

SIR INC. MODESTO BRANCH 144 THE ALMOND CAPITAL BULLETIN



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

August 2021 Newsletter

Volume 08-2021

Message from Big Sir Anthony Butera



Hello Fellow SIR Members. We are in business as we met at the Seasons Event Center last month. And we are meeting again on Thursday August 19th at 11:00 AM same place and yes, we are on for the remainder of the year.

I'm not an extreme optimist, but I've long believed that how I eat and exercise, as well as how I view the world, can benefit my mental and physical well-being. Especially after surviving a heart attack 3 years ago. And this is why SIRs has plenty of activities to choose from such as: the General Meetings, Golf, Bowling, Walking and etc.

Admittedly, the relationship between optimism and better health and a longer life is still only a correlation that doesn't prove cause and effect. But there is also now biological evidence to suggest that optimism can have a direct impact on health, which should encourage both the medical profession and individuals to do more to foster optimism as a potential health benefit.

According to Dr. Alan Rozanski, one of the field's primary researchers, "It's never too early and it's never too late to foster optimism. From teenagers to people in their 90s, all have better outcomes if they're optimistic." And by starting we need just to get out and interact with people and other fellow SIR members.

Dr. Rozanski is a cardiologist at Mount Sinai St. Luke's Hospital in New York who became interested in optimism while working in a cardiac rehabilitation program early in his career.

In an interview, he explained, "Many heart-attack patients who had long been sedentary would come into the gym and say, 'I can't do that!' But I would put them on the treadmill, start off slowly and gradually build them up. Their attitude improved; they became more confident. One woman in her 70s said her heart attack may have been the best thing that had happened to her because it transformed what she thought she could do."

"The data are very consistent," he said. "In every case, there was a strong relationship between optimism and a lower risk of disease. Optimists tend to take better care of their health. They're more likely to exercise and eat better and are less likely to smoke."

Dr. Rozanski added, "There's also a biological effect. Pessimists bathe their bodies in damaging stress hormones like cortisol and norepinephrine all day long. Pessimism increases inflammation in the body and fosters metabolic abnormalities like diabetes. Pessimism is also on

the way to depression, which the American Heart Association considers a risk factor for cardiovascular disease."

Overall though, optimists tend to be happier people who are better able to bounce back from a serious loss and perhaps even parlay it into a vocational, emotional or financial gain.

To assess your level of optimism, consider how strongly you agree with each of these statements:

- In uncertain times, I usually expect the best.
- I'm always optimistic about my future.
- Overall, I expect more good things to happen to me than bad.

Or assess your degree of pessimism based on how strongly you identify with these statements:

- I hardly ever expect things to go my way.
- I rarely count on good things happening to me.
- If something can go wrong for me, it will.

Now we may ask ourselves which direction should we take? We can start by just attending our SIR activities. And our next event is our General Meeting in August at 11:00 AM on Thursday August 19th at the Seasons Catering and Event Center. Our speaker is Greg Silva who will talk about being a Golf Pro.

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!

AUGUST SPEAKER WILL BE GREG SILVA WHO WILL TALK ABOUT BEING A GOLF PRO

Remember, if you cannot attend the luncheons, please call *Gaylan King* at 380-9896 by **Sunday August 15 (Luncheon is August 19). Thank you!**

SIR INC
BRANCH 144 BEC MEETING MINUTES
JULY 15, 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, Asst. Secretary Jack O'Brien, Treasurer Nilo Casiano
Directors: Gaylan King, Andre Dodd, Bob Lewis, Sam Graham, and Jerry Strain.
Guests and Committee members: Vince Sereno, Bill Stires, Bill Burchell, Gary Williams, Julius Manrique, Richard Provost (Area Governor)

Minutes from June: Minutes had no corrections.

Motion to approve the minutes, 1st Bob Lewis, 2nd Andre Dodd, motion passed.

Treasurers Report:

Nilo presented vouchers from Bob Lewis for 5 months expenses producing the newsletter for \$71.37

The Treasurer's Report for June was Presented by Nilo Casiano

Checkbook Balance as of June 31, 2021.....	\$ 5,575.11
Receipts.....	\$ 416.00
Disbursements.....	\$.00
Checkbook and cash as of June 31, 2021.....	\$ 6,191.11

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

Big Sir Report: New Business

Discussed Form 20, it is not ready to be submitted because we need to have more positions filled. Directors will reach out to members to seek volunteers for serve in these open positions. Gary Williams will check with state rules to see if a person can serve in more than one position.

Discussed BEC nomination for Area Governor, Richard Provost volunteered to serve another year, vote taken and passed.

Dues report was that 50 members of the 122 had paid.

Little Sir Report:

Biff reported 60 members expected for the lunch meeting today. Greg Silva will be the speaker for August talking about being a golf pro. In September, Debra Steinberg will talk in September would be about her mountain climbing experiences. He is still looking for someone to do the entertainment for December meeting. Several possibilities were discussed, there will be a follow up on one person to see if they are willing to perform for \$300 and a follow up with a Claire Park for their availability. Motion made to proceed and passed.

