

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 2023 Newsletter

Volume 10-2023

Message from Big Sir Fernando Gonzalez



Socializing is important for individuals of all ages, including senior men. While the importance of socializing may vary from person to person, here are some reasons why socializing is particularly important for senior men:

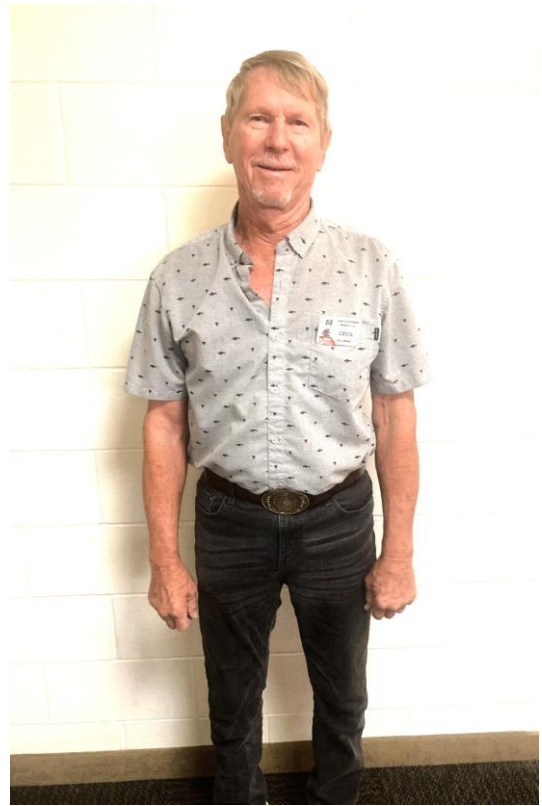
1. **Emotional Support:** Socializing provides emotional support and a sense of belonging. Seniors who maintain social connections are more likely to have a support system to lean on during challenging times.
2. **Stress Reduction:** Interacting with others can help seniors manage stress and cope with life's ups and downs. Sharing experiences and discussing concerns with friends or family can be a great source of emotional relief.
3. **Cognitive Stimulation:** Engaging in conversations, games, or other social activities can stimulate the brain and help seniors maintain cognitive function. It can challenge memory, problem-solving skills, and creativity.
4. **Sense of Purpose:** Socializing can give seniors a sense of purpose and meaning in their lives. Being part of a social network can provide opportunities to contribute, help others, and continue learning.
5. **Quality of Life:** Maintaining social connections can enhance the overall quality of life for senior men. It can make life more enjoyable and fulfilling, reducing feelings of boredom and stagnation.
6. **Longevity:** Some studies suggest that individuals with strong social connections tend to live longer and healthier lives. Socializing can contribute to a longer life by promoting both physical and mental well-being.

In summary, socializing is essential for senior men's well-being. It can have a positive impact on their mental, emotional, and physical health, as well as their overall quality of life. Encouraging and facilitating opportunities for social interaction can help seniors maintain a fulfilling and satisfying lifestyle as they age.

So, let's continue to enjoy belonging to SIRS and encourage senior men we meet to join our group.

Big Sir Fernando Gonzalez Branch 144

BIRTHDAY WINNER



Cecil Brown won the Birthday Drawing

Speaker for October is Bonnie Rea: She will be discussing all the support programs and services available to anyone suffering or dealing with someone who has Alzheimer's. She is a Family Care Specialist | Alzheimer's Association, Northern California and Northern Nevada Chapter.

REMEMBER, if you cannot attend the luncheon, please call *Gaylan King* at 209-380-9896 by Sunday October 15th. (Luncheon is October 19th). Thank you!

SIR INC
BRANCH 144 BEC MEETING MINUTES
SEPTEMBER 21, 2023

The meeting was called to order by Big SIR Fernando Gonzalez at 9:52 AM.

A quorum was established with the following members present:

Big Sir Fernando Gonzalez, Little SIR/Treasurer John Santillano, Secretary Jim Toepfer, Assistant Treasurer Jerry Miller, Absent - Assistant Secretary Jack O'Brien.

