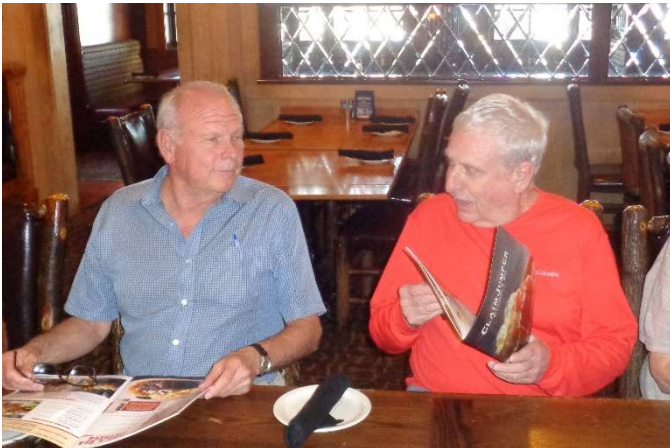




HIGH SIERRA SIDELINES



July 2022 Prime Timers “For the Best Times of Your Life” Reno NV Vol. XXII, No. 7



Fred H. and Bill R. at our 22nd Anniversary Dinner held at the Claim Jumper on June 12th.

CELEBRATING INDEPENDENCE DAY

The Fourth of July commemorates the adoption of the Declaration of Independence by delegates from the 13 colonies in 1776. This Declaration is America’s revolutionary Charter of Freedom and the document upon which the nation’s founding principles were established.

The Second Continental Congress actually made its decree for freedom on July 2, 1776, signing the Lee Resolution. Two days later, on July 4, Congress formally adopted the Declaration of Independence and the alarm for freedom was sounded at Independence Hall with the Liberty Bell. It was on August 4, 1776, after delegates of the Continental Congress had signed the document, that the Declaration of Independence was made official.

John Adams’s famous letters to his wife Abigail, on July 3, 1776, capture the spirit of the time. Writing from Philadelphia he said, “Yesterday the greatest Question was decided, which ever was debated in America, and a greater perhaps, never was or will be decided among men.

“A Resolution was passed without one dissenting Colony ‘that these united Colonies, are, and of right ought to be free and independent States, and as such, they have, and of Right ought to have full Power to
(see *INDEPENDENCE* on page 3)

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THE PRESIDENT’S COLUMN

Eleven members showed up at the Claim Jumper restaurant on June 12 to enjoy dinner while celebrating our 22nd Anniversary. Thanks to Bill R. who made the arrangements and to our Treasurer Bill who capably took care of the charges.

I am writing this on June 24 and waiting to see if the Chapter ends up with the minimally required 15 members. As of this date we have 13, only 2 away from the magic number.

In response to recent suggestions about Chapter activities, I received the following results. Interest in renewing our annual trip to Nakoma Resort, Farmer’s Market, Graeagle, stops for a beer and/or an ice cream, and lottery tickets. 3 responses. Attending Broadway musicals in Carson City. 1 response. Attending Aces Baseball Pride Night. Only a maybe from one member. Average attendance at Monday lunches: 4 members, sometimes only 3 members plus a guest. You have been asked several times to send your ideas of things
(see *PRESIDENT* on page 3)

CHAPTER OFFICERS

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



Unfortunately, we have no members with July birthdays. Let's find some eligible members with July birthdays.

A BOUNTY OF THINGS TO DO AND SEE

Artown July 1 – 31. Music, dance, theatre, cultural events, Venues throughout area. www.artown.org.

Dragon Lights. W. D. May Botanical Gardens. Lit lantern sculptures with Asian cultural, ocean world, and prehistoric animal themes. \$20 adults, \$15 children. www.dragonlightsreno.com.

