



# Observations

Study



Activity



Growth



Enrichment



Fall 2024



Dear Esteemed Members,

I hope this letter finds all of you in great health and high spirits. As the new President of SAGE, I want to take a moment to express my heartfelt gratitude for your ongoing commitment and contributions to our organization. Your wisdom and experience are invaluable assets that help shape SAGE and serve as a source of inspiration for others.

As we look ahead to the coming year, we face both exciting opportunities and unique challenges. At this time, I would like to welcome new and returning members. SAGE thrives on the diversity of our members' experiences and perspectives. We welcome fresh faces who will invigorate our community and enrich our collective endeavors.

We recognize many potential members may not be aware of the many benefits of joining our organization. Whether it's sharing knowledge, engaging in meaningful activities, or simply making new friends, SAGE has so much to offer. I encourage each of you to reflect on your own experiences and the positive impact our organization has had on your life. By sharing your stories, you can help us reach prospective members who might be looking for a place to belong.

We are planning several outreach events in the coming months designed to attract new members, and I hope you will be involved in these initiatives. Whether it's through word of mouth, inviting friends and acquaintances, or participating in our SAGE events, every effort counts. Your authentic engagement can make a significant difference in showcasing what is SAGE.

Additionally, if you have any ideas or suggestions as to how we can better appeal to potential members, please do not hesitate to share. Your insights are incredibly valuable, and together we can devise innovative strategies to bring new energy into SAGE.

Thank you once again for being an integral part of SAGE. Let us unite in our efforts to grow our organization, ensuring that it continues to flourish for current and future generations.

Warm regards,

*Joann Klonowski*

# JOIN IN THE FUN —JOIN A SAGE ACTIVITY

## Generated for YOU by YOU

**JOIN:** In addition to our great classes, many SAGE members are forming or joining special interest activity groups. These members coalesce around a joint interest that lends itself to ongoing learning, discussion, discovery, and fruitful interactions. Activities/special interest groups are self-governing. The group decides the scope of their interest, when and how frequently they meet and where the meetings will take place. They may meet off-site, at members' homes or they may visit sites related to their particular interest.

**CREATE:** If you have an interest and want to share it with others, we strongly encourage you to let us know and we can help you in organizing an activity/special.interest.group:

<https://www.sagelearninginretirement.org/activities/>

**LEARN:** Want to know what the groups are doing? Take a look at **THE SAGE WEB ACTIVITIES CALENDAR** — see what's coming up.  
<https://www.sagelearninginretirement.org/activities/>

The following groups exist already and many welcome new members.

HEAR and SEE **OPERAS** and **CONCERTS** — READ **PLAYS** — ATTEND EPIC **DINNERS** — DISCUSS **CURRENT EVENTS** — SEE **FILMS** — GO ON FIELD **TRIPS** — SEE **LOCAL THEATER GROUPS** — EXPLORE **LA NEIGHBORHOODS** — TAKE AN **ETHNIC FOOD TRIP**

## THE CHURCH PANTRY - ESPECIALLY AT HOLIDAY TIME

The food pantry still needs help and contributions of either food or money. While many of us are beginning to feel like the end is in sight, the crisis is not over for those who lost their jobs during the pandemic. And, of course, there were many people who were food insecure before the pandemic hit. To help:

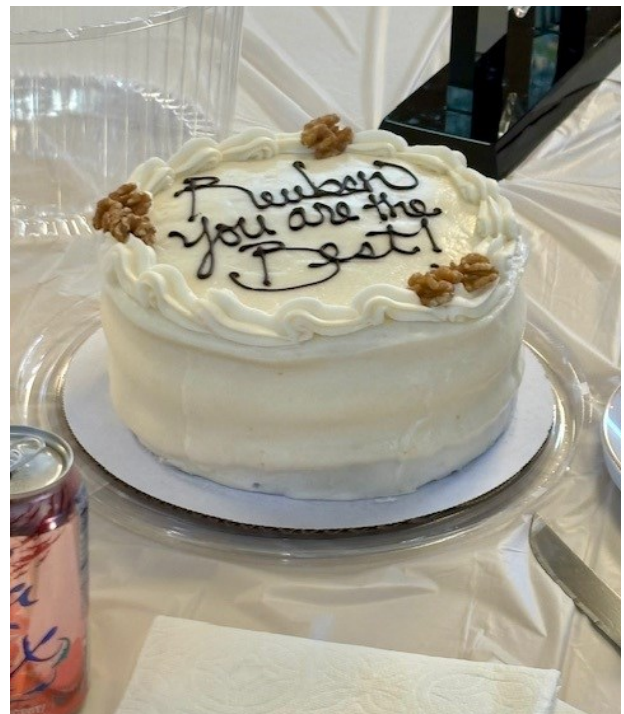


- Bring non-perishable canned or packaged food to the Church and deposit them in the bin I the closet or
- Send a check to St. Andrew/St. Charles Episcopal Church, 16651 Rinaldi St., Granada Hills, CA 91344. Make check payable to St. Andrew /St. Charles Episcopal Church.  
Note "food pantry" in the memo line.

