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asi@activeseniorsinc.org
 831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street
 Salinas CA 93901-3211
www.activeseniorsinc.org
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Weekly Newsletter - July 2020 Issue 4

From Your Editor

ASI President Dwight Freedman wisely and foresightedly closed the ASI facility on March 13, nearly a week before the statewide "shelter in place" edict. Thus began our struggles with the pandemic. We higher-risk seniors can thank him.

As I began to put together the regular April newsletter, I enlisted the Board Members and select key ASI Members for their wisdom, knowledge of ASI's history and goals, advice, input and contributions. This group has become my advisory committee.

Board Member Thad Evans at that time suggested a weekly newsletter, which I thought was a great idea. It has become a way to keep most Members connected, informed and amused during this difficult period. We hope you have found the material useful.

I don't know how the notion of using humor came about, but given the comments, it will remain a part of the newsletter. There's certainly no lack of it out there. I can't use it all but please keep sending it to me, especially if you run across a real zinger.

As we begin to settle into our new routines and as news about the pandemic becomes no longer new and perhaps more dismal, we will be opting to publish two newsletters a month from here on, rather than four. We all know how the pandemic response has played out so far, and I have no significant new COVID-19 information to pass on at this time.

Again, please continue to send me information you consider useful and interesting for ASI Members. Don't be bashful. (If I should ever reach the happy state of having too much material, I'll put out additional issues—it's easy for the email subscriber list.)

Your contact for anything newsletter related is George Niesen, newsletter Editor, at (831) 758-5718, (831) 595-3165, or gniesen@redshift.com.

I think that collectively we are now producing a much more informative and entertaining publication. With everyone's help we can keep it that way.

(Continued, see request for Assoc. Editor P. 2)

On the State of Voting

At a recent meeting, the ASI Board voted to inform the Monterey County Elections Department that the Active Seniors facility will not be available for use as a polling place for the November election.

Long-time ASI Poll Workers were not going to be comfortable interacting with voters. Board Members were concerned about maintaining sanitation of the building. With the ongoing pandemic, even November seemed too soon to open for such a function.

What does this mean? First, it's likely that many other polling places nationwide will be unavailable. Second, as seniors comprise the great majority of poll workers, it's likely polling places will be understaffed, if staffed at all. Third, a significant reduction in the number of polling places means it will be more difficult for people to vote and particularly difficult for seniors with mobility and transportation issues.

Fortunately, in California, voters for decades have been able to vote by mail. Further, this year, every registered voter in California will receive in the mail a mail-in ballot, and voting by mail is easy. Voters can also deposit mail-in ballots with their county elections department office or a vote center through election day, or at a polling place on election day.

Voters should make sure now their registration is correct and up-to-date. You can do that online through the website for the California Secretary of State, <https://voterstatus.sos.ca.gov/>. Voters will also want to make sure they receive their mail-in ballots, which will go out in early October, about a month before the election. Voters will also need to get their ballots posted early enough to make sure they are postmarked not later than election day.

Everyone's vote counts. If you care about how your city, your state or the nation functions, you should vote. To ensure our governments best address the preferences and needs of the majority, encourage others to vote. Our democracy depends on widespread voter involvement.

(Plea for Assoc. Editor, continued from P. 1)

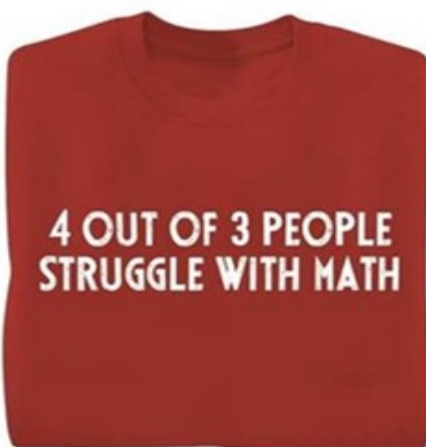
Just by the way, I am still actively seeking an Associate Editor. If you might have any interest at all in working on the newsletter, please get in touch (see contact information, P. 1). Thank you.

George Niesen

Ed. Note: ASI Member June Radicchi has sent me a long series of T-shirts, which may or may not actually be in production, but which crafty ASI Members could recreate for themselves. I'll be running a few a week for the next couple months. I hope you enjoy them.

**My daughter asked me to toast
some bread for her.....
I raised my wine glass and
said...**

"HERE'S TO BREAD !"



SENIOR TRYING TO RESET PASSWORD

WINDOWS: Please enter your new password

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50damnboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER: 50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.

**Do we quarantine
until there are no
more germs in the
world or just until
the election is over?**

**Can we uninstall 2020
and install it again?
This version has a
virus.**

Ed. Note: I can't wait for ASI to open! I already have a dozen 2021 calendars I would love to and need to "share" with ASI Members. (Share means to get rid of or dump!) Contact me if you want one (contact info P. 1).

Cauliflower Mash with Smoked Shitake Mushrooms

By Chef Michael

Greetings To All! This is more of a story about the culinary creative process than a featured recipe, however the recipe is in there somewhere, so you should be able to find it and use some of your own creative juices to bring it to the table.

The story begins with cooking veggie burgers on the BBQ. I had some leftover smoking chips in a tray that caught fire and started to smoke again. Not wanting them to go to waste I searched for something to put a little smoke on. Lo and behold there were some shitake mushrooms in the fridge. I tossed them on the "Q" and went about my busy schedule Sheltering In Place.

My love affair with cauliflower continues to grow, so some-time later I decided to make a creamy mushroom bisque with the shitakes. Looking for some low-cal creaminess, I threw the mushrooms in a pot with some cauliflower and a handful of cashews. I simmered it until the cauliflower was soft and then tossed it into the Vita Mix, blending it to a smooth creamy concoction. It resembled more of a pasta sauce than a soup. I decided to forgo the soup idea and store it for later use.

I was sure I would come up with something. Later I needed a side dish for a grilled shrimp and roasted Japanese eggplant meal I had put together. So the cauliflower mash came to mind. Equal parts of Yukon potatoes and cauliflower went into a pot with chicken stock, fresh purple sage, smoke salt and some fresh ground pepper. I cooked until everything was mashable.

My intention was to whip it all up with hemp milk and Balance butter sub, but I remembered the mushroom cream I had made earlier. I whipped in the cream mix and K-Pow! What an amazing texture and flavor. The mushroom theme expanded and I found a couple of portabellas, removed the fins, diced and sautéed them and tossed that in for

a little extra texture. The result was an amazing low-cal side dish that tasted like creamy potatoes with a hint of smokey mushrooms. Have fun trying this. Remember it is not about the destination, just don't forget to enjoy the journey.

