

SIR INC. MODESTO BRANCH 144

THE ALMOND CAPITAL BULLETIN

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



June 2021 Newsletter

Volume 06-2021

Message from Big Sir Anthony Butera



Hello Fellow SIR Members. Are you ready to see your friends again? The process may be more complicated than you think. Many of us haven't seen even our closest friends for more than a year. We've got a lot of catching up to do, and it can be overwhelming to think about where to start.

While we're excited about these reunions, it helps to manage our expectations: Some friends may have had a harder year than we knew and may need support just as we're ready to move on from the pandemic. We need to brace ourselves for conversations that may take significant mental energy, at a time when our emotional bandwidth is already running low. And we should be ready to address hurt feelings—"Where were you?"—on either side.

The point of reconnecting with friends is to add some joy back into your life, says Mahzad Hojjat, a social psychologist, professor of psychology at the University of Massachusetts Dartmouth, and co-editor of "The Psychology of Friendship." So after you've caught up on the past year, look to the future. Dr. Hojjat recommends talking about what you're looking forward to.

We've all been through so much. We're all so raw. And there is a strong sense of longing," says Marissa King, a sociologist and professor of organizational behavior at the Yale School of Management, who studies social networks. "This combination makes for a really emotional reconnection."

We only have so much time and energy. We have the capacity to maintain 15 core friendships, with just five of them being the most-intimate, shoulder-to-cry-on types of friends, according to research by Oxford University evolutionary psychologist Robin Dunbar, detailed in his book "Friends: Understanding the Power of Our Most Important Relationships."

(Continued on next column)

Reconnecting will be worth the effort. Research shows that people with solid friendships live healthier, longer lives. Friendship decreases blood pressure and stress, reduces the risk of depression and increases longevity, in large part because someone is watching out for us.

Our next watch for Branch 144 is our next General Zoom Meeting will be on June 17th at **11AM**. Our Speaker will be *Brother Amandamoy: Your Thoughts Can Change Your Life.*

Connection: <https://us02web.zoom.us/j/82675657464>
Meeting ID: 826 7565 7464

Mobile +16699009128,,82675657464# US (San Jose).

In the meantime, a reminder for myself mainly, Dues are Due. And our July meeting we are planning to be at The Seasons.

Big SIR Anthony Butera Branch 144

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

IMPORTANT INFORMATION ON RETURNING WAIVER FORMS ON PAGE 6



**There will be
NO Luncheon at
Season's on
June 17, 2021
(Zoom - Yes)**

SIR INC
BRANCH 144 BEC MEETING MINUTES
MAY 25, 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: Sam Graham, Andre Dodd, Jim Toepfer, Jack O'Brien and Jerry Strain

Guests and Committee members: Vince Sereno

Minutes from April: Minutes had no corrections.

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

Treasurers Report:

The Treasurer's Report for April was Presented by Fernando Gonzalez

(in absence of Treasurer Nilo Casiano)

Checkbook Balance as of April 30, 2021.....	\$ 5,447.11
Receipts.....	\$ 0.00
Disbursements.....	\$ 229.25
Checkbook and cash as of April 31, 2021.....	\$ 5,627.11

Motion to approve to approve the Treasurer's report. 1st Jerry Strain, 2nd Jack O'Brien. Motion Passed.

Big Sir Report: New Business

Discussed when the next meeting in person will be and it was decided July 15th and indoors. It will be buffet style with one entrée.

Sam will be meeting with Seasons to discuss the luncheon details and whether we need a contract and will present his findings at the next board meeting. Members will need to provide proof of vaccination or proof of negative COVID test within the past 3 days, plus a signed waiver form. Forms will be provided at the luncheon. Bob will add to the newsletter a reminder to send in waiver forms. A motion was made to approve this approach. 1st Jim Toepfer, 2nd Biff Galbraith. Motion passed.

Discussed the managing of the waiver form. Jerry has a list of golf members who have signed waivers which include 25 Branch 144 members. He will be sending these waivers and list to Fernando who will maintain a spreadsheet of who is vaccinated and who has signed waivers.

Newsletter naming contest results: The name Almond Capital was chosen. Motion was made to accept this. 1st Sam Graham, 2nd Biff Galbraith, motion passed.

