

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 2024 Newsletter

Volume 08-2024

Message from Big Sir Fernando Gonzalez



As our members of SIR continue to age the question of quality of life becomes more important. This quality can be influenced by a range of factors, including physical health, mental well-being, social connections, and access to resources.

Here's a comprehensive look at some key aspects that can affect quality of life and where being a member of SIR is a benefit.

1. Health and Wellness

- **Physical Health:** Regular exercise, a balanced diet, and regular check-ups can help maintain physical health. Chronic conditions like arthritis, diabetes, and cardiovascular diseases can significantly impact quality of life. **In our lunch speakers I try and invite speakers that discuss this.**
- **Mental Health:** Addressing mental health issues such as depression, anxiety, and cognitive decline is crucial. Activities that stimulate the mind and emotional support can help.

2. Social Connections

- **Family and Friends:** Maintaining strong relationships with family and friends can provide emotional support and reduce feelings of loneliness. **Being a member of SIR supports this.**
- **Community Engagement:** Participation in community activities, clubs, or groups can foster a sense of belonging and purpose. **Being a member of SIR supports this.**

3. Financial Security

- **Income and Savings:** Financial stability is important for accessing healthcare, housing, and leisure activities. Ensuring adequate retirement savings and managing expenses are key considerations.
- **Access to Benefits:** Utilizing benefits such as Social Security, pensions, and other assistance programs can help manage financial pressures.

4. Living Environment

- **Safety and Accessibility:** A safe and accessible living environment, whether in their own home or in a retirement community, is important. Modifications to the home, like grab bars and ramps, can help prevent accidents.
- **Comfort:** A comfortable and pleasant living space can contribute positively to daily life.

5. Healthcare Access

- **Quality Care:** Access to quality medical care, including preventive services and treatments, is essential for managing health conditions.
- **Healthcare Navigation:** Assistance with navigating the healthcare system and understanding medical information can improve overall care.

6. Independence and Autonomy

- **Personal Choices:** Having the ability to make choices about one's own life, such as where to live and what activities to engage in, contributes to a sense of independence.
- **Assistive Technologies:** Devices and technologies that help with daily tasks can enhance independence.

7. Recreational Activities

- **Hobbies and Interests:** Engaging in hobbies and interests can provide joy and fulfillment. Whether it's gardening, reading, or crafting, having activities to look forward to is important. **Being a member of SIR supports this.**
- **Physical Activity:** Regular physical activities, tailored to one's abilities, can improve physical health and overall well-being. **By being involved in the SIR activities support this.**

8. Education and Lifelong Learning

- **Continued Learning:** Opportunities for learning new skills or subjects can keep the mind engaged and provide a sense of achievement. **Through our luncheon speakers we help with this.**

Big Sir Fernando Gonzalez Branch 144

Speaker information on the last page.

REMEMBER, if you cannot attend the luncheon, please call *Gaylan King* at 209-380-9896 by Sunday August 11. (Luncheon is August 15). Thank you!

SIR INC
BRANCH 144 BEC MEETING MINUTES
JULY 18, 2024

The meeting was called to order by Big SIR Fernando Gonzalez at 9:33 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, Anthony Butera, Jerry Strain.

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

Motion to approve minutes from JUNE 20, 2024. MSP.

Treasurer's Report:

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

Checkbook Balance as of June 1, 2024.....	\$ 3,887.89
Total Receipts.....	\$ 1,370.00
Disbursements.....	\$ 1,341.73
Checkbook and cash as of June 30, 2024.....	\$ 4,116.16

A motion was made to approve the treasurer's report and a voucher request for: Bob Lewis in the amount of \$14.48. Quarter assessment was paid to the State in the amount of \$242.50. MSP.

Membership Report:

Gaylan King gave the membership report as of July 18, 2024: Active members 77, Pending members 1, Unused badges 173, Total badges 250. A motion was made to accept the membership report, MSP.

STATE HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Bowling: Bob Lewis – New season starts in September 2024.

Golf: Jerry Strain – Going well.

Travel: John Cardoza –There is a pending cruise coming for Panama Canal in January of 2025. Stay tuned.

Dining: Vince Sereno – Proceeding as usual.

Sunshine: Edd Santwier – Absent.

Walking Group: Anthony Butera – The walking group will resume in September.

