Bulletin #382 Fresno Branch No. 159 Vol. XXXII No 7

#### The Chanticleer

LUNCH: Date August 8, 2024

Place: Pardini's

2257 W. Shaw Ave. Social Hour 11:00 AM

Luncheon: 12 Noon

\$25 per person

New 159 website - www.branch159.sirinc2.org

**Program: Gary Clemente, Untold Mafia Tales** 

#### **Activities Calendar for AUGUST**

Date	Event	Contact
AUG. 5-12-19-26	Whitmer's Warriors Golf	Brian Nicholson
AUG. 1-7-15-22-29	SIR Golf	Brian Nicholson
AUG. 14	Dine Out Night	Gary Smith
AUG. 6-13-20-27	SIRS Bowling	Duke Marshall
AUG. 8	SIRs Luncheon	Pete Openshaw
AUG. 7-14-21-28	9 Hole Golf	Charlie Barrett
AUG. 14	Cigars	Bob Moore

Sons In Retirement, Inc	
Branch 159 Financial	
Month:	Jul-24
Beginning Balance (Checking + Cash)	\$10,134.75
Expenses	\$2,090.38
	\$8,044.37
Revenues	\$2,175.04
Month Ending Balance (Checking + Cash)	\$10,219.41
TOTAL	\$10,219.41
Checking \$9,769.41 + Petty Cash \$450 = \$10,219.41	
Net Gain / Loss	\$84.66

Submitted by Garry C. Elliott - Treasurer

#### NOTES FROM THE LITTLE SIR

#### SIRS;

#### I LOVE THIS ANALOGY:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spoll your coffee everywhere.

Why did you spill the coffee? Because someone bumped into me! Wrong answer. You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you have spilled tea. Whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you [whick WILL happen], whatever is inside you will come out. It's easy to fake it, until you get rattled. So we have to ask ourselves...."what's in my cup?"

When life gets tough, what spills over? Joy, gratitude, peace and humility? Anger, bitterness, victim mentality and qitting tendencies? Life provides the cup, **YOU** choose how to fill it. Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others..

- \*\*Flexibility Exercises\*\*: Aging can reduce flexibility, leading to swing limitations. Focus on stretching exercises to increase range of motion.
- \*Strength Training\*\*: Develop a strength program focusing on core, legs, and upper body to maintain power in swings and prevent injuries.
- \*\*Proper Warm-up\*\*: Seniors should engage in a thorough warm-up routine to prepare muscles and joints for golf activities.
- \*\*Equipment Check\*\*: Ensure clubs fit the player's swing and physical stature, considering possible adjustments like shaft flexibility and clubhead weight.

<u>Nutrition and Hydration\*\*:</u> Maintain a healthy diet and stay hydrated to optimize performance and energy levels during rounds.



Mike Parker Little SIR Branch 159



#### Fresno Branch #159

#### **MEMBERSHIP REPORT**

As of July 31, 2024 August Meeting will be #352nd

Membership Status;	JULY		End of JULY
New Members Inducted:	3	17	
Terminated:	0	22	
Members:		173.	

**Members Terminated** 1. NONE

#### New Members to be Inducted in August meeting.

- 1. Doug Cutts New Member Sponsor: Javier Rodriguez #69
- 2. Edward Castanon New Member Sponsor: Tom Simpson
- 3. Keith Rudolph New Member Sponsor: Ron Duncan

#### Candidates approved by board to be "sworn in" when they attend their next Luncheon

- 1. Doug Cutts New Member Sponsor: Javier Rodriguez #69
- 2. Pending approval ~ Edward Castanon New Member Sponsor: Tom Simpson
- 3. Pending approval ~ Kieth Rudolph New Member Sponsor: Ron Duncan

#### New Members Inducted at Last Luncheon:

#67 Harry White III; Sponsor - Hector Leyv #169 Jerry Thompson; Sponsor - Russ Conrad #68 John Taylor Sr.; Sponsor - Bob Bacome

#### **Comments:**

Membership Database being updated by Rich Colby.

Respectfully Submitted by: Russ Conrad - Membership Chairman

Rich Colby - Membership Data Guy

#### SIR 159 State Zoom meeting summary

#### **Executive Summary**

The meeting was led by Acting President Lee Lamp, addressing key organizational challenges and proposed changes for the SIR organization. Key topics included the handling of Zoom account upgrades, membership issues, and potential strategic changes to enhance the organization's appeal and sustainability.

