

The Bulletin

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Well, it's Spring, just not sure many of us are able to enjoy it. Hope this issue finds you well. Communication is very important in this trying time—that being said, newsletters are so important and a great tool to keep in touch with your membership. Some of the best newsletters I have seen are simple one-

paggers. If you need to get started check out the PR Manual on the Nationale website.

Speaking of newsletter—it's time to either begin or continue to get your Grand and Locale newsletters submitted—many are not getting to our Directeur. If you are not sure of what category—we'll figure it out—the importance is getting them submitted to our Directeur.

Stay well, stay safe, we are stronger than any virus. Stay in touch with one another! - L'Editeur

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." James 1:2-4

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https://twitter.com/The_40and8



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Nationale Public Relations Awards 2019-2020

- **Thomas W. Fay Award - Chef de Chemin de Fer - 1978**
Awarded to the **Voiture Locale** presenting the best publication for the fiscal year.
- **Award John Kilgus - Chef de Chemin de Fer - 1977**
Awarded to the **Grande Voiture** presenting the best publication for the fiscal year.
- **Arthur McDowell Award**
Awarded to the **Grande Voiture** presenting the best publications without advertising for the fiscal year.
Award and Honorable Mention
- **John W. Emerson Award**
Awarded to the **Voiture Locale** presenting the best publication without advertising for the fiscal year.
Award and Honorable Mention
- **La Verne Eccleston Award**
Awarded to the **Voiture Locale** for excellence in promoting 40/8 Programs and fostering effective communication with the community during the year. Award and Honorable Mention
- **Robert Kaseman Award**
Presented to the **Grande Voiture** for excellence in promoting 40/8 programs and fostering effective communication within the community during the year. Award and Honorable Mention
- **Don Collins Award**
Presented to the **Voiture Locale** that submits the best entry showing utilization of the public media (TV, Radio, Newspapers, etc) to promote the activities of the 40 & 8. Award and Honorable Mention.

Bob "OB 1" Cearlock

National Directeur, Public Relations

La Société 40 et 8

THE CLIPBOARD



- 2/3 cup 99% rubbing (isopropyl) alcohol
- 1/3 cup 100% pure aloe vera gel
- Optional: 8-10 drops essential oil for smell—Try Tea Tree Oil
- Bowl and spoon, Funnel, Empty liquid soap or hand sanitizer bottle, Optional: Gloves
- Step 1: Mix the rubbing alcohol, aloe vera and optional essential oil in a bowl with a spoon. Be careful to keep pure alcohol away from your skin. Step 2: Funnel the mixture into the empty bottle. Screw the pump cap back on and voila, you have hand sanitizer.



Insurance companies issue refunds and credits



Allstate, Geico, American Family Insurance and Liberty Mutual are giving consumers credits and refunds for their vehicle policies as the number of customers on the road has dropped with stay-at-home orders. The moves have pushed other insurance companies, including State Farm, to come up with similar initiatives. Consumers are looking at organizations' responses to the crisis, and those that extend help and support will come out on top in terms of brand recognition, reputation and loyalty.

Don't be the last to the table when it comes to your community, either: Savvy consumers will remember the organizations that stepped up vs. those forced to offer aid. When you lead the way, you also can gain positive press coverage during a news cycle dominated by COVID-19.

Tech companies and digital platforms partner to share COVID-19 information

Amazon, Facebook, Reddit, SiriusXM, Snapchat, Pinterest, TikTok, Apple, Google, Pandora, Twitter and Verizon Media are several of the organizations joining forces with the Ad Council, Centers for Disease Control and Prevention, White House and the U.S. Department of Health and Human Services to "extend the reach and impact of critical COVID-19 response messaging." The offerings include ad space for COVID-19 information and health messages, a custom Twitter emoji for the #AloneTogether hashtag and public service announcements from influencers on the shows "Love is Blind" and "The Circle."

Sharing Toilet Paper

As many organizations fight the spread of misinformation related to the pandemic, toilet paper brand Cottonelle is encouraging people to reverse the urge to hoard rolls and instead #ShareASquare. The company will donate \$1 (up to \$100,000) to United Way Worldwide for each person who shares how they gave toilet paper to others in need under the campaign's hashtag.

