

SONS IN RETIREMENT

MODESTO BRANCH 144

*Dedicated to the promotion of independence
and dignity of retirement*



February 2020 Newsletter

Volume 02-2020

Message from Big Sir Anthony Butera



Whoopee: January is over and we can officially ditch the diet and back to eating warm pies and stew but not too much. Besides, February 14th is Valentine's day and you may want to go out and eat to your heart content and celebrate the day. And let's not forget, February 19th is the first day of the Chinese New Year and we know this is the year of the Rat which is all about wealth and surplus. Speaking of which last month we all heard about what to expect in our current economy and some ideas on how to pass on a legacy.

As we may know, but sometimes choose to ignore **exercise** is **critical** to staying healthy. According to the National Institute for Aging, exercise is good for **people** of any **age** and can ease symptoms of many chronic conditions so ... continue on golfing and bowling. In addition, if you are not doing so, you may want to start walking. Walking is a great cardiovascular exercise, which strengthens the heart and burns calories. Besides just walking around the corner is easy to do! It's a sad fact that **muscles** shrink as adults **age**. Especially after age 65 ... However, the new research suggests weight training may help older people retain **muscle**.

Every year Max Muscle in Modesto puts on a weightlifting contest and the biggest loser contest in simply losing weight. Sadly, there is very little representation in the over 60 crowd. Perhaps if there is enough interest this could be changed.

In our February meeting we are going to jump start the New Year Off by having our Mayor Ted Brandvold coming in to talk about 2019 and what the city council plans to do for 2020. Speaking in line of the year of the Rat, let us consider for our club to expand, grow and prosper. And why not for all of us to bring one friend or guest this year to increase the synergy in our meeting and thereby our membership grows through the excitement of our meeting itself.

Big SIR Anthony Butera

NEW MEMBER



Pictured L-R (NM) Jim Walker and Little SIR Biff Galbraith.
(Not pictured Sponsor Gary Chalk)

He enjoys Crab Feeds, Dining Out Group, Explore and Eat, Horseshoes, Investments, Poker, Pool-Billiards, and Racing Day. His wife is Joyce.

\$24 dues are due by March 31. A table will be set up by the golf table, or you can mail them to: SIR at 3549 Fawndale Drive Modesto, CA 95356. Thank You!



Remember, if you cannot attend the luncheons, please call *Gaylan King* at 380-9896 by Sunday February 16. Thank you!

SONS IN RETIREMENT BRANCH 144 BEC MEETING MINUTES January 16th, 2020

The meeting was called to order, by Big SIR Anthony Butera, at 9:30 A.M.

A quorum was established with the following members present:

Big Sir Anthony Butera, Little Sir Biff Galbraith, Secretary Fernando Gonzalez, Treasurer Nilo Casiano, Assistant Secretary Jack S. O'Brian. Directors: Andre Dodd, Jim Toepfer, Gaylan King, Sam Graham, Gary Williams. Guests and Committee members present: Bob Lewis, Vince Sereno, Edd Santwier, Bill Burchell, Julius Manrique, Pat Brooks.

Anthony Butera entertained a motion to approve the December 19th, 2020 BEC Minutes 1st, 2nd Gaylan King, Motion Passed.

Treasurers Report:

The Treasurer's Report for December was Presented by Treasurer Nilo Casiano

Checkbook balance December 2019.....	\$ 7839.36
Total receipts.....	\$ 233.00
Total disbursements.....	\$ 3173.33
Total checkbook and cash December 2019.....	\$ 5099.03

Motion by 1st Edd Santwier, 2nd Jim Toepfer, to accept the Treasurer's Report with corrections to be made by next meeting, Motion Passed

Vouchers and additional checks

Membership Report:

Gaylan King presented the Membership Report.