#### **Key Points of Agreement**

- 1. **Zoom Account Upgrade Issue**: There was general agreement on the mishandling of the Zoom account upgrade, with an apology issued by Lee Lamp on behalf of the state board and Zoom.
- 2. **Membership Challenges**: Participants agreed on the critical need to address declining membership and the median age of 80 years within the organization.
- 3. **Importance of Activities**: The value of activities such as golf, hiking, and reading clubs was highlighted as central to SIR's mission of promoting physical and mental well-being.
- 4. **Need for Change**: There was a consensus on the necessity for change to ensure the survival and growth of the organization.

#### **Key Points of Disagreement**

- 1. 501(c)(3) Transition: There were mixed reactions to the proposal of transitioning to a 501(c)(3) organization. Some saw it as essential for securing grants and donations, while others viewed it as unnecessary and a potential end-run around maintaining an all-male organization.
- 2. **Inclusion of Women**: The proposal to potentially include women in the organization elicited strong opinions on both sides. Some supported it for growth and inclusivity, while others firmly opposed it, preferring to maintain the traditional male-only membership.
- 3. **Name and Logo Change**: Opinions were divided on changing the name and logo of SIR. Some felt it was necessary for modernization and appeal, while others saw it as unnecessary and a loss of tradition. Tone of the Meeting The meeting's tone was a mix of concern, urgency, and optimism. Lee Lamp emphasized transparency and the need for decisive action. Participants expressed both support and resistance, reflecting the organization's crossroads between tradition and necessary evolution.

#### **Action Items**

- 1. Form Committees for Change: Create committee(s) to propose a new name, logo, and mission statement for the organization.
- 2. **Conduct Member Surveys**: Gather feedback from members on the proposed changes, including the 501(c)(3) transition and the inclusion of women.
- 3. **Increase Communication**: Improve communication channels within the organization, ensuring that all members are informed and involved in the decision-making process.
  - 4. Promote Activities: Emphasize and expand current activities to attract new members and retain existing ones.
- 5. **Training Programs**: Develop comprehensive training programs for branch leaders to better equip them for their roles.
- 6. Advertise and Recruit: Increase efforts in advertising and recruitment, leveraging personal referrals and community outreach. These action items and discussions aim to address the critical issues facing SIR and ensure its continued relevance and growth.

#### SIR Minutes of Branch 159 Executive Committee

#### July 11, 2024

The meeting opened at 10:15 am at Pardini's Restaurant. BEC officers present were Big Sir Steve Chase, Little Sir Mike Parker, Treasurer Garry Elliott, Assistant Treasurer Keith Lovgren, Assistant Secretary Brett Bayley, and Secretary Robert Scott. Directors present were Jerry Brady (2024), Mark Isonio (2024), Russ Conrad (2025), Robert Ying (2025), Butch Evans (2026), and Pete Openshaw (2026). Robert Scott proclaimed a quorum was present (12 of 12), and Big Sir Steve Chase opened the meeting.

Next, a review of the June 2024 meeting minutes was conducted. Garry Elliott moved that the minutes be approved, and Robert Ying seconded the motion. The minutes were approved unanimously.

Based upon inquiries during the calls to members, Pete Openshaw reported 90 members stated that they were planning to attend our luncheon today. Bruce Corwin ordered 85 lunches from Pardini's.

Little Sir Mike Parker then announced that Mike Watney, retired Fresno State golf coach, would be presenting information about how to improve our golf swings at today's luncheon.

Next, the June Monthly Cash Report (Form 28) was reviewed. Garry Elliott reported a net loss of \$17 in our General Accounts because our gain from our 50/50 drawing was offset by officer expenses. However, we gained \$95 in our custodial accounts because our luncheon income exceeded our luncheon costs. Therefore, our cash balance at the end of June 2024 was \$10,134.75. Jerry Brady moved that the report be approved, and Mike Parker seconded the motion. The report was approved unanimously.

The following agenda item concerned the membership reports. The Membership Report indicated that today would be the 351th meeting of SIRs Branch 159. As of the end of June, we had 170 members. To date, we have inducted 14 new members but lost 22. At today's luncheon, we have three new members that are eligible to be inducted. The approval of this report will include a vote to accept an additional candidate. Mike Parker moved that the Membership Report be approved, and Brett Bayley seconded the motion. The motion passed unanimously.

