

The Town Crower

Volume 43, Number 4

The Monthly Newsletter for SIR Branch 103

April 2026



Modesto SIR Branch 103

DEDICATED to the PROMOTION of INDEPENDENCE and DIGNITY for MEN

Branch 103 Website: www.sirinc2.org/branch103

Big Sir Crows



Big SIR Fernando Gonzalez

After the presentation at our lunch regarding exercises for the elderly. I want to expand on that topic for us young roosters.

As our members have crossed the threshold of 60 plus, health becomes less about maintaining peak performance and more about preserving independence, vitality, and quality of life. Exercise, often underestimated in later years, is one of the most powerful tools available to achieve exactly that. Far from being a young person's pursuit, regular physical activity is essential for aging well.

One of the most immediate benefits of exercise for us is the preservation of muscle mass. Aging naturally brings sarcopenia—the gradual loss of muscle—which can lead to weakness, instability, and a higher risk of falls as Kerry Newman stated when reporting at one of our lunches. Strength training, even in moderate forms like resistance bands or light weights, helps counteract this decline. Maintaining muscle isn't about aesthetics at this stage; it's about being able to carry groceries, climb stairs, and live independently.

Cardiovascular health is another critical factor. Heart disease remains one of the leading health concerns for all of us, but consistent aerobic exercises such as walking or swimming can significantly reduce risks. It improves circulation, lowers blood pressure, and helps regulate cholesterol levels. Even brisk walking for 30 minutes a day can have profound effects. Beyond physical, exercise plays a major role in cognitive and emotional well-being. Studies consistently show that regular activity can reduce the risk of cognitive decline and conditions like dementia. It also boosts mood by releasing endorphins, combating feelings of depression or isolation that sometimes accompany aging.

(Continued on last page)

Big Sir Fernando Gonzalez Branch 103

Dues and Speaker information on next to last page

SIR Branch 103 (Region 2-Area 18) BEC Minutes March 25, 2026

Secretary Don Rowe

Attending: Big SIR Fernando Gonzalez, Little Sir Ray Tillery, Secretary Don Rowe, Assistant Secretary Robert Tillery, Treasurer John Santillano, Directors: Dave Cooper, Bob Lewis, Dennis Imhoff, Jerry Strain, and Ted Bracht.

Committee Representatives Present: Gary Del Nero, (Sunshine) and Bob Kredit Thursday Golf.

Absent: Directors-, Juan Salinas and Tom Evans, Program.

Guests: NA

Call to Order: Big SIR Fernando Gonzalez called the meeting to order at 9:328 A.M. at The Masonic Lodge, 10 Executive Board members were present for a quorum.

Secretary: Feb.25 Minutes was offered for modification. Motion to accept: Rowe, 2nd Tillery- PASSED UNANIMOUSLY.

Big SIR: NA

Little SIR: NA

Treasurer: Treasurer John Santillano reported that the beginning balance for Jan. was \$5,604.74. Receipts: Raffle \$45.00, Member Luncheon Purchase- \$2,220.00, Dues \$,821.00. advertisement-\$10.00. Total \$2,898.00. Checks written: Luncheon- \$1,985, Office expenses- \$10.00. Total expenses: \$1,995.97.

Bank balance-\$1,995.97 petty cash-\$250.00, Total balance-\$6,506.77. Motion to accept: Santillano 2nd Rowe - PASSED UNANIMOUSLY.

Membership: 1. We had a new member transferring from Sacramento, Ronald Katzenberg. Motion to accept: Rowe, 2nd Strain- PASSED UNANIMOUSLY. 2. We have 70 members that have not paid their dues. They will be contacted. Those not paying will be dropped.

Luncheon: good lunch! **\$5.00 FOR THOSE WHO DO NOT EAT LUNCH.**

Correspondence: NA

Program: NA

Health and Safety Kerry Newman reminded us that old medicines can be turned in at many pharmacies.

SUNSHINE: Gary Del Nero reported that Fred Bistodeau had wood fall on him. Also, Jeff Chin's Celebration of Life will be Mar. 28 at the Trinity Presbyterian Church. Anthony Butera had lung and heart issues. Jerry Hott is in a Rehab.

Golf: NA

NEED TO GET AN ASSISTANT FOR PAUL.

Thursday Golf: Bob Kredit reported that it is going nicely-40 – 55 players.

Newsletter: Bob Lewis said that the newsletter is going fine.

Bowling: Bob Lewis reported that bowling is rolling along.

Merchandising: NA

Travel: Trip to Hawaii is still available. John is working on a Washington D.C. trip for 2027.

Activities: WE NEED TO HAVE SOMEONE TAKE ON THIS TASK!

