



# HIGH SIERRA SIDELINES



May 2022 Prime Timers "For the Best Times of Your Life" Reno NV Vol. XXII, No. 5



Doyle, Charlie, Jim B., Darryl, Larry K., Ross. and Will celebrating Darryl's winning of the March Madness bracket tournament.

## A HISTORY OF "TAPS"

"Taps" is thought to have been carried over from a term already in use before the American Civil War. Three single, slow drum beats were struck after the sounding of the Tattoo or "Extinguish Lights." This signal was known as the "Drum Taps", "The Taps", or simply as "Taps" in soldiers' slang.

The tune is a variation of an earlier bugle call known as the Scott Tattoo which was used in the U.S. from 1835 until 1860. It was arranged in its present form by Union Army Brigadier General Daniel Butterfield, an American Civil War general and Medal of Honor recipient. He was a commander in the Army of the Potomac while at Harrison's Landing, Virginia. Butterfield's version in July 1862 replaced a previous French bugle call used to signal "lights out". Butterfield's bugler, Oliver Wilcox Norton, of East Springfield PA, was the first to sound the new call. Within months Taps was used by both Union and Confederate forces.

*(see TAPS on page 2)*

HIGH SIERRA PRIME TIMERS RENO  
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## THE PRESIDENT'S COLUMN

For those of you who read this column faithfully each month, you will recall that April was the month to submit nominations for chapter officers. As I am writing this in the third week of April, I have not received any nominations for officers. Nominations will be open until May 9<sup>th</sup> at which time, provided we receive nominations, elections will be held via email, unless there are enough members at lunch that day to have a business meeting. If no member is nominated for office by that time, I will declare the election process null and void.

The current officers' term of office expires on June 30. With no new officers to carry out the duties prescribed by our Constitution and By-Laws, High Sierra Prime Timers – Reno will be considered defunct as of July 1, 2022.

This is a sad state of affairs but with no one stepping up to the plate, the game is over. It's not too late to act. To be or not to be is up to you. Do we want to die at the young age of 22?

*Charlie H., President*

#### 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.



Birthday greetings to Jeff L. on the 3<sup>rd</sup>.

#### LET'S GET TOGETHER TO GO, SEE, DO

**Senior Artists Exhibit and Show**, McKinleyArts and Culture Center, 925 Riverside Dr. Now thru June 3. **Cinco de Mayo Festival**. Mexican bands, Latin musicians and dancers. Arts, crafts, food. Carnival rides. Grand Sierra Resort. May 1. Noon – 8 p.m. \$15. Rides extra. **Reno Philharmonic Orchestra “Ode to Joy-Beethoven 9<sup>th</sup> Symphony”** May 1, 4 p.m. Pioneer Center. **UNR Symphony** final concert of the season. Nightingale Concert Hall, May 3, 7:30 p.m. \$7. **Reno Aces vs. Round Rock (Texas) Express**. May 3 – 8. Greater Nevada Field. Also vs. Las Vegas Aviators May 17 – 22 and vs. Tacoma Rainiers May 31 – Jun. 5. **Midtown Reno First Thursday**. Local businesses feature food and beverage tastings, art exhibits, and live music. May 5. **Apex Concerts: Emerson String Quartet**. UNR Fine Arts Hall Recital Hall. May 4, 7:30 p.m. \$35. **Reno Pops Orchestra “Castles and Cathedrals”** music of Mussorgsky, Lerner and Lowe, Respighi, and others. UNR Nightingale Concert Hall. May 6, 7 p.m. **Reno River Festival**. Live music, food, shopping, rides and attractions. Craft Beer Experience. Reno River Roll bike ride. Wingfield Park. May 7, 8. **Reno**