"In partnership with @UnitedWay we're donating \$1 million & 1 million rolls of #toiletpaper to United Way Worldwide's COVID-19 Community Response and Recovery Fund. And if you post how you were able to #ShareASquare, we'll donate \$1 through June 1 (up to \$100,000). #Cottonelle" "We've been watching the conversation around toilet paper unfold in real-time, and while our teams are working day and night to produce and ship product to retailers, we want to invite consumers to #ShareASquare to help others in need," said Arist Mas-torides, Family Care President of Kimberly-Clark North America. "Instead of stockpiling, let's stock up on generosity. We believe our consumers have no shortage of kindness, so we trust they will #ShareASquare and help us on this mission." •



Newsletter Quotes

We haven't done a page of great quotes as filler for newsletters in a while—so here are some awesome ones I've come across—P.A.L.S. followers will know I use a lot of them and a good quote is a nice way to fill up a little blank space...

"Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer." - *Dennis Whatley, American motivational speaker, author*

"Your most unhappy members are your greatest source of learning." - *Bill Gates*

"When people are financially invested, they want a return. When people are emotionally invested, they want to contribute." *Simon Sinek, British/American author and motivational speaker*

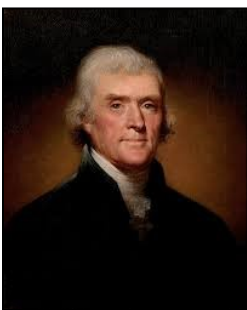
"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - *Colin Powell, American statesman and army general*

"If I had nine hours to chop down a tree, I'd spend the first six sharpening my axe. " —*Abraham Lincoln*

"When we strive to become better than we are, everything around us becomes better too." —*Paulo Coelho, The Alchemist*

"If something is wrong, fix it now. But train yourself not to worry, worry fixes nothing." — *Ernest Hemingway*

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." —*Dr. Suess, Oh the Places You'll Go*



"In matters of style, swim with the current; in matters of principle, stand like a rock. " — *Thomas Jefferson*

"There is only one way to avoid criticism. Do nothing. Be nothing. Say nothing. "—*Aristotle*

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe." —*Muhammad Ali*

"You will never plough a field if you only turn it over in your mind. "—*Irish Proverb*

"My mother said to me, 'If you are a soldier, you will become a general. If you are a monk, you will become the Pope.' Instead, I was a painter, and became Picasso. " —*Pablo Picasso*

"I am not a product of my circumstances. I am a product of my decisions. "—*Stephen Covey*

"I have been bent and broken, but – I hope – into a better shape. " —*Charles Dickens, Great Expectations*

"I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value."—*Hermann Hesse, Siddhartha*

"Do you think miners stand around all day talking about how hard it is to mine for coal? They do not. They simply dig." — *Cheryl Strayed, Tiny Beautiful Things: Advice on Love and Life from Dear Sugar*

"Your potential, the absolute best you're capable of—that's the metric to measure yourself against. Your standards are. Winning is not enough. People can get lucky and win. People can be assholes and win. Anyone can win. But not everyone is the best possible version of themselves." — *Ryan Holiday, The Ego Is the Enemy*

The Unknowns of World War II and Korea—The Unremembered Sailor

On August 3, 1956, President Dwight D. Eisenhower signed a bill to select and pay tribute to the Unknowns of World War II and the Korean War. The selection ceremonies and the interment of these Unknowns took place in 1958. The World War II Unknown was selected from remains exhumed from cemeteries in Europe, Africa, Hawaii, and the Philippines.

Two Unknowns from World War II, one from the European Theater and one from the Pacific Theater, were placed in identical caskets and taken aboard USS Canberra, a guided-missile cruiser resting off the Virginia Capes. Navy Hospital Corpsman 1st Class **William R. Charette**, then the U.S. Navy's only active-duty Medal of Honor recipient who was an enlisted man, selected the World War II Unknown. The remaining casket received a solemn burial at sea.

Four unknown Americans who died in the Korean War were disinterred from the National Cemetery of the Pacific in Hawaii. Army Master Sergeant Ned Lyle made the final selection.

Both caskets arrived in Washington on May 28, 1958, where they lay in the Capitol Rotunda until the morning of May 30, when they were carried on caissons to Arlington National Cemetery. President Eisenhower awarded each the Medal of Honor, and the Unknowns of World War II and the Korean War were interred in the plaza beside their World War I comrade.