SHLM: Julius Manrique and Ted Nagel

State SHLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Disabled Members: Vincent (Vinny) Altadonna, Charlie Brunn, Conrad Haines

Resignations: Dennis Stambaugh, Ray Tenorio, Frank LeSage

New Application: Jim Walker

Total Members: 137 active

Motion by 1st Edd Santwier, 2nd Andre Dodd, to approve Membership Report. Motion Passed

Committee Reports:

Travel: Bill Stires: Absent nothing to report

Dining: Vince Sereno presented plan for first part of year moving along as planned with a correction with closing of Marie Calender's

Newsletter: Nothing to Report

Golf: Nothing to report

Bowling: Member absent, nothing to report

Programs: January meeting changed with Financial Consultants and Modesto Mayor next meeting.

Sunshine: Edd Santwier: Sunshine Chair contact at (605-9638)

Old Business: Chapter audit:

Form 65 membership to State SIR by January 15th.

New Business:

There was discussion regarding the handling, introducing and completing of application for new members, Gary will develop and outline and process to follow for the next meeting.

Discussion regarding having members having wedding anniversaries invite their wives to the luncheon and have it paid for, more discussion to follow up at the next meeting and reviewing possible costs.

Meeting adjourned: 10:20 A.M.

The time of the next BEC meeting will be 9:30 AM February 20th, 2020

Respectfully submitted by Fernando Gonzalez Secretary

Area 18 Travel

If interested in any trips call Bill at home phone 209-544-2684,
 cell phone 209-988-5445 or email bstires46@gmail.com to receive a reservation form.
 Friends, neighbors and relatives can go on any of the SIR trips.

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Rome, Athens and Barcelona
14 night Adriatic and Aegean Medley Cruise
Aboard the newest Princess Ship, Enchanted Princess
Come Hear about this exciting cruise on Wednesday, February 12
at 1:00 pm at Raleys in Turlock (2900 Geer Road)
Book by February 25th and receive Princess Best Ever Sale
Includes: 1. Premier Beverage Package, 2. Unlimited Wi-Fi,
3. Pre-Paid Gratuities Refreshments and Door Prizes
RSVP: Bill Stires 544-2684 cell: 988-5445

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Golden Gate Fields April 18, 2020: Our annual trip to the horse races.

Here we will try our luck to Win, Place or Show at the horse races. Upon arrival, we will receive a racing program and seating in the Turf Club. You will enjoy a delicious buffet lunch and a fun afternoon of horse racing. Afterwards, board the coach for our return ride home to Modesto and Turlock.

- TOUR INCLUSIONS:
- Deluxe Storer Coachways Motorcoach
 - Coffee & donuts will be provided in the morning
 - Admission to the Golden Gate Fields Turf Club
 - Delicious Hosted Buffet lunch in the Turf Club
 - Complimentary Racing Program
 - Storer Driver Tip
- Price: \$143.00 per person

Minimum 30 passengers needed by March 18, 2020 or the trip will be canceled

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Laguna Arts Festival
Pageant of the Masters in Southern California
July 26-29, 2020
Price for Double \$1,895 - Single \$2,290

Tour Includes: Reserved Main Tier Center Tier seats at the Pageant of Masters. Pageant of the Masters is when the paintings come to life with real people depicting the Masters Art. Airport Transfers, roundtrip airfare to Los Angeles. 3 night stay at the Best Western Plus in Long Beach; Tour of Ronald Reagan Library; Gondola Cruise, Dinner at Naples Rib Company; Roundtrip transportation aboard the Catalina Express- Avalon Scenic Tour of Catalina Island; Tour of Mission San Juan Capistrano; Admission in the Sawdust Festival; Dinner at Tivoli Terrace; Guided tour of Los Angeles; Admission into Space Shuttle Endeavor exhibit; 5 meals: 3 breakfasts and 2 dinners; Gratuities for bus driver and step on guides; Early reservation is urged to insure Main Tier Center Seats at Pageant; **Must have 20 passengers by March 1, 2020 to make trip a go.**
 \$500 per person deposit to hold place for trip. **Final payment Due May 18, 2020.**

DINING OUT CLUB NEWS



January dinners were great!

