

SONS IN RETIREMENT

MODESTO BRANCH 144

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



September 2020 Newsletter

Volume 09-2020

Message from Big Sir Anthony Butera



In the COVID-19 era some of us may feel like everything right now is beyond our control? It's not.

We can control ourselves'.

Self-control—the ability to manage your thoughts, feelings and actions to achieve a goal—is a necessary skill to master in the Covid-19 era. You can't overcome a challenge—big or small—without being disciplined and interacting with other people.

Yet many people are finding it harder to maintain their self-control these days. When we're under extreme stress, our brain works overtime to regulate our emotions, attention and behavior. At the same time, we have more distractions, fewer options for stress relief and poorer sleep. All this taxes our mental resources, depleting our ability to stay motivated, experts say.

The Ancient Greeks had a word for the lack of self-control: Akrasia—acting against one's better judgment because of a weakness of will. It's what happens when we succumb to a temptation that feels good in the moment, rather than doing something that would be good for us in the long run. During the pandemic, lack of self-control includes bingeing Netflix for hours instead of doing something, succumbing to our emotions and snapping at loved ones (or strangers), and endlessly doom scrolling the news. Fortunately, within Branch 144 we have a network of friends in our SIR Roster whereby we can reach out and meet our fellow SIR members over the phone, zoom or just meet for a game of golf, lunch at an outdoor venue or just meet to stroll through the neighborhood or local park.

In September, Branch 144 steering committee is putting together some ideas to be presented to the BEC. First suggestion to entertain, consider a social event outdoors weather permitted. In May 2021, another suggestion, the option for Branch 144 to meet up at Carson City. Carson City is full of activities that could be done from a distance such as golf, bowling, dining and of course just walking around the area.

Continued on next column

Our September Meeting, Kristi Ah You from the Modesto City Council will be sharing the latest movements for Modesto and if time prevails will also talk about Veteran Issues in Modesto and various outdoor activities that are available. Join Zoom Branch 144 General Meeting from 11am to 12pm September 17,2020.

Join Zoom Meeting
<https://us02web.zoom.us/j/88301754773> Meeting ID: 883 0175 4773 One tap mobile + +1 669 900 9128 US (San Jose).

In order to maximize our Zoom General Meeting and if you have questions that you would like to ask the speakers do email them to me at Anthony.btr@gmail.com at least one week before our General Zoom Meetings.

Big SIR Anthony Butera Branch 144

\$24 dues are past due. If you have not paid them, you can mail a check for \$24 made out to SIR Branch 144 to: SIR at 3549 Fawndale Drive Modesto, CA 95356. Thank You!



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

SONS IN RETIREMENT BRANCH 144 BEC MEETING MINUTES AUGUST 20, 2020

The meeting was called to order, by Anthony Butera, at 9:32 AM.

A quorum was established with the following present:

Big Sir Anthony Butera Little Sir Biff Galbraith, Secretary Fernando Gonzalez, Treasurer Nilo Casiano, Directors: Gaylan King, Sam Graham, Gary Williams, Jim Toepfer and Jerry Strain.

Guests and Committee members present: Bob Lewis, Vince Sereno, Bill Burchell and Bill Stires

Anthony Butera entertained a motion to approve the June Treasury Report, 1st. Gary Williams 2nd Biff Galbraith, Motion passed. A motion to approve June Membership report, 1st Jerry Strain, 2nd Sam Graham, 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 June 1, 2020.....	\$ 6,325.00
Receipts.....	\$.00
Disbursements.....	\$ 318.39
Checkbook and cash as of July 1, 2020.....	\$ 6,134.86

Motion by 1st Gary Williams, 2nd Jerry Strain to accept the Treasurer's Report, Motion Passed

Membership Report

Gaylan King presented the Membership Report; 8 members have not payed dues, continued follow-up with them. Form 27 was sent in.

SHLM: Julius Manrique, Ted Nagel, **State HLM:** Jerry Strain

HLM: Gary Williams and Sam Graham

No vote was done on membership report

Committee Reports:

Travel: Bill Stires, Nothing new everything on hold

Bowling: Nothing planned, on hold

Golf: 44 members are playing on Thursday at Creekside on a first come basis, start times 7:40am and every 10 minutes afterwards.

Dining: Vince Sereno, nothing planned, on hold, but will continue publishing stories and jokes.

Newsletter: Doing fine.

Sunshine: Edd Santwier; Nothing to report

Old Business:

Discussed offices for 2021, will have the same people serving in 2020 carry on to 2021.

Motion by 1st Gary Williams, 2nd Jerry Strain, motion passed.

Vote to be presented at next general meeting.

New Business:

Big SIR Report: Anthony presented a recap of the state meeting and the new officers elected. A marketing person was brought in to help with branding and trying to use YOUTUBE. Also, we cannot send a delegate in place of a required officer to the state meeting.

Need to send the Form 20 the state rooster chairman, the RD and RG by August 31.

Little Sir Report: Next month speaker will be Kristi Ah You to discuss what is planned for Modesto.

Next Meeting (Zoom) will be September 17, 2020.

Meeting adjourned: 9:58 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 to receive a reservation form.
Friends, neighbors and relatives can go on any of the SIR trips.

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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
and One Post-Cruise Night in Barcelona
April 22 – May 9, 2021**

Price: Balcony Stateroom \$6,398 per person Double
Mini-Suite Stateroom \$6,950 per person Double
\$1,050 per person deposit to reserve your booking
Final payment due January 15, 2021
New Princess Premier Package:

- **Free Drinks, Wi-Fi, and Gratuities per person**

Princess Premier 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. A valued passport through
November 2021 required for the trip.