2022 New Officer's State. Sam Graham will work the nominating committee for names. Biff will be the Big Sir starting in December.

Little Sir Report:

Biff reported that 70% of members contacted have been vaccinated. Next meeting will be a video presentation "Your thoughts can change your life". Greg Silva will be the speaker for August talking about being a golf pro. In September, Debra Steinberg will talk about her mountain climbing experiences. He is looking for a group to play at the December luncheon and looking for suggestions.

Membership Report:

Gaylan sent out the report. There was no discussions regarding the report.

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

Committee Reports:

Travel: Bill Stires: Absent and nothing new to report

Bowling: Bob Lewis absent: Nothing to report.

Golf: Jerry Strain: Going well and schedule is set for the remainder of the year, in 2 weeks they will have the annual scramble.

Dining: Vince Sereno: Is not planning on starting any dining activities.

Newsletter: Doing fine.

Sunshine: Edd Santwier: Nothing to report.

Walking: Anthony Butera: Still meeting on Saturdays

Next Meeting will be June 17, 2021.

Meeting adjourned: 10:12 AM

Respectfully submitted by Fernando Gonzalez Secretary

Area 18 Travel

Top of Switzerland and Oberammergau, Germany and the Passion Play. August 27 – September 7, 2022
Price: \$4,725 double occupancy (Land only) Airfare to be added in October 2021. Deposit of \$750 per person to hold reservation by June 15, 2021.

This trip was canceled in 2020 and there are only 10 spots left for our group and we will **not receive any more after June 15, 2021.** So sign up now to reserve your spot for this great trip.

Highlights: 2 night stay in Zurich, Switzerland. Tour of city and leisure time on own to explore this great Swiss city.

1 night stay in Interlaken, Switzerland. A trip to the “Top of Europe” with a Panorama 360 Degree Experience of viewing France, Germany, and Italy. 2 night stay in Brienz, Switzerland. Visit a Woodcarving Museum, walk through the romantic Brunngrasse, once awarded the title “Most Beautiful Street in Europe. 2 night stay in Lucerne, Switzerland. A tour of the city and a farewell dinner to Switzerland. Travel through Innsbruck, Austria and on to the picturesque city of Oberammergau, Germany. 2 night stay in Oberammergau and the Passion Play. The Passion Play takes place only once every 10 years and is performed by people that live in Oberammergau. 2 night stay in Munich, Germany. Orientation featuring Olympic Stadium, Olympic Tower and Marienplatz. 17 meals, Headsets throughout the tour, and much more.

Contact Bill Stires at 209-988-5445 if interested in trip.

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Laguna Arts Festival Pageant of the Masters July 25-28, 2021. Price: \$1,995.00 Double \$2,490 Single Total payment with reservation form. **COVID-19 VACCINATION NEEDED FOR TRIP.**  
Private bus for our group will be provided. Trip is still available for other passengers.

### 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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Holland Tulip Festival Tour Featuring Mackinac Island’s Grand Hotel May 12-19, 2022
Price: \$3,895 Per Person Double Occupancy \$5,375 Single. Deposit \$650 per person.

Final payment January 10, 2022

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

Trip Highlights: Transportation to and from airport ◊ 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. ◊ Much, much more.
As this trip was cancelled it will fill up fast with all those that did not get to go on the trip in 2020.

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Trip from 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  
**This trip is a go at this time. At this time vaccination or test is needed 72 hours before trip.**

### Tour Features Included:

1. Roundtrip airport transfers, Airfare into Louisville, returning from Nashville 2. 8 day Guided tour with Tour Manager  
3. Guided Tour of Churchill Downs, home of the Kentucky Derby 4. 9 nights first class accommodations 5. 12 meals  
6. Gratuities on all included features and to bus driver and tour guide Price: \$3,995 per person double occupancy, \$5,093 single occupancy. Pay in Full by June 15, 2021. Space is limited and sold on first come basis only.