DIRECTORS: Gaylan King, Bob Lewis, Vince Sereno, Jerry Strain, Absent: Andre Dodd, Anthony Butera.

GUESTS AND COMMITTEE MEMBERS PRESENT: Julius Manrique, Gary Williams, Sam Graham, Absent: Jay Norris, Ed Santwier, Bill Burchell, and Bill Stires.

Motion to approve minutes from August 17, 2023: MSP.

Treasurer's Report:

The Treasurer's Report for August 2023, was presented by Treasurer John Santillano:

Checkbook Balance as of August 1, 2023.....	\$ 4,309.02
Total Receipts.....	\$ 1,354.00
Disbursements.....	\$ 1,554.97
Checkbook and cash as of August 31, 2023.....	\$ 4,308.05

Motion was made to approve the Treasurer's report and the voucher requests for: 1. Bob Lewis in the amount of \$15.48, and 2. Branch 144 Caterer in the amount of \$1,538.30. MSP. Because of non-paying members, and quarterly assessment charges from Head Office in Sacramento, an official membership adjustment will be forthcoming at the next BEC meeting in October.

Membership Report:

Gaylan King gave the Membership Report as of September 21, 2023: 110 Active members, 4 Disabled members, 0 Pending Member, 136 Unused Badges, 250 Total Badges. A motion was made to drop the following members: Ron Quintanal, Scott Anderson, Cal Campbell, John Sai and Paul Moran. MSP. August attendance: 57 attending, 1 guest, 0 visitors, 57 absent. Motion to accept the membership report: MSP.

SHLM: Julius Manrique

STATE HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Bowling: Bob Lewis – Proceeding well.

Golf: Jerry Strain – Going As planned.

Travel: Bill Stires – Absent

Dining: Vince Sereno - All groups are functioning well. We're looking for a new Thursday Director.

Sunshine: Julius Manrique – Roger Townsend has passed.

Walking Group: Anthony Butera - Walking group will start again in October 2023.

Old Business: Because of members recently removed from Branch 144's membership roll, discussion is needed for what the new number of members should be in order to correct Branch 144's state register. We have 110 active members listed but only 90 members with paid dues. An adjustment will be forthcoming.

New Business: Discussion was held on Branch 144's December wives' luncheon. Suggestion was made for possible "canned Christmas music." Decision on entertainment will be forthcoming.

Meeting adjourned by Big SIR Fernando Gonzalez at: 10:25 AM.

The time of the next BEC meeting will be at 10:00 AM, October 19, 2023.

Respectfully submitted by Jim Toepfer, Secretary.



SIR TRAVEL



BILL STIRES – TRAVEL CHAIRMAN 209-544-2684, cell phone 209-988-5445 or email bstires46@gmail.com

Autumn Colors trip to East Coast

October 13 - 22, 2023

Price: \$5,130 double occupancy Single: \$6,127

Final Payment due June 15, 2023

Deposit of \$500 per person to hold reservation.

Highlights: 2 nights stay in Boston. Tour of city, free time on own.

Visit Manchester, Vermont; Burlington, Vermont; North Conway, New Hampshire; Bar Harbor, Maine; Acadia National Park; Portsmouth, New Hampshire.

Scenic drives along the Mohawk Trail and Kancamagus Highway.

Professional local tour guide for entire trip.

9 nights of First-Class Hotel accommodations.

14 meals including a regional lobster feast.

This trip will fill up fast, so sign up early.

Remember that relatives and friends may also go on all trips.

Call Bill Stires at 209-988-5445 or email at bstires46@gmail.com to receive brochure.



This is a new trip from John Cardoza. He is the new Travel Chairman for Area 18, officially starting January 1, 2024.