OLD BUSINESS: Eleven (11) members have not responded to Branch 144's membership update. Phone calls have been made to all eleven members.

NEW BUSINESS: There is a state contest for a possible name change regarding the SIR Organization. This would include the following: New name, new logo, new mission statement, new insurance, etc. Stay tuned, more information and a decision will be forthcoming. Big SIR Fernando will respond to Sacramento that Branch 144 has voted not to make any changes.

Meeting adjourned by Big SIR Fernando Gonzalez at 10:00 AM.

The time of the next BEC meeting will be 9:30 AM, August 15, 2024.

Respectfully submitted by: Secretary Jim Toepfer.



SIR TRAVEL



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

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](#)

There is a married SIR from Turlock that would like to find someone to share a cabin for the cruise. He really wants to go but his wife doesn't have any interest. Contact John Cardoza. Thank you.

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**SIR Outing:**

**Link to Giants at A's 8/18/2024: [A's vs Giants 2024.pdf](#)**

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Also, Reno Snow Train which we are planning on leaving Turlock & Modesto on Thursday the 9th of January and returning Friday the 10th of January 2025.
~~~~~



Bob Lewis won the Birthday Drawing



Jay Norris won the Luncheon Drawing



## DINING OUT CLUB

### 3 Evening Dining Out Clubs

#### 2nd Tuesday Evening Club

**Tues. Aug. 13th –MY SECRET GARDEN**

**Tues. Sept. 10th – Skewers**

*For Reservations: Contact Kathy Norris at:*

209-596-0416

#### 4th Tuesday Evening Club:

**Tues. August 27th –OLIVE GARDEN Tues.**

**Sept. 24th—George's Steakhouse**

*For Reservations: Contact Hall Eubank at:*

209-649-4148

#### 4th Thursday Evening Club:

**Thurs. Aug. 22nd –GEORGE'S STKHSE.**

**Thurs. Sept. 26th—Carino's Italian**

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

*OR Cell at: 209-552-1539*

#### **Some short smile inducers?**

I took my suit to the cleaners, who wanted to charge me \$40, so I gave it to the charity shop next door. They cleaned and pressed it and put it in the window. I bought it back for \$15.

My wife and I decided to never go to bed angry. We've been awake since Tuesday.

My wife said: "That's the 4th time you've gone back for dessert! Doesn't it embarrass you?" I said: "No, I keep telling them it's for you."

She said she missed me. Normally that would be good but she's reloading.

My wife and I started role-playing in the bedroom. Her favorite is The Sexy Librarian where I have to sit quietly while she reads a book.

Being old is when you don't care where your spouse goes, just as long as you don't have to go too.

I now know how it will all end for me, one of my kids will unplug my life support to charge their phone.

I met my wife at a singles night. I was surprised because I thought she was home with the kids.

I want someone I can share my entire life with who will leave me alone most of the time.

Yesterday I bought a world map, gave my wife a dart, and said, "Throw this and wherever it lands, I will take you on vacation."

We're spending 3 weeks behind the fridge.

As I walk through the valley of the Shadow of Death, I remind myself that you can't always trust Google Maps.

## AUGUST BIRTHDAYS

| Name  |            | Date     | Years |
|-------|------------|----------|-------|
| Brian | Miller     | 08/28/67 | 57    |
| Bruce | Fetzer     | 08/19/56 | 68    |
| Wayne | Fallentine | 08/25/46 | 78    |
| Bob   | Watson     | 08/16/45 | 79    |
| John  | Bernard    | 08/13/37 | 87    |
| Norm  | Lawrence   | 08/06/36 | 88    |

## AUGUST ANNIVERSARIES

| Name   | Spouse      | Date    | Years    |    |
|--------|-------------|---------|----------|----|
