

SIR INC. MODESTO BRANCH 144

THE ALMOND CAPITAL BULLETIN

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



May 2024 Newsletter

Volume 05-2024

Message from Big Sir Fernando Gonzalez



As we are continuing to advance in age, I have been reading how men have aged healthy and happy in their senior years. There seems to be 14 things that are common in answers from men as to their advice on aging

well.

1. **Stay Active:** Regular physical activity is crucial for both physical and mental well-being. Engage in activities like walking, swimming, yoga, or tai chi to stay fit and improve your mood.
2. **Maintain Social Connections:** Strong social connections are important for happiness. Stay connected with family, friends, and community groups. Join clubs or groups that share similar interests.
3. **Prioritize Mental Health:** Pay attention to mental health and seek help if feeling down or anxious. Meditation, mindfulness, or talking to a counselor or therapist can be beneficial.
4. **Eat Well:** A balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins supports overall health and mood.
5. **Get Quality Sleep:** Ensure adequate sleep each night. Stick to a regular sleep schedule and create a calming bedtime routine.
6. **Engage in Hobbies:** Pursue activities and hobbies that bring joy and fulfillment. This could be gardening, reading, painting, playing music, or being involved in our SIR bowling, golf and dining out activities.
7. **Stay Positive:** Focus on the positives in life and practice gratitude. Maintain a sense of humor and try not to dwell on negative thoughts.
8. **Manage Stress:** Practice stress-reducing techniques such as deep breathing, progressive muscle relaxation, or spending time in nature.
9. **Regular Health Check-ups:** Stay proactive about health by attending regular check-ups and screenings. Address any health concerns promptly.
10. **Volunteer:** Giving back to the community through volunteering can provide a sense of purpose and satisfaction.

11. **Volunteer:** Giving back to the community through volunteering can provide a sense of purpose and satisfaction.
12. **Limit Alcohol and Quit Smoking:** Reduce alcohol intake and quit smoking if applicable, as these habits can negatively impact health and mood.
13. **Embrace Technology:** Stay connected with loved ones through technology like video calls or social media. Embracing technology can also provide opportunities for learning and entertainment.
14. **Maintain Independence:** Find ways to stay independent as much as possible while accepting assistance when needed.
15. **Cultivate Meaningful Relationships:** Invest time and effort into nurturing close relationships with family and friends. Meaningful connections contribute significantly to overall happiness and well-being. Being an active member in our SIR group helps foster these relationships.

Big Sir Fernando Gonzalez Branch 144

Information for the May speaker (Dona Nagel) is at the top of page 8.

\$24 dues are past due. Please pay now. If paying by check, make it payable to: "SIR Branch 144" & mail it to: "SIR" at 2509 Portofino Dr. Modesto, CA 95356 or bring cash to the luncheon. If dues aren't paid you will be dropped from membership.
Thank You.

REMEMBER, if you cannot attend the luncheon, please call *Gaylan King* at 209-380-9896 by Sunday May 12. (Luncheon is May 16). Thank you!

SIR INC
BRANCH 144 BEC MEETING MINUTES
APRIL 18, 2024

The meeting was called to order by Big SIR Fernando Gonzalez at 9:34 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, Andre Dodd, Vince Sereno, Jerry Strain. Absent: Anthony Butera.

GUESTS AND COMMITTEE MEMBERS PRESENT: Gary Williams, Sam Graham. Absent John Cardoza, Edd Santwier.

Motion to approve minutes from March 21, 2024: MSP.

Treasurer's Report:

The Treasurer's Report for March 2024, was presented by Treasurer John Santillano:

Checkbook Balance as of March 1, 2024.....	\$ 4,267.66
Total Receipts.....	\$ 1,523.00
Disbursements.....	\$ 1,327.25
Checkbook and cash as of March 31, 2024.....	\$ 4,663.41

A motion was made to approve the Treasurer's report and three voucher requests for: Bob Lewis \$15.93, John Santillano \$13.71 and Joe Miceli \$17.94. MSP.

Membership Report:

Gaylan King gave the membership report as of April 18, 2024: Active members 87, Pending members 2, Unused badges 164, Total badges 250.

STATE HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Bowling: Bob Lewis – All is going well. Just two weeks remaining.

Golf: Jerry Strain – All in good condition.

Travel: John Cardoza – Pending cruises coming for Alaska in May 2024 and Panama Canal in January of 2025. Stay tuned.

Dining: Vince Sereno – Proceeding as per usual.

Sunshine: Edd Santwier – Absent.

Walking Group: Anthony Butera – Absent.

Old Business: None.

NEW BUSINESS: Discussion was held regarding Branch144's participation in upcoming charity events. Big SIR Fernando Gonzalez will survey the general membership at today's meeting and report back to the board at the next BEC meeting on May 16,2024. Meeting adjourned by big SIR Fernando Gonzalez at: 10:18 AM.

The time of the next BEC meeting will be 9:30 AM, May 16, 2024.

Respectfully submitted by: Secretary Jim Toepfer.