## BITS AND PIECES

### Reuben Allen Luncheon – October 25, 2024

One of our longest standing members of SAGE, Reuben Allen was given a honorary luncheon on the occasion of his retiring from SAGE. Reuben contributed to just about everything SAGE did. He initiated a series of travel adventures for SAGE members including a tour of the art in the LA subway stations and tours of downtown Los Angeles. Reuben was the unofficial photographer of most SAGE events and documented SAGE and its members in the first SAGE Website. He contributed his technical expertise to assist us all in presenting talks and ensuring other events had sound and all the support that was needed. The go-to guy for everything the rest of us couldn't do. We hope to see him at future events and to assure him he will always have a home at SAGE.





## THE JPL EXPERIENCE

In keeping with SAGE's long tradition of exploring all that Los Angeles has to offer, thirty plus members were given a tour of the NASA Jet Propulsion Laboratories (JPL) in October.

Attendees learned about past space missions and new missions planned for 2026 and 2027.

Farside Seismic Suite will deliver two sensitive seismometers to the far side of the Moon, where they will measure far-side moonquakes and meteor impacts for the first time ever.

The SAGE group even got to view the "clean room" (from behind a glass window) where a NASA team was packing parts of the latest moon vehicle for shipment to the launch site. The sheer size of the equipment was amazing as was the overview of all of JPL's past and future endeavors.



## LET'S TALK TURKEY!

Our modern take on eating meat has led many of us to substitute traditional meats with alternatives made of ground chicken or ground turkey. But did you know that it took a food campaign to move our tastes away from pork and beef. As part of that effort, a scientist at Cornell created a BBQ sauce that not only drew many to BBQ chicken, but provided a sauce that coated the chicken and could be refrigerated for a much longer time.

That scientist, Dr. Robert Baker, created a new BBQ sauce enriched with eggs that made the sauce stick to the chicken.

In 1950, Dr. Baker published "Barbecued Chicken and Other Meats," a bulletin that included recipes to make broiler chickens (chickens bred for their meat instead of eggs) ideal for the barbecue. The idea of cooking chicken was somewhat new at the time, as most people ate beef and pork, and Dr. Baker saw the publication as a way to educate home cooks while helping poultry farmers.

Not only did he create a great sauce, but Dr. Baker is credited with inventing chicken nuggets, chicken bologna, chicken hot dogs, and chicken salami. This led to variations created with ground turkey and seasonings meant to simulate real beef and pork. And before you knew it, plant-based meat substitutes were being created along with plant-based butter, cheese, plant-based mayonnaise and just about everything else. The original BBQ recipe is as follows:

***TOTAL TIME 3 hours***

1 cup oil

1 pint cider vinegar

3 Tablespoons of salt (probably less)

1 Tablespoon of poultry seasoning

1/2 teaspoon pepper

1 egg

- Combine basting sauce ingredients: 2 cups apple cider vinegar, 1 cup vegetable oil, 1 large egg, 3 TBS salt, 1/2 tsp ground black pepper, and 1 TBS poultry seasoning in a blender and mix until emulsified.
- Place the **2 whole chickens (2 1/2 to 3 pounds each, cut in half)** in a large zip-top plastic bag and pour in 1/2 cup of the basting sauce. Seal the bag, shake gently to coat the chicken evenly. Refrigerate for 2 hours.
- Remove the chicken from the marinade and wipe off excess sauce from the surface. Discard the marinade.
- Grill over charcoal, turn and baste often with the remaining sauce every 10 minutes, for about 1 hour, or until cooked through.
- If you have leftover sauce and want to store it, boil it down and add more vinegar before placing it in the refrigerator.
- The combination of vinegar, oil, seasoning, and an egg makes a basting sauce somewhat similar to mayonnaise. Marinating and cooking the birds in this mixture results in an incredibly juicy and complex-tasting barbecue chicken.



## Study / Discussion Group Schedule and Descriptions

WINTER 2025

January 14, 2025 – March 6, 2025

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		Tuesday	Wednesday	Thursday
AM: 9:30-11:30	IN-PERSON	2A: <i>Powers and Thrones: A New History of the Middle Ages</i> by Dan Jones (Part 2) (Pam N.)	3A: Let's Travel to East Africa (Sandy W.)	4A: Revolutions that Changed the World (Marcy G.)
		2B: Expressionist Artists (Lila G.)		
	ZOOM		3B: The Ascent of Humans (Paul C.)	4B: Woodstock (John C.)
PM: 1:30-3:30	IN-PERSON	2C: Topics in Science, Technology and Artificial Intelligence (Connie S.)	3C: Blake Edwards Films ** (Rosalie L.)	4C: Iconic TV Shows of the 1960's & 70's (Laura B., Renee R.)
	ZOOM	2D: Photographs that Change Perception (Alise I., Barbara V.)	3D: <i>Nexus: A Brief History of Information Networks from the Stone Age to AI</i> by Yuval Noah Harari (Julia S.)	4D: Anton Chekhov's Short Stories (Frank D.)

