

SONS IN RETIREMENT

MODESTO BRANCH 144

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



May 2020 Newsletter

Volume 05-2020

Message from Big Sir Anthony Butera



Hello Fellow SIR Members, CVOID 19 whether we like it or not has caused all of us to explore ways of changing during this time, therefore it's important to take stock of your ability to adapt to change, and monitor your situation

to assess where you currently stand.

As for Branch 144 we changed how we conducted our BEC meeting in April. We met on Zoom and did business as usual virtually. Which means we had a quorum to do so. We had a few trial check ins prior to actual meeting which led to the success of the meeting itself. Meeting on Zoom with SIR Members and with my clients has been interesting because sometimes an iceberg momentarily appeared and slowed us down a little, but nevertheless we succeeded.

Icebergs in this case is when our core values and beliefs about the way the world should operate. Like meeting in person.

Let's take a moment to visualize an iceberg – there is a small piece that is visible above the waterline, but the biggest part remains hidden under the water. Your core values and beliefs often operate outside of your conscious awareness (“hidden under the water”) as you go about your day, but they can be triggered in certain circumstances. I call icebergs your rules for living. Think back to a time when you overreacted (or under reacted) to something, noticed a pet peeve was triggered (for me, it's slow drivers in the left lane), or kept stewing about something days after the event happened. These are all indicators that an iceberg is present. Fortunately, we can control how we react in any given situation. The key is for us remain calm healthy and safe.

CVOID 19 is certainly a different beast of sorts and moving forward may be necessary and in fashion that is safe and productive to our general well being. Therefore, Branch 144 is moving forward and will have our BEC Meeting and General Meeting via Zoom on May 21st. The BEC Meeting will be from 9:30am to 10:15am and the General Meeting will be from 11am to about 12 noon. Lunch on your own.

(continued on next column)

Our speaker will be Brian Sherwood from Max Muscle. He will be talking about health, nutrition and the importance of exercise. Oh yes, don't forget your wife or children are also welcome to attend this Zoom Meeting as well. The subject matter may certainly be of an interest to all. Thus said, to get ready for the General Meeting Branch 144 will have a Zoom Orientation Session on May 9th from 9.30 am to 10.00am. If you have not done so, yet do email me at Anthony.btr@gmail.com to let me know if you would like to join the Zoom Orientation on May 9th. Do note you need to download Zoom at <http://www.Zoom.us> before participating. Oh yes, don't forget Mother's Day on May 10th and Zoom may be the vehicle to meet with family members virtually. In the meantime, eat heartily and healthy, and stay safe.

Big SIR Anthony Butera Branch 144

Welcome back Dr. Bob Watson to active status and look forward to your attendance at our luncheons! Bob was a Pediatrician. He enjoys Bicycling, Reading, Violin, and Golf. His wife is Flora.

Edd Santwier will pick up groceries for anyone who needs them. He will not charge for pick-up and delivery. His phone # is: 605-9638. His email is: esantwier@aol.com



There will be NO Luncheon at Seasons in May. (Zoom- Yes)

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

The (Zoom) meeting was called to order, by Big SIR Anthony Butera at 9:30 AM.

A quorum was established with the following members present:

Big Sir Anthony Butera, Little Sir acting Secretary Biff Galbraith, Secretary Fernando Gonzalez, Directors: Sam Graham, Gaylan King, Gary Williams, Jerry Strain. Guests and Committee members present: Bill Burchell, Bob Lewis, Vern Masse, Governor Area 18 Richard Provost.

Anthony Butera entertained a motion to approve the February 20th, 2020 BEC Minutes 1st Gary Williams, 2nd Sam Graham. Motion Passed.

Treasurers Report:

The Treasurer's Report for December was Presented by Secretary Fernando Gonzalez.

Checkbook Balance February 20th, 2020.....	\$6,426.85
Total Receipts.....	\$1,983.00
Total Disbursements.....	\$2,084.85
Total Checkbook and Cash February.....	\$6,525.00

Motion to accept Treasurer Report 1st Biff Galbraith, 2nd Gaylan King. Motion Passed

Membership Report:

Gaylan King presented the Membership Report.