Sidelines, May 2022, page 2

**Philharmonic Orchestra** music of Bellido, Debussy, and Mussorgsky. Pioneer Center. May 7, 8. Sat. @ 7:30 p.m., Sun. @ 4. **Mothers Day – May 8. Broadway musical “Jesus Christ Super Star.”** Pioneer Center. May 17 – 22. **Reno Little Theater “Footloose-Youth Edition.”** One-hour version of the musical designed for young performers. May 20 – 22. Fri. @ 7 p.m., Sat. @ 2 and 7, Sun. @ 11 a.m. and 5 p.m. Srs. \$10. **Good Luck Macbeth Theater “The Revolutionists.”** Women living during the French Revolution Reign of Terror. May 13 – 28. \$20 srs. 7:30 p.m. **39<sup>th</sup> Annual Chili on the Comstock**. Top chili cooker competition. Craft beer tour. C Street. Virginia City. May 21, 22. **Northern Nevada Celtic Celebration**. Features 7 Celtic nations including Ireland, Scotland, and Wales. Pipe bands, Scottish and Irish dancing, Highland games. Celtic merchandise, food, and drink. Bartley Ranch Regional Park. May 21. **Reno Wine Walk**. Riverside merchants along the Truckee River. May 21. 2 – 5 p.m. \$30 for a branded wine-tasting glass, a map, and a wrist band. **Memorial Day – May 30.**

#### TAPS (continued from page 1)

It was recognized by the U. S. Army in 1874.

Taps concluded many military funerals conducted with honors at Arlington National Cemetery and elsewhere in the U. S. The tune is also sounded at many memorial services in Arlington’s Memorial Amphitheater and at grave sites throughout the cemetery. It is also regularly played at the American Cemetery in Normandy, France, to commemorate the sacrifice made at and around that site by U. S. servicemen in World War II, during the allied effort to liberate Europe from the Nazis.

Captain John C. Tidball, West Point Class of 1848, started the custom of playing Taps at military funerals. In early July 1862 at Harrison’s Landing, a corporal of Tidball’s Battery A, 2<sup>nd</sup> U.S. Artillery died. He was Tidball recalled later, “a most excellent man.” Tidball wished to bury him with full military honors, but, for military reasons, he was refused permission to fire seven rifles three times (three volley salute) over the grave. Tidball later wrote, “The thought suggested itself to me to sound taps instead, which I did.” The idea was taken up by others, until in a short time it was adopted by the entire Army and is now looked upon as the most (see TAPS next page)





Bill R. on a recent trip to London.



Asian American and Pacific Islander Heritage Month (AAPI Heritage Month) is an annual celebration that recognizes the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent to the United States. AAPI includes cultures from the entire Asian continent—including East, Southeast and South Asia and the Pacific Islands of Melanesia, Micronesia and Polynesia. As of 2019, there were about 22.9 million people of Asian or Pacific Islander descent in the U. S. AAPI people are a diverse and growing population that make up about 7% of the total U.S. population. May was designated as Asian/Pacific American Heritage Month in 1992 in the George H. W. Bush administration. It was renamed AAPI Heritage Month in 2009.

The theme for this year’s celebration is “Advancing Leaders Through Collaboration.” Local and national governments are encouraged to prioritize collaboration, development, diversity, transparency, and inclusion through leadership training of AAPI people.

The month of May was chosen for AAPI Heritage Month because it commemorates the immigration of the first Japanese people to the U. S. on May 7, 1843. May is also a significant month because it recognizes Golden Spike Day, May 10, 1869, which marks the completion of the transcontinental railroad that was built with significant contributions from Chinese workers.

*Minhae Shim Roth, The History Channel*

**FORMAT FOR NOMINATION OF FICERS:**

I nominate \_\_\_\_\_ for the office of \_\_\_\_\_ to serve from July 1, 2022 to June 30, 2024.

Make sure the person you nominate has agreed to being nominated and, if elected, will carry out the duties of the office. Email your nomination to the President ([renoirish@yahoo.com](mailto:renoirish@yahoo.com)).