#### Some Senior Thoughts:

- 1. So, now cocaine is legal in Oregon, but straws aren't. That must be frustrating.
- 2. Still trying to get my head around the fact that 'Take Out' can mean food, dating, or murder
- 3. Dear paranoid people, who check behind their shower curtains for murderers. If you do find one, what's your plan

#### Continued from Page 5

#### SIR Minutes of Branch 159 Executive Committee

June 13, 2024

The Form 27 report was then reviewed. The report also indicated we had two new members during June. Also of interest, the section of the report involving luncheon attendance was mentioned. At our June luncheon, 49% of our membership was in attendance. This percentage is our average monthly attendance. Pete Openshaw moved that the Form 27 report be approved, and Mike Parker seconded the motion. There was unanimous approval.

The first old business item involved a report from our Nomination Committee. It was reported that we need a volunteer for our 2025 Little Sir position.

The following discussion involved our progress in consolidating our historical records. It was reported that we have approximately 10 small bins of materials. It was suggested that we investigate the cost of a small storage locker for our records. Gary Morgan will report on this issue next month.

Next, there was a lengthy discussion about the SIR townhall meeting that was held on June 26, 2024. It was attended by approximately 250 SIR members. Bruce Corwin, and others who attended this Zoom meeting, reported information regarding proposed changes involving the following: organization name, logo, officer titles, mission statement, membership requirements, and organization structure. The goal of these changes is to attract new and younger people, improve and expand our branch activities, make our community aware that SIR exists, and to change the direction of our organization. Also, all members are encouraged to become more familiar with the State SIR website. More information will follow as the different branches review these ideas.

We also discussed our sponsors being more involved when they bring in a new member. It was suggested that sponsors not only introduce the member to others, but also help educate the new member with our branch organization, website, and activities. It was also suggested that we review our expectations of the "Greeter" activities. It was agreed we need to expand our current practices. An easy improvement would be for all branch members to make an effort to introduce themselves to all new members.

The last new business item basically involved finding new members. It is felt that by adding more varied branch activities, we will be more attractive to new members. Closely related is the suggestion that we study and adopt an advertising program to make our branch more known in our community.

Microphone time at today's luncheon will include Duke Marshall and Brian Nicholson.

There being no other business, the meeting was adjourned at 10:50 am.

Secretaries Robert Scott and Brett Bayley

#### **AUGUST GOLF SCHEDULE**

08/01/24 THURS. Riverside GC 8:00 AM SG \$44.00 Individual

08/15/24 Thurs. Sunnyside CC 8:30 AM SG \$88.00 4Man2BB

08/22/24 Thurs. Pheasant Run GC 8:00 AM SG \$53.00 2M Scramble

08/29/24 Thurs. Belmont CC 9:00 AM SG \$78.00 Chairman's Pick

#### WHITMER'S WARRIORS

Whitmer's Warriors is a group of people that play golf on Monday. Although it is officially a SIR event, it is open to anyone that wants to join us. On any given Monday we will have twenty or so players, and there is always room for more. I send out an email telling everyone where we will play and what our tee time is. If you would like to be added to my email list just email me and it will be done.

Brian Nicholson

#### 9 HOLE GOLF

"Hey! Charlie Barrett here to remind you about how very pleasant (and inexpensive) it is to stroll (or ride) around nine holes of golf at Airways on a fall morning. It is positively charming, satisfying, and wholesomely relaxing (unless you chunk every swing like I do). "Join us! The boys moved it up to 9:30 each Wednesday morning of the year, to give us a bit more time in the clubhouse. Affordable golf with invaluable wholesomeness, a doable pace, and priceless camaraderie. "I will see you there!"

#### DINE OUT NIGHT..AUGUST 14

The address for the restaurant is The Red Caboose Cafe, 5054 N Academy Ave, Clovis 93619 Ste E, cocktail 5pm, dinner at 6. Hosted by Robert and Susan Ying [559-289-4548] Sign up at the luncheon.