\*\* Starts at 12:00 pm

Time	Format	#	Title	Description
Tues AM 9:30-11:30	In-Person	2A	<i>Powers and Thrones: A New History of the Middle Ages</i> by Dan Jones (Part 2)	A fresh look at the 1,000-year history of the Middle Ages touching on every major topic. With humor, the author, Dan Jones, reveals unexpected links between events and figures. Presenters will choose a chapter to present additional background information and to lead the discussion. Class participants are expected to have the book ISBN: 978-1984880895 (\$20.00)
Tues AM 9:30-11:30	In-Person	2B	Expressionist Artists	We will look at visual artists whose primary subject is the human form, but who are more interested in representing an emotional reality than in literal representation. We will cover German and Austrian Expressionism with artists such as Grosz, Kollwitz, Schiele or Klimt, but perhaps look back to El Greco or forward to artists such as Lucien Freud or Jenny Saville.
Tues PM 1:30-3:30	In-Person	2C	Science, Technology, and Artificial Intelligence (Part 5)	Our next class on Science, Technology, and AI will deepen your understanding of the most transformative developments in these rapidly evolving fields. In this class we will also examine some ethical and legal aspects of AI to address risks and drawbacks such as high energy requirements of quantum computers, ChatGPT, and the monopolization of information platforms. In Science we can explore climate change models, vaccines. Technology can include brain-computer interfaces, smart cities, and robotics. This program offers participants a unique opportunity to gain practical insights into the profound innovations shaping the future, and does not require a science background.
Tues PM 1:30-3:30	Zoom	2D	Photographs that Change Perception	Iconic photographs illuminate the deeper significance of the moment, and make history real by seeping into our collective memory. From unadulterated shots of city life to defining moments in history, these photos captured acts of courage, shocking displays of violence, love, discovery, and triumph. Their indelible impact awakens emotions that forever permeate and alter our perception of humanity. Choose a genre of iconic photos (history, sports, culture, science, medicine, portraits, etc) or an event, and explore the impact of the photos that chronicle our shared experiences. Or share your personal collection of meaningful photos that have defined/informed your life.

Time	Format	#	Title	Description
Wed AM 9:30-11:30	In-Person	3A	Let's Visit East Africa	Topics could include climate, politics, or specific countries such as Tanzania or Kenya. You may also explore the effects of tourism in that area, what type of government it has, or address other experiences you have had in your trips to that area. You don't have to have been to these countries to enjoy studying them in the class. Come and enjoy the travels.
Wed AM 9:30-11:30	Zoom	3B	The Ascent of Humans	When did the genus Homo Sapiens begin? How many different progenitor species have we had? When did our evolutionary line diverge from apes? How do we discern one species of archaic humans from another? Was there only one origin location (East Africa) or were there several? When did humans first appear in Europe and Asia? When did the first humans enter the Americas and how did they arrive? Did modern humans interbreed with Neanderthals? When is a stone just a stone and not an ancient human tool? When are marks on an ancient animal bone the results of nature and when evidence of human activity? What drove the increased brain capacity in hominins? How reliable is our dating schema? Should we consider Native myths on par with scientific facts and allow them to shut down scientific inquiry? Should archeological artifacts be given to Native people for reburial? Can science survive "native ways of knowing" being included in scientific research? Is scientific materialism the best way to understand reality? Is "hunter-gatherers" an outdated concept? Is "civilization" much older than generally believed? Where does scientific fact end and speculation begin? Questions and answers in paleoanthropology and archeology are constantly being updated. Let's explore the latest thinking in the story of human origins and evolution.
Wed PM 12:00-3:30	In-Person	3C	Blake Edwards Films	We will watch selected Blake Edwards films and then discuss. Movies include Breakfast at Tiffany's, Victor Victoria, and the Pink Panther.
Wed PM 1:30-3:30	Zoom	3D	<i>Nexus: A Brief History of Information Networks from the Stone Age to AI</i> by Yuval Noah Harari	<i>Nexus: A Brief History of Information Networks from the Stone Age to AI</i> by Yuval Noah Harari is a book in three parts. The first part is about human networks since the stone age, the second part is about inorganic networks, and the third part is about AI and its dangers, known and unknown. About \$25, but may be available used. ISBN: 978-0593734223
Thur AM 9:30-11:30	In-Person	4A	Revolutions That Changed the World	Revolutions bring fundamental change. The three great revolutions that changed humankind were the Agricultural/Neolithic Revolution (10,000-8,000 BCE), The Industrial Revolution (1760-1840 CE), and the Digital Revolution (1947-present CE). In addition, there were political/social revolutions such as the French Revolution (1889) and the Russian Revolution (1917). Also, there were revolutions in the world of art such as the Impressionist and Cubist movements. Pick a revolution, tell us what happened and how it changed the world.
Thur AM 9:30-11:30	Zoom	4B	Woodstock	The Woodstock Music and Art Fair, commonly referred to as Woodstock, was a music festival held during August 15–18, 1969, on Max Yasgur's dairy farm in Bethel, New York, it attracted an audience of more than 400,000 attendees, making it one of the largest music festivals held in history. The festival has become widely regarded as a pivotal moment in popular music history as well as a defining event for the "baby boom" generation. In 2004, Rolling Stone magazine listed it as number 19 of the 50 Moments That Changed the History of Rock and Roll. Join us as we discuss the lives and music of the many rock artists who performed there.
Thur PM 1:30-3:30	In-Person	4C	Iconic TV shows of the 1960's & 70's	From MASH, Batman & Star Trek to Happy Days, Mary Tyler Moore, and The Odd Couple, we will look at a variety of iconic TV Shows from the 1960's & 1970's and their impact on society and you and your family.
Thur PM 1:30-3:30	Zoom	4D	Anton Chekhov's Short Stories	Considered the best short story writer, Chekhov changed the genre itself with his spare, impressionistic depiction of Russian life and the human condition. We will be choosing stories from the 50 offered in the book <i>The Greatest Short Stories of Anton Chekhov</i> translated by Constance Garnett. ISBN 978-9389717105. Amazon \$11.



