

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 2025 Newsletter

Volume 05-2025

Message from Big Sir Fernando Gonzalez

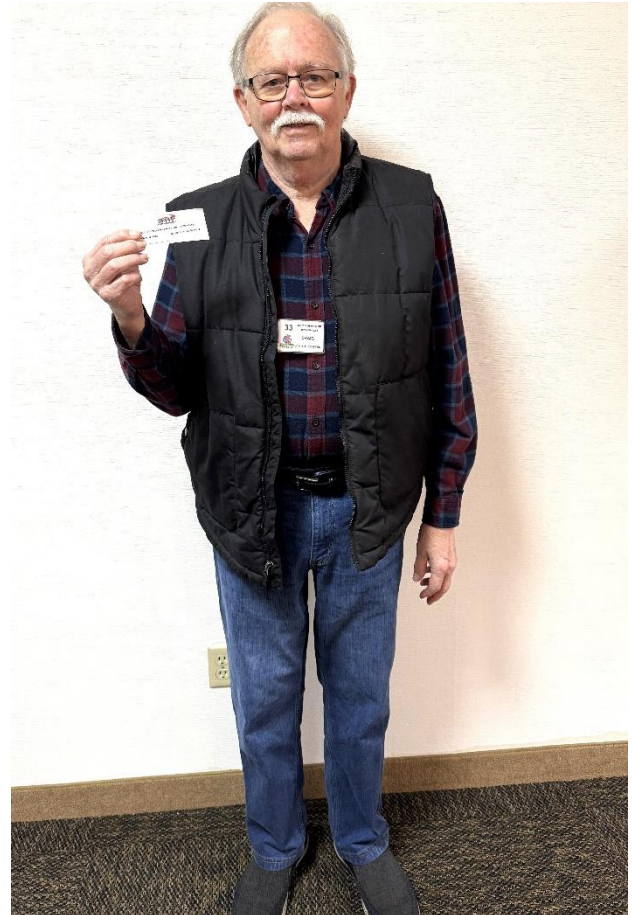


As we are continuing to advance in age I have been reading how men have aged healthy and happy in their senior years. There seems to be 14 things that are common in answers from men as to their advice on aging well.

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 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 SIRS 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. (continued on top of last page)

Big Sir Fernando Gonzalez Branch 144

Luncheon Winner



Craig Persons won the Luncheon Drawing.

Anthony Butera and Marlon Ignacio to speak about different types of investments for seniors.

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

SIR INC
BRANCH 144 BEC MEETING MINUTES
APRIL 17, 2025

The meeting was called to order by Big SIR Fernando Gonzalez at 9:36 AM.

A quorum was established with the following members present:

Big SIR Fernando Gonzalez, Little SIR Edd Santwier, Treasurer John Santillano, Assistant treasurer Joseph Miceli, Secretary Jim Toepfer.

DIRECTORS: Bob Lewis, Vince Sereno, Jerry Strain. Absent: Andre Dodd, Gaylan King, Director/Area 18 Rep Anthony Butera.

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

Motion to approve minutes from March 17, 2025. MSP.

Treasurer's Report:

The Treasurer's Report for March 2025 was presented by treasurer John Santillano:

Checkbook Balance as of March 1, 2025.....\$ 4,420.95

Total Receipts.....\$ 2,202.00

Disbursements.....\$ 1,375.07

Checkbook and cash as of March 31, 2025.....\$ 5,447.88

A motion was made to approve the treasurer's report and voucher requests for: Bob Lewis \$10.49 and Rick Kindle for membership advertising in the amount of \$200.11. MSP.

Membership Report:

Membership report as of March 17, 2025: Active members 77, pending members 0, unused badges 173, total badges 250. A motion was made to approve the membership report. MSP.

STATE HLM: Jerry Strain

HLM: Gary Williams and Sam Graham

Committee Reports:

Bowling: Bob Lewis – Going well.

Golf: Jerry Strain – Proceeding as planned.

Travel: John Cardoza – Absent - Pending cruises coming for 2025: The Mississippi River, the Rose Parade, Korea, Japan, and Australia.

Dining: Vince Sereno – All groups are functioning well.

Sunshine: Edd Santwier – No news.

Walking Group: Anthony Butera – Absent.

OLD BUSINESS: Big Sir Fernando held discussion on the benefits of advertising in the Modesto View Magazine and the Modesto Bee Newspaper. More discussion is needed on what it will take to increase the membership for Branch144.