An unremembered—William Richard Charette (March 29, 1932 – March 18, 2012) was a United States Navy master chief hospital corpsman who received the nation's highest military decoration for valor, the Medal of Honor. He was awarded the medal for heroic actions "above and beyond the call of duty" on March 27, 1953, while assigned to a Marine Corps rifle company during the Korean War.

He volunteered to serve in Korea with the Fleet Marine Force (FMF) as a hospital corpsman attached to a Marine Corps unit, and on November 25, 1952, he reported for duty at the Field Medical Service School, Camp Pendleton, California, for field training. After completing the course and graduating as a FMF corpsman, he was assigned to Company F, Third Platoon, 2nd Battalion, 7th Marine Regiment, 1st Marine Division, which embarked for South Korea on February 5, 1953.



When an enemy grenade landed near Charette and a badly wounded Marine he was aiding, he placed himself on top of the Marine in order to shield him from the explosion, and in doing so, the grenade's blast tore off Charette's helmet and destroyed his medical bag and knocked him unconscious. When he awoke, he found his face bleeding from shrapnel wounds and he couldn't see. He recovered enough to continue to aid Marines in the battle using torn parts of his uniform in order to dress battle wounds.



In yet another instance, he attended to five Marines who were wounded in a trench from another explosion, and then stood up in the trench exposing himself to incoming rounds in order to carry the one most serious wounded comrade to safety. Charette sustained painful wounds during the day's battle.

Charette retired from the Navy at the rate of Master Chief Hospital Corpsman on April 1, 1977, after 26 years of service. He died at his home in Lake Wales, Florida, on March 18, 2012. He was interred at the Florida National Cemetery in Bushnell, Florida. He was married for 57 years with four children. •

PR Editorial— From Voyageur Extraordinaire to Leader

This is a follow-up to last months PR editorial “From PG to Voyageur Extraordinaire”...

“Each bird in the formation flies slightly above the bird in front of him or her, taking advantage of drafting, or a reduction of wind resistance. Although you may not see it, but the lead bird, who is flying the hardest, changes several times in a flight. When the first bird gets tired, it drops back into the formation and another takes its place. This allows the flock to fly farther without having to stop for resting and refueling. “



My locale holds promenades every month with an average of about 20 VM present with 15 of them officers or Directeurs. I consider us fortunate to have such great attendance and positivity within our locale. All of those leaders and Directeurs were PG’s and new Voyageurs Militaire (VM) at one time. I consider all of them “Voyageurs Extraordinaire”!

As I think of all them now, I recall them all as PG’s with not much of a clue what we were about or what to expect. So how did they get to where they are now?

Members yearn to fit in and by observing and following others they become part of the locale themselves. If you truly believe in what you are doing as a Forty and Eighter and you give your heart and soul to it — you automatically channel that passion to others .

Voyageurs Militaire need leaders and leaders need motivated VM. You can’t achieve success—one without the other. Leaders were not always in their position—they were mentored at some point by someone who they followed. The best followers make the best leaders because they view the people they lead as their equals—people with their own minds thoughts, ideas, and talents. They value the contributions of each individual VM and their importance to achieving the end goals of the Locale or Grand.

Effective VM align themselves with the purposes of the organization. They understand their potential impact on the organization's success or failure. *They need to know about the vision and goals of the Locale so they can help achieve them.* ... In these ways, VM become sources of strength for their leaders and on the path to leadership themselves.

Great leaders within La Societe seem to me to have a special determination and a strong commitment to the organization—all which flows to the membership. So when we recruit new members we need to look for that potential commitment to the Forty and Eight—not just the next “hot warm body” to make goal. Look at each PG as a possible future leader.

It has been said that “leadership is the art of getting someone else to do something that needs to be done because they WANT to do it”. I take that to mean that Forty and Eighter’s who want to be successful are so because they want the Locale or grand to be so. Folded in obviously are all of our programs, scholarships, fund raising, community contributions in Americanism, etc.

There is a lot to think about here... Let’s sum it all up like this. “What you get by *achieving* your goals is not as important as what you *become* by achieving your goals” - becoming a great leader. Great leaders are first great followers.

