



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

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

**SONS IN RETIREMENT,
HOOKER OAK BRANCH #84**

Volume 48, Number 3

March 2026



Incorporated

SIR exists to enrich the lives of its members through fun activities, luncheons and events while making friends for life.



SIR Happenings



BOWLING CLUB

The Bowling Club meets every Tuesday night for drop-in open bowling, from 6:00 PM to 8:30 PM, at the Bolero Bowling Center in Chico.



Ray Quinto
530 343 6752

Bowling Club - Ray Quinto 530 343 6752

Golf Club - Paul Brossoit 530 514-3186

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

Movie Club - Greg Sanger 530-518-7924

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

Cycling Club - Tim Kressin 951-743-1297

Pickle Ball - Tim Kressin 951-743-1297

PICKLE BALL

Pickle ball Is Taking Over
(in a good way)!



Pickle ball is booming, and it seems like everyone is getting in on the action. With the lone racquetball court in Chico now closed, many racquetball players have made the leap—and discovered that running a little less and laughing a little more isn't such a bad trade. Tennis players are joining in too. Young, middle-aged, older... if you can hold a paddle, you're qualified.

Ken Doglio and Tim Kressin, along with a few other brave (and occasionally competitive) souls, have been playing at the community park near 20th Street and Martin Luther King Jr. Boulevard. They currently play every Thursday at noon. Start times may drift earlier as the weather warms and we try to beat the heat—and each other.

If you're interested, contact Ken, 530-864-5113, or Tim, 951-743-1297, and come join us!

Warning: side effects may include fresh air, new friends, and the sudden urge to talk about pickle ball all the time!

GOLFERS

Branch 84 and Branch 110 tee off together for several tournaments at courses throughout the area. Now that the weather is cooperative, you can dust off your clubs, hit the range for a few practice swings, and join the fun.

For information on upcoming golf outings, please contact Paul Brossoit.

530 514 3486

FORE!



CYCLING CLUB



The Cycling Club will resume biking this month. Contact Tim Kressin or Ken Doglio if interested!!

Tim Kressin - 951-743-1297

Ken Doglio - 530-933-3921



FROM THE BIG SIR

Tim Kressin

Chico's March Charm

Welcome to March in Chico — where the almond blossoms show off like they've been waiting all year for their close-up.

After coming up from Southern California seven years ago, it's hard not to smile this time of year. Sure, we've endured those bone-chilling, fog-soaked winter mornings where the sun seems to have taken a leave of absence. But then March arrives, and Chico reminds you why you stayed.

The orchards turn into oceans of white and pink. The parks stretch out in every direction. The bike trails wind under canopies of trees just starting to wake up. And the people — such a mix — longtime locals, college students, newcomers, outdoorsmen, young families — all woven together in our wide-open valley town.

You've got quick escapes in every direction:

- Snow and volcanic beauty up near Lassen Volcanic National Park
- Lake days at Lake Almanor
- Sac River!
- Bigger city runs when needed
- The coast if you're craving salt air
- Hunting, fishing, hiking — all practically in the backyard

I remember friends driving all the way up from SoCal just to go dove hunting. Meanwhile, here we are living in the middle of it.

And yes — it does take a minute to switch from “ahl-monds” to “am-monds.” That's when you know you've crossed fully into NorCal territory.

Whenever you head back down south and feel the congestion, the hurry, the constant motion, Chico feels even sweeter when you return. The open spaces. The orchards. The quiet mornings. The sense that you can breathe.

March has a way of reminding us why we chose this place. Thankful!

A handwritten signature in blue ink that reads "Tim Kressin". The signature is written in a cursive style with a long horizontal line above the name.



BIG SIR,
LITTLE SIR,
SECRETARY,
ASST. SECRETARY,
TREASURER,
TREASURER ASST.,

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Marty Nichols----- 530-514-8270
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Lowell Terrell----- 895-1737
Paul Brossoit----- 530-514-3486
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SUNSHINE, Jim Hertl----- 897-0402





HAPPY BIRTHDAY!