SIR TRAVEL



JOHN CARDOZA – TRAVEL CHAIRMAN 209-483-7722 or email: johncardoza@hotmail.com

11 NIGHT ALASKA INSIDE PASSAGE CRUISE ABOARD THE CROWN PRINCESS. MAY 26- JUNE 6, 2024

CONTROL + CLICK TO OPEN

[SIR Cruise Brochure](#)



16 NIGHT PANAMA CANAL CRUISE ABOARD THE CORAL PRINCESS. SAILING FROM SAN FRANCISCO TO FT. LAUDERDALE JANUARY 20- FEBRUARY 5, 2025

CONTROL + CLICK TO OPEN

[SIR Panama Canal Cruise](#)



Gary Hubbard won the Birthday Drawing



Jeff Mountain won the Free Lunch Drawing



Joffre Roberts (L), Henry Penado(C) receive Certificate of Appreciation from Big SIR Fernando Gonzalez(R)



DINING OUT CLUB

3 Evening Dining Out Clubs

2nd Tuesday Evening Club

Tues. May 14th – OLIVE GARDEN

Tues. June 11th – FRUIT YARD

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

4th Tuesday Evening Club:

Tues. May 28th—D'FORNO COCINA

Tues. June 25th –L'GUSTO CUCINA ITALIAN

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

4th Thursday Evening Club:

Thurs. May 23rd—PAPAPAVOLOS

Thurs. June 25th –STRINGS ITALIAN CAFE

For Reservations: Contact Vince Sereno at: 209-524-9630, OR Cell at: 209-552-1539

CHUCKLES & THOUGHTS to PONDER

1. *The most terrifying moment in life is when the toilet refuses to flush at someone else's house.*
2. *I was shocked to read in the papers today that a dwarf had been pick-pocketed and I just thought to myself, "How can anyone stoop so low?"*
3. *I told myself that I should stop DRINKING, but I'm not going to listen to a drunk that talks to himself.*
4. *Peppermint Patty: "Do all fairy tales begin with, 'Once upon a time?'" Charlie Brown: "No, many of them begin, 'If I am elected, I promise . . .'"*
5. *Doctor to patient: "It took me 3 hours, but I finally discovered why you're limping. You lost the heel off your shoe."*
6. *Wife to Husband: "I don't want to worry you, but the guy who delivered the pizza was your financial planner."*
7. *REST YOUR MIND: I know you have been lying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers," while undergarments for old people are called "Depends." Well here is the low down on the whole thing. When babies crap in their pants, people are still going to Luv'em, Hug'em and Pamper'em. When old people crap in their pants, It "Depends" on who's in the will. Glad I got that straighted out so you can rest your mind.*
8. *My wife asked if she could have a little peace & quiet while she cooked dinner. So, I took the battery out of the smoke alarm.*

MAY BIRTHDAYS

<i>Name</i>		<i>Date</i>	<i>Age</i>
Karlin	Dave	05/03/62	62
Hardison	Brad	05/16/53	71
Eubank	Hall	05/26/49	75
Santwier III	Edd	05/23/44	80
Cardoza	Bill	05/14/49	75

MAY ANNIVERSARIES

<i>Name</i>	<i>Spouse</i>	<i>Date</i>	<i>Years</i>	
Jay	Norris	Kathy	05/05/01	23
Ed	Jackson	Lynda	05/17/91	33
Vern	Masse	Ruth	05/13/84	40
Nilo	Casiano	Rachel	05/20/67	57

MAY INDUCTIONS

<i>Name</i>		<i>Date</i>	<i>Years</i>
Dodd	Andre	05/05/05	19
Shoup	Chuck	05/06/04	20
Masse	Vern	05/06/04	20
Sereno	Vince	05/17/01	23
Kincanon	John	05/06/99	25

CONGRATULATIONS TO ALL BIRTHDAY, ANNIVERSARY, AND INDUCTION MEMBERS!

May 2024 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games Handicap Games

Week 30 April 2

Series: Mike Bowers 577 Bill Dague 697

Game: Mike Bowers 216 Bill Dague 270

Week 31 April 9

Series: Bob Abujen 614 Gary Del Nero 707

Game: Bob Abujen 244 Bob Abujen 254

Week 32 April 16

Series: Mike Bowers 669 Joe Bradley 701

Game: Joe Bradley 255 Joe Bradley 293

Week 33 April 23

Series: Joe Miceli 584 Jim Long 714

Game: Joe Miceli 211 Jim Long 258

Week 34 April 30

Series: Mike Bowers 672 Juan Salinas 712

Game: Mike Bowers 246 Juan Salinas 262

PLAYOFFS:

Team 1 (Steve Gibson, Jim Long, Jerry Hott, & Al Sterling) def. Team 4 (Beckie Burrichter & Murle Webb).

Balls of Fire (Juan Salinas, Rick Wilcox, Phil Reed, & Jeff Chin) def. Team 10 (Marvin VanMiddendorp, Tom Mickelsen, & Mike Bowers)

CHAMPIONSHIP:

Balls of Fire def. Team 1 to win the 2023-2024 SIR League. Congratulations Balls of Fire!

Come out for our hometown tournament.