- L’Editeur

**A LEADER
IS ONE WHO**
→
**KNOWS THE WAY,
GOES THE WAY,**
↩ **AND** ↪
SHOWS THE WAY.
JOHN C. MAXWELL

“Leaders don’t create followers. They create more leaders.”

“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.”

“Great leaders don’t set out to be a leader... They set out to make a difference. It’s never about the role—always about the goal.”

“If you don’t go after what you want, you’ll never have it. If you don’t ask, the answer is always no. If you don’t step forward, you’re always in the same place.”

Great Speeches— JFK: The Decision to Go to the Moon

On May 25, 1961, President John F. Kennedy announced before a special joint session of Congress the dramatic and ambitious goal of sending an American safely to the Moon before the end of the decade. A number of political factors affected Kennedy's decision and the timing of it. In general, Kennedy felt great pressure to have the United States "catch up to and overtake" the Soviet Union in the "space race." Four years after the Sputnik shock of 1957, the cosmonaut Yuri Gagarin had become the first human in space on April 12, 1961, greatly embarrassing the U.S. While Alan Shepard became the first American in space on May 5, he only flew on a short suborbital flight instead of orbiting the Earth, as Gagarin had done. In addition, the Bay of Pigs fiasco in mid-April put unquantifiable pressure on Kennedy. He wanted to announce a program that the U.S. had a strong chance at achieving before the Soviet Union. After consulting with Vice President Johnson, NASA Administrator James Webb, and other officials, he concluded that landing an American on the Moon would be a very challenging technological feat, but an area of space exploration in which the U.S. actually had a potential lead. Thus the cold war is the primary contextual lens through which many historians now view Kennedy's speech. <https://www.artofmanliness.com/the-decision-to-go-to-the-moon-by-john-f-kennedy/>

...Those who came before us made certain that this country rode the first waves of the industrial revolution, the first waves of modern invention, and the first wave of nuclear power, and this generation does not intend to founder in the backwash of the coming age of space. We mean to be a part of it—we mean to lead it. For the eyes of the world now look into space, to the moon and to the planets beyond, and we have vowed that we shall not see it governed by a hostile flag of conquest, but by a banner of freedom and peace. We have vowed that we shall not see space filled with weapons of mass destruction, but with instruments of knowledge and understanding.

Yet the vows of this Nation can only be fulfilled if we in this Nation are first, and, therefore, we intend to be first. In short, our leadership in science and industry, our hopes for peace and security, our obligations to ourselves as well as others, all require us to make this effort, to solve these mysteries, to solve them for the good of all men, and to become the world's leading space-faring nation...

...There is no strife, no prejudice, no national conflict in outer space as yet. Its hazards are hostile to us all. Its conquest deserves the best of all mankind, and its opportunity for peaceful cooperation many never come again. But why, some say, the moon? Why choose this as our goal? And they may well ask why climb the highest mountain? Why, 35 years ago, fly the Atlantic?

We choose to go to the moon. We choose to go to the moon in this decade and do the other things, *not because they are easy, but because they are hard*, because that goal will serve to organize and measure the best of our

energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too.

It is for these reasons that I regard the decision last year to shift our efforts in space from low to high gear as among the most important decisions that will be made during my incumbency in the office of the Presidency.

...Many years ago the great British explorer George Mallory, who was to die on Mount Everest, was asked why did he want to climb it. He said, "Because it is there."

Well, space is there, and we're going to climb it, and the moon and the planets are there, and new hopes for knowledge and peace are there. And, therefore, as we set sail we ask God's blessing on the most hazardous and dangerous and greatest adventure on which man has ever embarked. •



Some great riddles...

“Riddle: What five letter word becomes shorter when you add two letters to it?” - Answer: Short (short+er).

“Riddle: What word is spelled wrong in every dictionary?” - Answer: Wrong.

“Riddle: What has a bed but never sleeps, can run but never walks, and has a bank but no money?” - Answer: A river.

“Riddle: What begins with T, finishes with T, and has “T” in it?” - Answer: A teapot.

E-cigarettes contain acrolein, which is a herbicide used to kill weeds . Second-hand vaping smoke contains toxic substances, such as nicotine, diacetyl (a chemical linked to serious lung disease), organic compounds (e.g.benzene) and heavy metals (nickel, tin, and lead) . China has the highest number of e-cigarette users, followed by the US and Europe. The youngest person to die from vaping was a 15-year-old girl in Texas.