Great Western Steam-Up. Nevada State Railroad Museum, Carson City. Steam locomotives, train rides, food, live entertainment. July 1 – 4. Adults \$29, \$10 per child. 10 a.m. – 4 p.m. **Nitro Circus Live.** July 1, 6 p.m., Greater Nevada Field. **Reno Aces vs. Tacoma** July 4 - 10, Greater Nevada Field, 6:35 p.m., Sundays at 6:05. **Vs. El Paso** July 22 – 24. **Vs. Salt Lake** July 26 – 31. **Reno Philharmonic Orchestra “American Salute,”** July 4, Wingfield Park, 7:30 p.m. **Star Spangled Sparks,** Nugget Casino, Sparks. July 4. Food, beverage, arts, crafts. 4 – 10 p.m. Fireworks at 9:30. Free shuttle bus from Reno-Sparks Livestock Events Center Parking Lot or corner of Greenbrae Dr. and 4th St., Sparks. **Fourth of July on the Comstock,** July 4. Parade at 12 noon; 6 p.m. free concert. Fireworks Spectacular. Virginia City. **Bruka Theatre “Clue,”** a diabolically hilarious murder mystery. July 7 – 17. Evenings at

7:30, matinee on July 17 at 2 p.m. Seniors \$24. **Summer Concert Series at the Glow Plaza, 670 W. 4th St.,** July 8, 9, Saturdays at 4 p.m. through Sep. 3. Variety of local and national artists. Food trucks, airstream bar. **Theatre Works of Northern Nevada “Little Shop of Horrors,”** 315 Spokane St, Reno. www.brownpapertickets.com. July 9 – 31. \$12 - \$15. **Reno Philharmonic Orchestra, “Pops on the River,”** July 9, 5 p.m., Wingfield Park. **Reno Chalk Art and Music Festival.** July 8 – 10, Atlantis Casino. Arts, crafts, food, drink, live music. **Lake Tahoe Shakespeare Festival. July 9 – Aug. 6.** “Much Ado About Nothing” and “Mamma Mia.” www.laketahoeshaakespeare.com. **Feed the Camel. Wednesdays** July 13 to Sep. 14. McKinley Arts and Cultural Center. Food truck event under the Keystone Bridge. 5 – 8:30 p.m. **Classical Tahoe 2022 Summer Music Festival.** Classical Tahoe Pavillion, Sierra Nevada University, Incline Village, 7 p.m. July 14 – Aug. 18. **Barracuda Gold Championship.** Old Greenwood Golf Course, Truckee. July 14 – 17. **A.V.A. Ballet Theatre “Vortex, the Ballet That Rocks,”** July 15 – 16, Hawkins Amphitheater, Bartley Ranch Regional Park. **Reno Little Theatre, “The 25th Annual Putnam County Spelling Bee,”** a hilarious, laugh-a-minute musical. July 15 – Aug 7. Eves at 7:30. Matinees 2 p.m. on July 17, 24, 21, and Aug. 7. Srs. \$25. **Carson Valley Community Theatre “Nunsense II,”** musical. July 15 – 24. Eves at 7:30, Matinee July 17 and 24 at 2 p.m. CVIC Hall, 1602 Esmiralda Ave., Minden \$20-25. Sr. discount. **55th Annual Reno Basque Festival.** July 16, Idlewild Park, 9 to 5. Food, drink, folk dancing, live music. **Largest Political and Pop Culture Memorabilia Show in the USA.** Atlantis Casino. July 23. 9 a.m. to 2 p. Free. Campaign buttons, pinbacks, posters, textiles, inaugural souvenirs, photos, flags, etc. **Levitt AMP Summer Music Series.** Saturdays Jul 23 thru Aug. 27. Free outdoor concerts. Brewery Arts Center, Carson City. **Truckee Tahoe Airshow and Family Festival.** Free. July 23. Truckee Tahoe Airport, Ramp 10356 Airport Rd., Truckee. **Broadway musical “Hadestown,”** 2020 best musical, won 8 Tony awards. July 27 – 30. Pioneer Center. **Hot August Nights Kick-Off and Cruise.** Classic cars, free entertainment. Virginia City. July 29 – 30. **Biggest Little City Wingfest and sauce competition.** Downtown Reno on Virginia St. Live entertainment. **Reno Garlic Fest.** July 30, 3 – 8 p.m. Dick Taylor Park, 1140 Beech St.



Doyle and Richard D. at our 22nd Anniversary Dinner.

INDEPENDENCE (from page 1)

make War, conclude Peace, establish Commerce, and to do all the other Acts and Things, which other States may rightfully do.' I am apt to believe this day will be celebrated by succeeding generations, as the great anniversary Festival.

