

# The Town Crower

Volume 40, Number 7

The Monthly Newsletter for SIR Branch 103

July 2023



INCORPORATED

## Modesto SIR Branch 103

DEDICATED to the PROMOTION of INDEPENDENCE and DIGNITY for MEN

Branch 103 Website: [www.sirinc2.org/branch103](http://www.sirinc2.org/branch103)

### Big Sir Crows By Dick Nelson



**Big Sir Dick Nelson**

My tenure is half over. We have come out of Covid restrictions having lost about 30 % of our pre Covid membership. Civic and religious groups report similar loss. Ironical how this loss of engagement and socialization correlates with an increase in depression and isolation. Last month we pruned the rolls a bit. We are seeing new members coming in through the energetic efforts of some of our members.

The activities for July are detailed in our newsletter. June featured a trip to Black Hawk Auto Museum, which is a world class display. Golf participation thrived under the exuberant leadership of Roger Smith and his merry band of helpers. Thursday golf is well established and offers a more relaxed day than the competitive highly charged Monday tournament names to myself, Bob Kredit or Don Reed.

Hope you look forward to the 4th of July, a great time to celebrate the heritage of our nation made possible by men who made bold sacrifices of time, money, and life in order to create a nation whose principles even today are the envy of multitudes around the world.

## Alzheimer's Disease - July Program

Alzheimer's disease, a type of dementia, is an irreversible, progressive brain disease that affects an estimated 5.7 million Americans. It is the sixth leading cause of death among all adults and the fifth leading cause for those aged 65 or older.

The causes of Alzheimer's disease and other dementias are not completely understood, but researchers believe they include a combination of genetic, environmental, and lifestyle factors. In more than 90% of people with Alzheimer's, symptoms do not appear until after age 60. The incidence of the disease increases with age and doubles every 5 years beyond age 65. Working to ensure that caregivers have the resources to provide quality care to people with dementia.

# SIR Branch 103 BEC April Minutes

By Secretary Don Rowe (First Draft)

**ATTENDANCE:** Big SIR Dick Nelson, Secretary Don Rowe, Assistant Secretary Coe Barnard, Treasurer, Ted Bracht, Assistant Treasurer, Brian Donahue. Directors: Dennis Imhoff, Dave Cooper, Jeff Chin and Gary Del Nero.

**Absent:** Directors Barry Brutica and Kerry Newman, Tom Evans, (programs), Bob Kredit (Thursday Golf)

**Committee Representatives:** (Jeff Chin, (Activities, Newsletter and Computer Club)

**Guests:** Richard Provost and Roger Smith

**Call to Order:** Big SIR Dick Nelson, called the meeting to order at 7:27A.M. at Denny's. There were 9 Executive Board members present for a quorum.

## Reports:

**Secretary:** May. 26 Minutes was offered for modification. Motion to accept: Rowe, 2nd Chin- PASSED UNANIMOUSLY.

**Treasurer:** Ted Bracht's June 28 report showed the Beginning balance-\$4,8453.68. Receipts: luncheon proceeds less contribution portion- \$1,165.00, no dues, Merchandise receipts, \$216.00 Raffle- \$38.00, Total receipts- \$1,419.00. Checks written- Margarito's Catering-\$1,488.68. Total deductions-\$1,488.68. Ending balance is \$4,384.00. -Motion to accept: Bracht 2nd Rowe-PASSED UNANIMOUSLY.

**Big SIR:** 1. Big Sir Dick reviewed the correspondence from State SIR.

**Little SIR:** None

**Membership:** Dave Cooper reported that we now have 115 members. Motion: Accept Marvin Van Middendorf as a new member-Cooper, 2nd Rowe PASSED UNANIMOUSLY.

**Luncheon:** Good food! \$5.00 FOR THOSE WHO DO NOT EACH LUNCH.

**Correspondence:** None

**Program:** Tom reported that in July, we have Alexandria Castillo-Weisengerber speaking on Alzheimer's. In August, we have Kisten Bragg telling us about MOVE VETS VAN program.

**Sunshine:** Sadly, Jim Laurenti's wife passed away. Also, John Lemos, a former member, is in hospice care in San Diego.