One Inductee: Bob Watson, Reinstatement (Vote Required)

There is One Resignation: Tom Watson (Vote Required)

SHLM: Julius Manrique and Ted Nagel

State SHLM: Jerry Strain

HLM: Gary Williams and Sam Graham

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

Total Members 138 active

Motion by 1st Gary Williams, 2nd Fernando Gonzalez, to approve Membership Report. Motion Passed

Committee Reports:

Travel: Reminder to members to check newsletter for trip information and dates. **(Check trips and payments are time sensitive)**

Dining: Vince Sereno, all groups canceled until further notice.

Newsletter: Doing fine.

Bowling: New Branch Chair Bob Lewis, Vern Masse will be new Regional Chair. State Bowling tournament postponed.

Golf: Most golf canceled, Big Sir will check on Sacramento area, they have some courses open.

Programs: **May Zoom meeting** will be with Nutrition speaker and health Brian Sherwood.

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

Old Business:

Membership Form 27 and Form 65 submitted to State SIR. Treasurer Form 28 and 29 to Area Governor.

2020 Roster booklets distributed at February meeting if you did not receive contact Gary Williams.

Big SIR Anthony Butera:

SIR 2020 Goals: Increase net membership, Improve Volunteerism, Encourage each member to bring a guest to an activity not just to a lunch meeting. SIR has a new Web site WeareSIR.com. **Encourage Every member to have at least one Guest per year.**

Check your E-Mail and please respond as to your attendance for Practice zoom meeting and real zoom meeting on May 21st.

New Business:

Motion to have wife or significant other to any meeting. **Contact Big Sir.**

On member Anniversaries to lunch, we pay for spouse, member still pays for self. **(please contact Big SIR for lunch count)**

Jerry Miller possible new assistant treasurer, will get form needed and vote in May.

May 2nd is the trial run for Zoom trainers, afterwards Zoom trainers will be working with their respective groups. See newsletter for details.

Big Sir Anthony will contact State Big Sir about possibility of our golf members playing in Sacramento area.

Meeting adjourned: 10:15 AM

The time of the next BEC meeting will be at 9:30 AM, May 21st, 2020.

(Zoom Meeting)

Respectfully submitted by Biff Galbraith Little SIR, acting 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.**

**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.

\$500 per person deposit to hold place for trip. Final payment Due May 18, 2020.

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**14 Night Adriatic and Aegean Medley Cruise Aboard
The Newest Princess Ship, the Enchanted Princess**

**Including One Pre-Cruise Night in Rome *Date: April 22- May 9, 2021*
and One Post-Cruise Night in Barcelona**

Price: Balcony Stateroom \$5,298 per person Double Mini-Suite Stateroom \$5,850 per person Double

New Princess Plus Options:

- Drinks, Wi-Fi, and Gratuities \$40.00 per person/per day (\$600.00 pp)
- Drinks and Gratuities \$30.00 per person/per day (\$450.00 pp)
- Drinks and Wi-Fi \$25.00 per person/per day (\$375.00 pp)
- Wi-Fi and Gratuities \$25.00 per person/per day (\$375.00 pp)

Princess Plus Options are Subject to Change Without Notice.

These prepaid options are a significant savings from what you will pay onboard at the conclusion of your cruise.

Ports of Call

**ITALY: Rome, Naples, GREECE: Athens, Heraklion, Mykonos, Santorini,
TURKEY: Kusadasi, Istanbul, MONTENEGRO: Kotor,
SICILY: Messina, SPAIN: Barcelona**

Tour Features:

- Transfers from Modesto/Turlock roundtrip to Airport.
- 15 day cruise aboard the Enchanted Princess.
- One night hotel stay in Rome and one night stay in Barcelona
Including all transfers from airport to cruise ship in Rome
and hotel to airport in Barcelona.
- All taxes including port taxes

Airfare is not included. Rates available in June Approximate \$800.00

Ship is filling up fast, don't delay and get in your deposit to hold your spot

DINING OUT CLUB NEWS



As of May 1

Humor -- Just for you! . . .