----- 2024 UPCOMING TOURNAMENTS-----

SIR Annual State Tournament:

May 21-22 Fireside Lanes, Citrus Heights

Art Tourtillot 916-635-6148

Ron Johnson 916-206-1483

June 6-7 Gold Country Lanes, Sutter Creek

Ray DiBasilio 530-558-9727

June 17-18 Earl Anthony's Dublin Bowl,
Dublin

Miguel Ferras 510-792-8301

Jerry Sabo 510-790-3135

Branch 144 Bowling Chairman:

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

May 2024 Golf News



This is the new URL for Area 18 Golf:

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

MON. MAY 6	ATWATER	COST: \$54.00
HOST: 103-A	8:00 AM	CARTS: INCLUDED
MON. MAY 13	CREEKSIDE	COST: \$54.00
HOST: 103-B	8:00 AM	CARTS: OPTIONAL \$20
MON. MAY 20	MANTECA	COST: \$49.00
HOST: 144	8:00 AM	CARTS: INCLUDED
TUE. MAY 28	DRYDEN	COST: \$52.00
HOST: 103-A	8:00 AM	CARTS: OPTIONAL \$20
MON. JUN. 3	ELKHORN	COST: \$53.00
HOST: 103-B	8:00 AM	CARTS: INCLUDED

THE WEATHER IS WARMING UP, IT'S TIME TO GET OUT ON THE COURSE. WE STILL NEED MORE PLAYERS. THERE ARE STATE TOURNAMENTS COMING UP. CHECK STATE WEB SITE FOR MORE INFO. SEE YOU AT OUR NEXT MEETING ON MAY 16.

JAY NORRIS BRANCH 144 GOLF CHAIRMAN
3328 VINE CLIFF WAY MODESTO, CA 95355
209-606-1475

Sirgolfer144@gmail.com





MEMBERS WHO PAID DUES IN 2024:

Abujen	Bob
Bistodeau	Fred
Brawley	Tom
Brooks	Patton
Brown	Cecil
Butera	Anthony
Chalk	Gary
Conkey	Hal
Cook	Deane
Dodd	Andre
Duran	Jim
Dutton	Pete
Eubank	Hall
Fetzer	Bruce
Fidalgo	Arnold
Gentry	Chuck
Gonzalez	Fernando
Graham	Sam
Grieshaber	Howard
Cardoza	Bill
Davis	Leonard
Hubbard	Gary
Medrano	John
Solario	Henry
Bernard	John

Hardison	Brad
Hardison	Roy
Hawes	Jack
Jackson	Ed
Kincanon	John
King	Gaylan
Lawrence	Norm
Leffingwell	Charlie
Lewis	Bob
Lewis	Ernie
Martinez	Mike
Masse	Vern
Miceli	Joe
Miller	Jerry
Mountain	Jeff
Norris	Jay
Persons	Craig
Pinkston	Ernie
Rogers	Keith
Carrington	Glenn
Fallentine	Wayne
Honkenberry	Larry
Parks	Larry
Sereno	Vince

Rovere	Don
Salonga	Tony
Salvi	Lor
Santillano	John
Sheaffer	Chuck
Shoup	Chuck
Slocum	Michael
Sterling	Jim
Stires	Bill
Strain	Jerry
Stroud	Gary
Toepfer	Jim
Toschi	Gene
Walker	Jim
Weiss	Thomas
Williams	Gary
Yarbrough	David
Santwier	Edd
Burchell	Bill
Casiano	Nilo
Faulkner	Kent
Karlin	Dave
Prescott	Kevin
Vietor	Gerald

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
2023 Fernando Gonzalez



Modesto Branch 144 Officers

OFFICERS FOR 2024

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 209-601-8204

DIRECTORS FOR 2024

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 2024

STATE PRESIDENT OF SIR IncDale Decker 209-573-0833
STATE VICE PRESIDENT OF SIR Inc ...Lee Lamp 530-921-1375
AREA 18 REPRESENTATIVE.....Rick Kindle 209-652-8608

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:.....John Cardoza 209-483-7722
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: Fernando Gonzalez 415-420-2440
John Santillano 209-544-1953
Newsletter: Bob Lewis 209-523-7387
Data:.....Gary Williams 209-578-3471
Chaplain:....Charlie Leffingwell 209-543-2107
Dining:.....Vince Sereno 209-524-9630
Attendance: Tony Salonga 209-505-0915
Sunshine:...,Edd Santwier 209-605-9638
Nominating Committee Chairman: Gary Williams 209-578-3471
Members: Patton Brooks, Bill Burchell, and Sam Graham
Membership:Gaylan King 209-380-9896
Book Club:....Gaylan King 209-380-9896

Dona Nagel was married to LeRoy (Ted) Nagel who had served as a Big SIR and Area Governor. She was a teacher until she retired. She is 92 and an accomplished author having published two books and is working on a third book which is a family biography for her children and grandchildren. She will be discussing her retirement and keeping active.

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

The SIR website for the latest edition of SIR Happenings at: [February 2024 Happenings](#)

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

Gene Toschi passed away. RIP Gene.

HLM: Gary Williams and Sam Graham; STATE HLM: Jerry Strain