"It ought to be commemorated, as the day of deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp, shows, games, sports, guns, bonfires and illuminations, from one end of the continent to the other, from this time forward forever."

Let us end this brief history of Independence Day with text from the Declaration of Independence: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, Governments are instituted among men, deriving their just powers from the consent of the governed, that whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

On July 4, 1826, exactly 50 years after the Declaration of Independence first asserted American sovereignty, former presidents John Adams and Thomas Jefferson both passed away. Jefferson desired to live until July 4 so "that he might breathe the air of the Fiftieth Anniversary."

The Old Farmer's Almanac



Northern Nevada Pride Festival and CommUNITY parade is gearing up for their biggest event ever on July 23rd. The festival is an event presented by and benefiting the local non-profit organization Our Center, Northern Nevada's only LGBTQ community center located at 1745 S. Wells Ave. in Reno.

The mission of Northern Nevada Pride is to empower all members of our fun-loving community. We will bring together the LGBTQ Community, Allies, and Businesses to promote diversity, celebrate our culture, remember our history, and advocate for our future.

The CommUNITY parade will begin at 10 a.m. on July 23 in downtown Reno down Virginia St. starting at 5th St. and ending at Wingfield Park via Island Ave. After the parade, the festival will take place in Wingfield Park from 11 a.m. to 6 p.m.

PRESIDENT (continued from page 1)

/activities for the Chapter to do. Restaurants are full of people; the Sat. nite dinner group normally gets 12 to 14 attendees. Theaters are full of people. Do any of you know why our members have such a lack of interest in Chapter functions? Is it worth our while to keep trying to operate as a viable Chapter of Prime Timers World Wide?

In my May newsletter column I indicated that our C&BLs require us to have Chapter officers and Board of Directors members. Although I asked and pleaded many times (and even our PTWW President has) for members to step up and fill these offices, only one member has. We still need a Vice-President, a Secretary, and at least two new Board of Directors members. This is my last request. After 10 years of twisting arms, I'm done. It's been a fun ride even though there were a few bumps in the road. Maybe you would be willing to help fill the pot holes. Oh, I forgot, I'm done asking.

Charlie H., President



THE SENSUALITY OF LIFE

Michael Dubin, Georgia Voice

I started thinking about sensuality while listening to a friend complain about how unsatisfying most of his online hookups were. He said they were very mechanical but not much more, certainly no feeling on any level other than physical—sensation without sensuality. Most people think of sensuality as something between two people, but the sensuousness of life starts with the self and our own experiences.

Sensuality is all about being. Life is full of sensuality, if we pay attention—full of luscious, rich, sumptuous, and exciting experiences on the physical, mental, emotional and spiritual levels. Once we understand what sensuality truly is, the more easily we can share that understanding with others.

Think about the feeling of eating your favorite food—the taste of it and how that resonates throughout your body. When I was younger, my favorite dinner was fried shrimp. The crunch of the breading combined with flavor of the shrimp and either the kick of the cocktail sauce or the cool tanginess of the tartar sauce gave me a feeling of pleasure and excitement.

Think about the feeling of a breeze on a beautiful spring day as it makes your skin tingle; how it refreshes the mind and spirit after a long winter. Or a friend's hand on your shoulder that makes you feel like you belong and are accepted as you are. Or the sound of rain on a tin roof or the rustle of the wind through the trees that reminds you how soothing nature can be.

There is also sensuality of our spirituality. Our

environments are constantly sending us messages with feelings that provide context and texture to our experience of being alive: a song we hear in passing on the radio with a message we needed to hear. A passage we read in a book that deeply resonates. A chance meeting. An unexpected good fortune. An intuitive thought that urges us forward or warns us to stop. Coincidences and synchronicities. All the luck, fate, and chance that make life feel special are tried to our sensuality.

Intimacy is not just about sex. It's about closeness, tenderness, vulnerability, and trust between two (or more) people regardless of the specific nature of the relationship. Sensuality is about connection on an unspoken level. It happens between and beyond the words used to describe it. It is experiential through the five basic senses. It opens you to the transcendent—where in a moment, and maybe only for a moment, you are lifted beyond time and space where you can touch and be touched by something more than what words can describe. A sensual experience—physical, mental, emotional, or spiritual—can ease overwhelming feelings like isolation or alienation, leading to a sense of oneness with others. Your work, your creative projects, your hopes and dreams all are sources of and benefit from sensuousness.