**TAPS** (from page 2)

appropriate and touching part of a military funeral. As Tidball proudly proclaimed, “Battery A has the honor of having introduced this custom into the service, and it is worthy of historical note.” It became a standard component to military funerals in 1891. Taps is sounded during each of the military wreath ceremonies conducted at the Tomb of the Unknown Soldier every year, including the ones held on Memorial Day.

Day is done, gone the sun,  
From the lake, from the hill,  
From the sky.  
All is well, Safely rest,  
God is nigh.

*Wikipedia and other sources.*





### **IS IT ALZHEIMER'S OR AGE-RELATED CHANGE?**

Alzheimer's is a progressive brain disease that disrupts memory and thinking as well as reasoning skills. It can be difficult to tell the difference between the signs of this disease and age-related changes. Knowing the early warning signs can help with early detection. If you notice any signs in yourself or people close to you, do not ignore them and tell your doctor.

One of the most common signs of Alzheimer's disease is forgetting recently learned information. Other signs include asking the same questions over and over, increasingly needing to rely on family members or memory aids such as reminder notes or electronic devices, and forgetting important dates or events.

Typical age-related change is sometimes forgetting names or appointments but remembering them later. Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. Or they may have difficulty concentrating and take much longer to do things that they did before. Typical age-related change is making occasional errors when managing finances or household bills.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a

grocery list or remembering the rules of a favorite game. Typical age-related change is occasionally needing help with microwave settings or recording a TV show.

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it's not happening immediately. Sometimes they may forget where they are or how they got there. Typical age-related change is getting confused about the day of the week but figuring it out later.

For some people, having vision problems is a sign of Alzheimer's disease. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. Typical age-related change is vision change related to cataracts.

People living with Alzheimer's may have trouble following or joining in conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, having trouble naming a familiar object or use the wrong name, such as calling a watch a hand-clock. Typical age-related change is having trouble finding the right word.

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them. They may accuse others of stealing. Typical age-related change is misplacing things from time to time but finding them when steps are retraced.

Individuals may experience changes in judgment or decision-making. They may use poor judgment when dealing with money or pay less attention to grooming and keeping themselves clean. Typical age-related change is making a bad decision or mistake once in a while, like neglecting to have the oil in the car changed.

A person living with Alzheimer's disease may experience changes in the ability to hold or follow conversation. As a result they may withdraw from social activities or other engagements. Typical age-related change is sometimes feeling uninterested in friends or social obligations.

Individuals with Alzheimer's may become confused, suspicious, depressed or anxious. They may become easily upset. Typical age-related change is developing very specific ways of doing things and becoming irritable when a routine is disrupted. *Thanks to Central Florida Prime Timers*





Chapter members at a lunch/business meeting pre-Covid-19 when 12 to 16 would regularly show up.

## **THINGS YOU SHOULD ALSO CLEAN**

*By Jodi Helmer, AARP*

Even if your plates and utensils look spotless, your dishwasher may be dirty. Researchers have found that dishwashers often contained bacteria that were linked to health problems, ranging from food poisoning to skin infections. To clean out trapped food particles, unscrew the screen from the dishwasher floor and remove the filter; use dish detergent and a brush to scrub the filter, then let it air-dry. After the filter is clean, clean the inside of the dishwasher. Fill a dishwasher-safe mug with white vinegar and run on the normal cycle with hot water to loosen up soap scum and grease from the interior.

Scrubbing the burned foods crusted on the bottom of the oven and the grease coating the oven door might be the least appetizing on a housecleaning to-do list. Temperatures get so hot inside the oven that bacteria have no hope of survival, but germs are not the sole reason to get out the scouring pads. Nothing ruins a delicately flavored food like something burning in the bottom of the oven. You end up with cupcakes that taste like char. A dirty oven can also cause a grease fire. The self-cleaning feature on your oven is a good default, but nothing matches the effectiveness of some old-fashioned elbow grease. Oven cleaners often contain harsh chemicals; lemon juice, baking soda and vinegar can get the job done without the lingering smell of chemicals tainting the next meal you cook.