#### Branch 159 Officers, Directors

#### 2024 BRANCH OFFICERS

**BIG SIR: Steve Chaser** 559-252-6250

LITTLE SIR: Mike Parker 951-665-2951

SECRETARY: Robert Scott 559-696-2158

ASST.SECRETARY: Brett Bayley 619-507-0357

TREASURER: Garry Elliott 559-349-5783

ASST.TREASURER: Keith Lovgren 559-930-0662

#### 2023 BRANCH DIRECTORS

Russ Conrad [2025] 559-917-1199

Robert Ying (2025) 559-289-4548

Butch Evans (2026) 559-271-2024

Mark Isonio [2024] 559-916-1540

Jerry Brady [2024] 559-325-3049

Pete Openshaw [2026] 559-674-7211

#### 2024 BRANCH SUPPORT PERSONEL

ATTENDANCE: Robert Ying 559-289-4548 CHAPLIN: Charles Barrett 559-439-

8338

HISTORIAN: Gary Becker 559-251-7408

LIBRARIAN: Paul Gabrielson 559-269-2030

MEMBERSHIP: Russ Conrad 559-917-1199

MEMBER RELATIONS: Bob Moore 559-

322-6909

NEWSLETTER: Fred Martinez 365-4123 ROOSTER: Gary Morgan 559-277-1249

SUNSHINE: Charles Barrett 559-439-8388

TELEPHONE CALLERS: Pete Openshaw

559-674-7211

WEB MASTER: Gary Morgan 559-277-

1249

#### SIR Members

Just a reminder that we need an accurate lunch count so if you have not talked to your caller, you need to contact them or send a message to Pete Openshaw or Bruce Corwin regarding your lunch attendance. Thanks for helping us out.

Also beginning in January our lunch cost goes up to \$25 per member.

#### Thanks,

Bruce Corwin

7334 W. Portals Ave.

4. The older I get, the more I understand why roosters just scream to start their day.

#### **NEWS from Your Golfing Community**

On Wednesday, July 3rd, we beat the 4th of July crowd at Sherwood Forest GC playing an individual flighted event with 33 golfers on a day when the temperature peaked at 108 degrees. In Flight A Jeff Shahbazian won by three strokes with a net 64. In Flight B Fred Martinez won by two strokes with a net 67. In Flight C Gerard Garoian won by two strokes with a net 68. The closest to the pin on Hole # 4 was Bruce Peters at 8 feet 9 inches and on #15 Fred Martinez was closest at 6 feet 6 inches. The low gross for the day of 76 was shot by Eddie Espinoza.

On Wednesday, July 10th, we were at Ridge Creek GC with 31 golfers playing a 2ManBB on another hot day topping out at 107 degrees. The team of Eddie Espinoza and Bill Scharbach won by 1 stroke with a net 62. The closest to the pin on Hole #3 was Mike Moyle at 7 feet 4 inches and on Hole #16 Dennis Martin was closest at 6 feet 0 inches. The low gross for the day of 75 was shot by Jon Eriksen.

On Thursday, July 18th, we were at Lemoore GC with 28 golfers for a Fourman Scramble tournament with the high temperature that day of 108 degrees. The team of Jim Branton, Larry Henricksen, Bruce Peters, and Bill Scharbach won by 1 stroke with a net 56. The closest to the pin on Hole #7 was Bid Wallace at 12 feet 3 inches and on Hole #11 Bob Bacome was closest at 12 feet 1 inches.

On Thursday, July 25th, we were at Valley Oaks GC with 27 golfers for a 4Man Cha Cha Cha event with the temperature topping out at 107 degrees. The team of Jon Eriksen, Bob Davis, Bruce Peters, and Bill Leavitt won by 8 stroke with a net 119. The closest to the pin on Valley #5 was Russ Anderson at 5 feet 1 inch and on Oaks #5 Duke Marshall was closest at 5 feet 9 inches. The low gross for the day of 75 was shot by Jon Eriksen.