While most plastic ends up in landfills, roughly 12.7 million tons end up in the ocean every year. Currently, there are more than 5 trillion pieces of plastic in our oceans. By the year 2050, there will be more plastic in the oceans than fish.



Fred and Wilma Flintstone, of the cartoon The Flintstones, were the first married couple portrayed on television sharing a bed, in the early 1960s. Looney Tunes was created in 1930, in direct competition with Mickey Mouse cartoons. A second series, Merrie Melodies, soon followed. Both shows feature characters like Bugs Bunny, Daffy Duck, and Porky Pig. Since the first superhero television series, The Lone Ranger, appeared in 1949, there have been over 100 superhero series produced. Most of these series are based on comic books published by rivals DC Comics and Marvel Comics.

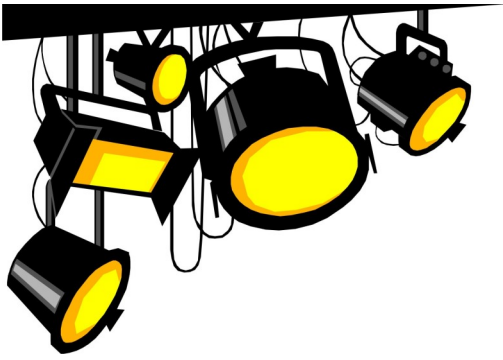
The Bible is not a single work but a collection of works from a wide variety of authors, such as shepherds, kings, farmers, priests, poets, scribes, and fisherman. Authors also include traitors, embezzlers, adulterers, murders, and auditors. The King James Bible contains 788,258 words, 31,102 verses, 1,189 chapters, and 66 books.

The year 1886 is considered to be the birth of the modern car. In that year, German inventor Carl Benz built a modern automobile called the Benz Patent-Motorwagen. The BMW logo derives from the company’s origin as an airplane manufacturer. The now iconic blue and white “target sign” represents a spinning white propeller against a blue sky . The last car with a cassette player was the Ford Crown Vic in 2011. A dashboard was initially a piece of wood attached to a horse drawn carriage to prevent mud from splattering up from the horses and onto the driver. Chevrolet introduced the first car radio in 1922, with a huge price tag of \$200. Many safety agencies believed the radio was distracting and sought to ban them from cars.



A marriage ceremony typically ends with a kiss because in ancient Rome, a kiss was a legal bond that sealed contracts, and marriage was seen as a contract.

The Romans called our galaxy the Milky Road because it reminded them of milk. The Greeks called it the Milky Circle. In fact, the word “galaxy” is from the Greek word for milk. •



Spotlight on Public Relations



Modern Pubic Relations

Modern public relations has evolved from what traditional public relations used to be. From the ages of banners, television, and clever marketing and advertising— to today—a lot has happened.

That evolution might be missed by most if they are not careful. Some in public relations have also not quite caught up with the trends today. It is a never-ending struggle for most groups due to the lack of understanding what entails public relations in 2020, and onward. One thing that will surely be expected is that public relations will continue to shape how Locales and Grands raise funding, and how they market themselves to prospective new members and the community.

The basis for modern public relations in my opinion is tying storytelling to social media while still utilizing some of the traditional methods such as press releases.

You may have crafted the perfect story for your Locale or Grand— but it won't matter if no one hears it. The trick is to make sure your story reaches the public. Tapping media resources and getting your story out to the public can give your organization a big promotional boost, garner new members and obtain financial support for programs.

Pitching a story is not always easy though, and many organizations are left with a stale PR strategy that's less than successful. Below are some tactics that can refresh your approach and help you win some media attention.

Do some digging on the journalists, reporters and media outlets you want to contact. First, make sure you're contacting the right person for your story. Does your topic fall into that person's editorial guidelines? Find out what else they've written on your subject. This will help you understand the reporter's viewpoint on the topic, allowing you to better personalize your pitch for their tastes. Let's stake one step back to the basics... you first have got to know WHO to contact and that starts with a media list. They are easy to compile now due to the Internet and then set up an email distribution list for quick disbursement and reporting on your story via pics, press releases, etc.

Instead of limiting your press release to just text, make it stand out by including quality visuals that transport readers to the front lines like they were there.