Neologisms are often created in response to new cultural or technological developments, or to fill gaps in the lexicon for concepts that were previously unnamed. They can be formed by borrowing words (changing their meaning, often for humorous purposes) or mixing existing words to talk about new concepts.

**adjective:** overbearing, shrewish



**jeremiad** *noun* | jair-uh-MYE -ud

*Jeremiad* refers to a long cautionary or angry rant about something. It can also refer to a similarly prolonged lamentation, or expression of great sorrow or deep sadness.

The *jeremiad* about trivial problems with the campsite didn't go over well with his friends.

**riven** *verb (be riven)* | [rīv]

Split or tear apart violently

"The party was *riven* by disagreements over Europe"

"He was *riven* with guilt."

**propinquity** *noun* | pruh-PING-kwuh-tee

Propinquity is the state of being close to someone or something; proximity:

"He kept his distance as though afraid propinquity might lead him into temptation."

**liminal** *adjective* | LIM-uh- nul

*Liminal* is a formal word most often used to describe an intermediate state, phase, or condition. It can also describe something that is barely perceptible or barely capable of eliciting a response.

**valence** *noun* | /ˈveɪləns/

Linguistics: The number of grammatical elements with which a particular word, especially a verb, combines in a sentence. *Valency* or *valence* is basically how many semantic actors are needed for a verb to be syntactically correctly formed. It is "semantic actors" because it is what is needed for comprehension, whether you say it or not. This means that *valency* includes implied actors that may not be said in discourse. In English you can say just "I ate". Grammatically, there is no object required and as such, "to eat" is classified as an intransitive verb in this usage. But even if there is no object in the sentence, it is implied in its meaning: when you say "I ate", you imply that you ate SOMETHING. So here "to eat" has a *valency* of 2 (a subject and an object, either stated or implied).

**chthonic** *adjective* | THAH-nik

means "of or relating to the [underworld](#)." It is used as a synonym of [infernal](#).

Cleo compared entering her brother's basement bedroom to a descent into *chthonic* regions: it was dark and odd-smelling, and she was a little frightened of what she might find.

**tangentiality** *noun* | tan·gen·tial·i·ty

*Tangentiality* is a communication disorder that involves a speaker's train of thought wandering off topic and never returning to the main point. It can also be described as a thought disturbance that involves oblique speech and a lack of focus. In a broader sense, *tangentiality* means something that is only superficially relevant or divergent.

**Ideate** *verb* | ɪˈdēāt

To *ideate* is to form an idea of; imagine or conceive of.  
 “He is part of a team that *ideates* branding strategies”.

**tendentious** *adjective* | tenˈdenSHəs]

*Tendentious* means expressing or intending to promote a particular cause or point of view, especially a controversial one  
 “a *tendentious* reading of history “

**fugacious** *adjective* | fyoo-GAY-shus

*Fugacious* is a formal word that describes something that lasts only a short time  
 Savor the enduring pleasures of life as intensely as the *fugacious* ones.

**appreciable** *adjective* | uh-PREE-shuh-bul

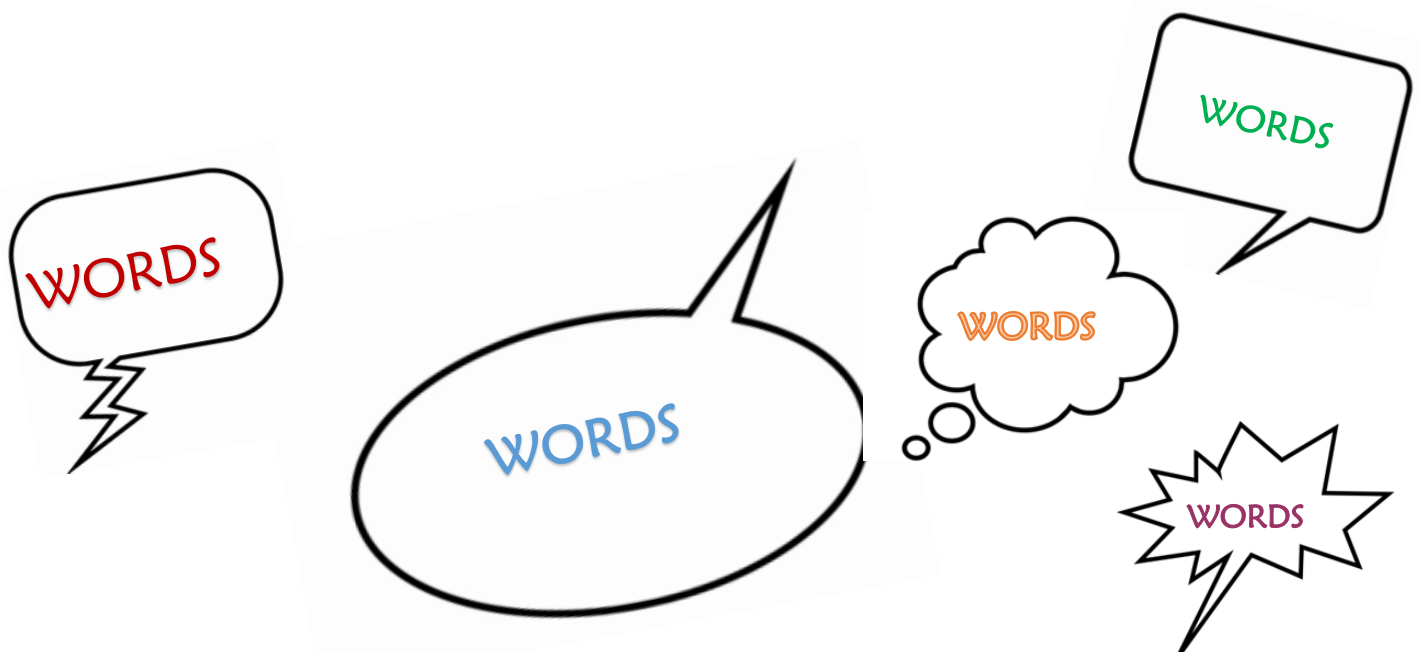
*Appreciable* describes things that can be perceived or measured.  
 Researchers found that the temperature change made no *appreciable* difference in the chemical reaction.