	August Birt	hdays
Nickname	First	Last
Jim	James	Bowman
	Dwaine	Chambers
	Gary	Clemente
	Jimmy	Ely
	Jon	Eriksen
Double E	Eddie	Espinoza Jr.
	Ron	Garcia
	White	Harry
Bob	Robert	Hudson
	Perry	Huffman
	Mark	Isonio
	Mike	Kilijian
Bob	Robert	Knebel
	Russell	Manfredo
	Dennis	Martin
	Peter	Openshaw
Tom	Thomas	Simpson
Bob	Robert	Stenberg
	John	Volkman
Ron	Ronald	Wilson
	Jim	Wilson II

	August	Annivers	saries
Wife	Nickname	First	Last
Deborah		Brett	Bayley
Berdie		Ed	Beier
Lillian		Harry	Buchaklian
Dianne		Bill	DeMarinis
Mary		Paul	Gabrielson
Monica		Dana	Hamparzoomian
Patty	Joe	Joseph	Huizar
Sue		Mike	Kilij ian
Nancy		Bill	Leavitt
Janis	Duke	Joseph	Marshall
Joyce		Gary	McCrea
Lisa		Kenny	Melkonian
Jean		Brian	Nicholson
		Francisco	Pineda
Charlene		Dale	Samuelian
Jodi		John	Volkman
Denise		Steve	Whitehead

- 5. Being popular on Facebook is like sitting at the 'cool table' in the cafeteria of a mental hospital.
- 6. You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen'.
- 7. How did doctors come to the conclusion that exercise prolongs life, when the rabbit is always jumping but only lives for around two years, and the turtle that doesn't exercise at all, lives over 200 years. So, rest, chill, eat, drink and enjoy life!
- 8. I, too, was once a male trapped in a female body, but then my mother gave birth.

#### BEFORE WE TEE OFF MAY I JUST SAY

My handicap is . I'm not interested in hearing that you aren't playing to your handicap, and until I've seen you play a few holes I'm not interested in playing for more than a dollar massau.

The score card contains the rules. I'll expect that you apply them as scrupulously as you would if I were watching you - because I might be.

Don't embarrass me by asking that I concede any of your putts. I will volunteer to do so, if in my judgment it is deserved.

Kindly refrain from telling me about your past performances on the course. The only round which interests me is the one we are about to play.

The following imperfections in my swing are well known to me:

Looking up Too fast a backswing Standing too far ahead Standing too far behind Stance too closed Lunging at the ball Teeing ball too high Teeing ball too low Too much right hand Not enough right hand

No follow through Bending left arm Stance too open No pivot Left foot too far forward Faulty grip Etc., Etc., Etc.

The above mentioned faults have been pointed out to me by a few former friends.

Concerning the 19th hole, allow me to say that I don't mind a friendly drink. If I win your money, I will buy you a drink. If you win, I will expect you to do the same.

If it's agreeable to me to engage in a return match, I will so indicate and if you conduct yourself according to the above suggestions, I feel certain the time will be

Thank you for your forthcoming demonstration of courtesy and consideration.

Signe	i

### **NEW MEMBERS**





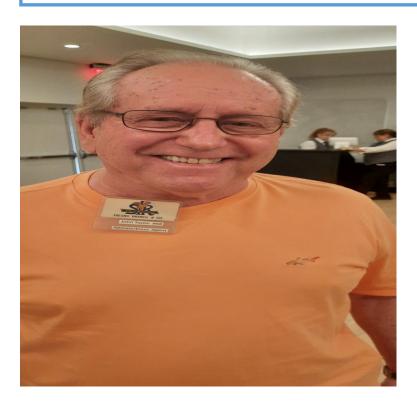
**HARRY WHITE III** 

JERRY THOMPSON

#### **NEWS FOR AREA 19 GOLFERS**

I have no scheduled outing planned in August. If Anyone is interested in a trip to the central coasts playing two courses over there, spending a night in September I am more than willing to set it up. There are several courses that are offered on Golf Moose, Avila, Blacklake, Rancho Maria, The Mission Club, & La Purisma. Let me know interest and which Monday/Tuesday combo should I consider. I would suggest Sept. 23 & 24. Here is one proposed iteneray: Meet at Rancha Maria Golf Course (3+ hr drive) with a golf moose discount 2 for \$75 w cart for a mid morning (10-11) tee time, then meet for dinner at Jocko's in Nipomo, next morning meet at Black Lake Golf Course for a 9-10 tee time with a 2 for \$84 golf moose coupon and if wanted a bite to eat before heading back to Fresno for dinner at home. There are many such combos that could be arrainged including Moro Bay Golf Course, no golf moose coupon for this one. Any takers? Call Duke at  $559\ 304-4439$  or email me at Dukmarshal@aol.com

