

# SONS IN RETIREMENT

## MODESTO BRANCH 144

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



June 2020 Newsletter

Volume 06-2020

### *Message from Big Sir Anthony Butera*



Hello Fellow SIR Members

As the economy slowly starts to reopen in regions around North America, families everywhere are adjusting to a new normal and that includes venturing back out to reopened stores and services. However, we may want to slow down and revisit our needs versus wants. And consider changing on how we do things. Branch 144 is changing how we are connecting.

Last month at our General Zoom Meeting we had Brian Sherwood from MAX MUSCLE in Modesto spoke about the importance of eating protein as we age. He also touched upon about the importance of exercise, general activity and sleep.

And speaking of exercise Branch 144 has a Walking Group which meets twice a month on the 1st and 3rd Saturday – weather permitting, **Our First Meeting is Saturday, June 6th from 9am to 11am.**

Again, we will meet from 9am to 11am. The ultimate goal is to walk for one hour and meet back at designated meeting spot. Everyone walks their own pace. The idea is movement and socializing with other SIR Members and their Guests.

Our first walking activity will be at **East Loma Park Dry Creek**. We will meet and end at the picnic tables or close to the tennis courts. The suggested route/path is to walk West passing the bathrooms. Feel free to bring your favorite lawn chair. If you plan on attending, do email Anthony Butera at [anthony.btr@gmail.com](mailto:anthony.btr@gmail.com). This way we can look out for you. The walking activity is open to Spouses, Children and Grandchildren and for anyone else that could benefit of being outdoors.

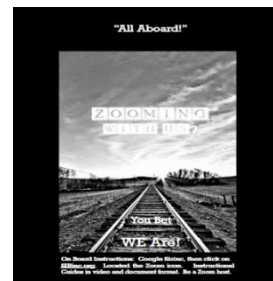
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Time permitting, we may have a guest exercise consultant leading the stretching exercise or the Big Sir may just fill the order.

Our next General ZOOM Meeting will be on June 18<sup>th</sup> from 11am to 12pm. Do note check in is from 11:00 am to 11:15 am. Our program will be Chris Murphy from Modesto View. He will be speaking about of course Modesto and the next American Graffiti and how Branch 144 may be able to participate. If you have not done so yet, do download <http://Zoom.us> .

If you want more Zoom practice before the next General Zoom Meeting there will be a Zoom Check Practice session in the next two weeks. Stay tuned for further announcements.

Big SIR Anthony Butera Branch 144



**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](mailto:esantwier@aol.com)**



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

**SONS IN RETIREMENT  
BRANCH 144 BEC MEETING MINUTES  
May 21st, 2020**

The meeting was called to order, by Anthony Butera, at 9:30 AM.

**A quorum was established with the following present:**

Big Sir Anthony Butera, Little Sir Biff Galbraith, Secretary Fernando Gonzalez. Directors: Gaylan King, Sam Graham, Gary Williams and Jerry Strain. Guests and Committee members present: Bob Lewis, Vince Sereno, Bill Stires and Bill Burchell. Anthony Butera entertained a motion to approve the April 2020 BEC Minutes 1<sup>st</sup> Gaylan King, 2<sup>nd</sup> Gary Williams, Motion Passed.

**Treasurers Report:**

The Treasurer's Report for June was Presented by Fernando Gonzalez  
(in absence of Treasurer Nilo Casiano)

Checkbook Balance as of April 1, 2020.....	\$ 6,325.00
Receipts.....	\$ .00
Disbursements.....	\$ .00
Checkbook and cash as of April 1, 2020.....	\$ 6,525.00

Noted that there will no longer be a \$5.00 charge from the bank for monthly statement now that we are receiving it electronically.

Motion by 1<sup>st</sup> Jerry Strain, 2<sup>nd</sup> Sam Graham to accept the Treasurer's Report, Motion Passed

**Membership Report**

Gaylan King presented the Membership Report.

One Inductee: Robert Watson (discussion, no decision).

SHLM: Julius Manrique, Bill Burchell

State HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Disabled Members: Vincent (Vinny) Altadonna, Charlie Brunn.

Total Members 133 active: 133, 101 paid dues, 32 still not paid, will continue to follow up with them, not dropping them at this time.

Not voted on for approval

**Committee Reports:**

**Travel:** Bill Stires, all trips cancelled until next year, Laguna pageant postponed to next year.

**Bowling:** Nothing planned, on hold.

**Dining:** Vince Sereno, nothing planned, on hold.

**Newsletter:** Doing fine.

**Sunshine:** Edd Santwier; Sunshine Chair contact at (605-9638), nothing to report

**Old Business:** No old business to discuss.

**New Business:**

Discussed whether to continue having the virtual meetings and will continue to have the board meetings and general meeting for next month. There was concern if we stop having meetings membership may not return. Biff will continue to seek out speakers for future meetings.