What can be better than a fun evening out enjoying a great dinner and talking & laughing with friends . . . & you don't have to wash dishes or clean up the kitchen!

Interested, phone Vince at 524-9630

February Info & March/April Locations

Arrive at your Dinner location by 4:45 pm. Accurate reservation numbers are necessary. If you did not make advance reservations or regrets, please phone your host for the Dinner to let them know your intentions.

Feb. 5th (1st Wed. Club)

Papapavlo's--Hosted by Henry Solario

Mar. 4 - Mikes Grill House

April 1 - Divine Swine

Feb. 11th (2nd Tuesday Club)

Outback Steakhouse—Call Hosts Jay & Kathy Norris at 596-0416 to confirm YES or NO Reservations -- ASAP

Mar. 10 - Marcella's

April 14 - Not Confirmed

Feb. 25th (4th Tuesday Club)

Shangri-La—Phone HOST Biff Galbraith at 575-2724 no later than Feb. 18th to confirm your yes or no Reservations.

Mar. 24 - Velvet Creamery

April 28 - George's Steakhouse

Feb. 27th (4th Thursday Club)

George's Steakhouse—Phone Hosts Vince & Kathy Sereno at 524-9630 no later than Feb. 20th to confirm your yes or no reservations.

Mar. 26 - Shangri- La

April 23 -Johnny Carino's

Humor . . .

(1) *I see people around my age mountain climbing, but each day I feel good getting my leg through my underwear without losing my balance!*

(2.) *Christmas time is great because you can shout "DON'T COME IN HERE!" and people think you're wrapping presents. Actually, you just want to drink your glass of wine in peace and not share your chocolates with anyone.*

FEBRUARY BIRTHDAYS

Name		Date	Age
Carrington	Glenn	02/13/52	68
Coffman	Phill	02/26/35	85
Elliott	Scott	02/01/54	66
Faulkner	Kent	02/18/42	78
Gentry	Chuck	02/14/54	66
Gotelli	Bob	02/01/39	81
Hall	Wes	02/26/23	97
Kincanon	John	02/06/39	81
Medrano	John	02/18/44	76
Miller	Jerry	02/09/37	83
Rogers	Keith A.	02/22/49	71
Slocum	Michael	02/19/53	67
Solario	Henry	02/07/32	88
Townsend	Roger	02/13/39	81
Vigil	Vig	02/29/36	84
Yanko	Bob	02/27/34	86



FEBRUARY ANNIVERSARIES

Name	Spouse	Date	Years
Donald	Binney	Penny	02/01/68 52
Hal	Conkey	Lucile	02/11/66 54
Hal	DeArmond	Jan	02/16/91 29
Jim	Duran	Anita	02/14/10 10
Doug	Hodge	Margaret	02/02/62 58
Gary	Hubbard	Virginia	02/06/65 55
Lor	Salvi	Helen	02/12/76 44
Jim	Walker	Joyce	02/27/70 50





February 2020 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 20 January 7

Series: Jim Wirowek 613 Jim Wirowek 697

Game: Bob Lewis 242 Bob Lewis 266

Week 21 January 14

Series: Dan Erreca 644 Bick Woolley 679

Game: Dan Erreca 258 Joe Bradley 272

Week 22 January 21

Series: Dan Erreca 638 Larry Zabel 671

Game: Dan Erreca 638 Larry Zabel 250

Week 23 January 28

Series: Larry Sallee 702 Larry Sallee 714

Game: Larry Sallee 258 Larry Sallee 262

Team 1(Clark Pearson, Dave Conley & Steve Gibson) won the 1st 3rd. Team 4(Gene Cox, Bick Woolley, Wes Rash & Steve Bruce) won the 2nd 3rd.

Come out for our hometown tournament.

