

## The Chanticleer

**LUNCH: Date** September 12, 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](http://www.branch159.sirinc2.org)**

**Program :** Dan Taylor, Sports Caster

### Activities Calendar for SEPTEMBER

Date	Event	Contact
SEP. 2-9-16-23-30	Whitmer's Warriors Golf	Brian Nicholson
SEP. 5-11-19-26	SIR Golf	Brian Nicholson
SEP. 18	Dine Out Night	Gary Smith
SEP. 3-10-17-24	SIRS Bowling	Duke Marshall
SEP. 12	SIRs Luncheon	Pete Openshaw
SEP. 4-11-18-25	9 Hole Golf	Charlie Barrett
SEP. 18	Cigars	Bob Moore

### Sons In Retirement, Inc Branch 159 Financial

	Month:	Aug-24
<b>Beginning Balance (Checking + Cash)</b>		\$10,219.41
<b>Expenses</b>		<u>\$2,461.69</u>
		<b>\$7,757.72</b>
<b>Revenues</b>		<u>\$2,063.04</u>
<b>Month Ending Balance (Checking + Cash)</b>		<b>\$9,820.76</b>
	<b>TOTAL</b>	<b>\$9,820.76</b>

Checking \$9,370.76 + Petty Cash \$450 = \$9,820.76

**Net Gain / Loss** (\$398.65)

Submitted by Garry C. Elliott - Treasurer

## NOTES FROM THE BIG SIR

After this summer I'm glad to see September, and hopefully cooler weather. We have had a couple cooler day here at the end of August, but I'm ready for a steady diet of the same.

There is much concern about our dropping membership numbers amongst those in charge at state SIR Inc. We all need to make a effort to bring new guys to meetings and hopefully they enjoy our company and join our club.

I really enjoy our luncheons and always enjoy seeing all my friends there. Hope to see you soon.

Steve Chase

SIR 159 BIG SIR



## NOTES FROM THE LITTLE SIR

SIRS:

Did you see this?

1. **Flexibility Exercises**: Aging can reduce flexibility, leading to swing limitations. Focus on stretching exercises to increase range of motion.
2. **Strength Training**: Develop a strength program focusing on core, legs, and upper body to maintain power in swings and prevent injuries.
3. **Proper Warm-up**: Seniors should engage in a thorough warm-up routine to prepare muscles and joints for golf activities.
4. **Equipment Check**: Ensure clubs fit the player's swing and physical stature, considering possible adjustments like shaft flexibility and clubhead weight.
5. **Nutrition and Hydration**: Maintain a healthy diet and stay hydrated to optimize performance and energy levels during rounds.
6. **Playing Strategy**: Adjust course management strategies to accommodate changes in distance and accuracy due to age-related declines.
7. **Mental Toughness**: Work on mental skills like focus, resilience, and concentration to stay sharp during rounds and manage stress.
8. **Short Game Practice**: Focus on chipping, pitching, and putting to improve scoring, as short game skills are crucial for all golfers, particularly seniors.
9. **Technology Usage**: Utilize golf technology like launch monitors, swing analyzers, and fitness apps to track performance and identify areas for improvement.
10. **Consulting Professionals**: Seek advice from golf instructors, fitness trainers, and healthcare professionals specialized in senior golf to tailor programs to specific needs.
11. **Rest and Recovery**: Allow adequate time for recovery between practice sessions or rounds to prevent overuse injuries and maintain consistent performance.
12. **Continual Learning**: Stay updated on golf trends, rule changes, and techniques through books, videos, online resources, and workshops to enhance skills and passion for the game.

Mike Parker  
Little SIR



## NOTES FROM THE LITTLE SIR

### Mental Health Benefits :

1. Stress Reduction:\*\* Being outdoors in a beautiful setting and engaging in a sport you love can significantly reduce stress levels. The peaceful environment, combined with the rhythmic nature of the game, promotes relaxation and can alleviate anxiety and tension.
2. Cognitive Stimulation:\*\* Golf is a strategic game that requires planning, focus, and mental calculation. These cognitive challenges help to keep the brain active and sharp, potentially delaying cognitive decline associated with aging.
3. Social Interaction:\*\* Golf is a highly social sport. Playing with friends or joining a golf league provides regular social interaction, which is crucial for mental health. These interactions can reduce feelings of loneliness and depression, fostering a sense of community and belonging.
4. Improved Mood:\*\* Physical activity, exposure to sunlight, and the accomplishment of hitting a great shot can all contribute to a positive mood. The release of endorphins during exercise further enhances this effect, leading to an overall sense of well-being.