Turning on the ceiling fan might offer a cool breeze on a hot, humid afternoon, but it also scatters

the dust and pollen collected on the fan blades. Cue the sniffing and sneezing. Ceiling fans cause problems by increasing circulation of airborne allergens. To ensure your allergies don't flare each time you switch on the ceiling fan, wipe down the ceiling fan blades with a damp cloth.

Admit it. The bags you toss in your trunk after every shopping trip have never seen the inside of the washing machine. These oft-used, never cleaned bags are breeding grounds for bacteria. In one test, the number of bacteria multiplied 10-fold when a reusable bag with leaked meat juice was left in the trunk of a car for two hours. In a lot of these reusable bags more E.coli and fecal bacteria was found than in underwear. If you use the same bags to carry raw meat products and raw vegetables, you could make a salmonella salad really easy. You should stick with cloth bags that can be washed and toss them in the machine after every use. It's also a good idea to designate separate bags for meat and produce.

You know that a clogged lint screen is a fire hazard, so you clear it out after each load. But when was the last time you cleaned the dryer vent? Lint can also get trapped in the vent that runs from your dryer to the outside of your house—and failure to clean it is linked to \$35 million in fire losses every year. Use a skinny brush with a long handle to remove lint from the vents or have a pro come in to do the job. The good news: it only needs to be done every three months.

Even though the average person changes their bedding every 24 days, most likely ignore their mattresses. In fact, a 2018 study published in “Royal Society Open Science” compared the number of bacteria found in chimpanzee beds to the number found in human beds. Our primate relatives maintained cleaner sleeping environments, with the 3.5% of bacteria coming from their skin, saliva and feces compared to 35% in human beds. To clean your mattress, strip off the bedding and vacuum the entire mattress, paying special attention to the crevices where dirt and dust collect. Use a stain remover to spot-treat stains. Sprinkle baking soda over the mattress to deodorize, and vacuum again to remove the baking soda. Plan to repeat the process every six months.

Your kitchen sponge might be dirtier than the surfaces you're trying to clean. You can nuke a sponge in the microwave but it is better to replace it frequently. Happy spring cleaning!



### **Thai Shrimp Curry**

Cook 1 c. brown basmati rice, set aside. Heat 1 tbsp. sesame oil in a large skillet. Add white parts of 6 scallions and 6 cloves minced garlic. Saute 1-2 min. Add 2 tbsp. Thai red curry paste and 1 tbsp. honey. Cook 1 min. Stir in 3 tbsp. fish sauce, one 14 oz. can coconut milk, and juice of 1 lime. Bring to a boil, then simmer for 2 – 3 min. Add in 1 lb. peeled, deveined, tails off shrimp. Cook 3 min. Remove from heat, stir in 1/3 c. fresh chopped cilantro and green parts of scallions. Serve over the brown rice.

### **Beef Masala Curry**

Set a pressure cooker to saute mode. Add 1 tbsp. olive oil, 1 large chopped onion, 3 cloves minced garlic, 2 tsp. salt, 1 tsp. pepper, 1 tsp. tumeric, 1 tbsp. garam masala, 1/2 tsp. cumin, 1/2 tsp. coriander, 1/2 tsp. cayenne pepper, 1/2 tsp. smoked paprika. Cook until onions are soft.. Stir in 1 c. tomato passata, 1 tsp. brown sugar. Bring to boil. Pour mixture into a food processor and blend all into a paste. Set aside. Brown 2 lbs. stewing beef on all sides. Pour in blended spice paste, 1 c. beef stock, and 1 tsp. lemon zest. Cover the lid and cook for 30 min. on high pressure. Serve over steamed rice and chopped cilantro.