**Syncretism** *noun* sing-kruh-tix-um

*Syncretism* refers to the combining of different forms of belief or practice.  
 “As a scholar of religion, Laila is especially interested in the *syncretism* of [Manichaeism](#), which was influenced by Christianity, Buddhism, and [Zoroastrianism](#)”

**psephology** *noun* | see-FAH-luh -jee

*Psephology* is the scientific study of elections and trends in voting.



# THE WORLD VIEW FROM OUR SAGE FELLOW TRAVELERS:



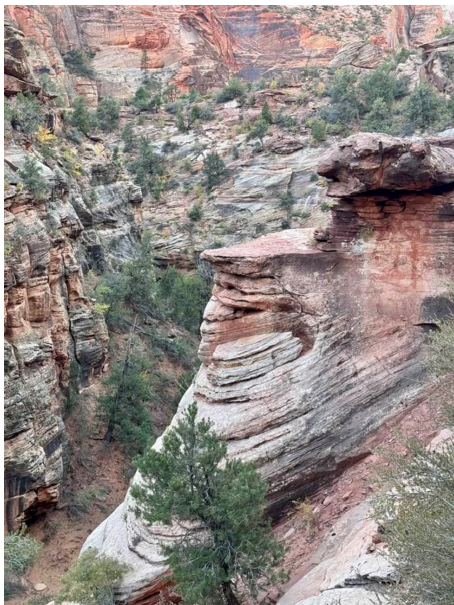
***THE EFFORTLESS TRAVELER***

***TIRZA HAVIV***



**THE EFFORTLESS TRAVELER****TIRZA HAVIV****ZION NATIONAL PARK**

**October 15-16** These pictures are from Zion National Park. Sometimes nature just overwhelms you with its beauty. Each of us reacts differently to its intensity, I get so emotionally excited, Wow Wow Wow ... Our world is going absolutely crazy, while nature in this part of the world is so soothing... It makes us so happy like three fiddlers on the roof of our world.

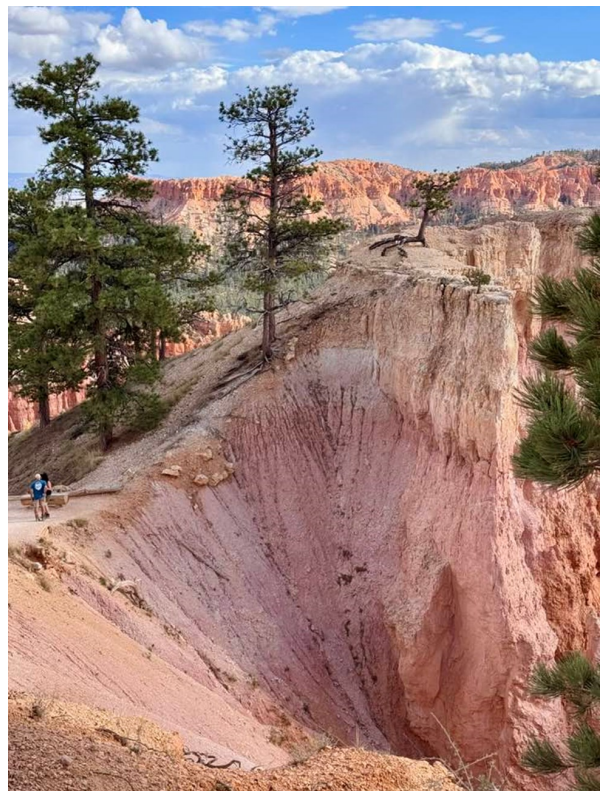




## BRYCE CANYON

**October 17-18** What do you do when the view is so spectacular that it takes your breath away? How can you choose the best photos? This is the most unbelievable natural beauty I've ever seen on earth! Bryce Canyon, nothing can top it in my opinion.

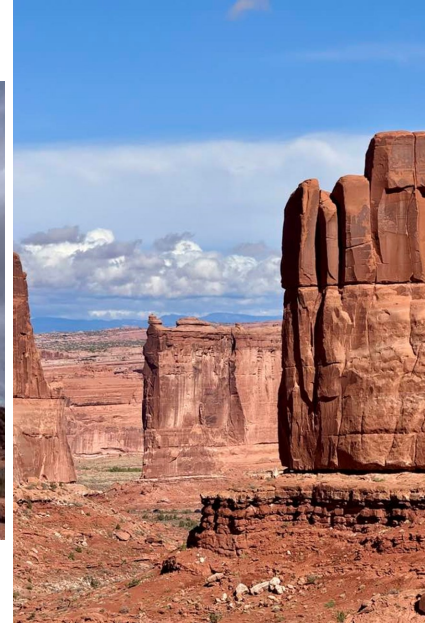
We walked on the rim and went down the canyon on Queen's Garden trail. It was easy to descend, not as easy to climb back all the way up.