Enhanced Longevity:\*\* Studies have shown that golfers tend to live longer.

Conclusion Golf offers a unique blend of physical activity, mental stimulation, and social interaction, making it an ideal sport for seniors. Whether you are a seasoned golfer or new to the game, embracing golf can lead to a healthier, happier, and more active lifestyle. So, grab your clubs, hit the greens, and enjoy the myriad benefits that golf has to offer.

Michael Parker

**LITTLE SIR 159**



Fresno Branch #159

## MEMBERSHIP REPORT

As of August 31, 2024  
September Meeting will be #353rd

<u>Membership Status;</u>	<u>AUGUST</u>	<u>End of AUGUST</u>
New Members Inducted:	2	19
Terminated:	0	22
Members:		175
Members Terminated	1. NONE	

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

1. Edward Castanon - New Member - Sponsor: Tom Simpson

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

#91 Edward Castanon - New Member - Sponsor: Tom Simpson

### New Members Inducted at Last Luncheon:

#77 Doug Cutts; Sponsor - Javier Rodriquez

#86 Keith Rudolph; Sponsor - Ron Duncan

### Comments:

Membership Database being updated by Rich Colby.

Respectfully Submitted by:

Russ Conrad - Membership Chairman

## **SIR Minutes of Branch 159 Executive Committee**

**August 8, 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, and Secretary Robert Scott. Directors present were Jerry Brady (2024), Russ Conrad (2025), and Robert Ying (2025). Robert Scott proclaimed a quorum was present (8 of 12), and Big Sir Steve Chase opened the meeting.

Next, a review of the July 2024 meeting minutes was conducted. Garry Elliott moved that the minutes be approved, and Jerry Brady seconded the motion. The minutes were approved unanimously. Based upon inquiries during the calls to members, we found 93 members who stated that they were planning to attend our luncheon today. Bruce Corwin ordered 87 lunches from Pardini's.

Little Sir Mike Parker then announced that Gary Clemente, one of our members, would be presenting information about his father's career with the Federal Bureau of Investigation. The presentation will focus on his father's work combating the Mafia.

Next, the July Monthly Cash Report (Form 28) was reviewed. Garry Elliott reported limited financial activity during July. We had a \$100 gain from our 50/50 drawing which was offset by \$110 of branch officer expenses. In addition, our luncheon income exceeded expenses by \$95. Therefore, our cash balance at the end of July 2024 was \$10,219.41. Jerry Brady moved that the report be approved, and Keith Lovgren 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 352nd meeting of SIRs Branch 159. As of the end of July, we had 173 members. To date during 2024, we have inducted 17 new members but lost 22. At today's luncheon, we have three new members that are eligible to be inducted. Also, the approval of this report will include a vote to accept two additional candidates. Mike Parker moved that the Membership Report be approved, and Robert Ying seconded the motion. The motion passed unanimously. The Form 27 report was then reviewed. At our July luncheon, 48% of our membership was in attendance. This percentage is our average monthly attendance. Keith Lovgren moved that the Form 27 report be approved, and Robert Ying seconded the motion. There was unanimous approval.

The following discussion involved our progress in consolidating our historical records. It was reported that we have approximately 10 small bins of materials. Gary Morgan found it would cost between \$60 and \$100 each month to rent a small storage unit. After a short discussion, Reg Rosander, Rich Colby, and Steve Chase volunteered to determine how much of the information being stored is really necessary to retain. They will report their progress at our September BEC meeting.

The next old business item involved a report from our Nomination Committee. Reg Rosander, our Nominating Committee Chairman, presented the following slate of candidates for the 2025 SIR Branch 159 officers and directors:

Officers:

Big SIR: Mike Parker Little SIR: Duke Marshall

Secretary: Robert Scott Asst. Secretary: Brett Bayley

Treasurer: Garry Elliott Asst. Treasurer: Keith Lovgren

Directors:

2025 Russ Conrad 2025 Robert Ying

2026 Pete Openshaw 2026 Butch Evans

2027 John Briceno 2027 Reg Salsman

## SIR Minutes of Branch 159 Executive Committee

August 8, 2024

The BEC unanimously approved the list of candidates. The slate will be presented to our full membership at our luncheon today, and voted on at our September luncheon.