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.
- Air Fare round trip SFO to Rome and Barcelona to SFO
- 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
Ship is filling up fast don't delay and get in your
deposit to hold your spot.

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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 27 –
September 7, 2022. More details to come in future.

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

Great Smoky Mountains in September 2021. Reservation form to come soon.

Holland Tulip Festival in May 2022.

Our annual trips to Reno for Apple Hill in October and Holiday trip to Reno in December are on hold at this time.

DINING OUT CLUB NEWS



How to feel better about yourself.

After you read these statements you will feel that most anything you say is absolutely brilliant. If you're feeling down on yourself, reading these should make you feel better.

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever," --Sept. 17, 1994, Alabama's Heather Whitestone, Miss America 1995.

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff."--Mariah Carey

"Smoking kills. If you're killed, you've lost a very important part of your life."-- Brooke Shields

"I've never had major knee surgery on any other part of my body."--Winston Bennett, U.K. basketball forward.

"Outside of the killings, Washington, D.C. has one of the lowest crime rates in the country,"--Mayor Marion Barry.

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it,"--A congressional candidate in Texas.

Half this game is ninety percent mental."--Philadelphia Phillies manager, Danny Ozark

"I love California. I practically grew up in Phoenix." -- Dan Quayle

"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein."--Joe Theisman

"We don't necessarily discriminate. We simply exclude certain types of people."-- Colonel Gerald Wellman, ROTC Instructor.

"Your food stamps will be stopped effective January 1, 2020 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."--Department of Social Services, Greenville, South Carolina

"Traditionally, most of Australia's imports come from overseas." --Keppel Enderbery

"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record.. -- Mark S. Fowler, FCC Chairman

SEPTEMBER BIRTHDAYS

Name	Date	Age
Donald Binney	09/07/44	76
Cecil Brown	09/10/44	76
Ron Brown	09/15/34	86
Hal DeArmond	09/30/43	77
Fernando Gonzalez	09/25/46	74
Roy Hardison	09/05/29	91
Ron Harris	09/03/58	62
Jeff Holder	09/02/50	70
Walt Masciorini	09/13/31	89



SEPTEMBER ANNIVERSARIES

Name	Spouse	Date	Years
Dennis Cervantes	Nancy	09/08/90	30
John Griffin Jr.	Jean Marie	09/16/00	20
Patrick Kisse	Pam	09/26/97	23
Mike Mensinger	Dawn	09/01/53	67
Russell Peck	Charlotte	09/03/49	71
Chuck Sheaffer	Cherie	09/09/72	48
Vig Vigil	Shirley	09/10/89	31
David Yarbrough	Melba	09/10/77	43





September 2020 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 30 June 16

Series: David Brown 653 John Schamante 678

Game: John Schamante 277 John Schamante 291

Week 31 June 23

Series: Dan Erreca 679 Dan Erreca 679

Game: David Brown 235 Clark Pearson 24

Playoffs:

Team 4 def. Team 9--Team 12 def. Team 1

Championship: Team 12 (Chuck Nichols & Tom Mickelson) def. Team 4 (Gene Cox, Bick Wooley & Steve Bruce)

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Team 1(Clark Pearson, Dave Conley, Jerry Hott & Steve Gibson) won the 1st/3rd. Team 4(Gene Cox, Bick Woolley, Wes Rash & Steve Bruce) won the 2nd/3rd. Team 12(Chuck Nichols, Tony Ferro, Tom Mickelson & Larry Zabel) won the 3rd/3rd. Team 9 (Fred Sherman, Michael McClellan, Don Binney & Jerry Strain) won the Wild Card.

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Come out for our hometown tournament.

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

ALL TOURNAMENTS CANCELED UP TO HERE:

November 5-6

SIR ANNUAL STATE TOURNAMENT

McHenry Bowl, Modesto

Vern Masse 209-538-4275

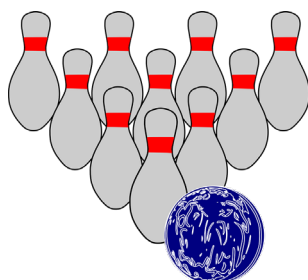
December 2-3 Danville Bowl, Danville

John Monahan 925-837-1598

Tournaments subject to cancellation

Branch 144 Bowling Chairman:

Bob Lewis 523-7387 bobalew69@msn.com



SEPTEMBER 2020 GOLF



This is the new URL for Area 18 Golf:

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

NO GOLF	UNTIL	OCTOBER

DON'T KNOW WHEN THIS VIRUS IS GOING TO END, WE JUST HAVE TO HANG IN THERE. THE GOLF COURSES ARE OPEN THAT'S ONE WAY TO GET OUT OF THE HOUSE AND GET SOME FRESH AIR. HOPE TO SEE EVERYONE SOON, STAY SAFE.

TOURNAMENTS SUBJECT TO CANCELLATION. CHECK WITH ME.

JAY NORRIS BR# 144 GOLF CHAIRMAN

Sirgolfer144@gmail.com

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 505-0915

Sunshine:..Edd Santwier 605-9638 **Assistant:** Julius Manrique 576-1077

Nominating Committee Chairman: Gary Williams 578-3471

Members: Julius Manrique, Patton Brooks, Bill Burchell, and Sam Graham

Membership: .. Gaylan King 380-9896

Book Club:.....Joe Venturini 524-6577

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

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!

Don Binney passed away. RIP Don

SHLM: Julius Manrique & Ted Nagel

HLM: Gary Williams and Sam Graham

STATE HLM: Jerry Strain