

SIR INC. MODESTO BRANCH 144 THE ALMOND CAPITAL BULLETIN

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



October 2021 Newsletter

Volume 10-2021

Message from Big Sir Anthony Butera



Hello Fellow SIR Members.
October is upon us and the new year is just around the corner. Perhaps in the past couple months all us have been encouraged to change one way

or another. Over the years making positive changes I have picked up a few key points that might help fuel your efforts on positive change.

1) Change Begins With Vision - The hard thing is not to make positive changes in our lives, but to sustain them. Change efforts are unlikely to persist if they are not fueled with inspiration. The solution-focused approach to change suggests that we are always in the process of changing, though we typically don't recognize the fact. What we are already doing successfully—when we are happiest, most energized, and most fulfilled—is often what we most need to cultivate in our lives. *The most empowering vision for change comes from becoming more fully who we already are at our best.* What is the best version of you? What are you doing in your life when you are experiencing moments of joy, contentment, and passion? Don't try to be someone different. Try to become better at accessing who you're already capable of being and doing. Last month's speaker about the climbing Mt. Whitney was inspiring. I caught myself of considering doing such a climb. I was quickly reminded by one of my walking buddies I get out of breath just walking 3 miles on a flat level terrain. Perhaps just walking 4 miles on flat level terrain without breathing so heavily would be a start.

(continued on bottom of Travel page)

New Members



Pictured L-R: Bir SIR Anthony Butera,(SP) Vern Masse,(NM) John Sandillano & Bob Abujen.

Bob Was in the U.S. Navy for 20 years.

He enjoys Bowling & Poker

John enjoys Bowling, Coins, Computer Training & Fishing.

**Speaker: George Boodrookas, MJC
director of Community and Economic
Development.**

**\$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!**

**Remember, if you cannot attend
the luncheons, please call
Gaylan King at 380-9896 by Sunday
October 17(Meeting is October 21).
Thank you!**

SIR INC
BRANCH 144 BEC MEETING MINUTES
SEPTEMBER 16, 2021

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

A quorum was established with the following members present:

Big Sir Anthony Butera, Little Sir Biff Galbraith (Acting Secretary), Treasurer Nilo Casiano, Directors: Sam Graham, Bob Lewis, Gaylan King, Jim Toepfer and Andre Dodd. Guests and Committee members present: Gary Williams, Vince Sereno, Vern Masse, Julius Manrique, Patton Brooks.

Treasurers Report:

The Treasurer's Report for August was presented by Treasurer Nilo Casiano.

Checkbook Balance as of August 31 st , 2021.....	\$ 6,195.14
Total Receipts.....	\$ 1,348.00
Disbursements.....	\$1,245.97
Checkbook and cash as of August 31 st ,2021.....	\$6,395.14

Motion to approve the Treasurer's report: 1st Bob Lewis, 2nd Gaylan King. Motion Passed.

Expenses Anthony Butera: frames \$15.09, Gary Williams: badges 33.26, Bob Lewis: printing \$15.61: Motion 1st Biff Galbraith, 2nd Gaylan King. Motion Passed.

Membership Report:

Gaylan King gave the Membership Report for September 16, 2021

There is one Inductee: Arnold C. Fidalgo. (Vote required)

There are three applicants: Bob W. Abujen, John E. Sandillano, Tony Castillo. (Vote Required).

SHLM: Julius Manrique and Ted Nagel

State SHLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Disabled Members: Conrad Haines, Vincent (Vinny) Altadonna, Harold DeArmond, Bryan Harrison and Paul Moran.

Disabled Members.....5

Active members:.....121

Pending Members:.....3

Deaths: One (Lonnie Bartels)....1

Motion to approve Membership Report: 1st Gaylan King, 2nd Andre Dodd. Motion Passed.

Dues: Approximately 80 paid at this time. Gary Williams has list.

Committee Reports:

Travel: Reminder to members to check newsletter for trip information and dates. **(Check with Bill Stires, as trips and payments are time sensitive). Most Trips have been rescheduled.**

Dining: Vince Sereno, all groups canceled until further notice.

Newsletter: Doing fine.

Bowling: New Branch Chair Bob Lewis. Vern Masse will be new Regional Chair. State Bowl Tournament November 4th and 5th at McHenry Bowl.

Motion to approve the State Bowling Tournament. 1st Jim Toepfer, 2nd Bob Lewis, motion Passed.

Golf: Check with Jerry Strain. All is going well.

Programs: October will be George Boodrookas MJC Director of Community and Economic Development.

Sunshine: Edd Santwier; Sunshine Chair contact at (605-9638)

New Business:

October meeting will be George Boodrookas, MJC director of Community and Economic Development. Walking Group every Saturday 8:00AM to 9:00AM, East La Loma Park, Dry Creek. Contact Anthony at Anthony.btr@gmail.com if you are interested. All are welcome, including spouses.