Bob Browning, Stan Haley, Paul Herman, Ray Quinto

March 5, 2026 - 11:15 AM

Manzanita Place (Chico Elks)

Nancy Anderson - New Leaf Home



Nancy grew up in the East Bay and moved on to UC Davis where she majored in nutrition and met her husband, Ken. The couple lived in Sonoma County for six years, where they started their family. A subsequent move to Chico allowed Nancy to obtain a Master's degree in nutrition from CSU-Chico and become a Registered Dietician. For fifteen years she taught nutrition at Butte College and CSU-Chico.

A 2011 trip to Nepal with her daughter revealed, in Nancy's words, "a life changing, and-shocking experience." Soon thereafter, they formed a Chico-based team to open a care home for girls "suffering from abusive and neglectful situations." The care home, dubbed New Leaf Home, now has a Nepali director and three house moms capable of caring for twelve girls aged nine and up. There is also a Nepali board of directors to oversee the needs of the house and staff. Several churches and individuals from Chico also help support New Leaf.

New Leaf care home has been a place of hope and restoration. The girls are loved, cared for, provided for, and are given an opportunity for an education, employment, and marriage.

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



Corned Beef & Cabbage

Bread

Surprise Dessert



IF YOU CANNOT ATTEND THE JANUARY 8 MEETING, PLEASE NOTIFY MIKE CRUMP BY JANUARY 4 530 588 4781

WISDOM

It was my unique privilege to spend two days on a commercial salmon fishing boat in Bristol Bay in southwest Alaska. I was a guest of my son-in-law who did this for a total of 19 summers. It was a good summer job, for about 6 weeks, working both as a deck hand and as captain.

The boats are all 32 feet, I think by regulation, and are stern wheelers. The boats let out about 800 feet of gill net which hangs down some 8-9 feet. They are positioned in the mouth of a river and as the salmon are returning from the ocean heading up stream, bingo, they get caught in the net. The net is periodically reeled in and each fish is removed by hand. Hard work! That is the basic mechanics of the process, but, there are many regulations to control how this is done.

It is with this background that a very brief news note recently got my attention. After a fair amount of searching, this is what I discovered:

Gloucester, Massachusetts is a small coastal community some 30 miles north of Boston. It is the oldest seaport in the United States, dating from 1623. It is noted for scenic cruises, beautiful beaches, whale watching, the arts, and, oh yes, it's historic marine charm which means fishing, past and present, with fresh seafood.

The coast guard received a distress call in the early morning hours about January 30, 2026 from the Lilly Jean, a 72 ft fishing vessel out of Gloucester, carrying a crew of 7. All were lost. Only one body was recovered. The weather was brutal. One theory is that the ship iced up and became very unstable. Water temperature was about 40 degrees. The North Atlantic has proven to be very dangerous. The Lilly Jean was returning to its home port from its fishing area. Sadly it never made the last 25 miles to safety.

How dangerous? The numbers are almost unbelievable. In four hundred plus years 8,000-10,000 individuals went down in over 1,000 boats. It is documented that all hands were lost on 265 of the boats.

Makes one wonder how a community copes, how it sustains itself. It is amazing that individuals went out to sea to support their families. They did it because that is what you do. For so many it was a one way trip. Resulting in sadness for the families.