NEW BUSINESS: SIR Branch 144 is still searching for a new Membership Committee Chairman. More discussion was held on the need for reorganization at the state level.

Meeting adjourned by Big SIR Fernando Gonzalez at 10:04 AM.

The time of the next BEC meeting will be 9:30 AM, May 15, 2025.

Respectfully submitted by: Jim Toepfer Secretary.



SIR TRAVEL



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

**Cruise the Lower Mississippi in style from
Memphis to New Orleans aboard the 180 guest
American Splendor 9 Days...September 30-
October 8, 2025**

**CONTROL + CLICK TO OPEN
[Mississippi River Cruise](#)**

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Branch Job Descriptions

See also the [**Schedule of Branch Operations**](#) and [**Branch Leadership Training**](#). State position descriptions are [**here**](#).

Branch Officers

- [**Big SIR**](#) | [**video**](#)
- [**Little SIR**](#) | [**video**](#)
- [**Secretary**](#) | [**video**](#)
- [**Assistant Secretary**](#)
- [**Treasurer**](#)
- [**Assistant Treasurer**](#)
- [**BEC Member**](#)

Branch Committee Chairmen

- [**Recruiting Chairman ***](#)
- [**Activities Chairman ***](#)
- [**Member Relations Chairman ***](#)
- [**Publicity and Image Chairman ***](#)
- [**Nominating Committee Chairman**](#)
- [**Membership Chairman**](#)
- [**Bulletin Editor**](#)
- [**Travel Chairman**](#)
- [**Audit Committee Chairman**](#)

* **RAMP**: Recruitment, Activities, Member Relations, Publicity

Hover over blue and follow instructions



DINING OUT CLUB

3 Evening Dining Out Clubs

2nd Tuesday Evening Club

Tues. May 13th –George's Steakhouse

Tues. June 10th - Fruit Yard

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

4th Tuesday Evening Club:

Tues. May 27th—George's Steakhouse

Tues. June. 24th, - L'Gusto Cucina Italiano

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

4th Thursday Evening Club:

Thurs. May 22nd—L'Gusto Cucina Italia

Thurs. June 26th - Red Lobster

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

"Apologies in Advance" Continued

13. A Lumberjack went into a magic forest to cut a tree. Upon arrival he started to swing at the tree when it shouted, "Wait! I'm a talking tree!" --- The lumberjack grinned and said: "And you will di-alogue."

14. I'm reading a book about anti-gravity. --- It's impossible to put down!

15. A husband said to his wife. "The guys at the club said that our mailman has slept with every woman on our street except one . . ."

Wife replies "I bet it's Paula."

16. I asked my friend to spell wonton backwards. He said, "NOT NOW"

17. A slice of apple pie in Jamica is \$2.00. It is \$2.50 in the Bahamas. These are the pie rates of the Caribbean.

18. What do you call a magician who has lost his magic? "ian"

19. I went to McDonald's today and ate a Kid's meal. It was good, but his Mom was furious . . .

20. My friend keeps saying, "Cheer up man, it could be worse, you could be stuck underground in a hole full of water." -- I know he means well.

21. I entered ten puns into a competition to see if one would win. No Pun In Ten Did!

22. What do you call a belt made of hundred-dollar bills? A waist of money!

MAY BIRTHDAYS

<i>Name</i>		<i>Date</i>	<i>Years</i>
Dave	Karlin	05/03/62	63
Brad	Hardison	05/16/53	72
Hall	Eubank	05/26/49	76
Bill	Cardoza	05/14/49	76
Amos	Santwier III	05/23/44	81

Happy Birthday!

MAY ANNIVERSARIES

<i>Name</i>	<i>Spouse</i>	<i>Date</i>	<i>Years</i>	
Jay	Norris	Kathy	05/05/01	24
Edward	Jackson	Lynda	05/17/91	34
Vern	Masse	Ruth	05/13/84	41
Nilo	Casiano	Rachel	05/20/67	58

Happy Anniversary!

MAY INDUCTIONS

<i>Name</i>		<i>Date</i>	<i>Years</i>
Andre	Dodd	05/05/05	20
Chuck	Shoup	05/06/04	21
Vern	Masse	05/06/04	21
Vince	Sereno	05/17/01	24
John	Kincanon	05/06/99	26

Congratulations!