**Health and Safety:** NA

**Thursday Golf:** NA

**Newsletter:** Jeff said it is going nicely.

**Bowling:** Summer off, SIR League bowling begins in September

**Merchandising:** NA

**Web Master:** Brian Donahue will take over the web master duties.

**Travel:** There are still spots left for October trip to Autumn Colors.

**Computer Club:** NA

**Activities:** Jeff Chin's list of July activities will be at the end of the minutes and found in the newsletter.

**New Business:** None

**Old Business:** At the June and July luncheon, nominations will be taken from the floor. BIG SIR: Dick Nelson, Don Rowe. LITTLE SIR: Juan Salinas, SECRETARY: Don Rowe, Bob Manning. ASSISTANT SECRETARY: Ray Tillery, TREASURER: Ted Bracht, ASSISTANT TREASURER: Brian Donahue, DIRECTORS: (6) Gary Del Nero, Dennis Imhoff, Kerry Newman, Dave Cooper Lance Underwood, Randy Broughton, and Coe Barnard.

**Other:** 1. Jeff Chin paid for Castle Air Museum, but members who signed up couldn't go. Motion: Reimburse Jeff Chin \$67.50 for tickets not used, Imhoff, 2nd Donahue- PASSED UNANIMOUSLY. 2. Jeff also brought a new policy for discussion: Sir Women Auxiliary Policy. We will continue discussion next BEC. 3 Richard Provost provided the BEC information about the updated data base.

**ADJOURNMENT:** 8:36 A.M.

# GOLF

All payments for golf must be made by 6:00 PM Wednesday before the Monday Tournament. There will be NO payments at the golf course. Mail all checks to Roger Smith, 3612 Incline Ct., Riverbank, CA 95367-3123. Make all checks to SIRs Golf. Write on the bottom of the check the date of the tournament and the course. All fees, golf and cart fees must be paid with check. If you want to ride/play with someone, please let us know and give us all the information (ride, walk, play with/ride).

Mon. Jul 10-Castle Oaks, \$54 (cart incl.) Host 144  
Mon. Jul 17-Creekside, 8:00, \$34 (cart opt. \$15) Host 103B  
Mon. Jul 24-Swenson, 8:00, Ride \$46 (cart incl.) Walk \$29 Host 103  
Mon. Jul 31-Tracy CC, 8:00, \$52 (cart incl.) Host 144  
Mon. Aug. 7-Manteca, 8:00, \$47 (cart incl.) Host 103B  
Mon. Aug. 14-Dryden, 8:00, \$32 (cart opt. \$15) Host 103  
Mon. Aug. 21-Atwater, 8:00, \$49 (cart incl.) Host 143  
Mon. Aug. 28-Creekside, 8:00, \$34 (cart opt. \$15) Host 144  
Tues. Sep. 5-Dryden, 8:00, \$32 (cart opt. \$15) Host 103  
Mon. Sep. 11-Swenson, 8:00, Ride \$46 (cart incl.) Walk \$29 Host 144  
Mon. Sep. 18-Creekside, 8:00, \$34 (cart opt. \$15) Host 103B  
Mon. Sep. 25-Manteca, Year End Tournament, 8:00, \$38 (cart incl.)



The Pickleball Activity will be scheduled the first and third Fridays of every month at the courts at Graceda Park at 9:00 am. Please come out and give it a try. There

will be experienced players to help introduce you to the game. All the equipment will be provided. All members and their spouses are invited.



## 2023 State Team Golf Championship

Your team is invited to sign up for the 2023 State Team Championship. This year there will be no qualifying for this event, it will be an event open to all teams wishing to compete. All requirements for team participation in the event remain as in past years. Your team must have a A, B, C and D golfer. As in the past, a player can play up in accordance with the State Golf Policy manual. There are also a "couple of other changes" to this year's event. First, while the Championship is one tournament event to determine the best SIR golf team it will be spread over two days. A team will have a choice to which day they would like to play. Second, we will not have a Shot Gun start, instead using Tee-Times. This will also allow your team to select a time suitable to their travel needs. Finally, because of no qualifying for this event and also a late start to the golf season because of poor weather we had we will be using a golfer's June 1st instead of the May 1st index to determine team make up. Cost is \$300 per team. Registration forms found at [www.sirgolf.org](http://www.sirgolf.org).

## 2023 Reno Golf Tournament

Get ready to tee off at this Branch 116 and SIR State sponsored Golf Tournament event, taking place from September 5th through September 8th at the stunning TOIYABE and WOLF RUN golf courses. And when you're ready to relax, enjoy comfortable and luxurious accommodations at the SILVER LEGACY Resort and Casino hotel. Don't miss out on this perfect combination of golf and leisure! Entry deadline is July 1, 2023. Registration forms for golf and accommodations found at [www.sirgolf.org](http://www.sirgolf.org).