How grandchildren perceive their grandparents!

A GOOD LAUGH!!!!

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....

2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

MAY BIRTHDAYS

Name		Date	Age
Burroughs	Doug	05/03/52	68
Cardoza	Bill	05/14/49	71
Eubank	Hall	05/26/49	71
Fix	Terry	05/10/36	84
Hardison	Brad	05/16/53	67
Jones	Vernon	05/13/58	62
Kissee	Patrick	05/16/64	56
Long	Herb	05/29/34	86
Santwier III	Amos	05/23/44	76
Schamante	John	05/28/47	73
Vigus	Ron	05/19/42	78



MAY ANNIVERSARIES

Name		Spouse	Date	Years
Lonnie	Bartels	Elaine	05/17/69	51
Nilo	Casiano	Rachel	05/20/67	53
John	Gasper	Teddie	05/31/69	51
Bob	Gotelli	Dee	05/03/81	39
Ed	Jackson	Lynda	05/17/91	29
Vern	Masse	Ruth	05/13/84	36
Jay	Norris	Kathy	05/05/01	19
Don	Sullivan	Robin	05/05/84	36





May 2020 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 28 March 3

Series: Dan Erreca 704

Dan Erreca 704

Game: Dan Erreca 248

Steve Hughes 268

Week 29 March 10

Series: Bob Lewis 609

Larry Zabel 751

Game: Larry Zabel 245

Larry Zabel 299

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-----

June 11-12 Gold Country Lanes, Sutter Creek: Emil Leese 916-275-8684

Ray DiBasilio 530-558-9727

June 23 Earl Anthony's Dublin Bowl, Dublin

Harvey McAninch 510-441-3803

Jerry Sabo 510-790-3135

July 10-12 Knotty Pine Lanes, Pollock Pines: Ray DiBasilio 530-558-9727

July 27-28 Nu Generation, Yuba City

Ray Buttacavoli (H) 530-671-5599

(C) 530-329-2038

August 10-12 National Bowling Stadium,

Reno: Ray DiBasilio 530-558-9727

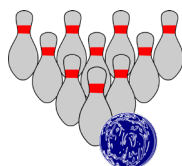
August 26-27 Prosperity Lanes, Grass Valley
Charlie Babiarz 530-470-8964

Tournaments subject to cancellation

Branch 144 Bowling Chairman:

SIR Vern Masse 209-538-4275

vnr03@sbcglobal.net



MAY 2020 GOLF



This is the new URL for Area 18 Golf:

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

NO GOLF	UNTIL JUNE 1 ST	MAYBE

NOT TOO MUCH TO SAY. STAYING HOME IN ISOLATION. HAVE'NT HEARD OF ANYONE HAVING THE VIRUS, THAT'S GREAT. WE JUST HAVE TO WAIT THIS THING OUT. HOPE EVERYONE IS COPING WITH THE STAYING AT HOME. WE ALL HAVE HONEY DO LIST'S.

TOURNAMENTS SUBJECT TO CANCELLATION. CHECK WITH ME.

JAY NORRIS BR# 144 GOLF CHAIRMAN

Sirgolfer144@gmail.com

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

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CORONAVIRUS INFORMATION

In critical time, please self-check every morning in an environment with clean air. Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous.

Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 77 to 81 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind You feel like you're drowning. It's imperative you then seek immediate attention.

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Calendar of Events

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

**ADRIATIC & AEGEAN MEDLEY CRUISE
APRIL 22- MAY 9, 2021**

**SWITZERLAND, AUSTRIA, AND GERMANY
FOR THE PASSION PLAY. STAY IN
OBERAMMERGAU, GERMANY. **POSTPONED**
UNTIL 2022. DATES TBD.**

The speaker for May Zoom Meeting is Brian Sherwood from Max Muscle

He will be talking about nutrition, exercise and wellness during the Pandemic and beyond.

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'Brien 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:..... Vern Masse 538-4275
Branch 144 Bowling Chairman: Bob Lewis 523-7387
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



Area 18 Bowling Chairman
Vern Masse

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