**DUKE MARSHALL** 



**NEW MEMBER:** 

**JOHN TAYLOR** 

#### **BOWLING NEWS**

From the Lanes in June

We are currently bowling on Tuesday starting at 1:00 PM. We would love to see more SIRs out on the lanes with us having some fun. When the summer heat is upon us we are indoors where it is cool. Plan to arrive by 12:45 for warm up time and to get set up. When bowling we roll scratch games and a series, 3 games total. There is also a handicapping category for each of us. We use the difference between one's average and 240. We use 240 because that is what the Sir State Bowling organization is using. Nothing like a little friendly competition between friends. We pay at the Veteran's rate from \$5.42 per game. I will collect \$17 for the 3 games and at the last session of the month the bowlers with the High Scratch & High Handicap Series, and High Scratch & High Handicap Game will split the monthly pot 4 ways. We are rolling now. It certainly would be nice to see more bowlers on the lanes with us. Anyone can check up on us by visiting the bowling page of Sir 159's website. Follow the Bowler Icon. You will find up to date statistics that are posted, as well as the next bowling date & time. Below is a short table of who had the best scores in July. Once again I invite all SIR members and guests to come join us - Tuesday, afternoons, @1 PM at Bowlero Lanes (formerly Sierra Lanes) at the corner of Blackstone & Sierra. For more info contact Duke Marshall @ 559-304-4439 or just show up and we will get you started. Hope to see you there. Below are the weekly best scores in each category. Through the past month we have had 7-9 bowlers each week August is NO-TAP month

which means any 9 count on first ball counts as a strike. Come out and see if you can roll a no tap 300. September begins a new year of statistics.

Duke Marshall



DATE NAME SCORE  07/02/24 High Scratch Series Alan Barton 639/256 High Scratch Game Ed Beier 202 Bob Bacome 202 High Handicap Series John Taylor 749 High Handicap Game Duke Marshall 272  07/09/24 High Scratch Series Ed Beier 585/231 High Scratch Game Shane Carroll 223 High Handicap Series Tom Simpson 796/283 High Handicap Game Bob Bacome 254  07/16/24 High Scratch Series Alan Barton 579/215 High Scratch Game Bob Bacome 192 High Handicap Series Tom Simpson 675 High Handicap Game Duke Marshall 238  07/23/24 High Scratch Series Jim Link 607
High Scratch Game  Bob Bacome 202  High Handicap Series  John Taylor 749  High Handicap Game  Duke Marshall 272  107/09/24  High Scratch Series  High Scratch Game  Shane Carroll 223  High Handicap Series  Tom Simpson 796/283  High Handicap Game  Bob Bacome 254  107/16/24  High Scratch Game  Bob Bacome 192  High Handicap Series  Tom Simpson 675  High Handicap Game  Duke Marshall 238
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<u>07/23/24</u> High Scratch Series Jim Link 607
High Scratch Game Ed Beier 254
High Handicap Series Duke Marshall 728
High Handicap Game Bob Bacome 223
<u>07/30/24</u> High Scratch Series John Taylor 593
High Scratch Game Ed Beier 227
Shane Carroll 227
High Handicap Series Bob Bacome 682
High Handicap Game Jim Link 247

# Final Battle of the Bay Bridge Series Last Chance to see the Oakland A's hosting SF Giants



## SIR Day at the Ball Park August 18, 2024 Oakland Coliseum-Sunday-1pm

Mail a \$70 check made out to Lee Moy Include a return addressed and stamped envelope to:

Lee Moy, 127 N. Helm Ave., Clovis, CA 93612

Tickets will be mailed to you, so please include the aforementioned envelope plus your contact info: phone number & email address.

**Deadline: 8/8/2024** 

Lee Moy State SIR Sports

# Make a Splash



Wear: SIR shirts, especially at our "Celebration of our Creation"-July

Consider wearing sport team jerseys; Have a Hawaiian shirt day

Play some music to set the mood; Sing an extra song or two

+ Add some pizazz to your Luncheon +



# "Where everyone knows your name."



## Branch Greeter

Allow new members and your BEC directors to form a Greeter Committee and welcome members at lunches.



## Hawaiian Shirt Day

Brighten up your monthly luncheon with laughter and levity. Give wearing theme-style shirts a try.





Some branches have worn sports/college/holiday-themed shirt days.