## ***ARCHES***

**October 19-20** Arches National Park - Our first trail is called Park Avenue. Guess why? After you climb down to the valley you stroll between various skyscrapers or whatever your imagination takes you to. There was a rock that looked just like three women friends, a special treat for us. Another amazing park that looks very different from the other parks we visited. Check out the beautiful blue sky because it changes very quickly.



## ***CAPITOL REEF NATIONAL PARK***

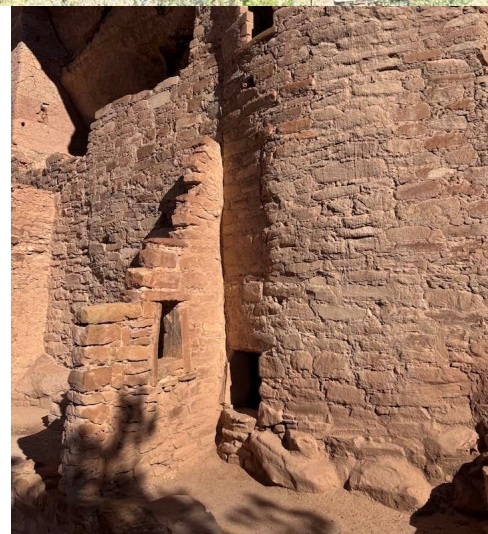
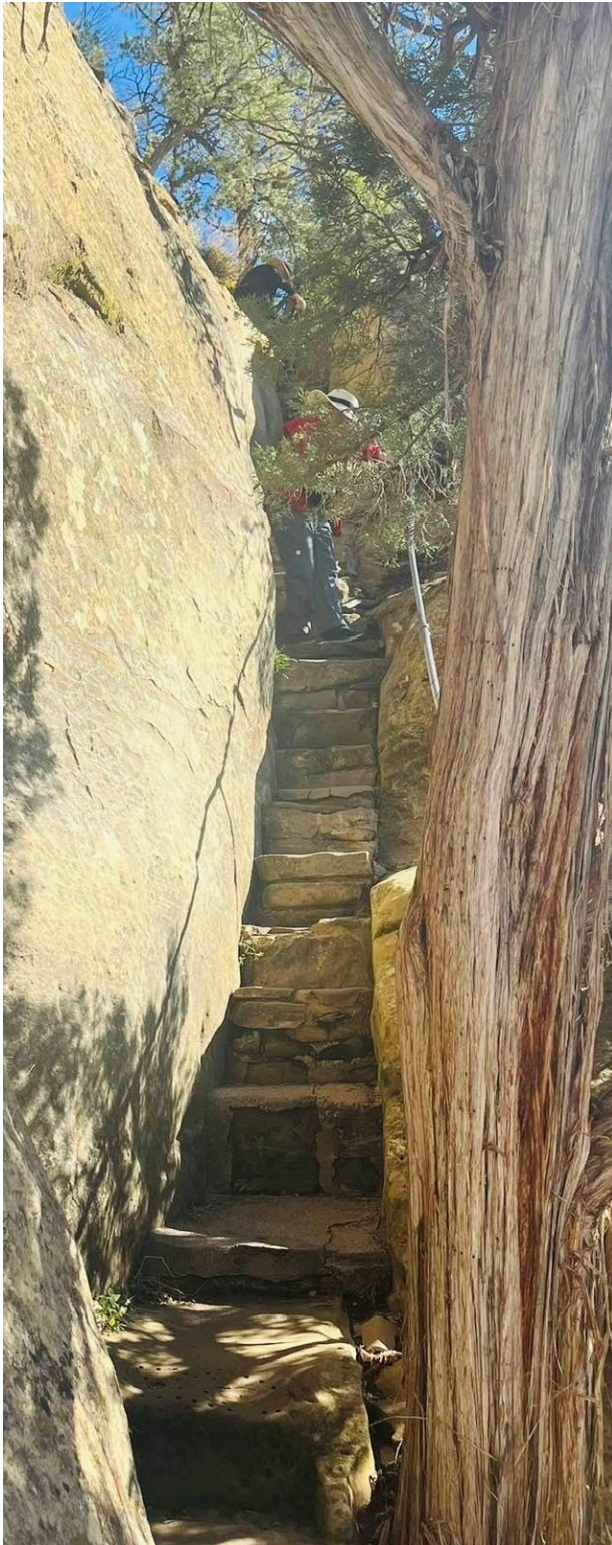
**October 20** If you look carefully at the rock, you'll see an ancient drawing of people and deer. We saw a deer, a live one at the park.





## MESA VERDE

**October 21** Mesa Verde - The dwelling of the Pueblo in 1200 AC. To enter, you need to take a group tour where the ranger warns you about the trail for the first 15 minutes. You will ascend on very narrow, tight, uneven, and steep steps. You also need to climb four ladders all together. It is at a high elevation so some of you will feel dizzy or short of breath. Are you willing and able to do it? We looked at each other with a big question mark on our faces, and then, determined, went on our way. We created some traffic jams along the way where the younger crowd waited for us patiently. I came up breathless, but we made it!!! Very proud of ourselves!





