, and ½ tsp. baking soda in a large bowl. Cut in ½ c. butter, cut into small pieces, with a pastry blender or two knives, until mixture resembles coarse crumbs. Add 1 1/3 to 1 ½ c. buttermilk. Mix until slightly sticky dough forms. Transfer to the baking sheet, shape into an 8-in. round. Bake 50 to 60 min. or until bread is golden and crust is firm. Cool on baking sheet 10 min. Remove to wire rack to cool completely.

### **Boxty (potato griddle cakes)**

Preheat oven to 450 F. Scrub ½ lb. unpeeled potatoes and prick with a fork. Bake 50 min. to 1 hour. Remove, cool, and peel. Mash potatoes and mix with 1 ½ c. buttermilk. Stir in ½ lb. peeled, raw, grated potatoes, 1 ¾ c. flour, 1 tsp. baking soda, salt and pepper to taste. Melt 2 tbsp. butter (or as needed) in a large skillet or griddle over med. heat. Scoop potato mixture into the skillet to make 3 in. cakes. Fry until golden and crisp, turning once, about 5 min. per side

## **AND SURE A BIT OF IRISH HUMOUR**

An Irishman went for an interview with one of the blue chip companies. When the interview was over the interviewer told him that all applicants had to complete a test. The interviewer took a piece of paper and drew six vertical lines in pairs of two on the paper and placed it in front of the Irishman. “Could you please show me a clever way to make this into nine?” After thinking for a while, the Irishman took the pencil and drew a canopy of leaves on top of the three pairs of lines, and handed the paper back to the interviewer. The interviewer looked at the drawings and said, “But that is not nine.” “Oh, yes it is,” said the Irishman with a broad Irish accent, “Tree + Tree + Tree make nine.” The interviewer handed the paper back to the Irishman and asked him to make it 99. After thinking for a long time, the Irishman scribbled up and down the trunks and handed the paper back to the interviewer. The interviewer looked at the drawings and said, “But that is not ninety-nine.” “Oh, yes it is,” said the Irishman. “Dirty tree + Dirty tree + Dirty tree make ninety-nine.” The interviewer was now a bit pissed off so he decided to do the Irishman once and for all, therefore, he handed the paper back to the Irishman and asked him to make it 100. After thinking for a considerably longer time, the Irishman suddenly grabbed the pencil and drew a little blob on the bottom right-hand side of each tree and handed the paper back to the interviewer. The interviewer looked at the drawings and said, “But that is not 100.” “Oh, yes it most certainly is,” said the Irishman with a much broader Irish accent, “Dirty tree and a turd + Dirty tree and a turd + Dirty tree and a turd make 100.”

Check out Doyle’s blog:

<http://doyleslistreno.wordpress.com>

Prime Timers World Wide website:

[www.theprimetimersww.com](http://www.theprimetimersww.com)

Great information for seniors:

[www.newtoreno.com/senior/htm](http://www.newtoreno.com/senior/htm)

◀ February		March 2022					▶ April
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> MARDI GRAS	<b>2</b> ASH WEDNESDAY  SENIOR COFFEE HOUR OUR CENTER 2 P.M.	<b>3</b>	<b>4</b> RENO LITTLE THEATRE "AMERICAN SON" 7:30 P.M. MATINEE ON SAT. AT 2 P.M. FREE BUT RESERVATIONS REQUIRED	<b>5</b> UNR MEN'S BASKETBALL VS. SAN DIEGO STATE 7:30 P.M. LAWLOR EVENTS CENTER	
<b>6</b> LEPRECHAUN RACE 8:30 A.M. 5k RUN/WALK DISCOVERY MUSEUM  RENO PHILHARMONIC ORCHESTRA 4 PM. PIONEER CENTER	<b>7</b> LUNCH BUNCH 1 P.M. COSTA VIDA 4965 S. VIRGINIA ST. RENO	<b>8</b>	<b>9</b> SENIOR COFFEE HOUR OUR CENTER 2 P.M.	<b>10</b> SWEET HONEY IN THE ROCK UNR NIGHTINGALE CONCERET HALL, 7:30 P.M.	<b>11</b> RENO LITTLE THEATRE BULL IN A CHINA SHOP EVES. 7:30 MATINEES ON MAR. 13, 20, 27 AT 2 P.M.  HOME OPENER UNR MEN'S BASEBALL PECCOLE PARK 1 P.M.	<b>12</b> LEPRECHAUN CRAWL DOWNTOWN RENO 8 P.M. TO 2 A.M.	
<b>13</b> DAYLIGHT SAVING TIME BEGINS	<b>14</b> LUNCH BUNCH 1 P.M. L.A. BAKERY & EATERY 1280 N. CURRY ST. CARSON CITY	<b>15</b> NCAA MARCH MADNESS BEGINS	<b>16</b> SENIOR COFFEE HOUR OUR CENTER 2 P.M.	<b>17</b> ST. PATRICK'S DAY	<b>18</b>	<b>19</b> SHEN YUN. CULTURE OF ANCIENT CHINA. PIONEER CENTER. SAT. @ 7 P.M., Sun. @ 2 p.m.	
<b>20</b> FIRST DAY OF SPRING CARSON VALLEY COMMUNITY THEATER "25 <sup>TH</sup> ANNUAL PUTNAM COUNTY SPELLING BEE" CVIC HALL, MINDEN. THRU MAR. 27.	<b>21</b> LUNCH BUNCH 1 P.M. TAIWAN 101 400 W. FIFTH ST. RENO	<b>22</b>	<b>23</b> SENIOR COFFEE HOUR OUR CENTER 2 P.M.	<b>24</b>	<b>25</b> EVERYTHING IS TERRIBLE VIDEO AND PERFORMANCE COLLECTIVE. THE HOLLAND PROJECT, 7 P.M.	<b>26</b>	
<b>27</b>	<b>28</b> LUNCH BUNCH 1 P.M. ROYAL INDIA 575 KEYSTONE RENO	<b>29</b>	<b>30</b> SENIOR COFFEE HOUR OUR CENTER 2 P.M.	<b>31</b>			

More