### **Coconut Chicken Curry**

Heat 2 tbsp. olive oil in a 6 qt. Dutch oven. Add 2 lbs. skinless, boneless chicken breasts cut into bite size pieces. Season with salt and pepper. Cook for 5 min. Add 1 small chopped onion, 3 cloves minced garlic, 2 tbsp. curry powder. Stir. Cook 2 min. Add 1 c. chicken broth, one 14 oz. can coconut milk, one 14 oz. can diced tomatoes, 2 tbsp. tomato paste, and 2 tbsp. sugar. Stir and bring to a boil. Cover, turn heat down and simmer for 15 to 20 min. Garnish with parsley; serve over rice.

### **AND LAST, A LAUGH OR TWO.....**

A 70-year-old married a 20-year-old. A year after the wedding the couple arrives at the delivery room. A male boy, weighing 6.5 lbs. was born. The nurse asked the old man “Yours?” “Yes,” the old man replies proudly. “Congratualtins,” the nurse replies. “Well,” says the old man, “the engine still runs!” Two years later the duo arrives at the delivery room again. A 6 lb. girl was born, healthy and beautiful. The nurse asks the old man: “Yours?” “Yes,” the old man answers. “Well done,” the nurse answers. “The engine still runs,” said the old man. After two more years, they come to the delivery room again, A 7 lb. male son is born, healthy and beautiful. The nurse asks the old man: “Yours?” “Yes,” the old man replies. “Congratulations,” the nurse says, “that’s really impressive.” “Well,” says the old man, “the engine is STILL running!” “Well,” says the nurse,” you may want to change the oil, the last one came out black.”

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It was a man’s 80<sup>th</sup> birthday and his friends wanted to get him a special gift. Since he was a widower of many years, and after some discussion, they decide to have a hooker come to his house that night and give him the time of his life. Later that evening as the old man was getting ready for bed, he hears the doorbell ring. He opens the door and sees a hooker standing there in a sexy outfit. She says to the senior: “Hi there, I’m here to give you super sex!” The old man thinks for a moment, then says: “I’ll take the soup.”

***DID YOU STOP LONG ENOUGH TO NOMINATE SOMEONE FOR A CHAPTER OFFICE ??***

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)

May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> CINCO DE MAYO FESTIVAL GRAND SIERRA RESORT  RENO PHILHARMONIC ORCHESTRA BEETHOVEN NO. 9 "ODE TO JOY" PIONEER CENTER 4 P.M.	<b>2</b> LUNCH BUNCH 1 P.M. HUCKLEBERRY'S 189 DAMONTE RANCH PKWY RENO (USED TO BE MEL'S DINER)	<b>3</b> RENO ACES VS. ROUND ROCK EXPRESS THRU MAY 8	<b>4</b>	<b>5</b> MIDTOWN RENO FIRST THURSDAY FOOD, ART, LIVE MUSIC	<b>6</b> RENO POPS ORCHESTRA NIGHTINGALE CONCERT HALL UNR	<b>7</b> RENO RIVER FESTIVAL ALSO SUNDAY  RENO PHILHARMONIC ORCHESTRA MUSIC OF DEBUSSY, MUSSORSKY PIONEER CENTER 7:30 P.M. ALSO SUNDAY AT 4 P.M.
<b>8</b> MOTHERS DAY	<b>9</b> LUNCH BUNCH 1 P.M. HONG KONG DINER 180 W. PECKHAM LN. RENO	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> GOOD LUCK MACBETH THEATRE THE REVOLUTIONISTS THRU MAY 28	<b>14</b>
<b>15</b>	<b>16</b> LUNCH BUNCH 1 P.M. THE UNION 302 N. CARSON ST. CARSON CITY	<b>17</b> BROADWAY MUSICAL JESUS CHRIST SUPERSTAR PIONEER CENTER  RENO ACES VS. LAS VEGAS AVIATORS THRU MAY 22	<b>18</b>	<b>19</b>	<b>20</b> RENO LITTLE THEATRE FOOTLOOSE-YOUTH EDITION THRU MAY 22	<b>21</b> ARMED FORCES DAY  CHILI ON THE COMSTOCK VIRGINIA CITY ALSO SUNDAY  NORTHERN NEVADA CELTIC FESTIVAL BARTLEY RANCH REGIONAL PARK
<b>22</b>	<b>23</b> LUNCH BUNCH 1 P.M. CHIHUAHUA'S CANTINA 7111 S. VIRGINIA ST. RENO	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> LUNCH BUNCH 1 P.M. MY PIE PIZZA 9333 DOUBLE R BLVD. RENO  MEMORIAL DAY	<b>31</b> RENO ACES VS. TACOMA RAINIERS THRU JUNE 5				