February 17, 2026 Richard Kannenberg



USELESS AND IRRELEVANT WORDS



March 2026

The War on Truth

Recently, I had the opportunity to listen to a TED talk (Technology, Entertainment, and Design lectures sponsored by TED LLC.) featuring Mr. Hany Farid, an applied mathematician and computer scientist. He is currently working as a digital forensics expert. The title of his talk is “How to Spot Fake AI Photos¹”. In it, he describes three of several methods he uses to determine if a photo or video is real or fake. AI imagery is now so realistic that it takes a combination of several sophisticated techniques to discriminate between real and artificial imagery. Even then, the probability of authenticity or not isn’t guaranteed. The techniques he describes include the use of Fourier Transforms (FT, a mathematical technique) of the subject pictures individual pixels, the vanishing point geometry of the image and the source of shadows in any photos having shadows present. In an artificial image, the FT shows a definite repetitive nature to the pixels while the natural image does not. The vanishing point is known to every artist. Think of a railroad track trailing off into the distance. The rails appear to converge to a point in the distance, the vanishing point. In fake photos, the vanishing point will likely not be a point but rather a scattering of spatially separated points, a sure sign of computer generation. The same goes for shadows. If an image contains shadows from say, a source like the sun, artificial shadows may not all converge toward it. Rather, they may scatter randomly as with the vanishing point. It goes on. He indicates they have to modify or improve their detection methods as the fakery is rapidly evolving. In his business, Farid receives cases more and more frequently so that now they arrive nearly every day. What works for him today in identification will not work 6 months from now as the sophistication is rapidly improving. Mr. Farid goes on to say that approximately 50% of the imagery presented on social media is fake. As a result, and sadly, he recommends we never take ANY news on social media as real, even if it is. He recommends that all of us avoid using social media for anything at all. The reason underlying this is the combination of generative AI and the widespread use of social media.

Well. It gets worse. “A growing body of research shows that online misinformation is both easily accessible and can spread quickly through online social networks.²” While some people share misinformation unknowingly, others do so and with malice. The intent is to lie or mislead in an effort to manipulate thinking and action. Using a 2022 U.S. survey, a group from the Harvard Kennedy School³ found that 14 percent of respondents reported knowingly sharing misinformation. It’s worse because many pass this on unknowingly, perhaps as many as 50-70% of the users who repeat information. “Respondents to this survey who reported purposefully sharing false political information online were more likely to harbor (1) a desire to run for political office, (2) support for political violence, and (3) positive feelings toward QAnon, Proud Boys, White Nationalists, and Vladimir Putin. Furthermore, these respondents displayed elevated levels of anti-social characteristics, including a psychological need for chaos, “dark” personality traits (narcissism, psychopathy, Machiavellianism, and sadism), paranoia, dogmatism, and argumentativeness. These respondents were also more likely to have elevated levels of a psychological need for chaos, dark malicious tetrad traits, and paranoia.”³

Let’s stop here and define the four tetrad traits; they are:

1. **The source** - Where the misinformation originates (an individual, group, bot, or media outlet).
2. **The message** - The misleading, false, or distorted claim itself which is often emotionally charged or oversimplified.
3. **The medium** - How it spreads: social media, news, word of mouth, messaging apps, etc.
4. **The Audience** - The people who receive, interpret, and potentially reshare it.



It is becoming more difficult to protect the real and detect the fake as the disinformation technologies become ever more sophisticated. “With generative AI, along with other advances in deep fakery, it doesn’t take many seconds of your voice or many images of your face to fake you personally and the realism keeps increasing.⁴” An example, there are many fake videos on social media that claim to be lectures or statements made by famous scientists such as Enrico Fermi, Robert Feynman, Albert Einstein, or Neil deGrasse Tyson. The images and voice appear to be realistic but are faked. Some of these videos may even be based on messages these individuals said, but it is impossible to determine if they, in fact, said them the way they’re presented or, at all. With advances in generative AI, we are approaching a world where it’s broadly easier to make fake reality but sadly, also to dismiss reality as possibly faked. “[Now,] deceptive and malicious audiovisual AI is not the root of our societal problems, but it’s likely to contribute to them. Audio and visual clones, avatars of major network news casters are proliferating in a range of electoral contexts. As examples, sexual deepfakes target women both in public and in private or, claims cloud human rights evidence from war zones [and on and on]. The bottom line here is that we are finding many new ways to synthesize and manipulate reality.⁴”

The good news is that there are institutions now being formed to investigate audio and video to determine whether such content is deep faked or only partially real. The not so good news, is that some of these monitoring and investigative organizations or Websites are themselves, fake. We are already seeing the challenge of discerning fake from real. Audio and video deepfakes have targeted politicians and major political figures around the world. Sam Gregory⁴ cites examples in the EU, Turkey, Mexico, and in US mayoral candidates where ads incorporate events that never happened but are claimed to be real. It has become so sophisticated that audio clones and synthetic videos can easily deceive even trained professionals.

