SONS IN RETIREMENT

MODESTO BRANCH 144

Dedicated to the promotion of independence and dignity of retirement



February 2021 Newsletter

Volume 02-2021

Message from Big Sir Anthony Butera



Hello Fellow SIR members we are truly well into 2021.

Right now, the pandemical unrest—perhaps some of us are going a little stir crazy. And

January was hard even in normal times. For some, "there could be a subconscious kind of depression we get coming off the high from the holidays," says John Dick, chief executive of Civic Science, a Pittsburgh consumer-research firm. The company surveyed nearly 3,000 adults between Jan. 8 and Jan. 11, with 27% of the respondents saying they felt the "post-holiday blues" more than last year.

Anticipation is a powerful device that can get us through tough times. A growing body of research shows that having an event to look forward to is linked to general feelings of happiness and positivity. As part of ongoing research on the effects of anticipation on emotion during the quarantine period, researchers at Wake Forest University asked 329 adult participants last April to fill out daily reports, rating on a scale from 0 to 6 not only how positively they felt, but also asking to rate on a separate scale from 1 to 4 whether and how much they were anticipating some kind of event or goal whether positive, negative or neutral. Those respondents who reported anticipating a positive event were assessed to have a more overall positive outlook. By having a "positive anticipation of some kind of goal or future event is related to more control and motivation to deal with Covid," says Christian Waugh, a professor of psychology at Wake Forest who led the study.

As for SIR members at Branch 144 we need to look forward to events going on right now within our Branch and county which involves interaction and exercise simultaneously. Branch 144 has a walking group every Saturday morning from 8:30am to 9:30am.

(Continued on next column)

If 8:30am is to too early, then just meet us around 9:00am on the trail at East La Loma Park. We walk the same course every week. We start near the tennis courts and head west and back all the time. And don't forget to stay tuned for our Bowling and Golf updates for Branch 144.

Whatever you do, stay safe, protect yourself by eating healthy and/or get the vaccine and keep a safe distance wearing a mask. And keep plugging into our monthly Zoom Meetings.

(On February 18th from 12pm to 1pm, Daren Williams from the Almond Board will give an update on the Almond industry and best practices) confirm this.

Join Zoom Meeting: https://us02web.zoom.us/j/89352263172

Ma atting: ID: 000 5000 0470

Meeting ID: 893 5226 3172

Or dial dial US (San Jose) +12532158782

Bíg SIR Anthony Butera Branch 144

JERRY STRAIN IS OUR NEW AREA 18 GOLF CHAIRMAN AND THE ASSISTANT IS JAY NORRIS

There will be NO Luncheon at Season's on February 18, 2021

(Zoom - Yes)

SONS IN RETIREMENT BRANCH 144 BEC MEETING MINUTES JANUARY 21, 2021

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 Directors: Gaylan King, Sam Graham, Andre Dodd, Jim Toepfer and Bob Lewis Guests and Committee members present: Bill Stires, Vince Sereno, Bill Burchell

Treasurers Report:

The Treasurer's Report for December was Presented by Fernando

Gonzalez (in absence of Treasurer Nilo Casiano)

 Checkbook Balance as of December 31, 2020....\$ 5,732.10

 Receipts......\$ 0.00

 Disbursements......\$ 0.00

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

Motion to approve by 1st Jerry Strain 2nd Bob Lewis to accept the Treasurer's Report, Motion Passed

Minutes from December: Minutes reviewed no corrections.

Big Sir Report: There was discussion whether to suspend dues. A motion was made to hold off on dues until next quarter. A motion was made to accepts this. 1st.Jerry Strain, 2nd Bob Lewis, motion passed.

New Business: Discussed the completion of Form 20 and Form 29. Form 20 will be submitted in February, Form 29 will be completed by Nilo Casiano, Jack O'Brien, Fernando Gonzalez.

Discussed keeping the same activities in the future. Agreed to keep the activities and work within the State SIRS rules and the local county rules regarding having participation in these activities. A motion was made to accept process. 1st Jim Toepfer, 2nd Gaylan King.