Membership Report

Gaylan sent out the report. 120 Active and 4 Disabled. 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: Planned trips are still on schedule.

Bowling: Bob Lewis: Probably starting up in September.

Golf: Jerry Strain: Golf is going on, 5 teams will be going to the state competition. Members in good standing will be allowed to play.

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 9:30 AM, August 19,2021 at Seasons. Meeting adjourned: 10:15 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. 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 Brunnigasse, 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 the trip.

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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

CURRENT PRICES EXTENDED UNTIL SEPTEMBER 15, 2021

Space for 10 more passengers

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

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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

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 at time of reservation. Space is limited and sold on first come first served basis only.

Final Payment due at time of reservation

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

DINING OUT CLUB HUMOR

The Story of **"POPEYE"**

His real name was Frank "Rocky" Fiegel.

He was born in 1868 in Poland and, as a child, immigrated to the United States with his parents, who settled down in a small town in Illinois.

As a young man, Rocky went to sea. After a 20 year career as a sailor in the Merchant Marines, Fiegel retired. He was later hired by Wiebusch's Tavern in the city of Chester, Illinois as a 'Bouncer' to maintain order in the rowdy bar.

Rocky quickly developed a reputation for always being involved in fighting (and usually winning). As a result, he had a deformed eye ("*Pop-eye*").

He also 'always' smoked his pipe, so he always spoke out of one side of his mouth. In his spare time as a Bouncer, Rocky would entertain the customers by regaling them with exciting stories of adventures he claimed to have had over his career as a sailor crossing the 'Seven Seas.'

The creator of Popeye, Elzie Crisler Segar, grew up in Chester and, as a young man, met Rocky at the tavern and would sit for hours listening to the old sailor's amazing 'sea stories.'

Years later, Segar became a cartoonist and developed a comic strip called 'Thimble Theater.'

He honored Fiegel by asking if he could model his new comic strip character, '**Popeye the Sailor Man,**' after him. Naturally Fiegel was flattered and agreed. Segar claimed that '**Olive Oyl,**' along with other characters, was also loosely based on an actual person. She was Dora Paskel, owner of a small grocery store in Chester. She apparently actually looked much like the Olive Oyl character in his comics. He claimed she even dressed much the same way.

Through the years, Segar kept in touch with Rocky and always helped him with money; giving him a small percentage of what he earned from his 'Popeye' illustrations.

WHO didn't love the cartoons??? We watched them religiously ... so funny, so moral ... each story had a good ending ... wonder if kids these days even KNOW who Popeye is??? Who knew he was a real man?? *Awesome!!!*

AUGUST BIRTHDAYS

<i>Name</i>		<i>Date</i>	<i>Age</i>
Biff	Galbraith	08/01/58	63
Bruce	Fetzer	08/19/56	65
Ed	Tabacco	08/31/46	75
Wayne	Fallentine	08/25/46	75
Bob	Watson	08/16/45	76
Joe	Martinez	08/19/41	80
Merle	Liebert	08/05/40	81
John	Griffin Jr.	08/13/39	82
John	Bernard	08/13/37	84
Doug	Hodge	08/18/36	85
Norm	Lawrence	08/06/36	85
Charles	Beckett	08/22/28	93

AUGUST ANNIVERSARIES

<i>Name</i>	<i>Spouse</i>	<i>Date</i>	<i>Years</i>	
Deane	Cook	Sigrid	08/28/99	22
Howard	Grieshaber	Theresa	08/08/76	45
Cal	Campbell	Marina	08/02/75	46
Keith	Rogers	Elaine	08/04/73	48
Bob	Watson	Flora	08/08/71	50
Roger	Townsend	Ruth	08/23/69	52
Rick	Irwin	Bonnie	08/10/68	53
Conrad	Haines	LaDean	08/25/67	54
Chuck	Adams	Linda	08/10/63	58
Red	Bell	Sharon	08/18/62	59
Chuck	Shoup	Karen	08/18/62	59
Vince	Sereno	Kathy	08/26/61	60
Jerry	Miller	Kathy	08/10/57	64
John	Bree	Deborah	08/10/57	64
Charles	Beckett	Barbara	08/15/54	67
Joe	Venturini	Diane	08/23/53	68

AUGUST INDUCTIONS

<i>Last Name</i>	<i>First Name</i>	<i>Date</i>	<i>Years</i>
Rogers	Keith	08/05/10	11
Grieshaber	Howard	08/04/11	10
Brooks	Patton	08/04/11	10
Bree	John	08/04/11	10
Williams	Wayne	08/04/11	10
Norris	Jay	08/07/14	7
Tabacco	Ed	08/07/14	7
Elliott	Scott	08/16/18	3
Miller	Jerry	08/19/19	2



August 2021 Bowling Report

We will have a meeting on September 7 at 12:00 PM. The league will start after the meeting at 1:00 PM.

