

SONS IN RETIREMENT

MODESTO BRANCH 144

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



January 2021 Newsletter

HAPPY NEW YEAR!

Volume 01-2021

Message from Big Sir Anthony Butera



Hello Fellow SIR Members you are now probably wondering where 2021 will take us.

If you're like most, you're full of determination to accomplish a bunch of new year resolutions. But statistically, you won't keep them. According to a classic study, only 19% of people do. For the 81% of us who have struggled to keep our resolutions, our brains are working against us.

Research published in *Current Biology* found we are more likely to repeat pleasing activities because we get a hit of dopamine (the feel-good neurochemical) when we approach previously-positive activities. Even seeing a delicious dessert causes the release and can thwart your efforts to select the vegetables you've resolved to eat instead.

So how can you succeed where you've failed before? Here are some tips which can put you on a path toward a positive 2021:

#1 Make It Real

Distinguish between your overall vision and habits. Focus on your big bets but be specific about the daily habits which will accumulate toward success. Be sure your habits are specific and actionable. Perhaps you want to write a book. Great, but you'll be more likely to achieve this desire by committing to writing for a half hour a day, five days a week. Be specific about the actions you'll take, not just the end you want to achieve.

#2 Be Reasonable

You've heard it before, but it bears repeating: ensure your aims are attainable. If your goal is to play at Carnegie Hall and you're only just learning the violin fingering for "Twinkle, Twinkle, Little Star", you're reaching too high. Set ambitious targets that are attainable and keep in mind you can build over time.

#3 Tie Your Actions To Your Identity

Fascinating research has identified people have more success shifting their behaviors when they link them with their identity, rather than using willpower. Perhaps you'd like to take a Saturday afternoon nap rather than the long walk you promised yourself. If you simply apply willpower, you may be more likely to take the nap instead of the walk.

(Continued on next column)

But if you tell yourself something like, "I am not a person who shirks my responsibility to fitness," or, "I am a person who keeps my commitments to myself," or "I am a person who values action over slacking," you will be more likely to make strides toward your new, preferred behaviors.

#4 Link Your Habits

Another powerful way to successfully adopt a new set of habits is to link a new behavior to an existing one. For example, if your big goal is to expand your knowledge and you've decided you want to listen to informative books more often, link your listening to another habit that is already part of your daily repertoire. Perhaps every day while you're brushing your teeth and getting ready, you can listen to your Audible book selection.

#5 Remember Your Why

Perhaps most important for your ongoing motivation is to remember your overall purpose. You want to get healthy, so you can provide support for your family over the long term. The big picture is always motivational, so don't just focus on laying bricks, keep in mind the cathedral you're building.

The pandemic has been terrible and horrible, but it has provided the opportunity to learn, grow and become more resilient. Use the difficulty of 2020 as a jumping-off point for 2021 and all you'll accomplish as you go forward. You can achieve your new year resolutions. You can succeed. You can make 2021 a year of progress and positivity.

(See Information on last page for meeting info)

Big SIR Anthony Butera Branch 144



**There will be NO
Luncheon at Season's on
January 21. (Zoom - Yes)**

SONS IN RETIREMENT BRANCH 144 BEC MEETING MINUTES DECEMBER 17, 2020

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

Roll Call.

A quorum was established with the following present:

Big Sir Anthony Butera, Little Sir Biff Galbraith, Secretary Fernando Gonzalez, Assist Secretary Jack O'Brien,

Directors: Gaylan King, Sam Graham, Andre Dodd, Jim Toepfer and Gary Williams

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

Treasurers Report:

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

Checkbook Balance as of November 1, 2020.....\$5,748.80

Receipts.....\$25.00

Disbursements.....\$41.70

Checkbook and cash as of November 1, 2020....\$5,932.10

Motion to approve by 1st Jack O'Brien- 2nd Andre Dodd to accept the Treasurer's Report, Motion Passed

Minutes from October: Minutes reviewed no corrections

Motion to approve by 1st Jim Toepfer- 2nd Gary Williams, Motion Passed

Big Sir Report: There was discussion whether to suspend dues until we meet again.