Raise awareness by using social media to your advantage. Social media is the key to modern public relations—we've covered social media a lot in recent months. Facebook, Twitter, Instagram, Snapchat are all great ways to get your message out there. Social media allows you to instantly reach a much broader community and develop followers who then will share their interest in you.

Every social network has its specific appeal, so content must be structured to align with what users on a given network expect. Is your target audience over 21, but under 40? Instagram and Twitter might be good places to reach them. Are you targeting donors? Facebook, Twitter, and LinkedIn could be your best bets.

So take a few of the above ideas and modernize your PR program—and good luck! •

POSTER OF THE MONTH



Life does not get easier,
you just get stronger.



Well, there was a SNAFU last month. Mid-March I sent the March P.A.L.S. issue to our printer in San Antonio. Lo and behold, the February issue was re-printed. First time ever this happened, at first thought I messed up. But I double checked and I had send the correct issue. Seems the printer was at minimum staffing and just messed up, not sure how, so the March mail issue did not go back out until very late in March, many receiving the first week in April. So that is what happened. All that being said, I'm going to send one more issue out to the 2019's in the hopes of getting those late with renewing in—I did get a few. So check your mailing label, if it says 2019—last issue! Hope all are well and safe. News-letters are very important now and a great way to stay in touch with your membership! - L'Editeur



(Motivation of the Month) - The Buzzard, The Bat and The Bumblebee

If you put a BUZZARD in a pen six or eight feet square and entirely open at the top, the bird, in spite of his ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of ten or twelve feet. Without space to run, as is his habit, he will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

The ordinary BAT that flies around at night, a remarkably nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

A BUMBLEBEE, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

In many ways, there are lots of people like the BUZZARD, the BAT, and the BEE. They are struggling about with all their problems and frustrations, not realizing that the answer is right there..."above" them... •



Check your mailing label—if it says 2019—your last issue!

P.A.L.S. APPLICATION—RENEWAL or NEW MEMBER

Full Name _____

Address: _____

City _____ State _____ Zip _____ New Member Renewal

Email _____ **PUFL \$100.00**

Voiture Locale _____

Dues: Mail only \$17.00

Mail and Digital \$17.00

Digital only \$10.00

PUFL down payment (minimum \$25)

Checks made out to P.A.L.S.

Remit to:

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Things You Should Never Touch Due to Coronavirus

- Grocery Store Cart Handles
- Your Cellphone
- Elevator Buttons
- The Pump on Hand Sanitizer Bottles
- The Bottom of Your Handbag
- Your Money
- Door Handles
- Toilet Handles
- Mailed Packages
- Faucet Handles
- Credit Card Machine Buttons
- Doctor's Office Waiting Room Chairs
- The Tissue Box in Your Doctor's Office
- Doctor's Office Magazines
- Doctor's Office Checkout Counter
- ATM Buttons
- Your Credit Cards (Other people handling them)
- Supermarket Flyers
- Food Packages (*How many have touched those before you?)
- Pedestrian Crossing Buttons
- The Bathroom Stall Latch
- Your Keys (Depends on where you have set them down)
- The Coffee Pot Handle at Work... or anywhere
- Escalator Handrails
- Grocery Store Conveyor Belts
- Food Ordering Touch Screens
- Your Car's Air Conditioning Buttons
- Poles on Buses or Subway Trains
- To-Go Silverware
- The Bathroom Counter in Public Restrooms
- Restaurant Menus
- The Public Bathroom Hand Dryer
- Water Fountains
- Ketchup Packets
- Your Reusable Grocery Bags
- Restaurant Straws and Drink Lids
- Vending Machine Buttons
- Squirt Condiment Dispensers

Trying times out there—we hear so much about avoiding things that might give us the virus—so I came across this list and then had to decide whether it was appropriate for inclusion in The Bulletin. So I went ahead mainly due to the fact that I never thought about some of these. Many are just plain common sense, but several I never even thought about.

Hand washing, face masks, glove wearing, thinking twice about what you are doing, where you have been are all things to consider when you look at the list.

I have in my truck and carry on my person a little bottle of hand sanitizer which I refill from a larger bottle and that gives me peace of mind—use it all the time in many of the situations or instances on this page.

Look, I'm not going to microwave or wash my cash or change, but I might wash my hands or use sanitizer if I handle money.