Next, there was a short discussion regarding the proposed SIR reorganization. It was reported that the state SIR monthly meeting scheduled for August has been postponed until September.

Regarding new business, information about a Branch 159 leadership meeting held on August 6, 2024 was presented. Items reviewed during the meeting involved SIR reorganization, membership growth, increased activities, luncheon procedures, and luncheon time length. It was decided that we need to assess the needs of our membership. Consequently, a survey will be developed and emailed to every member. Russ Conrad will present this information at our luncheon today. Each member will be encouraged to complete the survey, so that the BEC can develop ideas for improving our branch.

Microphone time at today's luncheon will include Duke Marshall, Reg Rosander, Russ Conrad, Robert Ying, Fred Martinez, and Brian Nicholson. There being no other business, the meeting was adjourned at 10:29 am.

Secretaries Robert Scott and Brett Bayley

**I had the rudest,  
slowest, nastiest  
cashier today.  
I guess it's my own  
fault for using the self  
checkout lane.**

**I wasn't sure what  
to make for dinner so  
I opened a bottle of wine  
and now I don't care.  
A lesson for  
us all here I think.**

**One day, I'm going to judge  
a spelling bee.**

**I'll ask one of the kids to  
spell the word "there."**

**When he asks for it in a  
sentence, I'll say...**

**"Their car is parked over  
there and they're late."**

**I couldn't afford an  
ancestry DNA kit so I  
announced that I had won  
the lottery and I found out  
who my relatives  
are.. 🤡 🤡**

**Why does the need  
to pee intensify by  
a million when you  
are trying to unlock  
the door to your  
house?**



### **SEPTEMBER GOLF SCHEDULE**

09/05/24	Thurs.	Ridge Creek GC	8:00 AM SG	\$50.00	Individual
09/11/24	Wed.	Madera G&CC	8:00 AM SG	\$50.00	Scramble
09/19/24	Thurs.	Dragonfly GC	8:00 AM SG	\$59.00	4Man2BB
09/26/24	Thurs.	Eagle Springs GC	8:00 AM SG	\$90.00	2MBB

### **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..SEPTEMBER 18TH**

The address for the restaurant is YOSHINOS JAPANESE restaurant, 6226 N Blackstone Ave., Fresno, cocktail 5pm, dinner at 6. Hosted by Steve and Cindy Beveridge [559-519-1943] [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.

## NEWS from Your Golfing Community

### CLUB CHAMPIONSHIP RESULTS

After rounds of golf at Riverside GC, Madera G & CC, and Sunnyside CC here are the results:

**LOW GROSS Club Champion won by Javier Rodriguez by 3 strokes with 3 round score of 247,**

**LOW NET Club Champion won by Bob Hudson by 1 stroke with a three round score of 215.**

**Flight 1 Low Gross Eddie Espinoza at 250, Low Net Russ Anderson at 228**

**Flight 2 Low Gross Larry Henricksen at 275, Low Net Richard Glover at 222**

**Flight 3 Low Gross Dana Hamparzoomian at 282, Low Net Jeff Boatman at 216**

**Flight 4 Low Gross Jerry Brady at 312, Low Net Jerry Brady at 221**

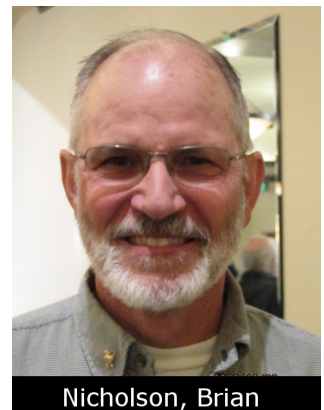
On Thursday, August 1st, we started the month at Riverside GC with 39 golfer for a flighted individual event that was also the first round of the Club Championship. In Flight 1 Gary Morgan won by 2 strokes with a net 67. In Flight 2 John Arteaga won by 1 stroke with a net 73. In Flight 3 Dana Hamparzoomian won by 3 strokes with a net 68. And in Flight 4 Jeff Boatman won in a tie breaker with a net 73. The closest to the pin on Hole # 5 was John Arteaga at 7 feet 1 inch and on #11 Duke Marshall was closest at 12 feet 7 inches. The low gross for the day of 74 was shot by Jon Eriksen.