---- 2020 UPCOMING STATE TOURNAMENTS-----

February 25 Clayton Valley Bowl, Concord

Mike Kropf 925-689-1453

Doug Schuster 925-687-4543

March 17-18 Clayton Valley Bowl, Concord

Dan Weller 925-935-5510

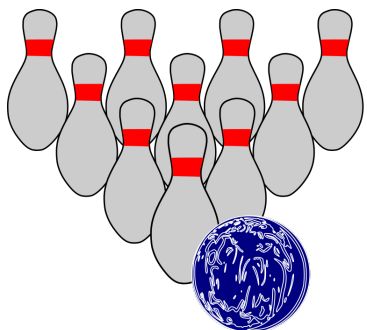
April 13-16 Gold Dust West, Carson City NV

Ray DiBasilio 530-558-9727

Branch 144 Bowling Chairman:

SIR Vern Masse 209-538-4275

vnr03@sbcglobal.net



FEBRUARY 2020 GOLF



This is the new URL for Area 18 Golf:

https://sirinc2.org/public_html/area18golf/

MONDAY FEB. 3	CREEKSIDE	CARTS: \$15.00
HOST: 103	\$ 33.00	9:00 AM
MONDAY FEB. 10	PHEASANT RUN	CARTS: INCLUDED
HOST: 143	\$43.00	9:00 AM
TUESDAY FEB. 18	MANTECA	CARTS: INCLUDED
HOST: 164	\$44.00	9:00 AM
MONDAY FEB. 24	ELKHORN	9:00 AM
HOST: 144	\$45.00	CARTS: INCLUDED
MONDAY MAR. 2	MANTECA	CARTS: \$15.00
HOST: 164	\$44.00	9:00 AM

IN CASE YOU HAVEN'T HEARD THE CITY OF MODESTO IS CLOSING THE MUNI COURSE LATER THIS YEAR. WE HAVE HAD TWO HOLE IN ONE'S IN JANUARY BOTH FROM 103 MEMBERS, CONGRATS TO THOSE TWO.

JAY NORRIS BR# 144 GOLF CHAIRMAN

Sirgolfer144@gmail.com

3328 VINE CLIFF WAY MODESTO, CA 95355
209-606-1475

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Social Section for non-sanctioned events

SIR family and friends enjoy breakfast at the Modesto Airport. Here is the information if anyone would like to attend.

COMMEMORATIVE AIR FORCE BREAKFAST: WHERE: 700 Tioga Drive (private side of airport and has a sign by the street). WHEN: Second Saturday of each month. TIME: 7:30AM TO 11:00AM. COST: \$7 each person.

There is a new seating area reserved for Sons In Retirement members, families and friends. Directions: Going West on Mitchell Rd: Turn right at Tenaya Dr, then left at S. Conejo Ave, then left at Tioga Dr. It's on the left.

Also, check out mint airplanes in Hanger 7



2020 Officers and Directors sworn in by Julius Manrique. L-R: Director Jerry Strain, Asst. Secretary Jack O'Brian, Treasurer Nilo Casiano, Secretary Fernando Gonzalez, Big SIR Anthony Butera, Little SIR Biff Galbraith, Directors Gary Williams, Andre Dodd, and Gaylan King. (Missing: Directors Sam Graham and Jim Toepfer.)

Calendar of Events



GOLDEN GATE FIELDS
APRIL 18, 2020

HOLLAND TULIP FESTIVAL TOUR
MAY 7-14, 2020

LAGUNA ARTS FESTIVAL
PAGEANT OF THE MASTERS IN SOUTHERN
CALIFORNIA
JULY 26-29, 2020

SWITZERLAND, AUSTRIA, AND GERMANY
FOR THE PASSION PLAY. STAY IN
OBERAMMERGAU, GERMANY. AUGUST 29-
SEPTEMBER 9, 2020

**Program for
February 20, 2020:
Modesto Mayor Ted
Brandvold will
basically speak about
what happened in
2019 & the council
goals in 2020**