Dine Out: Kerry Newman is hosting at Outback April 15.

DINING OUT CLUB: Dinner sites will be published in the newsletter.

Old Business: In order to comply with the Photo policy, Big Sir Fernando will create a sign-in sheet where members can give permission to have their photos displayed in SIR publications.

New Business: NA

Other: 1. AARP is doing taxes for Seniors and veterans. 2. Our bank has offered to have us use a credit card app. We discussed it and then tabled it. 3. Anthony Butera asked for a \$500 deposit to secure an area for the ball game on May 19. Motion to accept: pay deposit of \$500.00 to secure the area- Santillano, 2nd Lewis-8 yes, 2 no PASSED.

Adjournment: 10:07A.M.

Respectfully submitted, Don Rowe

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.

- Mon. April 6- Ripon **8:00** \$47 (cart opt.) Host 103C
- Mon. April 13- Swenson **8:00** \$58 (cart inc.) Host 103B
- Mon. April 20- Dryden **8:00** \$61 (cart opt.) Host 103A
- Mon. April 27- Elkhorn **8:00** \$60 (cart inc.) Host 103C
- Mon. May 4-Creekside **8:00** \$63 (cart Opt.) Host 103B
- Mon. May 11- Atwater **8:00** \$60 (cart inc.) Host 103A
- Mon. May 18-Dryden **8:00** \$61 (cart opt.) Host 103C
- Tues.** May 26-Swenson **8:00** \$58 (cart inc.) Host 103B

No more tournaments at Pheasant Run

[SIR Area 18 South 2026 Tournament Schedule REVISED.pdf](#)

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.

Sunshine Report

By Gary Del Nero



Sunshine Report for April.

Jerry Hott is at English Oaks for rehab as of our March meeting day. Hopefully he is ok to go home soon. Al Sterling was taken by ambulance from McHenry Bowl due to Vertigo. He was at our March general meeting and is undergoing tests. Fred Bistodeau had suffered an injury as a board fell on him, I believe he is recovering with our thoughts and prayers. Anthony Butera had heart and lung issues, he is our Area 18 representative, again our thoughts/Prayers are with him. On Saturday a Celebration of Life for Jeff Chin was attended by a lot of our SIR members. A lot of testimony on behalf of Jeff as he assisted many organizations, church functions and all pointed to a person of unselfishness and conviction. Even with his ailing health he was very involved, which again showed this unselfishness he had in him. The only fault I can see is his dedication to the Dodgers, sorry Jeff, from a Giants fan.

Gary Del Nero: Phone 209 681-1100

Amos: 209 605-9638

Email: garydelnero73@gmail.com

Gary Del Nero



The Pickleball Activity is be scheduled the first and third Fridays of every month at the courts at Beyer 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.

April 2026 Bowling Report

High Scratch and Handicap Series and Games

Scratch Games

Handicap Games

Week 27 March 3

Series: Bob Abujen 644
Game: Joe Bradley 253
Series: Dolores Bavaro 391
Game: Barbara Webb 154

Vern Masse 678
Joe Bradley 289
Dolores Bavaro 586
Dolores Bavaro 215

Week 28 March 10

Series: Gary Del Nero 571
Game: Gary Del Nero 210
Series: Barbara Webb 430
Game: Barbara Webb 174

Gary Del Nero 676
Gary Del Nero 251
Barbara Webb 595
Barbara Webb 229

Week 29 March 17

Series: Joe Miceli 566
Game: Joe Miceli 225
Series: Dolores Bavaro 386
Game: Dolores Bavaro 133

Joe Miceli 632
Joe Miceli 247
Dolores Bavaro 581
Dolores Bavaro 198

Week 30 February 17

Series: Bob Abujen 695
Game: Arnold Fidalgo 279
Series: Barbara Webb 483
Game: Dolores Bavaro 170
Debbie Chin 170

David Brown 730
Joe Bradley 289
Terry Wilcox 636
Debbie Chin???
(No number given)

Come out for our hometown tournament.