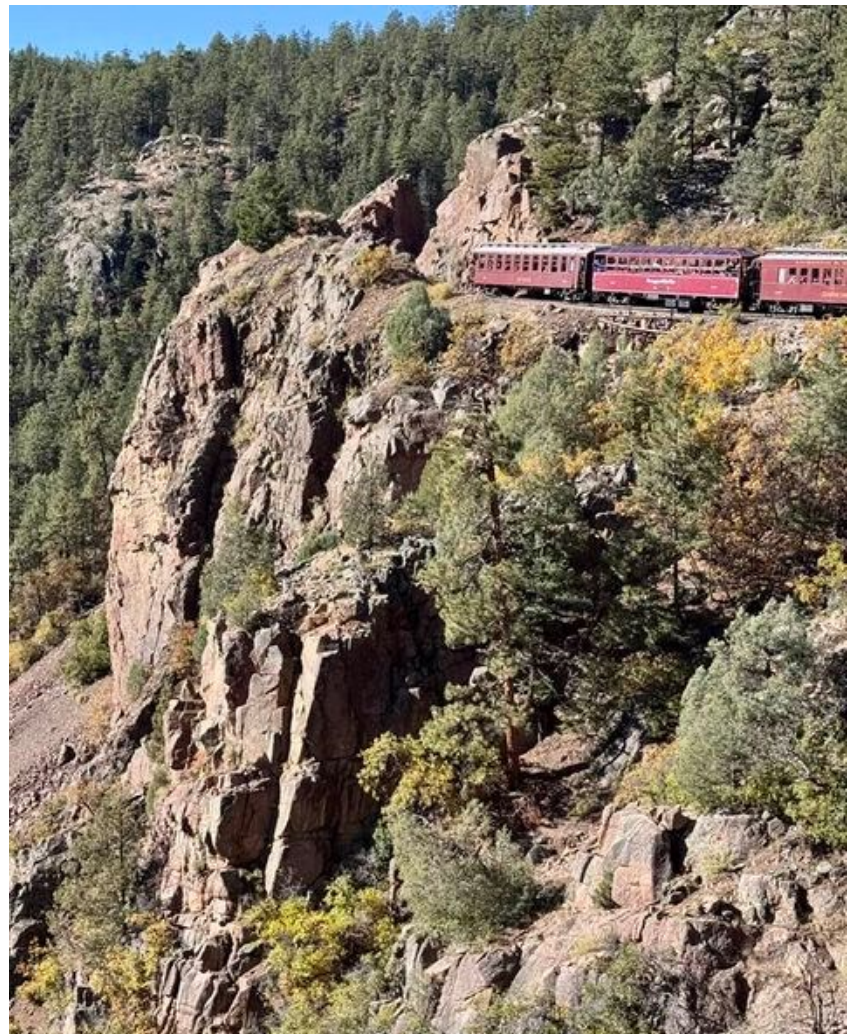
## MANCOS

**October 21-22** Staying in Mancos for two days and experiencing the fall at its best. So beautiful at Mancos! Just LOVE fall colors, and no rain here.



## DURANGO SILVERTON TRAIN

**October 22** Durango Silverton Train - The train is climbs up and up the Colorado Mountains, holding on to its edge, with a very steep drop on the side. The river is at the bottom, and the snow-covered mountain looms above. The evergreen trees are backed by the fall colors of the birch trees, the blue-green flowing water and white snow. You feel that your heart is going to just burst with delight. A whole day ride. Then you are back at your home away from home, and the world news seeps in. The emotions are now mixed with concern, worries about our own family and friends, and concern about innocent civilians who get hurt in war. Hoping for peace.





## **MONUMENT VALLEY**

**October 23** View at the “golden hour “and sunset. We took a 3.5 hour tour with the Native American guide. One more amazing experience when we watch the rock formations glowing, and the sky is adorned in multi colors. How can you top it?



## **HORSESHOE BEND STATE PARK**

**October 24** An easy one mile down and one mile up then back again to the car. The Colorado River below tries to find its way between the rocks ( like many of us in life), and curves a 270 degree route to create a natural horseshoe shape. You stay 2,000 feet above this curved red canyon and watch nature and all its wonders.