## Creekside Golf

Creekside Golf is an activity that was created by Bob Kredit and Don Reed. This is now a SIR sponsored event. This is a weekly event held at Creekside Golf Course on Thursday mornings. Tee times are first come, first serve, and requests must be made by email or message to Bob Kredit at 6:00 pm the prior Wednesday to the golf tee time. You must have a tee time before coming to the course.

# ALL ABOUT ME

Branch 103 has 115 members. A member will be chosen to tell all about themselves. Big Sir Dick Nelson will interview members each month. The member who Dick interviewed this month is Coe Barnard.

Coe Barnard was born in the first aid office of a sawmill in the company town of Kienzua, Oregon, which no longer exists. His Dad walked on logs and directed them to a chain which dragged them out of the water. His parents were paid in chits, which were only redeemed at a company store. When Coe was six, his parents decided that they did not want him going to a one-room school house and moved to Hood River. Coe graduated from high school in 1957. He played football, and basketball. "My graduating class had 39 people in it."

"I had always hunted with my Dad for deer and ducks. I started competing in shooting matches in high school. I went to Oregon State and wanted to be a chemist, but chemistry did not like me. I was walking around campus and passed the Food Science and Technology Building. I met the Dean and asked him what Food Science was and changed my major. Meanwhile, I was in NROTC which paid for my books and tuition, and shot in competitive meets throughout college." Coe continued his shooting career while on active duty as a member of the U.S. Navy Rifle Team which shot all over the world. "I always wanted to go to the Olympics." Coe participated in the Pan American Games held in Cairo in 1961 and lost to a Russian. "He was a better shot than me," Coe acknowledged. Coe served primarily in the Far East on the York Town as an officer on the hangar deck.

After completing his active duty, Coe went to work for a food company, "Stange," which made bulk spice blends for food processors like Frito Lay, Kentucky Fried Chicken, and Tri-Valley, Stanislaus Foods. Coe met his wife, Ruth, a hospital dietician, who lived in the same apartment building in Oakland. They moved to Modesto in 1992. Coe's company was sold to McCormick Spice, and then Newly Wed Food. He retired when he was 64.

Coe and Ruth had two girls and a son who works with the food service for Boulder, Colorado Schools as well as being a sous chef for a catering company. Coe joined Sirs in 2006 with Kerry Newman when invited by a friend at the SOS Club. Coe's main interests are golf, cooking, and gardening. "I really like to barbecue." One last note when asked about an interesting item, Coe mentioned, "Our most memorable trip was to China on a Viking cruise to Beijing, and Wuhan in the fall of 2019."



## Branch 103 General Membership Luncheon

**July 28, 2023**

**10:30 am - 1:00 pm**

**Masonic Temple**

**800 Rose Ave. Modesto, CA**

**Luncheon Price \$23.00**

## Couples Dine Out

The Couples Dine Out is on July 20, 2023 at Angelini's Restaurant, 2251 Geer Rd., Turlock at 5:30 pm. If you would like to go please call Don Rowe at (209) 634-0100 or email at [roweski@hotmail.com](mailto:roweski@hotmail.com).



## LADIES' DINE-OUT

The Ladies Dine Out will be at China Garden, 1501 Coffee Rd., Modesto on Thursday, July 27, 2023 at 11:30 am. No reservations are required, please join us.



The Commemorative Air Force Central California Valley Squadron holds fund-raising meals twice a month. A

Second Saturday Pancake Breakfast and a Fourth Saturday Lunch. The breakfast time is 7:30 am to 11:00 am. The lunch time is 11:30 am to 1:00 pm. The cost is \$10 per person. No reservations required. The meals are served at the hangar 1-S at 700 Tioga Dr., Modesto. The pancake breakfast will be on May 13, 2023 and the lunch will be on May 27, 2023.



|                 |           |            |
|-----------------|-----------|------------|
| Clark Pearson   | 7/07/1944 | 79 yrs old |
| Oscar Cherry    | 7/09/1934 | 89 yrs old |
| Ron Saito       | 7/09/1939 | 89 yrs old |
| Claude Fross    | 7/12/1934 | 89 yrs old |
| Max Stowers     | 7/14/1939 | 84 yrs old |
| Rey Cabusas     | 7/16/1945 | 78 yrs old |
| Dennis Imhoff   | 7/17/1944 | 79 yrs old |
| Randy Broughton | 7/17/1952 | 71 yrs old |
| Jeff Chin       | 7/24/1953 | 70 yrs old |
| Brian Donahue   | 7/24/1957 | 66 yrs old |
| Don Locke       | 7/25/1926 | 97 yrs old |
| Leo Havener     | 7/26/1937 | 86 yrs old |