A motion was made to hold off on dues until further notice from the board. 1st Gary Williams- 2nd Jim Toepfer, motion passed.

Little Sir Report:

Biff reported that he was still having difficulty lining up speakers because they didn't want to speak to a small group that we have in the Zoom meetings. He said he would send links to more information about Covid. He also suggested that we post some pre-taped presentations. These could be posted in the newsletter. Bill Burchell suggested a topic about a presentation of the autonomous vehicles (Starship) that Save Mart is using to deliver groceries. Biff was going to research this further. Biff is going to research how we can setup small Zoom groups to reflect how the tables were setup when we had the luncheon.

Membership Report

Gaylan reported 127 active members, 4 disabled. It was reported that the 3 members that had to pay their dues wanted to discontinue their membership. In the next couple of weeks, a PDF will be created with the membership roster for 2021. The goal is to publish the link in the January newsletter.

SHLM: Julius Manrique and Ted Nagel

STATE HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Travel: Bill Stires, No Report

Bowling: Bob Lewis: Nothing to report

Golf: Jay Norris: Nothing to report

Dining: Vince Sereno: Nothing to report.

Newsletter: Doing fine.

Sunshine: Edd Santwier; Need someone to follow the status of Joe Martinez who was in the hospital.

Walking: Anthony Butera: Still meeting on Saturdays

Next Meeting will be January 21, 2020.

Meeting adjourned: 10:16 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.

New trip to Louisville to Nashville: September 16-24, 2021
Featuring a tour of Churchill Downs and the UNESCO World Heritage site of the Great Smoky Mountains National Park

Including 2 nights in Louisville, Ashville, and Nashville. Tour Features Included:
Roundtrip airport transfers, Airfare into Louisville, returning from Nashville
8 day Guided tour with Tour Manager, Guided Tour of Churchill Downs, home of the Kentucky Derby. 9 nights first class accommodations. 12 meals

Gratuities on all included features, bus driver and tour guide

Price: \$3,895 per person double occupancy -- \$4,893 single occupancy

\$550.00 per person deposit required to hold space

\$850.00 per person deposit required after May 20, 2021

Space is limited and sold on first come basis only

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**Laguna Arts Festival Pageant of the Masters in Southern California: July 25-28, 2021**

Price: \$1,995.00 Double; \$2,490 Single Deposit of \$500 to hold spot.

Final payment due May 1, 2021

**Trip Includes:**

- Round trip airfare
- Deluxe Motorcoach transportation
- 3 night stay at 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 into the Sawdust Festival
- Dinner at Terra Laguna Beach
- Reserved Main Tier Center seats for Pageant of the Masters  
"Made in America theme"
- Guided tour of Los Angeles
- Admission to the Space Shuttle Endeavour exhibit
- 5 meals: 3 breakfasts and 2 dinners
- All taxes for features, all gratuities for bus driver and guides

**EARLY RESERVATION IS URGED TO INSURE MAIN TIER CENTER SEATING**

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Top of Switzerland, Austria, Germany with Oberammergau and the

Passion Play is postponed until August 27 – September 7, 2022.

Holland Tulip Festival in May 2022.

DINING OUT CLUB NEWS



Humor

“COVID FEVER” –aka—“Cabin Fever”

Remember wishing that the weekend would last forever? Happy now? ! ? !

I was so bored last night that I called JAKE from State Farm just to talk to somebody! He asked me what I was wearing!

Anyone else starting to get a tan from the Refrigerator light?

How am I doing? Well, I just wiped down the container of Lysol wipes with a Lysol wipe. So I'm fine. Everything is fine.

Due to my isolation, I finished 3 books yesterday, and believe me that is a lot of coloring.

And just like that . . . Having a mask, rubber gloves, duct tape, plastic sheeting & rope in your trunk is Okay.

The cops just left. They said if I was gonna walk around the house naked, I have to do it inside.

ME: Alexa, what's the weather like this weekend?

ALEXA: Doesn't matter, you aren't going anywhere!

Everyone please be careful tonight, there is a DUI checkpoint at the corner of hallway & kitchen . . . Be Safe!