Next BEC Meeting will be Thursday June 18<sup>th</sup> at 9:30 AM (**Zoom Meeting**)

**Meeting adjourned:** 10:10 AM

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](mailto:bstires46@gmail.com) to receive a reservation form.  
Friends, neighbors and relatives can go on any of the SIR trips.**

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**Cancelled:** Laguna Arts Festival Pageant of the Masters in Southern California July 26-29, 2020  
Rescheduled For: July 25-28, 2021 with more information to come.

Top of Switzerland, Austria, Germany with Oberammergau and the Passion Play is postponed until August 2022. More details to come in future.

Due to cancelled trips and postponements we are looking at some future trips:

Great Smoky Mountains in Fall of 2021.

Holland Tulip Festival in May 2022.

Our annual trips to Reno for Apple Hill in October and Holiday trip to Reno in December are still being planned.

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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



### Humor -- Just for you! . . .

**Humor -- Part #2**---How grandchildren perceive their grandparents!

7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"

8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (WOW! I really like this one -- it says I'm only '38!)

10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

11. Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

## JUNE BIRTHDAYS

Name	Date	Age
Altadonna Lou	06/12/20	100
Cervantes Dennis	06/16/45	75
Haines Conrad	06/08/47	73
Harrison Bryan	06/14/31	89
Salvi Lor	06/17/37	83



## JUNE ANNIVERSARIES

Name	Spouse	Date	Years
Altadonna Vinny	Linda	06/24/78	42
Brooks Pat	Patricia	06/01/63	57
Burchell Bill	Edith	06/26/59	61
Burroughs Doug	Pat	06/30/73	47
Davis Len	June	06/08/57	63
Dodd Andre	Doris	06/06/81	39
Eubank Hall	Judy	06/29/86	34
Fairfield Bernie	Sharon	06/10/92	28
Medrano John	Jojo	06/11/77	43
Moncure Michael	Kathy	06/19/16	4
Nagel Ted	Dona	06/20/70	50
O'Brien Jack	Ardyth	06/30/62	58
Sai John	Mary Jo	06/04/66	54
Tabacco Ed	Karen	06/13/70	50





## June 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, Jerry Hott & Steve Gibson) won the 1<sup>st</sup> 3<sup>rd</sup>. Team 4(Gene Cox, Bick Woolley, Wes Rash & Steve Bruce) won the 2<sup>nd</sup> 3<sup>rd</sup>.

Come out for our hometown tournament.

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

**ALL TOURNAMENTS CANCELLED UP TO HERE:**

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

September 11-12 Carson Lanes, Carson City

Tim Hall (H) 775-245-1027

(C) 530-409-3494

September 22 Harvest Park Bowl

Brentwood: John Fry 925-783-5614

October 20-21 Fireside Lanes, Citrus Heights

Art Tourtillot 916-635-6148

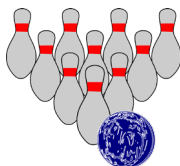
Ron Johnson 916-206-1483

**Tournaments subject to cancellation**

Branch 144 Bowling Chairman:

SIR Bob Lewis 523-7387

[bobalew69@msn.com](mailto:bobalew69@msn.com)



## JUNE 2020 GOLF



This is the new URL for Area 18 Golf:

[https://sirinc2.org/public\\_html/area18golf/](https://sirinc2.org/public_html/area18golf/)

NO GOLF	UNTIL	AUGUST???????

THERE IS NO GOLF UNTIL MAYBE AUGUST. THE COURSES ARE OPEN, YOU NEED TO CHECK WITH THE COURSE FOR THEIR RULES. NOT MUCH TO SAY, STAY SAFE AND RELAX.

TOURNAMENTS SUBJECT TO CANCELLATION. CHECK WITH ME.

JAY NORRIS BR# 144 GOLF CHAIRMAN

[Sirgolfer144@gmail.com](mailto:Sirgolfer144@gmail.com)

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



## 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: Chairman:** Gary Williams  
**Members:** Julius Manrique, Patton Brooks, Bill Burchell, and Sam Graham  
**Membership:** .. Gaylan King 380-9896  
**Book Club:**.... Joe Venturini 524-6577



Lou Altadonna turns 100 years young on June 12<sup>th</sup>. He's dancing with his beautiful wife Emilia in May 2019. Happy Birthday Lou!

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

**Please visit our website at [www.sirinc2.org/branch144](http://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**