## July Program-Alzheimer's

Alzheimer's disease is a brain disorder that gets worse over time. It's characterized by changes in the brain that lead to deposits of certain proteins. Alzheimer's disease causes the brain to shrink and brain cells to eventually die. Alzheimer's disease is the most common cause of dementia – a gradual decline in memory, thinking, behavior and social skills. These changes affect a person's ability to function.

**Alexandra Castillo-Weisgerber**, LCSW, is the Director of Care and Support for the Alzheimer's Association Northern California, Northern Nevada chapter. She assists in the strategic implementation of care and support services across the chapter, as well increasing community engagement in all pillars of the Association's work. She will speak on the signs of Alzheimer's Disease.

Spouses and family members are invited to listen to the presentation at 12:15 pm.



Bill Stires

## **Autumn Colors Trip to East Coast**

**October 13 - 22, 2023**

**Price: \$5,130 double occupancy Single: \$6,127**

**Final Payment due now**

**There is still space on this trip, call Bill Stires.**

**Highlights: 2 nights stay in Boston. Tour of city, free time on own. Visit Manchester, Vermont; Burlington, Vermont; North Conway, New Hampshire; Bar Harbor, Maine; Acadia National Park; Portsmouth, New Hampshire. Scenic drives along the Mohawk Trail and Kancamagus Highway. Professional local tour guide for entire trip.**

**9 nights of First-Class Hotel accommodations. 14 meals including a regional lobster feast.**

**Remember that relatives and friends may also go on all trips.**

**Call Bill Stires at 209-988-5445 or email at [bstires46@gmail.com](mailto:bstires46@gmail.com) to receive brochure.**



## **Sunshine**

By Gary Del Nero

John Lemos is now in hospice. I believe he is in the San Diego area with his daughter. Jimmy Laurenti has lost his wife, Colleen, to cancer Monday after a long illness. Yesterday, Jimmy's baseball team, the Purple Jayhawks' game was dedicated to his wife. They won the game 8-1 and the softball was signed to be given to Jimmy and his family in her memory. We pray for both John and Jimmy's family.



### **Bring a book, take one!**

Earl Glenn is using the new book cabinet to display selections. You are encouraged to bring in your used books and take something back to read.

There are usually some interesting and entertaining books available.

### **Branch 103 Website**

**[www.sirinc2.org/branch103](http://www.sirinc2.org/branch103)**

## SIR STATE OFFICERS

State Pres. Dave Gonzales ..... 916-587-3538  
State Vice Pres. Dale Decker..... 209 573-0833  
Area 18 Rep. Jeff Chin.....209 602-3912

## SIR BRANCH 103 OFFICERS

Big Sir Richard Nelson..... 209 701-8108  
Little Sir Lance Underwood..... 209 681-6989  
Secretary Don Rowe ..... 209 634-0100  
Asst. Secretary Coe Barnard ..... 209 602-0661  
Treasurer Ted Bracht.....209 573-1690  
Asst. Treasurer Brian Donahue..... 209 988-2748  
Jeff Chin..... 209 602-3912  
Gary Del Nero ..... 209 681-1100  
Dennis Imhoff ..... 209 846-9529  
Barry Butrica ..... 209 988-1396  
Kerry Newman ..... 209 579-7747  
Dave Cooper ..... 209 578-3789