----- 2026 UPCOMING TOURNAMENTS-----

April 13-15 Gold Dust West, Carson City, NV- Ray DiBasilio 530-558-9727

May 12-13 Country Club Lanes, Sacramento- Tod Davis 916-722-3575

June 4-5 Apex at Red Hawk, Placerville- Ray DiBasilio 530-558-9727

June 22-23 Earl Anthony's Dublin Bowl, Dublin- Brent Moffitt 925-548-3067

Branch 103 Bowling Chairman: Bob Lewis 209-523-7387 bobalew69@msn.com

[Bowling Tournament Calendar 2026 pdf](#)

APRIL 2026

Dining Out Club Information

Since 2001

2nd Tuesday Evening Club:

Tuesday April 14, 2026 El Cazador Mexican Restaurant

Tuesday May 12, 2026 L'Gusto Cucina Italiano (In Riverbank)

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

4th Tuesday Evening Club:

Tuesday April 28, 2026 –Tasty Thai

Tuesday May 26, 2026—George’s Steakhouse

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

4th Thursday Evening Club:

Thursday April 23, 2026 -- Olive Garden

Thursday May 28, 2026 – L'Gusto Cucina Italiano

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

If you enjoy Dining Out at different restaurants in our local area and are interested in joining one of our 3 social, fun loving, evening Dining Out Clubs, please contact Chairman Vince Sereno at (209) 524-9630.

Chuckle No. 1: “Welcome to the Golden Years”

Leaving the store, I couldn’t find my keys. They weren’t in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car’s ignition. He’s afraid that the car could be stolen. As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen. Then, I made the most different call of all to my husband. “I left my keys in the car and it has been stolen.” There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. “Are you kidding me? He barked, “I dropped you off!” Now it was my turn to be silent. Embarrassed, I said, “Well, come and get me.” He retorted, “I will, just as soon as I convince this cop that I didn’t steal your damn car!”

No. 2-- I came, I saw, I forgot what I was doing. I retraced my steps, got lost on the way back, and now I have no idea what’s going on.

No. 3– I bought a little bag of air today. The company that made it was kind enough to put some potato chips in it as well.

No. 4 – The most expensive vehicle to operate, by far is the Costco shopping cart.

No. 5 –It’s weird being the same age as old people.

No. 6 – Self checkout should include an employee discount.

No. 7 – I thought it was my DRYER that was making my clothes shrink. It turns out that it was the REFRIGERATOR.

Branch 103 Luncheon

Wednesday April 22, 2026

10:30 am - 1:00 pm

Masonic Temple

800 Rose Ave. Modesto, CA

Luncheon Price: \$25



Couples' Dine Out

The Couples' Dine Out will be at Outback Steakhouse at 2045 W. Briggsmore Ave. on April 15. If you would like to attend, RSVP Kerry Newman at (209) 579-7747 by April 10, 2026

Last	First	Date	Age
Cherry	Terry	4/15/1958	68
Standart	Jim	4/25/1947	79
Hubbard	Gary	4/14/1946	80
Kredit	Bob	4/3/1946	80
Reese	Jerry	4/3/1937	89



LADIES DINE-OUT

The Ladies' Dine-Out will be taking some time out. Please read the upcoming newsletters to find out the next date.



The Commemorative Air Force Central California Valley Squadron holds fundraising 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 for breakfast and \$13 for lunch. No reservations required. The meals are served at hangar 1-S at 700 Tioga Dr., Modesto. The breakfast will be on April 11, 2026. The lunch will be on April 25, 2026.

Ad For Anthony Butera



Anthony Butera
Regional Vice-President at
Primerica Financial Services





PRINCESSCRUISES
scape completely

ARRANGED BY ALAMO WORLD TRAVEL
FOR SIRS AREA 18, BRANCH 143 & FRIENDS

16 NIGHT HAWAIIAN ISLANDS CRUISE ABOARD THE RUBY PRINCESS

SAILING ROUND TRIP SAN FRANCISCO OCTOBER 23-NOVEMBER 8, 2026

PORTS OF CALL

Hilo, Big Island/ Kahului, Maui/ Honolulu, Oahu
Nawiliwili, Kauai and Ensenada, Mexico

THE RUBY PRINCESS



****Add the Princess Plus Package for \$960 per person**
Includes: Beverage package, Wifi, Crew appreciation, Premium
desserts (2 per day), Fitness classes (2 per cruise) and unlimited Juice Bar, 2 Casual
Dining meals per guest, Room service delivery**

ESCORTED BY JOHN CARDOZA (209) 483-7722 cell



There is a trip to Washington DC in late September or October for around \$5000

SIR STATE OFFICERS

State Pres. Fred Serena.....510-489-0964
State Vice Pres. Nick Feimer.....650-341-3015
Area 18 Rep. Anthony Butera.....209-985-3473

SIR BRANCH 103 OFFICERS

Big Sir Fernando Gonzalez.....415-420-2440
Little Sir Ray Tillery.....209-499-0955
Secretary Don Rowe.....209-634-0100
Asst. Secretary Robert Tillery.....209-918-1267
Treasurer John Santillano.....209-544-1953
Asst. Treasurer.....OPEN