Meeting adjourned: 10:02AM

The time of the next BEC meeting will be at 9:30 AM, October 21st, 2021.

Respectfully submitted by Biff Galbraith Little SIR, acting 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. \diamond 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. \diamond 2 night stay in Brienz, Switzerland. Visit a Woodcarving Museum, walk through the romantic Brunnigasse, once awarded the title “Most Beautiful Street in Europe. \diamond 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. \diamond 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. \diamond 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

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

(Continued from page 1)

2) Change Begins With The Body - Years of work in the field of the work world have taught me that every effective approach to psychological change introduces new ideas, skills, and experiences during periods of enhanced awareness. Our quickest access to a heightened consciousness is through changes in our bodies. And we at SIRS - have the opportunity to actually engage in physical activities such as golf, bowling and yes just plain walking. And we can always do better in these activities. If not better be consistent in doing these activities.

It is when we feel new things that we are most likely to process the events in our lives in new ways. One of the best ways to pursue an important life change is to associate it with a distinctive physiological, emotional, and cognitive state and then master our access to that state. We know that people recover from trauma by reprocessing painful memories in safe, quiet states. Less appreciated is that we can reprocess everyday experience in states of joy, gratitude, and enthusiasm. This is well understood in the world’s great spiritual traditions, where even the most routine events—waking up in the morning and eating a meal—can become sources of inspiration.

3) Change Begins Today - Research suggests that change is most lasting if it becomes part of our daily lives. In other words, it is important to *be* our goals and *live* our visions daily. That means that we also need daily access to the heightened mental and physical states that enable us to experience ourselves in new and positive ways. It is not enough to merely set goals. Those goals must be translated into daily actions and mindsets that reinforce our best selves. *First comes shifts in our doing and only then do we discover shifts in our viewing.* Fresh daily experiences help us internalize a fresh sense of self. A worthy goal is not merely something we have, but something we actively do each day. To sum up, change is a process—and it’s a process we can learn to master. If we remain in the same states of mind and body and do the same things from day to day, we merely reinforce the status quo. Nothing changes. Revolutionary change is the compounding result of small, consistent evolutionary efforts.

And this brings me to our Speaker this Month George Boodrookas will be presenting about Modesto Junior College 100th year Anniversary and all the changes that have taken to get to this point.

Big SIR Anthony Butera Branch 144

DINING OUT CLUB HUMOR

A Monday Smile: There I was sitting at the bar staring at my drink when a large, trouble-making biker stepped up next to me, grabbed my drink and gulped it down in one swig. "Well, what are you gonna do about it?" he said, menacingly?

I looked at him and suddenly burst into tears.

Oh, come on, man," the biker said, "I didn't think you'd CRY. I can't stand to see a man crying."

"This is the worst day of my life," I said. "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife with another man...and then, my dog bit me.

"So I came to this bar to work up the courage to put an end to it all.

I buy a drink, I drop a capsule in it, and I sit here watching the poison dissolve; and then you show up and drink the whole darn thing!"

"But, enough about me. How are you doing?"

The Prenuptial Talk: A young woman brought her fiancée home to meet her parents. After dinner, her mother told the girl's father to find out more about the young man.

The father invited the fiancée to his study for a little talk. "So, what are your plans?" the father asked the young man.

"I am a biblical scholar," he replied.

"A biblical scholar, hmmm?" The father said.

"Admirable, but what will you do to provide a nice home for my daughter?"

"I will study," the young man replied, "and God will provide for us."

"And how will you buy her a beautiful engagement ring, such as she deserves?," asked the father.

"I will concentrate on my studies," the young man replied, "God will provide for us."

"And children?" asked the father. "How will you support children?"

"Don't worry, sir, God will provide," replied the fiancée.

The conversation proceeded like this...and each time the father questioned; the young idealist insisted that God would provide. Later, the mother asked, "How did your talk go, honey?"

The father answered: *"Very informative! He has no job; he has no plans; and he thinks I'm God."*

OCTOBER BIRTHDAYS

<i>Name</i>		<i>Date</i>	<i>Age</i>
Leffingwell	Charlie	10/11/52	69
Grieshaber	Howard	10/08/49	72
Moran	Paul	10/21/47	74
Pinkston	Ernie	10/18/46	75
Quintanal	Ron	10/30/45	76
Masse	Vern	10/24/45	76
Boyd	Mike	10/13/43	78
Adams	Chuck	10/29/42	79
Oehrlein	Ken	10/18/42	79
Strain	Jerry	10/10/42	79
Williams	Wayne	10/18/40	81
Miceli	Joe	10/24/40	81
Stroud	Gary	10/18/39	82
Duran	Jim	10/12/37	84
Davis	Leonard	10/03/36	85
Sanford	Don	10/05/23	98