You will need to provide vaccination proof and sign an Activities Waiver(below):



SIR Waiver
Certification.pdf

(Double click to open)

Come out for our hometown tournament.

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

**August 9-11 National Bowling Stadium, Reno, NV
Ray DiBasilio 530-558-9727**

**August 25-26 Prosperity Lanes, Grass Valley
Charlie Babiarz 530-470-8964**

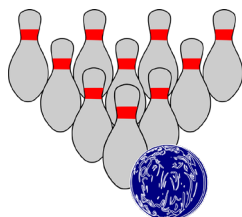
**September 17-18 Carson Lanes, Carson City, Nv
Tim Hall H: 775-246-1027 C: 530-409-2494**

**September 28 Harvest Park Bowl, Brentwood
John Fry 925-783-5614**

**October 19-20 Fireside Lanes, Citrus Heights
Art Tourtillot 916-635-6148
Ron Johnson 916-206-1483**

***ALL TOURNAMENTS SUBJECT
TO CANCELLATION***

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



AUGUST 2021 GOLF NEWS



This is the new URL for Area 18 Golf:
https://sirinc2.org/public_html/area18golf/

MONDAY AUG. 9	MICKE GROVE	COST: \$45.00
HOST: 103	8:00 AM	CARTS: INCLUDED
MONDAY AUG. 16	CREEKSIDE	COST: \$49.00
HOST: 143	8:00 AM	CARTS: PREPAID
MONDAY AUG. 23	MANTECA	COST: \$45.00
HOST: 103	8:00 AM	CARTS: INCLUDED
MONDAY AUG. 30	ATWATER	COST: \$47.00
HOST: 144	8:00 AM	CARTS: INCLUDED
TUESDAY SEPT 7	PHEASANT RUN	COST: \$54
HOST: 103	8:00 AM	CARTS: INCLUDED
MONDAY SEPT 13	DRYDEN	COST: \$32
HOST: 143	8:00 AM	CARTS: \$15

GOLF IS MOVING RIGHT ALONG. WE STILL HAVE PLENTY OF ROOM FOR MORE PLAYERS. COME ON OUT AND HIT SOME BALLS, GET SOME FRESH AIR. THE AUGUST SCHEDULE IS PRINTED ABOVE, WITH 2 IN SEPTEMBER. YOU COULD MAKE SOME MONEY BEFORE THE END OF THE YEAR. P.S. DON'T BE AFRAID....

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

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



Members who have paid dues:

Last Name	First Name	Last Name	First Name	Last Name	First Name
Adams	Chuck	Salvi	Lor	Vigus	Ron
Davis	Glenn	Morey	Mike	Mountain	Jeff
Dodd	Andre	Sereno	Vince	Parks	Larry
Harrison	Bryan	Gonzalez	Fernando	Miceli	Joe
Manrique	Julius	Masciorini	Walt	Burchell	Bill
Norris	Jay	Toepfer	Jim	Chalk	Gary
Stroud	Gary	O'Brien	Jack	Eubank	Hall
Sullivan	Don	Venturini	Joe	Gaspar	John
Hardison	Roy	Bica	Gus	Sanford	Don
Rogers	Keith	Fetzer	Bruce	Holder	Jeff
Bartels	Lonnie	Gailbraith	Biff	Nagel	Ted
King	Gaylan	Kincanon	John	Strain	Jerry
Pinkston	Ernie	Slocum	Michael	Casiano	Nilo
Shoup	Chuck	Miller	Jerry	Dutton	Pete
Cook	Deane	Hodge	Doug	Griesaber	Howard
Conkey	Hal	DeArmond	Hal	Salonga	Tony
Griffin	Jack	Solario	Henry	Bell	Red
Hall	Wes	Boyd	Mike	Sheaffer	Chuck
Lewis	Ernie	Butera	Anthony	Cardoza	Bill
Lewis	Bob	Hawes	Jack	Masse	Vern
Oehrlein	Ken	Peck	Russell	Leffingwell	Charlie
Williams	Gary	Graham	Sam	Jackson	Ed
Davis	Leonard				

Calendar of Events

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 August 19, 2021: Greg Silva will speak about being a Golf Pro.

PROPOSED BEC FOR 2022

Big SIR: Biff Galbraith; Little SIR: Fernando Gonzalez; Secretary: Fernando Gonzalez; Asst. Secretary: Open; Treasurer: Nilo Casiano Asst. Treasurer: Open Directors: Anthony Butera, Andre Dodd, Gaylan King, Bob Lewis, Jerry Strain and Jim Toepfer. This will be voted on at the August luncheon.

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



Fernando Gonzalez receives a Certificate of Appreciation from Biff Galbraith & Anthony Butera for his speaking at a meeting



Anthony Butera receives a Certificate of Appreciation for Devotion and Service to SIR from Area Governor Richard Provost



Speaker Ray Simon receives a Certificate of Appreciation from Biff Galbraith

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!

Larry Parks wife Clara passed away. Herb Long passed away.

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

STATE HLM: Jerry Strain