| Deane  | Cook        | Sigrid  | 08/28/99 | 25 |
| Larry  | Hockenberry | Bridget | 08/12/87 | 37 |
| Howard | Grieshaber  | Theresa | 08/08/76 | 48 |
| Keith  | Rogers      | Elaine  | 08/04/73 | 51 |
| Bob    | Watson      | Flora   | 08/08/71 | 53 |
| Chuck  | Shoup       | Karen   | 08/18/62 | 62 |
| Vince  | Sereno      | Kathy   | 08/26/61 | 63 |
| Jerry  | Miller      | Kathy   | 08/10/57 | 67 |

## AUGUST INDUCTIONS

| Name       |        | Date     | Years |
|------------|--------|----------|-------|
| Fidalgo    | Arnold | 08/19/21 | 3     |
| Miller     | Jerry  | 08/19/19 | 5     |
| Norris     | Jay    | 08/07/14 | 10    |
| Grieshaber | Howard | 08/04/11 | 13    |
| Brooks     | Patton | 08/04/11 | 13    |
| Rogers     | Keith  | 08/05/10 | 14    |

**CONGRATULATIONS TO ALL  
BIRTHDAY, ANNIVERSARY,  
AND INDUCTION MEMBERS!**

## August 2024 Bowling Report

*THE SIR LEAGUE WILL START SEPTEMBER 3. THERE IS ALSO A GOLF TOURNAMENT THAT SAME DAY. THE MEETING WILL START AT 12:00. WE WILL BOWL ON THE SAME DAY AS THE MEETING.*

**Come out for our hometown tournament.**

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

**August 12-14 National Bowling Stadium,  
Reno NV  
Ray DiBasilio 530-558-9727**

**August 28-29 Prosperity Lanes, Grass Valley  
Mark Nagafuchi 530-273-9717**

**September 9-10 Home Grown Bowl,  
Carson City, NV  
Dave Moore 510-825-2654**

**Branch 144 Bowling Chairman:  
Bob Lewis 209-523-7387 [bobalew69@msn.com](mailto:bobalew69@msn.com)**

**Ad for Anthony Butera:**



**Anthony Butera**

Regional Vice-President at  
Primerica Financial Services



## August 2024 Golf News



**This is the new URL for Area 18 Golf:**

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

|                    |                  |                              |
|--------------------|------------------|------------------------------|
| <b>MON. AUG. 5</b> | <b>MANTECA</b>   | <b>COST: \$49.00</b>         |
| <b>HOST: 103-B</b> | <b>8:00 AM</b>   | <b>CARTS: INCLUDED</b>       |
| <b>MON. AUG.12</b> | <b>DRYDEN</b>    | <b>COST: \$54.00/\$29.00</b> |
| <b>HOST: 144</b>   | <b>8:00 AM</b>   | <b>CARTS: OPTIONAL: \$20</b> |
| <b>MON.AUG. 19</b> | <b>ATWATER</b>   | <b>COST: \$54.00</b>         |
| <b>HOST: 103-A</b> | <b>8:00 AM</b>   | <b>CARTS: INCLUDED</b>       |
| <b>MON. AUG.26</b> | <b>CREEKSIDE</b> | <b>COST: \$56.00/\$29.00</b> |
| <b>HOST: 103-B</b> | <b>8:00 AM</b>   | <b>CARTS: OPTIONAL \$20</b>  |
| <b>TUE. SEP. 3</b> | <b>DRYDEN</b>    | <b>COST: \$54.00/\$29.00</b> |
| <b>HOST: 144</b>   | <b>8:00 AM</b>   | <b>CARTS: OPTIONAL \$20</b>  |

WELL, I HOPE IT HAS BEEN WARM ENOUGH FOR EVERYONE. WE NEED A COOL DOWN.

THE TEAM (4 MAN SCRAMBLE) WILL BE AT THE RESERVE ON AUGUST 7&8. THE INDIVIDUAL CHAMPIONSHIP WILL BE AT HAGGIN OAKS ON OCT. 3. YOU CAN GET INFO FROM THE STATE WEBSITE. LET'S HAVE A GOOD SHOWING FROM OUR AREA. EVERYONE STAY COOL AND WE WILL SEE YOU AT OUR NEXT MEETING ON AUGUST 15.

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

[Sirgolfer144@gmail.com](mailto: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   |
| Hockenberry | Larry   |
| Parks       | Larry   |
| Sereno      | Vince   |
| McNett      | Tom     |
| Bennett     | Thomas  |

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

## 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 Inc .....Dale 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

The speaker for August is Denise Skidmore from Hilmar Manufacturing (Cheese). She will present their history, about cheese making and their future plans. She is the Creative communication, media and PR leader | enthusiastic agriculture instructor.

**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 August 2024](#)

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

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