## COMMITTEE CHAIRMEN

|                                       |               |  |                       |
|---------------------------------------|---------------|--|-----------------------|
| Membership Dave Cooper .....          | 209 578-3789  | Sunshine Chair Gary Del Nero.....            | 209 681-1100          |
| Assistant                             |               | Health & Safety Kerry Newman...              | 209 579-7747          |
| Program Chair Tom Evans .....         | 209 551-1836  | Chaplain Joe Stackhouse.....                 | 209 543-0972          |
| Assistant                             |               | Asst. Chaplain Gary Goodman .....            | 209 578-0848          |
| Member Orient. Dick Nelson .....      | 209 701-8108  | Meal Tickets Don Rowe, Roy Bruk              |                       |
| Public Relations Bob Kredit .....     | 209 672-0326  | Raffle .....                                 | Roy Bruk, Jim Bickner |
| Bowling Vern Masse .....              | 209 544-1953  | Table Setup Don Rowe .....                   | 209 634-0100          |
| Bowling Jeff Chin .....               | 209 602-3912  | Table Setup Jim Bickner .....                | 209 522-4345          |
| Golf Chair Roger Smith.....           | 209 614-8684  | Lead Singer Ed Davis .....                   | 209 522-4080          |
| Golf Co-Chair Kerry Newman .....      | 209 579-7747  | Backup Singer Gary Goodman .....             | 209 578-0848          |
| Golf Co-Chair Gerald Hott .....       | 209 602-2910  | Audit Committee: Kerry Newman, Coe Barnard   |                       |
| Golf Handicap Jerry Strain.....       | 209 574-9301  | Nominating Committee: Jeff Chin, Bob Kredit, |                       |
| Book Exchange Earl Glenn .....        | 209 537-7254  | Joe Stackhouse, Barry Butrica                |                       |
| Travel Area 18 Bill Stires .....      | 209 988-5445, | Ladies Dine Out Barbara Webb.....            | 209 526-6511          |
| Assistant John Cardoza .....          | 209 483-7722  |  |                       |
| Merchandise Sales Dennis Imhoff ..... | 209 846-9529  |  |                       |
| Lunch Menu Lance Underwood.....       | 209 681-6989  |  |                       |
| Computer Club Jeffery Chin .....      | 209 602-3912  |  |                       |
| Activity Chair Jeffery Chin.....      | 209 602-3912  |  |                       |

## HONORARY LIFE MEMBERS

Bob Kredit

## SENIOR HONORARY LIFE MEMBERS

Lon Loudermilk and Don Reed

## NEWSLETTER EDITOR

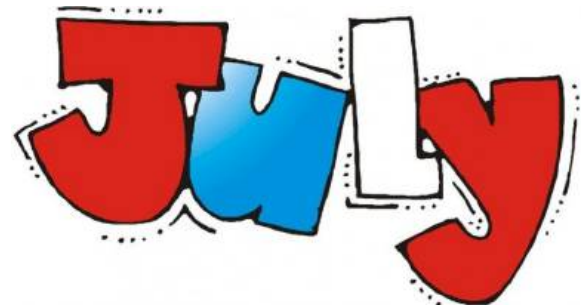
Jeffery Chin ..... jefferygaryc@msn.com .....602-3912

## SIR DISCLAIMER and ATTENDANCE REQUIREMENTS

All trips and other activities arranged by and for SONS IN RETIREMENT, Inc., and its branches are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume responsibility for the well-being or safety of the passengers, or their property, in any matter pertaining to said tours or other activities. Regular members missing three (3) consecutive meetings shall be notified by Form Letter 4 of their pending membership termination. Certification of attendance at another Branch meeting will be considered as a credit to the attendance record. Individual Branches may limit the number of make-ups during a twelve (12) month period.

Stanislaus Branch #103  
1613 Poust Rd.  
Modesto, CA 95358-1084  
A Non-Profit Organization

INCORPORATED



# July

## 2023

| Sunday | Monday                     | Tuesday | Wednesday                          | Thursday   | Friday                       | Saturday           |
|--------|----------------------------|---------|------------------------------------|--|------------------------------|--------------------|
|        |                            |         |                                    |  |                              | 1                  |
|        |                            |         |                                    |  |                              |                    |
| 2      | 3<br>SIR Golf-Dryden       | 4       | 5                                  | 6<br>Creekside Golf                                  | 7<br>Pickleball              | 8<br>CAF Breakfast |
| 9      | 10<br>SIR Golf-Castle Oaks | 11      | 12                                 | 13<br>Creekside Golf                                 | 14                           | 15                 |
| 16     | 17<br>SIR Golf-Creekside   | 18      | 19                                 | 20<br>Creekside Golf<br>Couples Dine Out-Angelini's  | 21<br>Pickleball             | 22<br>CAF Luncheon |
| 23     | 24<br>SIR Golf-Swenson     | 25      | 26<br>General Member-ship Luncheon | 27<br>Creekside Golf<br>Ladies Luncheon-China Garden | 28<br>Branch 103 BEC Meeting | 29                 |
| 30     | 31<br>SIR Golf-Tracy CC    |         |                                    |  |                              |                    |
|        |                            |         |                                    |  |                              |                    |