

SIR INC.

MODESTO BRANCH 144

Dedicated to enriching the lives of members through social activities while making friends for life



May 2021 Newsletter

Volume 05-2021

Message from Big Sir Anthony Butera



Hello fellow SIR Members after a year many of us canceled travel plans and hunkered down amid the pandemic, this summer figures to mark a tentative return to traditional pastimes as more people get Covid-19 vaccines.

Do be careful going out this year, it means keeping up safety protocols whether someone is vaccinated or not: washing hands, wearing masks in crowded public places, and maintaining social distance to help reduce spreading the virus. Experts say these precautions are particularly important for vulnerable seniors as vaccines aren't 100% effective.

Social distancing: Most major attractions such as museums, stadiums, and amusement parks have advance reservation systems with timed entry and exits, which help them plan better because most large venues have some sort of capacity limit. Hours may be shortened, too.

For some, taking a vacation has become necessary travel from a mental-health standpoint, said Dr. Emily Landon, an infectious-disease specialist at the University of Chicago Medicine who is also working with Chicago and Illinois officials on safe reopening guidelines. "If you're just looking to go on vacation, because you need to escape your life...then you want to just be as careful as possible," she says.

Landon says families and groups with mixed vaccine status—where some people have their shots and others don't—should practice social distancing to protect the unvaccinated. That means sticking with familiar protocols such as wearing masks in public, opting for outdoor activities and avoiding crowds, especially indoors where visitors aren't wearing masks.

Wherever you go consider this "Would you go to a place with a cholera outbreak? Would you vacation there? I think for the good of society, we should avoid such hotspots. And, if we go somewhere be aware of where you are going and the safety protocols that are in motion to keep everyone safe.

(Continued on next column)

And while being safe tune in our next Zoom Meeting on May 20th at 12pm.

Topic: Fernando Gonzalez will speak on his exploits in the Vietnam War.

Meeting link:

<https://us02web.zoom.us/j/87916773127>

Meeting ID: 879 1677 3127

Mobile +16699009128,,87916773127# US (San Jose)

Big SIR Anthony Butera Branch 144

\$16 dues starting in May are due by May 31. Make check payable to "SIR Branch 144" and mail it to: SIR at 3549 Fawndale Drive, Modesto, CA 95356. Thank You!



**There will be
NO Luncheon at
Season's on
May 20, 2021
(Zoom - Yes)**

SIR INC.
BRANCH 144 BEC MEETING MINUTES
April 15, 2021

The meeting was called to order, by Anthony Butera, at 9:32 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: Vince Sereno, Bill Burchell, Bill Stires, Julius Manrique

Minutes from March: Minutes had no corrections.

Motion to approve the minutes, 1st Jim Toepfer, 2nd Andre Dodd motion passed.

Treasurers Report:

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

Checkbook Balance as of March 31, 2021.....	\$ 5,732.10
Receipts.....	\$ 0.00
Disbursements.....	\$ 55.74
Checkbook and cash as of March 31, 2021.....	\$ 5,876.10

Fernando will follow up with Nilo to insure that the March Form 28 was sent.

Motion to approve to approve the Treasurer's report. 1st Andre Dodd, 2nd Bob Lewis. Motion Passed.

Big Sir Report: New Business

New Waiver Form by State. Discussed how to send it out to be signed by members. Suggested that Bob send out an email with the Waiver attached and ask for a signature and have returned, he would also mail to 14 members that do not have email. They will be instructed to send it back or bring to the next in person luncheon in a possible July function. We will have extra forms at the July function for members that forgot the form. Activity leaders will have forms to be signed before members or guests can start the activity. Anthony will add a statement to the Waiver Form asking if the member is planning on attending our possible July meeting.

A motion was made to approve this approach.

1st.Jim Toepfer, 2nd Bob Lewis. Motion passed.

Newsletter naming contest results will be postponed to the next meeting.

Results of vaccine survey report. Biff reported he used the list provided to make calls but found it out of date so started using the membership roster. He called about 40 members and found that 70 to 80 percent have been vaccinated and a couple of members have no plans for getting vaccinated. He will continue to make calls and will ask board members to help.

A motion was made to approve this approach. 1st. Jim Toepfer, 2nd Sam Graham

Little Sir Report:

Biff reported that Ken Hughes will be the speaker today. Greg Silva will be the speaker for next month talking about being a golf pro.

In June, Dr. Michael Brady will be discussing Alzheimer's. In July Ray Simon will speak about the life in the CIA.

Membership Report

Gaylan reported 121 active members, 4 disabled.

SHLM: Julius Manrique and Ted Nagel; **HLM:** Gary Williams and Sam Graham; **State HLM:** Jerry Strain

Committee Reports:

Travel: Bill Stires: The July trip to Laguna will be taking place. He will have waiver forms at the bus to be signed before starting the trip. Louisville trip was cancelled. The Tulip trip to Holland, Michigan and trip to Germany is still on schedule.

Bowling: Bob Lewis: Nothing to report.

Golf: Jay Norris: Starting in May

Dining: Vince Sereno: Does not expect it be starting until we reached 80% vaccination rate.

Newsletter: Doing fine.