Guys, I need your help. I'm in the middle of an argument with my wife, and she just told me I'm right. What the heck do I do next?

I was visiting my daughter last night when I asked if I could borrow a newspaper. “This is the 21st century”, she said. “We don't waste money on newspapers. “Here, use my iPad.” I can tell you this, that fly never never knew what hit him.

Be honest! If people knew what you were thinking half of the time, you would be in jail or a mental hospital.

Apart from being exhausted, financially unstable, nearing a mental breakdown and being fat, everything is great. Thanks

Jellyfish have survived 650 years despite not having a brain. This gives many people hope.

I'm afraid if I start working out, I'll be too sexy!

Growing your own tomatoes is the best way to devote 3 months of your life to saving \$3.17.

What if they close grocery stores and we have to hunt for our food?

I don't even know where Little Debbie lives.

HAPPY NEW YEAR 2021

JANUARY BIRTHDAYS

Name	Date	Age
Anderson Scott	01/06/51	70
Thomason Jerry	01/27/49	72
Bica Daryl	01/08/48	73
Huffstatler Dan	01/18/48	73
Mountain Jeff	01/19/48	73
Sai John	01/22/43	78
Sereno Vince	01/25/39	82
Rovere Don	01/17/38	83
Boike Gordon	01/29/35	86
Parks Larry	01/08/34	87
Burchell Bill	01/10/34	87
McCoy Mac	01/10/33	88
Nagel Ted	01/08/30	91
Morey Mike	01/14/30	91
Conkey Hal	01/19/24	97

JANUARY ANNIVERSARIES

Name	Spouse	Date	Years
Elliott Scott	Alicia	01/31/04	17
Martinez Joe	Erlinda	01/16/76	45
Cardoza Bill	Karen	01/18/75	46
Hollander Tom	Shaarn	01/27/74	47
Santwier Edd	Sharon	01/09/65	56

MEMBERS WHO JOINED IN JANUARY

Name	Date	Years
Walker Jim	01/16/20	1
Sterling Jim	01/16/20	1
Brown Cecil	01/18/18	3
Thomason Jerry	01/18/18	3
Irwin Rick	01/19/17	4
Gentry Chuck	01/17/16	5
Quintanal Ron	01/08/15	6
Weiss Thomas	01/06/11	10
Miceli Joe	01/04/07	14
Lewis Ernie	01/17/02	19
Salvi Lor	01/18/01	20
Davis Glenn	01/05/95	26



January 2021 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.

---- 2021 UPCOMING STATE TOURNAMENTS----

April 12-15 Gold Dust West, Carson City, Nevada
Ray DiBasilio 530-558-9727

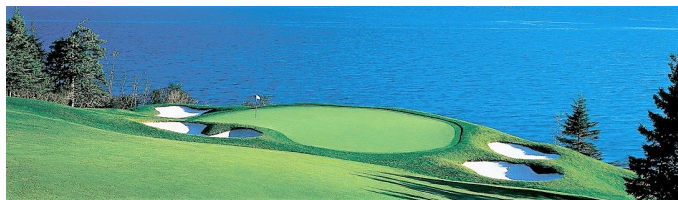
SIR ANNUAL STATE TOURNAMENT
May 12-13 McHenry Bowl Modesto
Vern Masse 209-538-4275

**ALL TOURNAMENTS SUBJECT
TO CANCELLATION**

Branch 144 Bowling Chairman:
Bob Lewis 523-7387 bobalew69@msn.com



JANUARY 2021 GOLF



This is the new URL for Area 18 Golf:

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

NO GOLF	UNTIL	?????????

ANOTHER YEAR HAS COME TO BE. 2021 SHOULD BE A BETTER YEAR, THAN LAST YEAR. HOPE EVERYONE HAD A MERRY CHRISTMAS & A HAPPY NEW YEAR. THE COVID VACCINES ARE HERE, HOPE THEY CAN GET RID OF COVID, SO WE CAN START OUR MEETINGS AGAIN. STAY SAFE, HOPE TO SEE YOU SOON.