Connecting with your sensuality requires presence and intention. Put down your phone. Open your senses. What are the smells, tastes, sounds, sights, that your life is providing you with? Where do the accompanying thoughts and feelings take you? Do you find inspiration or hope or beauty or peace? Or maybe a sense of well-being, contentment, gratitude, pleasure, or excitement? Life is a very lush experience, but you've got to be paying attention or those experiences will slip on by and you'll be left wondering, just like my friend, why is this all so mechanical and rote? It's not. But do you dare to find out?





Patrick and Charlie celebrating our 22nd Anniversary.

4TH OF JULY TRIVIA

Why is the name John Hancock synonymous with “your signature”?

Hancock’s bold signature on the Declaration of Independence dwarfed the signatures of the other signers. Legend says that Hancock wanted the king of England to see the rebellious signature without having to wear his spectacles.

How many people signed the Declaration of Independence on July 4?

Only two men signed the Declaration of Independence on July 4, 1776—John Hancock, president of the Congress, and Charles Thompson, secretary of the Congress.

On what day did most people sign the Declaration of Independence?

August 2, 1776.

When did Independence Day become a national holiday?

The Fourth of July was not declared a federal holiday until 1938.

Is anything written on the back of the Declaration of Independence?

Yes, but not a treasure map like a certain favorite film suggests. The message “Original Declaration of Independence dated 4th of July 1776” is written upside-down on the back of the Declaration of Independence.

Where is the Declaration of Independence document today?

Thomas Jefferson’s original draft was lost and the one eventually signed is the “engrossed” document. It is kept at the National Archives in Washington DC for all to see.

Of the 200 printed copies of the Declaration made by John Dunlap (the Dunlap Broadside), only 27 are accounted for. One of these was found in the back of a picture frame at a tag sale and sold at auction for \$8.14 million to television producer Norman Lear in 2000. It traveled the country on display to the public for ten years.

Where was George Washington when the Declaration of Independence was written?

In July 1776, Washington was in New York with his troops. On July 9, he received his copy of the Declaration with a note from John Hancock telling Washington to share the news with his soldiers. The men were so excited that they rushed over to the Bowling Green and tore down the statue of King George III. Shortly after this, the British, as Washington expected, attacked the colonists and the American Revolution was underway. The colonists fought eight long, hard years (1775-1783) for independence from Britain.

The Old Farmer’s Almanac



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Basic Mason Jar Ice Cream

Pour 1 c. heavy cream, 1 ½ tbsp. granulated sugar, 1 ½ tsp. vanilla extract, and a pinch of salt into a 16 oz. mason jar and screw the lid on tightly. Shake vigorously, until the cream thickens and almost doubles in size, which should take about 5 min. You'll know you're done when the mixture doubles in volume and is the consistency of brownie batter. Freeze for at least three hours. Then eat.

Berry Ice Cream

Blend ½ fresh berries and add it to the mixture before you freeze it. You can cheat: a tbsp. of jam will work. If you prefer chunks, cut up the berries.

Chocolate Peanut Butter Ice Cream

Add 1 tsp. peanut butter to the mixture and shake. If you want chocolate blended in, squeeze in 1 tsp. chocolate syrup. If you want a marbled effect, swirl in the syrup at the end and give your mixture a quick stir with a spoon.

Chunky Chocolate and Nut Ice Cream

Add 1 tbsp. of whatever kind of nuts you choose. Pecans are buttery and yummy, for example. Add mini-chocolate chips.

The possibilities are endless. For caramel ice cream, just chop candies into the mix. For banana, blend it first. Coconut is a no-brainer, but make sure the pieces are small and fine. A pinch of salt on top brings out the flavors.