Past Big Sirs

1988 Lynn Wood
1989 Elbow Jones
1990 Dick Benevento
1991 Warren Lawson
1992 Al Evans
1993 Joe Underwood
1994 Homer Jorgensen
1995 Don Singer
1996 Max Norton
1997 Charles Cox
1998 Dick Bachman
1999 George Harden
2000 John Shores
2001 Bob Curley
2002 Frank Pierson
2003 Julius Manrique
2004 Ed Boyle
2005 Ted Nagel
2006 George Ditman
2007 Herman Vigil
2008 Michael Mensinger
2009 Charles Shoup
2010 Gary Williams
2011 Jerry Strain
2012 Sam Graham
2013 Jerry Emery
2014 Leonard Davis
2015 Patton Brooks
2016 Bill Burchell
2017 Gary Williams
2018 Sam Graham
2019 Jerry Emery
2019 Jerry Strain



Modesto Branch No. 144 Officers

OFFICERS FOR 2020

Big Sir:..... Anthony Butera 985-3473
Little Sir:..... Biff Galbraith 575-2724
Secretary:..... Fernando Gonzalez 415-420-2440
Assistant Secretary:..... Jack O'Brian 221-3691
Treasurer:..... Nilo Casiano 324-5926.
Assistant Treasurer:..... Open

DIRECTORS FOR 2020

Andre Dodd 527-0482 Sam Graham 552-0960
Gaylan King 380-9896 Jerry Strain 551-8220
Jim Toepfer (360) 477-0930 Gary Williams 578-3471

STATE, REGION, & AREA OFFICERS

STATE PRESIDENT OF SIR, Inc ...Ed Benson 925-943-7011
STATE VICE PRESIDENT OF SIR, Inc .. Jim Johnson 536-1595
DIRECTOR, REGION 2.....Rick Kindle 652-8608
GOVERNOR AREA 18.....Richard Provost 222-1910

COMMITTEE CHAIRMEN

RAMP

Recruitment:.....Open
Activities:.....Open
Member Relations:.... Gary Williams 578-3471
Publicity/Relations:... Sam Graham 552-0960
Accessories:..... Sam Graham 552-0960
Travel: Area 18: .. Bill Stires 544-2684
Area 18 Golf Chairman: Joe Adams 632-8197
Branch 144 Golf Chairman: Jay Norris 606-1475
Assistant:.... Gary Hubbard 551-5253
Area 18 Bowling Chairman: Jim Pastorelli. 406-8156
Branch 144 Bowling Chairman: Vern Masse 538-4275
Programs:..... Biff Galbraith 575-2724
Newsletter: ... Bob Lewis 523-7387
Data:..... Gary Williams 578-3471
Chaplain:... Vernon Jones 683-8033
Dining: Vince Sereno 524-9630, Henry Solario 578-5607
Attendance:..... Tony Salonga
Sunshine:..... Edd Santwier 605-9638
Assistant: Julius Manrique 576-1077
Nominating Committee: Julius Manrique, Patton Brooks, Bill Burchell and Gary Williams
Membership:.. Gaylan King 380-9896
Book Club:.... Joe Venturini 524-6577



John Sai won the Birthday drawing



Pictured L-R: Little SIR Biff Galbraith, speakers Katie Cronin & Jeremy Marquez and Big SIR Anthony Butera

To save 15% on tickets to the Gallo Center use code: *SIRS1920*

Please visit our website at www.sirinc2.org/branch144

The SIR website for the latest edition of SIR Happenings at: <http://sirinc.org/sirhappenings/>

If anyone knows if someone has an illness, accident, or passes, please let Edd Santwier (605-9638) or Julius Manrique (576-1077) know. Thanks!

SHLM: Julius Manrique & Ted Nagel

HLM: Gary Williams and Sam Graham

STATE HLM: Jerry Strain