**Call Bill at 209-988-5445 or 209-544-2684 to reserve your spot.**

## DINING OUT CLUB HUMOR

### RETIREMENT--- WHAT TO EXPECT

1. My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."
2. I thought the dryer made my clothes shrink. Turns out it was the refrigerator.
3. I thought growing old would take longer.
4. My bucket list: keep breathing.
5. Camping: where you spend a small fortune to live like a homeless person.
6. Just once, I want a username & password prompt to say: "close enough."
7. Being an adult is the dumbest thing I have ever done.
8. I'm a multi-tasker. I can listen, ignore, & forget all at the same time!
9. At my funeral, take the bouquet from my coffin & toss it into the crowd to see who is next!
10. Retirement to do list: Wake up. Nailed it.
11. Went to an antique show & people were bidding on me.
12. People who wonder if the glass is half empty or half full miss the point. The glass is refillable.
13. Retired - Under new management. See spouse for details.
14. When you can't find the sunshine ... be the sunshine.
15. I don't have grey hair. I have wisdom highlights.
16. Sometimes it takes me all day to get nothing done.
17. I don't fall - I do random gravity checks.
18. My heart says, "chocolate & wine" but my jeans say, "please, please, please, eat a salad!"
19. Never laugh at your spouse's choices. You are one of them.
20. One minute you're young & fun. The next, you're turning down the car stereo to see better.
21. I'd grow my own food if only I could find bacon seeds.
22. Losing weight isn't working for me, so from now I'm concentrating on getting taller.
23. Some people are like clouds - once they disappear it's a beautiful day.
24. Some people you are glad to see coming, some you're glad to see leaving.
25. My body is a temple - ancient & crumbling.
26. Common sense is not a gift. It's a punishment because you have to deal with everyone who doesn't have it.
27. I came. I saw. I forgot. Retraced my steps. Got lost on the way back. Now I have no idea what's going on.
28. Senility. If you see this same list a year from now you will think they are all new!!

## JUNE BIRTHDAYS

| <i>Name</i> |        | <i>Date</i> | <i>Age</i> |
|-------------|--------|-------------|------------|
| Haines(D)   | Conrad | 06/08/47    | 74         |
| Cervantes   | Dennis | 06/16/45    | 76         |
| Salvi       | Lor    | 06/17/37    | 84         |
| Harrison    | Bryan  | 06/14/31    | 90         |

## JUNE ANNIVERSARIES

| <i>Name</i> | <i>Spouse</i> | <i>Date</i> | <i>Years</i> |    |
|-------------|---------------|-------------|--------------|----|
| Moncure     | Michael       | Kathy       | 06/19/16     | 5  |
| Fairfield   | Bernie        | Sharon      | 06/10/92     | 29 |
| Eubank      | Hall          | Judy        | 06/29/86     | 35 |
| Dodd        | Andre         | Doris       | 06/06/81     | 40 |
| Medrano     | John          | Jojo        | 06/11/77     | 44 |
| Burroughs   | Doug          | Pat         | 06/30/73     | 48 |
| Nagel       | Ted           | Dona        | 06/20/70     | 51 |
| Tabacco     | Ed            | Karen       | 06/13/70     | 51 |
| Sai         | John          | Mary Jo     | 06/04/66     | 55 |
| O'Brien     | Jack          | Ardyth      | 06/30/62     | 59 |
| Burchell    | Bill          | Edith       | 06/26/59     | 62 |
| Davis       | Leonard       | June        | 06/08/57     | 64 |

## JUNE INDUCTIONS

| <i>Last Name</i> | <i>First Name</i> | <i>Inducted</i> | <i>Years</i> |
|------------------|-------------------|-----------------|--------------|
| Slocum           | Michael           | 06/21/18        | 3            |
| Gotelli          | Bob               | 06/21/18        | 3            |
| Cervantes        | Dennis            | 06/15/17        | 4            |
| Casiano          | Nilo              | 06/15/17        | 4            |
| Vigus            | Ron               | 06/05/14        | 7            |
| Adams            | Chuck             | 06/07/12        | 9            |
| Haines(D)        | Conrad            | 06/02/11        | 10           |
| Strain           | Jerry             | 06/05/03        | 18           |
| Beckett          | Charles           | 06/20/02        | 19           |
| Salonga          | Tony              | 06/04/98        | 23           |





## 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

## FUTURE SPEAKERS IN THE NEXT FEW MONTHS:

Greg Silva will be the speaker for August talking about being a golf pro. In September, Debra Steinberg will talk about her mountain climbing experiences. Biff is looking for a group to play at the December luncheon and looking for suggestions.

**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: [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!

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

**STATE HLM: Jerry Strain**