OCTOBER ANNIVERSARIES

<i>Name</i>	<i>Spouse</i>	<i>Date</i>	<i>Years</i>	
Cecil	Brown	Carolyn	10/10/08	13
John	Kincanon	Sharon	10/27/01	20
Fernando	Gonzalez	Josie	10/04/99	22
Fred	Sherman	Norma	10/15/88	33
Chuck	Gentry	Patricia	10/30/82	39
Thomas	Weiss	Nancy	10/23/71	50
Sam	Graham	Claire	10/29/61	60
Merle	Liebert	Diane	10/22/59	62

OCTOBER INDUCTIONS

<i>First Name</i>	<i>Last Name</i>	<i>Inducted</i>	<i>Years</i>
David	Yarbrough	10/17/19	2
Dan	Erreca	10/18/18	3
Merle	Liebert	10/19/17	4
Doug	Burroughs	10/20/16	5
Edd	Santwier III	10/01/15	6
Max	Maxwell	10/03/12	9
Wayne	Fallentine	10/07/10	11
Paul	Moran	10/02/10	11
Henry	Solario	10/02/03	19



October 2021 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 1 September 7

Series: Bob Abujen 653 Gene Cox 732

Game: Bob Abujen 253 Gene Cox 283

Week 2 September 14

Series: Al Sterling 597 Al Sterling 678

Game: Bruce Fetzer 212 Jerry Hott 242

Week 3 September 21

Series: David Brown 617 Fred Bistodeau 667

Game: David Brown 233 Gene Cox 250

Week 4 September 28

Series: Bob Abujen 684 Bob Abujen 684

Game: Bob Abujen 247 Dom Genova 270

Come out for our hometown tournament.

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

October 19-20 Fireside Lanes, Citrus Heights

Art Tourtillot 916-635-6148

Ron Johnson 916-206-1483

November 4-5 McHenry Bowl, Modesto

Vern Masse 538-4275

(SIR ANNUAL STATE TOURNAMENT) **[SEE BELOW]**

December 1-2 Danville Bowl, Danville

John Monahan 925-837-1598

ALL TOURNAMENTS SUBJECT TO CANCELLATION

Branch 144 Bowling Chairman:

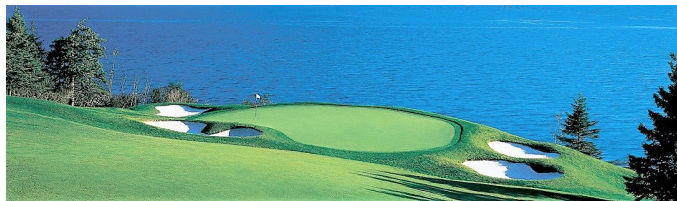
Bob Lewis 523-7387 bobalew69@msn.com



[Tournament Application](#)

Above is the Application for the State Tournament at McHenry Bowl on November 4-5. Touch control and click to open.

OCTOBER 2021 GOLF NEWS



This is the new URL for Area 18 Golf:

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

MON. OCT. 11	ATWATER	COST: \$47.00
HOST: 143	9:00 AM	CARTS: INCLUDED
MON. OCT. 18	DRYDEN	COST: \$47.00
HOST: 103	9:00 AM	CARTS: PREPAID
MON. OCT. 25	ELKHORN	COST: \$48.00
HOST: 164	9:00 AM	CARTS: INCLUDED
MON. NOV. 1	CREEKSIDE	COST: \$49.00
HOST: 143	9:00 AM	COST: PREPAID
MON. NOV. 8	TRACY CC	COST: \$49.00
HOST: 103	9:00 AM	CARTS: INCLUDED
MON. NOV. 15	DRYDEN	COST: \$47.00
HOST 144	9:00 AM	CARTS: PREPAID

THE END OF THE YEAR LUNCH WILL BE ON WEDNESDAY OCTOBER 13TH AT THE SEASONS ON McHENRY AVE. ALL PRIZE FUND MONEY WILL BE HANDED OUT AT THIS TIME.

OCTOBER IS ALSO WHEN I START COLLECTING NCGA DUES. \$48.00 TO RENEW, \$48.00 FOR NEW MEMBERS.

JAY NORRIS Br#144 GOLF CHAIRMAN
AND ASST. HANDICAP CHAIRMAN

Sirgolfer144@gmail.com

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



Members who have paid dues: (Anyone not on the list and paid, let me know.)

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

Calendar of Events

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

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 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 524-6



Officers & Directors for 2022. L-R: Director- Anthony Butera
Big SIR- Biff Galbraith; Directors- Jim Toepfer & Andre Dodd;
Little SIR & Secretary- Fernando Gonzalez; Director- Gaylan
King; Treasurer- Nilo Casiano; Director- Bob Lewis



Ernie Lewis (L) receives Senior SIR President's
Award from Big SIR Anthony Butera

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

The SIR website for the latest edition of SIR Happenings at: [SIR Happenings August 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!

Lonnie Bartels passed away. Charles Beckett's wife Barbara passed away.

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

STATE HLM: Jerry Strain