Email: johncardoza@hotmail.com

Cell: 209-483-7722

OPEN HERE



SIR Cruise Brochure.pdf

11 NIGHT INSIDE PASSAGE CRUISE ABOARD THE CROWN PRINCESS.

MAY 26- JUNE 6, 2024



DINING OUT CLUB

3 Evening Dining Out Clubs

2nd Tuesday Evening Club:

Tues. Oct. 10th— Strings Italian Cafe

Tues. November 14th – Fruit Yard

For Reservations: Contact Kathy Norris at
209-596-0416

4th Tuesday Evening Club:

Tues. Oct. 24th—La Parrilla/Oakdale Rd. NO

Nov. / Dec. Dinners Due to Holidays

For Reservations: Contact Hall Eubank at:
209-649-4148

4th Thursday Evening Club:

Thurs. Oct. 26th—Mimi's Cafe

NO Nov. / Dec. Dinners Due to Holidays

For Reservations: Contact Vince Sereno at:
209-524-9630

From: "Library of Laughter" book.

Ministerial Merriment:

1. *"Grand Coulee! screamed the minister as he hit his finger with a hammer. "Grand Coulee? What do you mean Grand Coulee?" asked his neighbor. "Grand Coulee, that's the world's largest dam, isn't it?" asked the minister.*

2. *When it came time to pass the hat the preacher said to his congregation, "And now brothers and sisters, let us all give in accordance with what we reported on Form 1040."*

3. *Reverend Hornbeck found only farmer Felton at his first rural Sunday night service. "What do you think we should do about the service," he asked, "in as much as we have such a small congregation." "Well, I ain't never been to school very much, "said the farmer. "I don't have much Education and I don't know much about the Bible, but one thing I know, when I promise my cows a load of hay, I always keep my promise." "Well come in then, and we will have a service, "said the minister. Hornback was long-winded, and it was an exceptionally long service. Afterward Hornback asked Felton, "What did you think of the service?" "Well," said the farmer, "I ain't never been to school, I'm not educated, and I don't know much about the Bible, but I think I know, when I promise my cows a load of hay and only one shows up, I never give it the full load."*

4. *A lost, and exhausted climber was walking across a snowy plateau when he suddenly became aware of a strong smell of fish and chips. Through the mist ahead he saw a monastery with a priest and a monk standing in the doorway. "You must be the Friar." "No, he's the friar and I am the chip monk."*

OCTOBER BIRTHDAYS

<i>Name</i>	<i>Date</i>	<i>Age</i>	
Alford	Randy	10/03/56	67
Leffingwell	Charlie	10/11/52	71
Grieshaber	Howard	10/08/49	74
Moran	Paul	10/21/47	76
Pinkston	Ernie	10/18/46	77
Masse	Vern	10/24/45	78
Adams	Chuck	10/29/42	81
Oehrlein	Ken	10/18/42	81
Strain	Jerry	10/10/42	81
Miceli	Joe	10/24/40	83
Stroud	Gary	10/18/39	84
Duran	Jim	10/12/37	86

OCTOBER ANNIVERSARIES

<i>Name</i>	<i>Spouse</i>	<i>Date</i>	<i>Years</i>	
Cecil	Brown	Carolyn	10/10/08	15
John	Kincanon	Sharon	10/27/01	22
Fernando	Gonzalez	Josie	10/04/99	24
Charles	Gentry	Patricia	10/30/82	47
Thomas	Weiss	Nancy	10/23/71	52
Sam	Graham	Claire	10/29/61	62
Merle	Liebert	Diane	10/22/59	64

OCTOBER INDUCTIONS

<i>Name</i>	<i>Date</i>	<i>Years</i>	
Bistodeau	Fred	11/18/21	2
Alford	Randy	11/16/21	2
Yarbrough	David	10/17/19	4
Liebert	Merle	10/19/17	6
Santwier III	Amos	10/01/15	8
Moran(D)	Paul	09/02/10	13
Fallentine	Wayne	10/07/10	13
Solario	Henry	10/02/03	20

October 2023 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 1 September 5

Series: Arnold Fidalgo 615 Arnold Fidalgo 693

Game: Arnold Fidalgo 234 Marv VanMiddendorp 270

Week 2 September 12

Series: David Brown 602 Clark Pearson 668

Game: David Brown 232 David Brown 242

Week 3 September 19

Series: Bob Abuhen 567 Phil Reed 690

Game: Arnold Fidalgo 207 Phil Reed 249

Week 4 September 26

Series: Al Sterling 587 Jeff Chin 706

Game: Bob Lewis 226 Bob Lewis 263

Come out for our hometown tournament.