DIRECTORS

Ted Bracht.....209-573-1690
Dave Cooper.....209-578-3789
Dennis Imhoff.....209-846-9529
Bob Lewis.....626-252-5484
Juan Salinas.....209-605-6762
Jerry Strain.....209-551-8220

COMMITTEE CHAIRMEN

Membership: Dave Cooper 209 578-3789
Assistant:
Program Chair: Tom Evans.....209 551-1836
Assistant:
Member Orient.: Brian Donahue 209 988-2748
Public Relations: Bob Kredit..... 209 672-0326
Bowling: Vern Masse 209 544-1953
Bowling: Bob Lewis..... 626 252-5484
Golf Chair: Roger Smith. 209 614-8684
Golf Co-Chair: Kerry Newman 209 579-7747
Golf Co-Chair: Gerald Hott 209 602-2910
Golf Handicap: Jerry Strain..... 209 551-8220
Book Exchange: Earl Glenn 209 537-7254
Travel Area18: John Cardoza 209 483-7722
Merchandise Sales: Dennis Imhoff.... 209 846-9529
Lunch Menu: Juan Salinas 209 605-6762
Computer Club: Jeffery Chin..... 209 602-3912
Activity Chair: Lance Underwood.....209 681-6989
Sunshine Chair: Gary Del Nero 209-681-1100
Dining Out Chair: Vince Sereno.....209-524-9630



Health & Safety: Kerry Newman...209 579-7747
Chaplain: Dick Nelson.....209 701-8108
Asst. Chaplain: Gary Goodman209 578-0848
Meal Tickets: Don Rowe, Roy Bruk
Raffle: Roy Bruk, Jim Bickner
Table Setup: Don Rowe209 634-0100
Table Setup: Jim Bickner209 522-4345
Lead Singer:
Backup Singer: Gary Goodman209 578-0848
Audit Committee: Kerry Newman, Coe Barnard
Nominating Committee:
Ladies Dine Out: Barbara Webb....209 526-6511

HONORARY LIFE MEMBERS:

Sam Graham, Bob Kredit and Gary Williams

STATE HONORARY LIFE MEMBER: Jerry Strain

SENIOR HONORARY LIFE MEMBER:

Don Reed

NEWSLETTER EDITOR

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

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.

APRIL

Flexibility and balance are often overlooked but are equally important. Practices like stretching, yoga, or tai chi enhance mobility and reduce the risk of falls—a major concern for us men. Improved balance can mean the difference between a minor stumble and a life-altering injury.

Importantly, exercise at our age does not need to be intense to be effective. The key is consistency. A balanced routine that includes strength, cardio, and flexibility can be tailored to any fitness level or physical limitation. Remember some level of activity is far better than none.

There is also a psychological shift that happens when men commit to staying active later in life. Exercise reinforces a sense of control over one's health and aging process. It transforms aging from something that happens to you into something you actively navigate.

In the end, exercise is not about turning back the clock, it's about making the years ahead as strong, capable, and fulfilling as possible. For us staying active isn't optional; it's foundational to living well.

We need some volunteers to help set up and take down the rooster numbers for the tables and help put the books away. We also need a backup treasurer and if you are willing to help for several months to see what it involves, please let me know. This is your branch so please be willing to get involved.

Big Sir Fernando Gonzalez Branch 103

The speaker for April is Manny Grewal, Supervisor for District 4 and will speak about city initiatives and plans.

Dues are past due. Please bring a payment of \$30 (or \$5 if you paid \$25 already) to the luncheon or make out a check made to "SIR Branch 103" and mail it to: "SIR" at 2509 Portofino Dr. Modesto, CA 95356

April

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Creekside Golf	3 Pickleball-Beyer Park, Modesto	4
5 SIR Golf-Ripon	6	7 SIR League Bowling 1:00 XXXXXXXXXXXX Dining Out El Cazador Mexican Rest	8	9 Creekside Golf	10	11 CAF Breakfast-Modesto Airport Hangar 15
12 SIR Golf-Swenson	13	14 SIR League Bowling 1:00	15 Dine Out-Outback Steakhouse	16 Creekside Golf	17 Pickleball-Beyer Park, Modesto	18
19 SIR Golf-Dryden	20	21 SIR League Bowling 1:00 XXXXXXXXXXXX Dining Out Tasty Thai	22 General Membership Luncheon 10:30	23 Creekside Golf XXXXXXXXXXXX Dining Out Olive Garden	24	25 CAF Lunch-Modesto Airport Hangar 15
26 SIR Golf-Elkhorn	27	28 SIR League Bowling 1:00	29	30 Creekside Golf		

All Dining Clubs meet at 5:00 (arrive by 4:45)
Dine Out meets at 5:00