JAY NORRIS BR# 144 GOLF CHAIRMAN
Sirgolfer144@gmail.com

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

SENIOR MEN & LADIES GOLF CLUB
Starting Friday November 13, Henry Solario will be putting on tournaments at River Oaks Golf Course on Fridays. The groups will be playing the bottom 9. The starting time is 10:00 AM (check in early).

Questions: call Henry at 578-5607

NOT SIR SANCTIONED



HOW SIR STARTED

Realizing the social nature of man and the desire for the company of others, particularly those retired from gainful employment, the late Damian L. Reynolds conceived the idea of SONS IN RETIREMENT in the Spring of 1958.

Three friends, all retired, met with Mr. Reynolds on occasion for a friendly luncheon. He suggested to these three, Messrs: Claus Hink, Lorenz. H. Hansen and Wallace Plummer, that they join him in his idea. A kick-off luncheon was held in San Mateo, California on July 23, 1958.

A second meeting was held on August 20, 1958, and the eighteen present adopted the name of SONS IN RETIREMENT. Because most retired men wish nothing to do with things pertaining to inactivity, the chosen name seemed to enunciate and give dignity to retirement.

Basic guidelines of SONS IN RETIREMENT were set forth in Rules and Procedures drawn up at the time of incorporation in 1959. These have been revised from time to time.

1. It was to be a luncheon club composed of men retired from gainful employment.
2. There were to be no dues, initiation fees or assessments other than normal voluntary contributions at each luncheon to cover expenses. NOTE: August 2013 Rule change allows Branches to charge Dues if they wish.
3. The organization would espouse no political party, religion or sect of any kind.
4. Eligible men would be invited to join after attending at least one luncheon meeting and being introduced by the member who would sponsor him.
5. The club would meet monthly for lunch, at the member's expense, and a program would become part of each luncheon.

Calendar of Events



LAGUNA ARTS FESTIVAL PAGEANT OF THE MASTERS IN SOUTHERN CALIFORNIA JULY 25-28, 2021---LOUISVILLE, ASHVILLE AND NASHVILLE SEPTEMBER 16-24, 2021--- HOLLAND TULIP FESTIVAL MAY 2022---SWITZERLAND, AUSTRIA, AND GERMANY FOR THE PASSION PLAY. STAY IN OBERAMMERGAU, GERMANY AUGUST 27- SEPTEMBER 7, 2022

Speaker for January 21, 2021: Jerald Smith from SaveMart Grocery Store will discuss how Starship Technologies and SaveMart have brought Robot Delivery Service to Modesto.

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
2020 Anthony Butera



Modesto Branch No. 144 Officers

OFFICERS FOR 2021

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 2021

Andre Dodd 527-0482 Sam Graham 552-0960
Gaylan King 380-9896 Bob Lewis 523-7387
Jerry Strain 551-8220 Jim Toepfer (360) 477-0930
Gary Williams 578-3471

STATE, REGION, & AREA OFFICERS FOR 2021

STATE PRESIDENT OF SIR, Inc ...Stu Williams 510-865-5000
STATE VICE PRESIDENT OF SIR, Inc ...Rick Kindle 652-8608
DIRECTOR, REGION 2.....Dale Decker 533-0455
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



Our January 21st Zoom Meeting will be how SaveMart is transforming living like Jetsons is becoming a reality. SaveMart has partnered with Starship Technologies to provide Robotic Grocery Delivery Service in Modesto. Tune in by Zooming in our Zoom Meeting

<https://us02web.zoom.us/j/88340256112>. Meeting ID: 883 4025 6112 One tap mobile +16699009128,,88340256112# US (San Jose).

If members who have the newsletter mailed to them, and you want a hard copy of the Membership Roster, contact Gary Williams at 209-578-3471.

DUES WILL BE WAIVED UNTIL FURTHER NOTICE FOR 2021

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!

Mike Mensinger passed away November 30 and Marion Zoodsma passed away December 28. RIP

SHLM: Julius Manrique & Ted Nagel HLM: Gary Williams and Sam Graham

STATE HLM: Jerry Strain