----- 2023 UPCOMING STATE TOURNAMENTS-----

October 18 Fireside Lanes, Citrus Heights

Art Tourtillot 916-635-6148

Ron Johnson 916-206-1483

November 2-3 McHenry Bowl, Modesto

Vern Masse 209-538-3640

Branch 144 Bowling Chairman:

Bob Lewis 209-523-7387 bobalew69@msn.com



Pictured L-R Vicki Ocaranza, Fernando Gonzalez, Cristina Flores, & Sandy Howell. The ladies brought information on Medicare.

October 2023 Golf News



This is the new URL for Area 18 Golf:

<https://sirinc2.org/area18golf/>

MON.OCT. 9	DRYDEN	COST: \$52.00
HOST: 144	8:00 AM	CARTS: PREPAID \$20
MON. OCT. 16	TRACY C.C.	COST: \$52.00
HOST: 143	8:00 AM	CARTS: INCLUDED
MON. OCT. 23	CREEKSIDE	COST: \$54.00
HOST: 103	8:00 AM	CARTS: PREPAID \$20
MON. OCT. 30	MANTECA	COST: \$47.00
HOST: 144	8:00 AM	CARTS: INCLUDED
MON. NOV. 6	DRY CREEK	COST: \$52.00
HOST: 103B	8:00 AM	CARTS: INCLUDED

IT'S TIME AGAIN TO RENEW NCGA DUE'S. THE COST: \$48.00 TO RENEW, \$58.00 FOR A NEW MEMBER. MAKE CHECKS PAYABLE TO SIR GOLF. WE NEED THIS DONE BY THE END OF DECEMBER. THE PRIZE FUND CHECKS WILL BE GIVEN OUT AT OUR MEETING ON OCT. 19. SEE YOU THEN.

JAY NORRIS Br#144 GOLF CHAIRMAN

Sirgolfer144@gmail.com

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



MEMBERS WHO HAVE PAID DUES IN 2023:

Chuck Adams	Fernando Gonzalez	Charlie Leffingwell	Tony Salonga
John Bernard	Sam Graham	Julius Manrique	John Santillano
Tom Brawley	Howard Grieshaber	Vern Masse	Vince Sereno
Patton Brooks	John Griffin Jr.	Joe Miceli	Chuck Sheaffer
Anthony Butera	Brad Hardison	Jeff Mountain	Chuck Shoup
Bill Cardoza	Roy Hardison	Jay Norris	Michael Slocum
Nilo Casiano	Ron Harris	Jack O'Brien	Henry Solario
Gary Chalk	Larry Hockenberry	Ken Oehrlein	Gary Stroud
Deane Cook	Doug Hodge	Ernie Pinkston	Jim Toepfer
Hall Eubank	John Kincanon	Richard Provost	Jim Walker
Bernie Fairfield	Gaylan King	Don Rovere	Bob Abujen
Bruce Fetzer	Norm Lawrence	Randy Alford	Pete Dutton
Bill Burchell	Glenn Davis	John Gasper	Jack Hawes
Gary Hubbard	Ed Jackson	Bob Lewis	Ernie Lewis
Mike Martinez	Jerry Miller	Larry Parks	Craig Persons
Keith Rogers	Lor Salvi	Jerry Strain	Gene Toschi
Gary Williams	Thomas Weiss	Andre Dodd	Jim Sterling
Edd Santwier	Fred Bistodeau	Leonard Davis	Arnold Fidalgo
Jerry Vietor	Wayne Fallentine	Wes Hall	Bob Watson
Kevin Prescott	Tom McNett	Merle Liebelt	Glen Carrington
David Yarbrough	Walt Masciorini	Cecil Brown	Hal DeArmond
Kent Faulkner	Chuck Gentry	Bryan Harrison	John Medrano

NEW MEMBER PROCEDURE

A prospective member will attend a luncheon with a member as a guest. During the luncheon he will be introduced to the group, and he will be given a membership application. New members will fill out the application and submit it to the front desk after the meeting or mail the completed application to SIR at 3549 Fawndale Drive Modesto Ca. 95356. The application will be submitted to the Branch Executive Committee for acceptance. Upon acceptance the new member shall attend an Orientation session prior to the next meeting. At the luncheon the new member will be introduced to the membership.