Sunshine: Edd Santwier: Nothing to report.

Walking: Anthony Butera: Still meeting on Saturdays

Next Meeting will be May 20, 2021.

Meeting adjourned: 10:40 AM

Respectfully submitted by Fernando Gonzalez Secretary

DINING OUT CLUB HUMOR

TOO GOOD TO NOT SHARE:

1. When one door closes & another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday & 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you are sitting in public & a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, & I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got 8 hours of sleep. It took me 3 days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and I don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint & ask, "Why, what did you hear?"
16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east."
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, & changes you forever. We call those people cops.
21. My luck is like a bald guy who just won a comb.

GRANDMOTHERS—*Essay by an 8 year old*
 A grandmother is a lady who has no children of her own, so she likes other people's little girls. A grandfather is a man grandmother. He goes walks with the boys and talks about fishing, tractors and like that. Grandmothers don't have anything to do except be there. They are old, so they shouldn't play hard or run. It is enough if they drive us to the shops where the pretend horse is & have lots of 5 cents ready. They are often fat, but not too fat to tie kid's shoes. They wear funny glasses & funny underwear & they can take their teeth & gums off. Everyone should have one, because grandmothers are the only grown-ups who have got time.

MAY BIRTHDAYS

Name		Date	Age
Kissee	Patrick	05/16/64	57
Jones	Vernon	05/13/58	63
Hardison	Brad	05/16/53	68
Burroughs	Doug	05/03/52	69
Eubank	Hall	05/26/49	72
Cardoza	Bill	05/14/49	72
Santwier III	Edd	05/23/44	77
Vigus	Ron	05/19/42	79
Fix	Terry	05/10/36	85
Long	Herb	05/29/34	87

MAY ANNIVERSARIES

Name	Spouse	Date	Years	
Jay	Norris	Kathy	05/05/01	20
Ed	Jackson	Lynda	05/17/91	30
Vern	Masse	Ruth	05/13/84	37
Don	Sullivan	Robin	05/05/84	37
Bob	Gotelli	Dee	05/03/81	40
Lonnie	Bartels	Elaine	05/17/69	52
John	Gasper	Teddie	05/31/69	52
Nilo	Casiano	Rachel	05/20/67	54

MAY INDUCTIONS

Name	Inducted	Years	
Dodd	Andre	05/05/05	16
Shoup	Chuck	05/06/04	17
Masse	Vern	05/06/04	17
Sereno	Vince	05/17/01	20
Vigil	Vig	05/15/00	21
Venturini	Joe	05/15/00	21
Kincanon	John	05/06/99	22
Boike	Gordon	05/04/95	26



May 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)

XX

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----

May 27-28 Paddock Lanes, Pacheco
Jack Evans 510-724-8840

June 10-11 Gold Country Lanes, Sutter Creek
Emil Leese 916-275-8684
Ray DiBasillo 530-558-9727

**ALL TOURNAMENTS SUBJECT
TO CANCELLATION**

Branch 144 Bowling Chairman:

Bob Lewis 523-7387 bobalew69@msn.com

Below is not SIR sanctioned

**McHENRY BOWL HAS OPENED
FROM 12:00-10:00PM EVERY
DAY. SUMMER LEAGUES START
MONDAY MAY 17. OPEN AT 9:00
AM WHEN LEAGUES START**

MAY 2021 GOLF



This is the new URL for Area 18 Golf:

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

MONDAY MAY 10	SWENSON	CARTS: \$15.00
HOST: 143	\$29.00	8:00 AM
MONDAY MAY 17	MANTECA	CARTS: INCLUDED
HOST: 164	\$45.00	8:00 AM
MONDAY MAY 24	DRYDEN	CARTS: \$15.00
HOST: 103	\$32.00	8:00 AM
TUESDAY JUNE 1	TRACY CC	CARTS: INCLUDED
HOST: 144	\$54.00	8:00 AM
MONDAY JUNE 7	MANTECA	CARTS: INCLUDED
HOST: 164	\$45.00	8:00 AM

WE ARE FINALLY BACK TO PLAYING GOLF. WE ALSO HAVE OUR A,B,C,D EVENT JUNE 14 AT CREEKSIDE. SO, YOU NEED TO GET YOUR TEAMS TOGETHER. LET ME KNOW WHEN YOU HAVE A TEAM. ALSO, DON'T FORGET TO ADD THE CART FEE \$15.00 WHERE CARTS ARE OPTIONAL. 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

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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 May 20, 2021: Fernando Gonzalez from our Branch will speak about his exploits during the Vietnam War.

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

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:.....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

Members who have paid dues:

Last Name	First Name	Badge	Last Name	First Name	Badge
Adams	Charles	39	Manrique	Julius	143
Davis	Glenn	105	Norris	Jay	80
Dodd	Andre	11	Stroud	Gary	217
Harrison	Bryan	116	Sullivan	Don	188

Please visit our website at www.sirinc2.org/branch144

The SIR website for the latest edition of SIR Happenings at: [Sir Happenings - May 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!

Mac McCoy has passed away. Ted Nagel is not doing well.

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

STATE HLM: Jerry Strain