Golf activity for Branch 144 needs to be voted on at the February meeting.

Little Sir Report:

Biff reported that he had lined several speakers for the next several months. Two were arranged by Bill Burchell one regarding a presentation from the Almond Board of California member and another from an individual from the television program about prospecting gold in Alaska.

Biff also was arranging several more speakers. He was going to provide the details to Bob Lewis to include in the newsletter.

Membership Report

Gaylan reported 127 active members, 4 disabled.

SHLM: Julius Manrique, Ted Nagel; State HLM:

Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Travel: Bill Stires, Trip to Holland, Michigan postponed to 2022, still planning in July for a festival in Laguna Niguel, and

September a trip to the Smokey Mountains.

Bowling: Bob Lewis: Nothing to report **Golf:** Jay Norris: Nothing to report **Dining:** Vince Sereno: Nothing to report.

Newsletter: Doing fine. **Sunshine:** Edd Santwier

Walking: Anthony Butera: Still meeting on Saturdays

Next Meeting will be February 18, 2021.

Meeting adjourned: 10:03 AM

Respectfully submitted by Fernando Gonzalez Secretary

rea 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 & 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

Final Payment due June 1, 2021

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

This trip was cancelled in 2020 due to COVID-19 and is rescheduled.

Holland Tulip Festival Tour Featuring Mackinac Island's Grand Hotel May 12-19, 2022

Price: \$3,565 Per Person Double Occupancy \$4,715 Single

Price is based on a discount group airfare of \$249 roundtrip

This airfare expires on March 31, 2020, so sign up before this date.

Trip Highlights:

- Airfare into Chicago, returning from Detroit
- **Gratuities for Tour Manager and Bus Driver**
- Spend 1 night in Chicago with a guided tour of the city
- Attend the annual Tulip Festival in Holland, Michigan
- Visit Veldheer-DeKlomp Musiekparade (Music Parade)
- Spend 2 nights at the Grand Hotel, the crown jewel of Macinac Island
- Tour Macinac Island via a horse-drawn carriage
- Take the River Rouge Ford Factory Tour
- \$40 in Mayflower Money

As this trip was cancelled it will fill up fast with all those that did not get to go on the trip in 2020.

So, sign up early and get your reservation form and deposit to Bill Stires by March 31, 2021 to get this great price. The airfare could go up as much as \$500 or more.

Top of Switzerland, Austria, Germany with Oberammeragau and the Passion Play is postponed until August 27 – September 7, 2022.

DINING OUT CLUB NEWS



Do you ever wake up, kiss the person sleeping beside you, & feel glad that you are alive? I just did and I apparently will not be allowed on this airline again . . .

Sign in Doctor's Office – WARNING: Patient will be charged extra for annoying the Doctor with any self diagnosis gotten off the internet.

I'm at that delusional age where I think everyone my age looks way older than I do.

Remember when we had to smack the TV because the channel wasn't coming in clearly? I feel that way about far too many people.

The older you get the more you appreciate cancelled plans, early nights, thunderstorms, and alcohol that is on sale.

Not to brag, but I just went into another room and actually remembered why I went in there. It was the bathroom, but still . . .

When I finish eating something, I have to show my hands to the dog like I'm a blackjack dealer . . .

Some people won't admit their faults. I would if I had any.

Why don't I have tattoos? For the same reason you don't put a bumper sticker on a Ferrari.

I wonder why we are so obsessed with trying to find intelligent life on other planets, when we can't even find intelligent life here?

I just got pulled over by the cops. He said, "I can smell alcohol" I told him that's because you're not respecting "social distancing."

Apparently one of the symptoms of Covid-19 is having no taste? Looking back on my 5 "exes", I think that I have been infected for years . . .

An invisible man married an invisible woman. Their kids were nothing to look at either.

I didn't think the chiropractor could improve my posture . . . but I stand corrected.

I took my new girlfriend to the ice rink on our first date. It was half-price night. She called me a cheap-skate.

Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.

My wife claims I'm the cheapest person she's ever met. I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16. So the difference between them is just a matter of a pinion.