Calendar of Events

OCTOBER 13-22, 2023: AUTUMN COLORS TRIP TO THE EAST COAST.

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
2021 Anthony Butera
2022 Biff Galbraith



Modesto Branch 144 Officers

OFFICERS FOR 2023

Big Sir:..... Fernando Gonzalez 415-420-2440
Little Sir:..... John Santillano 209-544-1953
Secretary:.....Jim Toepfer 360-477-0930
Assistant Secretary:.....Jack O'Brien 209-542-7177
Treasurer:.....John Santillano 209-544-1953
Assistant Treasurer:.....Jerry Miller 209-521-1359

DIRECTORS FOR 2023

Anthony Butera 209-985-3473 Andre Dodd 209-527-0482
Gaylan King 209-380-9896 Bob Lewis 209-523-7387
Jerry Strain 209-551-8220 Vince Sereno 209-524-9630

STATE, REGION, & AREA OFFICERS FOR 2023

STATE PRESIDENT OF SIR Inc Dave Gonzales 916-587-3538
STATE VICE PRESIDENT OF SIR Inc ...Dale Decker 209-573-0833
AREA 18 REPRESENTATIVE.....Richard Provost 209-577-8219

COMMITTEE CHAIRMEN

RAMP

Recruitment:.....Open
Activities:.....Open
Member Relations:....Gary Williams 209-578-3471
Publicity/Relations:...Sam Graham 209-552-0960
Accessories:.....Sam Graham 209-552-0960
Travel: Area 18:.....Bill Stires 209-544-2684
Area 18 Golf Chairman:.....Jerry Strain 209-551-8220
Assistant:.....Jay Norris 209-606-1475
Branch 144 Golf Chairman: Jay Norris 209-606-1475
Assistant:.....Gary Hubbard 209-551-5253
Area 18 Bowling Chairman:.....Vern Masse 209-538-4275
Branch 144 Bowling Chairman: Bob Lewis 209-523-7387
Programs: John Santillano 209-544-1953
Newsletter: Bob Lewis 209-523-7387
Data:.....Gary Williams 209-578-3471
Chaplain:....Jack O'Brien 209-542-7177
Dining:.....Vince Sereno 209-524-9630
Attendance: Tony Salonga 209-505-0915
Sunshine:...,Edd Santwier 209-605-9638
Assistant: Julius Manrique 209-576-1077
Nominating Committee Chairman: Gary Williams 209-578-3471
Members: Julius Manrique, Patton Brooks, Bill Burchell, and Sam Graham
Membership:Gaylan King 209-380-9896
Book Club:...Gaylan King 209-380-9896

SIR Achievements:

- **Our members live longer because they are active and socially engaged.**
- **We are the largest golfing group in the Northern California Golf Association.**
- **Our bowlers can bowl in at least 15 State tournaments across Northern California.**
- **Our spouses/partners love SIR because it gets us out of the house.**
- **Our wives in many Branches gather together and form lasting friendships.**
- **Our activities keep us physically fit and mentally alert.**
- **We travel – be it a day trip to an exciting local event or internationally, to see the wonders of the world.**
- **We have a great time, and we truly Make Friends for Life!**
- **If you have the time for SIR, we have the time for you.**

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

The SIR website for the latest edition of SIR Happenings at: [August 2023 Happenings](#)

If anyone knows if someone has an illness, accident, or passes, please let Edd Santwier (209-605-9638) or Julius Manrique (209-576-1077) know. Thanks!

Roger Townsend passed. R.I.P.

SHLM: Julius Manrique; HLM: Gary Williams and Sam Graham; STATE HLM: Jerry Strain