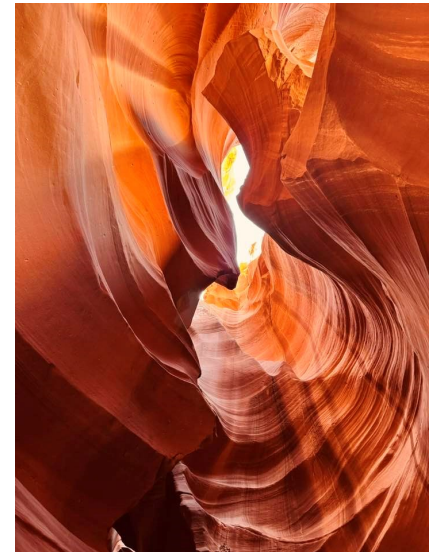


## ANTELOPE CANYON

October 25

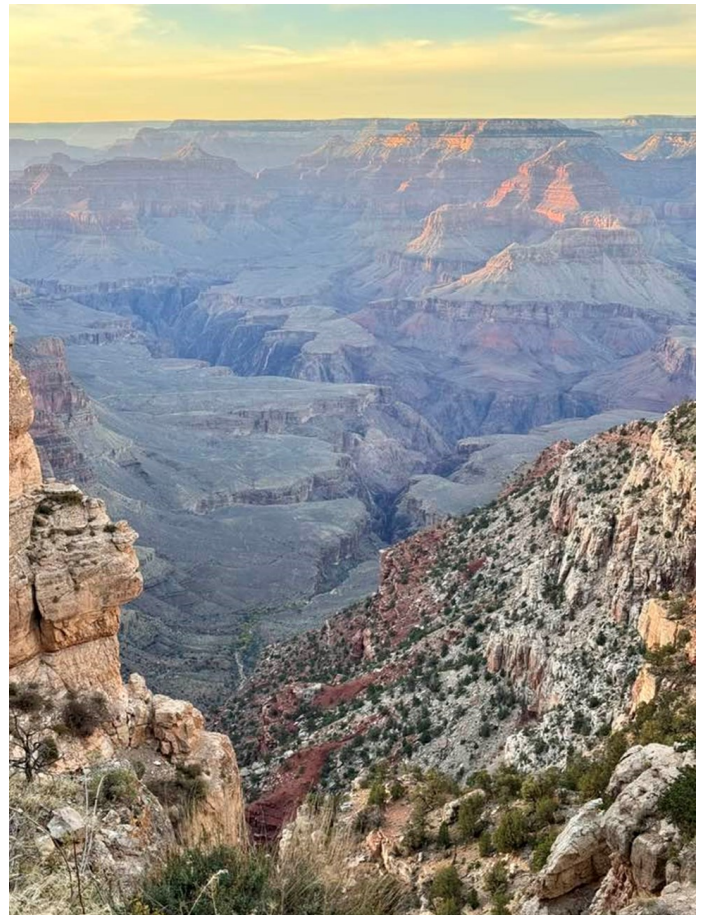
When you think nothing can top the days and views you ‘ve seen, another day comes along that seems to top all the others. Today, again, was one of these days. This is Upper Antelope Canyon. I have so many unbelievable pictures, that I have to limit my post to two. The canyon was created by the rain. The rain seeps in between the sand rock in a slot canyon and clears away a part of the sand. This erosion makes unbelievable shapes. You can see a lady and a bird, fire stick, Voldemort, the bad guy from Harry Potter, the Taj Mahal in India, hearts, roses or wherever your imagination takes you. Nature is just the best artist in the world!

The entire area belongs to one Navaho family who owned it for many years. According to Navaho tradition the land always belongs to the women, and is inherited by the eldest daughter. Women have the financial power in that society, what a concept!



## GRAND CANYON

**October 27** *Grand Canyon* at the “golden hour” and sunset time. Just a magical place at a magical time. Nature in all its power. We saw people who just came out from the bottom of the canyon having started their journey at 5:30 a.m. coming out thoroughly exhausted... We cheered for them as they came back up, some were happy, some could hardly react... We enjoyed the trim walk and loved every minute. We celebrated together with a good dinner at the lodge, and enjoyed tremendously the night ranger talk about the skylights. Outside In the pitch dark, we could hardly see our way. The ranger pointed to the various stars and constellations millions of lightyears away... it was the perfect culmination of our trip.





## CALIFORNIA ALERT: “SELL BY”

What does it actually mean?

As of July 2026, California will no longer use “Sell By” dates on products. What does this mean for you, the consumer. If you have ever tried to glean the meaning from the term “sell by,” you will be aware that it’s meaning is not clear. Does it mean the product is spoiled after the listed date. Or does it mean it has to be sold by that date and is okay to use after that date, and if so, for how long? Who determines the recommended date?

The answers to these questions are varied and mean different things for different products.

- *California will ban sell-by dates on food packaging as of July 2026. Terms like “best if used by” or “use by” may be used instead.*
- *The goal of this bill is to address the fact that confusing food labels contribute to significant food waste.*
- *Canned and dry goods are usually fine past the best-by dates on labels, especially if they show no signs of spoilage, like dents or rust.*
- *To assess your food’s freshness, rely on sight, smell and taste, especially for perishable items.*

USDA tells us there are two types of product dating may be shown on a product label. “Open Dating” is a calendar date applied to a food product by the manufacturer or retailer. The calendar date provides consumers with information on the estimated period of time for which the product will be of best quality and to help the store determine how long to display the product for sale. “Closed Dating” is a code that consists of a series of letters and/or numbers applied by manufacturers to identify the date and time of production.

Except for infant formula, product dating is not required by Federal regulations

### SO WHY ELIMINATE THE SELL BY DATE?

120 billion pounds of food in the United States are wasted every year. The most common cause is unclear labeling “Sell-by” date is about product placement. It tells the grocery store the best time to use the product and when to remove it from the shelf after that. It represents the manufacturers best estimate. Nutritional value and taste may decline after the posted date.

*Check with the USDA fsis if in doubt.\**

<https://www.fsis.usda.gov/>

\*United States Department of Agriculture, Food Safety and Inspection Service

How I feel talking about the 80's to anyone under 30



“You didn't hear about people being transgender until recently.”

You didn't hear about Antarctica until 1820 but it was probably there the whole time.