What did the doctor say to the patient who insisted on closing up his own incision? "Suture self!"

FEBRUARY BIRTHDAYS

Name		Date	Age
Elliott	Scott	02/01/54	67
Gentry	Chuck	02/14/54	67
Slocum	Michael	02/19/53	68
Carrington	Glenn	02/13/52	69
Rogers	Keith	02/22/49	72
Walker	Jim	09/23/48	73
Medrano	John	02/18/44	77
Faulkner	Kent	02/18/42	79
Gotelli	Bob	02/01/39	82
Townsend	Roger	02/13/39	82
Kincanon	John	02/06/39	82
Miller	Jerry	02/09/37	84
Vigil	Vig	02/29/36	85
Yanko	Bob	02/27/34	87
Solario	Henry	02/07/32	89
Hall	Wes	02/26/23	98

FEBRUARY ANNIVERSARIES Name Spouse Date Years

Duran	Jim	Anita	02/14/10	11
DeArmond	Hal	Jan	02/16/91	30
Salvi	Lor	Helen	02/12/76	45
Walker	Jim	Joyce	02/27/70	51
Conkey	Hal	Lucile	02/11/66	55
Hubbard	Gary	Virginia	02/06/65	56
Hodge	Doug	Margaret	02/02/62	59

MEMBERS WHO JOINED IN FEBRUARY Name Date Years

McNett	Tom	02/15/18	3
Toepfer	Jim	02/15/18	3
Fetzer	Bruce	02/15/18	3
Anderson	Scott	02/04/16	5
Galbraith	Biff	02/04/16	5
Boyd	Mike	02/04/16	5
Carrington	Glenn	02/04/16	5
Bartels	Lonnie	02/05/15	6
Harris	Ron	02/06/14	7
Hubbard	Gary	02/07/13	8
Faulkner	Kent	02/07/13	8
Hawes	Jack	02/02/05	16
Mountain	Jeff	02/01/07	19



February 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)

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.

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



FEBRUARY 2021 GOLF



This is the new URL for Area 18 Golf:

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

NO GOLF	UNTIL	APRIL- MAY?

SIR STATE GOLF IS TRYING TO GET GOLF SRARTED AGAIN. HOPEFULLY, SOMETIME AROUND APRIL OR MAY. I'M SURE EVERYBODY IS READY TO START PLAYING. JACK GLEN RESIGNED AS AREA GOLF CHAIRMAN. JERRY STRAIN WILL TAKE OVER AS CHAIRMAN, THANK'S JERRY! MIK FILAN ALSO RESIGNED AS ASST. HANDI-CAP CHAIRMAN, DOING PARINGS AND RESULTS. WITH JERRY'S HELP I AM GOING TO TRY TO FILL THIS SPOT. SO, EVERYBODY STAY SAFE. HOPE TO SEE EVERYONE 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

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

THIS ARTICLE IS COURTESY OF JEFF CHIN BRANCH 103

All of us are under attack right now by a virus, COVID-19. We, as all those over 65 years old, are susceptible to this virus, which could cause death. We need to take action now by seeking a vaccine. This special edition newsletter has been produced to give you information about the vaccine and where you can go to begin the process. Vaccines help our immune system fight infections in the future. COVID19 vaccines will protect us from the virus that causes COVID-19 without having to get the illness. It typically takes a few weeks after the last dose in a series to become fully protected. On the days after taking the vaccine, you may have a sore arm, aches, fatigue or fever, but these are not harmful. These symptoms signal that your immune system is developing protection from the virus.