On Wednesday, August 7th, we were at Madera G & CC with 39 golfers playing a 2ManBB on another hot day topping out at 110 degrees. The team of Russ Anderson and Jeff Boatman won in a quadruple tie breaker with a net 63. The closest to the pin on Hole #8 was Jon Eriksen at 9 feet 6 inches and on Hole #16 Jeff Boatman was closest at 6 feet 9 inches. The low gross for the day of 77 was shot by Mike Moyle.

On Thursday, August 15th, we were at Sunnyside CC with 39 golfers for a 4Man2BB tournament with the high temperature calming down to a high of 97 degrees. The team Larry Henricksen, Duke Marshall, Rick Ransom, and Bruce Peters won in a tie breaker with a net 128. The closest to the pin on Hole #6 was Ray Garcia at 5 feet 9 inches and on Hole #13 Richard Morrissey was closest at 12 feet 1 inches. The low gross for the day of 75 was shot by Ray Garcia.

BRIAN NICHOLSON

SIR 159 GOLF CHAIRMAN



Nicholson, Brian

## NEWS from Your Golfing Community

On Thursday, August 22nd, we were at Pheasant Run GC with 38 golfers for a 2Man Flighted Scramble event with the temperature moderating to a high of 91 degrees. In Flight A the team of Eddie Espinoza and Duke Marshall won in a tie breaker with a net 67. In Flight B the team of Russ Anderson and Bill Leavitt won in a tie breaker with a net 70. The closest to the pin on #4 was Eddie Espinoza at 5 feet 11 inches and on #17 Jeff Boatman was closest at 15 feet 8 inches.

On Thursday, August 29th, we were at Belmont CC with 27 golfers playing a Novelty with 4 Clubs Only on a day Mother Nature was reminding us Summer is still here with a high temperature of 101. Rick Ransom won in a tie breaker with a net 70. The closest to the pin on Hole #2 was Bob Hudson at 11 feet 10 inches and on Hole #13 Gary Elliott was closest at 2 feet 4 inches. The low gross for the day of 82 was shot by Russ Anderson.



When a man says  
he'll do anything  
for a woman, he  
means fight bad  
guys and kill  
dragons, not  
vacuum or wash  
dishes

**Procrastination is  
totally a good  
thing. You always  
have something to  
do tomorrow, plus  
you have nothing  
to do today.**

When a kid says  
"daddy, I want  
mommy" that's the  
kid version of "I'd  
like to speak to  
your supervisor"



**Nurse came in and  
said Doc, there's a  
man in the waiting  
room who thinks  
he's invisible, what  
should i tell him?  
The doctor said Tell  
him I can't see him  
today.**

## News for Area 19 Golfers

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. I have gotten reports that both Avila and Blacklake courses are in terrible shape.

So I am deleting them from considerations. Let me know if interested. I am now planning Sept. 23 & 24. Here is one proposed iteneray: Meet at Rancho 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 Moro Bay with a 9 - 11 tee time.

No golf moose coupon and if wanted a bite to eat before heading back to Fresno for dinner at home. Thus far I have three of us to go, Rich Neilsen, Rick Ransom and myself. Still looking for a fourth and possibly another foursome. Call Duke before the 15th at 559 304-4439 or email me at Dukmarshal@aol.com

**DUKE MARSHALL**

## NEW MEMBERS



DOUG CUTTS



KEITH E. RUDOLPH

From the Lanes in August

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 April. 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



Marshall, Duke



## **BOWLING RESULTS FOR AUGUST**

<b><u>DATE</u></b>	<b><u>NAME</u></b>	<b><u>SCORE</u></b>
<b><u>07/02/24</u></b>	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
<b><u>07/09/24</u></b>	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
<b><u>07/16/24</u></b>	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
<b><u>07/23/24</u></b>	High Scratch Series	Jim Link 607
	High Scratch Game	Ed Beier 254
	High Handicap Series	Duke Marshall 728
	High Handicap Game	Bob Bacome 223
<b><u>07/30/24</u></b>	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