May 2025 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 28 March 25

Series: Phil Reed 540

Phil Reed 675

Game: Vern Masse 214

Vern Masse 257

Week 29 April 1

Series: Joe Miceli 622

Gary Del Nero 686

Game: Gary Del Nero 254

Gary Del Nero 290

Week 30 April 8

Series: Bob Lewis 582

Rick Wilcox 666

Game: Joe Miceli 676

Rick Wilcox 260

Week 31 April 15

Series: John Santillano 578 John Santillano 704

Game: John Santillano 215 John Santillano 257

Joe Miceli 215

Week 32 April 22 (Playoffs)

Team 3(Terry and Rick Wilcox, Juan Salinas, and Jeff Chin def Team 1(Gary Del Nero, Steve Holly, Ernie and Bob Lewis).

Team 9(Jerry Strain, Lor Salvi, John Kincanon and Arnold Fidalgo def Team 5(Steve Gibson, Don Stephens, Jerry Hott and Al Sterling).

CHAMPIONSHIP: Team 3 def Team 9

Come out for our hometown tournament.

----- 2025 UPCOMING TOURNAMENTS-----

SIR ANNUAL STATE TOURNAMENT:

May 12-13 Country Club Lanes, Sacramento

Tod Davis 916-722-3575

Ray DiBasilio 530-558-9727

Branch 144 Bowling Chairman:

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

Ad for Anthony Butera:



Anthony Butera

Regional Vice-President at
Primerica Financial Services



May 2025 Golf News



This is the new URL for Area 18 Golf:

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

MON. MAY 5	RIVER OAKS	COST: \$44.00/WALK: \$34
HOST: 103-A	8:00 AM	CARTS: \$10.00
MON. MAY 12	TRACY C.C.	COST: \$59.00
HOST: 103-A	8:00 AM	CARTS: INCLUDED
MON. MAY 19	CREEKSIDE	COST: \$56.00/\$29.00
HOST: 103-B	8:00 AM	CARTS: OPTIONAL \$20.00
MON. MAY 27	SWENSON	COST: \$54.00
HOST: 144	8:00 AM	CARTS: INCLUDED
MON. JUNE 2	DRYDEN	COST: \$54.00 / 29.00
HOST: 103-A	8:00 AM	CARTS: OPTIONAL \$20.00
MON. JUNE 9	ELKHORN	COST: \$53.00
HOST: 103-B	8:00 AM	CARTS: \$10.00

WE WILL BE PLAYING A NEW COURSE ON MAY 5. RIVER OAKS ON HATCH ROAD. A LOT OF PAR 3'S, BUT SHOULD BE FUN. THERE WILL BE CARTS AVAILABLE. THE TEAM CHAMPIONSHIP WILL BE HELD ON AUGUST 6&7 AT HIDDEN BROOK C.C. IN VALLEJO. NOW IS THE TIME TO START SETTING UP TEAMS. CHECK THE SCHEDULE ONLINE FOR CHANGES.

JAY NORRIS GOLF CHAIR BR# 144
3328 VINE CLIFF WAY MODESTO, CA
95355

Sirgolfer144@gmail.com 209-606-1475

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
2024 Fernando Gonzalez



Modesto Branch 144 Officers

OFFICERS FOR 2025

Big Sir:..... Fernando Gonzalez 415-420-2440

Little Sir:..... Edd Santwier 209-605-9638

Secretary:.....Jim Toepfer 360-477-0930

Assistant Secretary:.....Open

Treasurer:.....John Santillano 209-544-1953

Assistant Treasurer:.....Joe Miceli 209-527-5818

DIRECTORS FOR 2025

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 2025

STATE PRESIDENT OF SIR IncRich Carlston 925-324-0838

STATE VICE PRESIDENT OF SIR Inc ...Lee Lamp 530-921-1375

AREA 18 REPRESENTATIVE.....Anthony Butera 209-985-3473

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

Edd Santwier 209-605-9638

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: Open

Book Club:...Gaylan King 209-380-9896

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. **Limit Alcohol and Quit Smoking:** Reduce alcohol intake and quit smoking if applicable, as these habits can negatively impact health and mood.
 12. **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.
 13. **Maintain Independence:** Find ways to stay independent as much as possible while accepting assistance when needed.
- 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 SIRS group helps foster these relationships.

Please visit our website at 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.