More Calendars: [June](#), [July](#).

The Nevada Gay Men's Chorus presents

# A NEW WORLD

— Breaking Free —

Fri, June 10, '22 7:30 pm

*The Nevada Gay Men's Chorus*  
presents:

**A New World: Breaking Free**

**CELEBRATE "BREAKING FREE"**  
into a post-pandemic world of connection.

We are overjoyed to see our patrons face-to-face as the world breaks free from the bleakness of the pandemic to the renewed world of human connection and live performances. NGMC celebrates this "new" world where the joy of the Arts can be shared once again in community with one another. NGMC will present songs from showstoppers like Dear Evan Hansen, Hair, Company, West Side Story, Sweeney Todd, and Les Miserables and sings their hearts out to golden hits like Bridge Over Troubled Water. It's a celebration of connection, empathy, and love.

With guest music director Dominique Christian Dale Gonzales stepping in for our stalwart music director Ted Owens, chorusography, staging and emceed by the talented Mig O'Hara, special choreography by Barbara Land, and a special guest appearance by Reno's own Never Too Late Barbershop Quartet, NGMC tops off its 12th season with a toe-tapping celebration of the diverse and connected community that is Reno. NGMC returns to Nightingale Concert Hall in the Church Fine Arts



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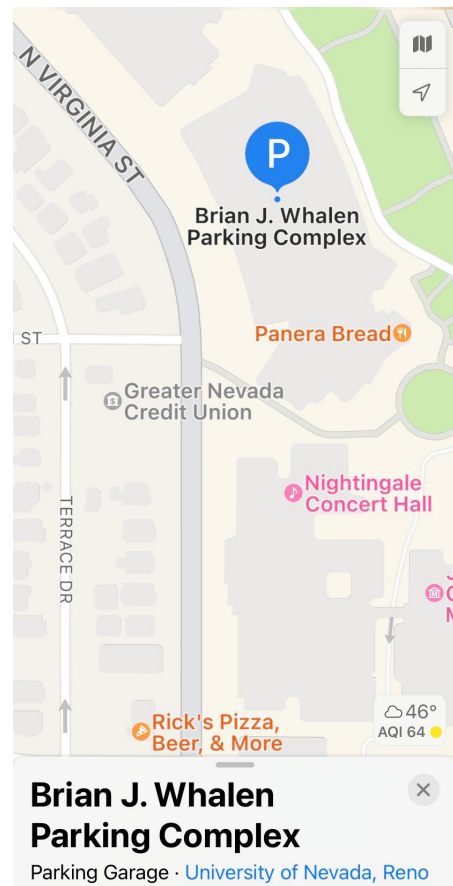
Building on the University of Nevada, Reno campus.

Tickets are \$20 for general admission and \$15 for seniors and students for both the in-person and live streaming events. Tickets can be purchased at [showclix.com](https://www.showclix.com), through our website, [nevadagmc.org](https://www.nevadagmc.org), and also at Nightingale on the evening of the concert.

Free parking is available in the Whalen parking complex off of N. Virginia St., just north of the Church Fine Arts building at UNR.

Kindest Regards,

Steven Meyer  
Executive Director  
Nevada Gay Men's Chorus



"One small voice may get lost in  
the storm... but a thousand  
voices together  
are able to rise above it."