This goes on. While not completely attributable to AI and social media, all of us experience daily phone scams, door to door fakery, credit card scams, ATM invasion, bank hacking, and e-mail scams where we are contacted in ways that seem real but are in fact nothing more than fake messages to promote malicious intent. Mail fraud. Internet ads, and financial institution mimicry add to an ever growing list. Many of these are obvious and we just jokingly cast them aside, but others cause large amounts of damage and suffering. Bad actors, using these methods, only build on the confusion of media fakery, some using AI but all to both fabricate and discredit vital information.

Hyper-realistic AI-generated media now blurs the line between fact and fiction, making it easy to create convincing fakes or dismiss genuine evidence. Deepfakes have already been used to scam families and undermine political processes. As visible clues vanish, even experts struggle to quickly verify what’s real. Building resilient detection tools, transparent content histories, and shared accountability across tech platforms is essential for protecting democracy and frankly, public trust. In my opinion, we must support and promote work toward three things, transparency, liability, and accountability. Otherwise we risk a world where it constantly gets easier and easier to fake reality or dismiss reality as potentially faked.

The second part of this is that Social media dominates the world of today. It is largely unregulated. It is a platform that actively promotes and amplifies lies and conspiracies which are easily spread through both unwitting and purposeful repetition. To all of us, this means that it is harder and harder to believe anything we see, hear or read online. This clearly has profound consequences to each and every one of us, institutions, societies and even our democracy.



So, we've met the enemy and he is us. We are doing this to one-another. We have created a war on truth, and it is escalating daily. To me, it's about trust of our fellow man and the erosion of same. Without truth, our thinking and actions will increasingly be misguided. If we simply remain passive to the fakery, we will suffer the unfortunate consequences of external control. "Transparent media where the origin, source, or history of something, especially regarding where it came from and how it has changed over time helps distinguish authentic content without sacrificing privacy or anonymity."⁴ A clear pipeline of responsibility is needed from creators to public platforms. This will help to ensure accountability for AI-powered or other fake media. We also need to support the development of robust detection tools, institutions of enforcement, and a regulatory environment that can aid frontline journalists, election officials, community leaders, and yes, all of us, so we deal only with the truth. Finally all of us must stop using social media for our news or, frankly anything. The conceptual platforms themselves, if used for the transmission of truth or clearly labeled as entertainment have been and are extremely useful. Our corruption of it is just dangerous. Here's one person's opinion that is scary but makes a lot of sense:

"A people that can no longer believe anything cannot make up its own mind. It is deprived not only of its capacity to act but also of its capacity to think and judge. And with such people, you can then do what you please." Hannah Arendt⁵.

Greg Sanger

gandbsanger@outlook.com

- 1.https://www.ted.com/talks/hany_farid_how_to_spot_fake_ai_photos
- 2.Allcott, H., & Gentzkow, M. (2017). Social media and fake news in the 2016 election. *Journal of Economic Perspectives*, 31(2), 211–236. <https://doi.org/10.1257/jep.31.2.211>
- 3.https://misinforeview.hks.harvard.edu/article/who-knowingly-shares-false-political-information-online/?utm_source=chatgpt.com
- 4.https://www.ted.com/talks/sam_gregory_when_ai_can_fake_reality_who_can_you_trust
- 5.Hannah Arendt (1906–1975) was a German-American political theorist and philosopher best known for her influential work on totalitarianism, power, authority, and the nature of evil.