In a race to produce a COVID-19 vaccine, scientists turned to a new technology involving our body's own genetic process. Inside our cells, DNA produces RNA that produces proteins. The Moderna and Pfizer vaccines transport RNA in a lipid or fat membrane to our cells via the vaccine. That RNA then instructs our cells to produce a protein like the one found on the surface of the SARS-CoV-2 virus, which causes COVID-19. Our immune system recognizes the virus's protein as an invader and produces antibodies to block the protein from proliferating in a future infection. People typically get infected by breathing in airborne droplets from a person who is carrying the virus. The droplets are spread if the carrier coughs, sneezes, talks or just breathes. SARS-CoV-2 has spike proteins on its surface, giving it a "corona" or crown shape. The proteins latch onto receptors on human cells, allowing the virus to invade the cell. As the spike protein attaches to one of our cells, it dramatically changes its shape. Peptides shoot into the cell and pull the cell wall apart, allowing the virus to invade. Once inside, RNA in the virus uses the cell's own genetic process to replicate large quantities of the virus that eventually burst out of the cell. In our bodies, DNA produces RNA that produces proteins. This happens inside our cells. The Moderna and Pfizer vaccines take advantage of this natural process by transporting RNA in a lipid or fat membrane to our cells and then instructing our cells to produce a spike protein like the one found on the surface of the virus. RNA vaccines work by getting our cells to produce the spike protein free of any virus. Our immune system recognizes the protein as an invader and produces antibodies to block the protein from binding with receptors in a future attack. In a major breakthrough, scientists at National Institutes of Health and the University of Texas realized that making a vaccine with the proper shaped protein could be much more effective. The antibodies produced as a result of the vaccine remain in our system, ready to bind with the spike protein of SARS-CoV-2 in the event of exposure. This blocks the spike protein from binding with healthy cells. The virus is unable to invade our cells. The virus is rendered harmless and is flushed out of our bodies. As we wait to be vaccinated, we can effectively prevent the spread of the virus: Wear a mask in public. Stay at least 6 feet away from others. Wash your hands frequently. Avoid touching your face. Get tested and quarantine if you suspect you may be infected.

WHERE CAN I GET A VACCINE?

Stanislaus County has COVID-19 Vaccine Clinics available to all residents of Stanislaus County. There are clinics in Modesto, Turlock, Oakdale and Patterson. The days and times that the clinics are open at listed on the website for Stanislaus County Public Health, www.schsa.org/coronavirus/vaccine. No appointment is necessary. Proof of residence is required. Stanislaus County is in the process of developing a procedure for those who are unable to wait in lines for a vaccine. Information will be available in the upcoming weeks. If your insurance provider is Sutter Health. Sutter Health provides vaccines for health care workers and for people over 75 years old. You can call (844) 987-6115, Mon-Fri. 7:00 am—6:00 pm, Sat-Sun. 8:00 am-5:00 pm to schedule an appointment. Do not contact your provider's office, they are not able to book appointments or provide scheduling exceptions. If your insurance provider is Kaiser Permanente. Kaiser provides vaccinations for health care workers and people 75 years and older. You need to go to Kaiser's website, www.kaiserpermanente.org/healthwellness/coronavirus, to log on to access the code to make an appointment. If your insurance provider is Alignment Healthcare Insurance. The AllCare Granger Clinic is at 205 W. Granger Ave., Modesto. Call 209-622-4680 for vaccination appointments.

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 (MICHIGAN) MAY 12-19, 2022---SWITZERLAND, AUSTRIA, AND GERMANY FOR THE PASSION PLAY. STAY IN OBERAMMERGAU, GERMANY AUGUST 27- SEPTEMBER 7, 2022

Speaker for February 18, 2021: Daren Williams from the Almond Board of California. He will speak about the almond industry.

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

Assistant Secretary:.....Jack O'Brien 221-3691

Secretary: Fernando Gonzalez 415-420-2440

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

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

<u>Member Relations:</u>....Gary Williams 578-3471 <u>Publicity/Relations:</u>...Sam Graham 552-0960

Accessories: Sam Graham 552-0960
Travel: Area 18: Bill Stires 544-2684
Area 18 Golf Chairman: Jerry Strain 551-8220

Assistant: Jay Norris 606-1475

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



If you live within a 4 mile radius of Save Mart on Sylvan & Oakdale, you can have groceries delivered by Starship Technologies. Just download the app from the App Store or Google Play and the app will have the prices when you order. Here is the website of Starship Technologies: Starship

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: Sir Happenings - February 2021

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

Past member Peter (Pete) Hischier passed away RIP

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

STATE HLM: Jerry Strain