By Amelia Nierenberg, New York Times

Time for a Chuckle or Two

An 85-year-old couple, having been married for almost 60 years, died in a car crash. They had been in good health mainly due to her interest in health, food, and exercise. When they reached the pearly gates, St. Peter took them to their mansion which was decked out with a beautiful kitchen and master bath suite and Jacuzzi. The old man asked St. Peter how much all this was going to cost. "It's free," Peter replied, "this is Heaven." Next they went out back to survey the championship golf course. They would have golfing privileges every day. The old man asked, "What are the green fees?" Peter replied, "This is Heaven. You play for free." Next they went to the clubhouse and saw the lavish buffet lunch with the cuisines of the world laid out. "How much to eat?" asked the old man. Peter replied with some exasperation, "This is Heaven it's free." "Well, where are the low fat and low cholesterol tables?" the old man asked timidly. Peter lectured, "That's the best part, you can eat as much as you like and never get fat or sick. This is Heaven." With that the old man went into a fit of anger, throwing down his hat and stomping on it, shrieking wildly. Peter and his wife both tried to calm him down, asking him what was wrong. The old man looked at his wife and said, "This is all your fault. If it weren't for your blasted bran muffins, I could have been here 10 years ago!"



A lady went into a bar in Waco and saw a cowboy with his feet propped up on a table. He had the biggest boots she'd ever seen. The woman asked the cowboy if it's true what they say about men with big feet being well endowed. The cowboy grinned and said, "Shore is little lady, why don't you come on out to the bunkhouse and let me prove it to you?" The woman wanted to find out for herself so she spent the night with him. The next morning she handed him a \$100 bill. Blushing, he said, "Well, thank ya ma'am. Ah'm real flattered. Ain't nobody ever paid me for mah services before." "Don't be flattered. Take the money and buy yourself some boots that fit."

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 FOOD TRUCK FRIDAYS 5-9 P.M. IDLEWILD PARK THRU AUG 26	2 DRAGON LIGHTS THRU AUG. 12 W.D. MAY BOTANICAL GARDEN LIT LANTERN SCULPTURES. \$20 ADULTS \$15 CHILDREN
3	4 INDEPENDENCE DAY LUNCH BUNCH 1 P.M. LILY'S RESTAURANT 2325 Kietzke at Grove STAR SPANGLED SPARKS NUGGET CASINO FIREWORKS 9:30 pm	5 RENO ACES BASEBALL VS. TACOMA THRU JULY 10 6:35 GREAT NEVADA FIELD SUNDAYS AT 6:05 P.M.	6	7 BRUKA THEATRE "CLUE" THRU JULY 17	8 RENO CHALK ART AND MUSIC FESTIVAL THRU JULY 10. ATLANTIS CASINO	9 RENO PHILHARMONIC ORCHESTRA "POPS ON THE RIVER" WINGFIELD PARK 5 P.M.
10	11 LUNCH BUNCH 1 P.M. CANTINA LOS TRE HOMBRES 1180 SCHEELS DR., SPARKS	12	13	14 CLASSICAL TAHOE SUMMER MUSIC FESTIVAL THRU AUG. 18. SIERRA NEVADA UNIVERSITY, INCLINE VILLAGE	15	16 55 TH ANNUAL BASQUE FESTIVAL IDLEWILD PARK 9 – 5.
17	18 LUNCH BUNCH 1 P.M. RED'S OLD 395 GRILL 1055 S. CARSON ST. CARSON CITY	19	20	21	22 RENO ACES VS. EL PASO THRU JULY 24. GREATER NEVADA FIELD	23 NORTHERN NEVADA PRIDE FESTIVAL
24	25 LUNCH BUNCH 1 P.M. A TASTE OF THAI 915 MOANA LANE RENO	26 RENO ACES VS. SALT LAKE THRU JULY 31. GREATER NEVADA FIELD 6:35 P.M. SUNDAY AT 6:05 P.M.	27 BROADWAY MUSICAL "HADESTOWN" THRU JULY 30 PIONEER CENTER	28	29 HOT AUG. NIGHTS KICK-OFF THRU JULY 30 VIRGINIA CITY BIGGEST LITTLE CITY WINGFEST DOWNTOWN RENO ALSO. SAT.	30 RENO GARLIC FEST DICK TAYLOR PARK, 1140 BEECH ST. 3 – 8 P.M.
31						

More Calendars from WinCalend