



SIR Branch 176 Windsor Winds Newsletter for April 2023

SIR Mission Statement

The Mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life. Visit our [Branch Webpage](#), [State Webpage](#) and/or attend Tuesday morning coffee.

Windsor Branch 176

Monthly Luncheon Meeting Every 3rd Wednesday
 Charlie's Restaurant 130 19th Hole Dr. Windsor CA
 Charlie's lunch is \$22.00 (plus \$1 table tip if you wish)
 Reminder: Yearly Dues (\$24) can also be paid at lunch.

Windsor Winds Edition

April 2023
 Volume 28 Number 04

Big SIR – Chris Roach



The rain has been great for our water reserves and snow pack! But I think most of us are ready for the dry and warmer weather we have come to expect in Sonoma County. I'm sure our golfers and bocce ball players are ready!

On a weather related note, we are looking for a volunteer farmer or farmers for our "Rooster Garden" at the Windsor Senior Center. Wynn Bailey has been our farmer for the last few years, but is now seeking a replacement. Any of you that are interested, please contact Wynn at wynn.bailey@gmail.com. and cc me. Thanks Wynn for all your work and for the delicious produce!

Bob Reuther of Branch 17 (707) 703-9119 is inviting our members to get involved with the Redwood Empire Food Bank. His group from Branch 17 will be there next to help on April 6. The Food Bank is located at 3990 Brickway Blvd., near the Airport. Please contact him directly for details raeuther@yahoo.com.

The Branch 17 & 176 Picnic planning for June 15 is moving along. Our Branch Picnic Chair, Dave Harrison, is asking for help in providing 10 X 10 pop-up canopies. Have one to share or any other ideas? Thanks.

Hope to see you all at our April 19 Lunch Meeting.

Chris Roach – Friendship Report

A Sympathy card was sent to family of deceased member Alan Westergard.

Little SIR – Larry Doherty



Let's ensure, when we invite a new friend/member to our group that we continue to make sure they have a place to sit at lunch and feel welcomed. Eventually, as they make new friends, they may be comfortable sitting elsewhere. It is hard to watch a new member arrive and then looking lost as to where he might sit. Let's up our friendliness and try to eliminate that look.

Warmest Regards,

LarryD.

Golf-Mike Berry

A hardy 5-6 golfers took us through the rains and frost. Hopefully we can see more players out there. The weather continues to dominate our golf outings, hopefully we are at the end of it.

WE now have 17 members signed up to play Branch 176 weekly golf tournaments, 16 are actual members of the 176 golf club, 1 is member of another club but can join us weekly since he is a SIR. So, if you a member of another club remember that you can join us in our weekly sweeps. Contact Mike Berry if you are interested.

Prior to Wednesday, use the signup sheet at the golf course or call the golf course at 707-838-7888 to sign up for SIRS golf. The starter usually gets us out by 8:00. **If you are new** to the golf group, please show up on time (7:45) and look for us. Since we look forward to playing with new members, we will certainly make adjustments to get you in.

HAPPY BIRTHDAY THIS APRIL TO:

DENNY AMANTITE; PHILIP BARTELS; MIKE BERRY; JIM DUVANDER;
MICHAEL POWERS & FRANK TREANOR.



WELCOME TO OUR NEWEST MEMBER: ROGER NORTH



Roger has always lived in Sonoma County. Lisa, his wife of thirty-five years, is an Interior Decorator with her own business in Healdsburg. They have a Son and a Daughter. Their son is 31 currently married, works in the restaurant business and lives in Irvine Ca. Their daughter is 27, a Dental Hygienist, married and lives in Rohnert Park. Roger and Lisa have a 4 month old grandchild with another on the way.

Roger logged 38 very busy years in the Utility Business for Northern California Power Agency. Most of his time has been at the Geysers here in Sonoma County and Lake County. The last three years of his career he was in charge of the Operating Training Department, preparing the Agency for the future training of new operators.

Because Roger missed so much by being busy in his career, his number one interest is spending time with his family. He also enjoy playing golf, Motorcycle riding, working out and doing home improvement projects. He retired on 12-31-22 and after 29 years, continues to live in Windsor.

Even though Roger worked extensive hours over the years he did find time to coach and help out in many of Windsor's youth sports programs spending many hours out on the baseball, football and soccer fields.

With regard to joining SIR, Roger is most interested in golf. He says couldn't ask for a nicer group of men to spend time with. "Of course, they all know now to duck behind a tree when I'm hitting the ball". Roger's good Friend Shaun Spiegle is another reason he joined SIR. They have been friends for over 25 years and have ridden their Motorcycles all over the United States and parts of Canada.

THANKS TO OUR MARCH MONTHLY MEETING SPEAKERS:

Our presenters were Dr. Tuck Bierbaum and Eric Thomson. They talked about their survival and first aid education business here in Windsor. They then demonstrated for us the basics about CPR, mostly regarding the use of automated external defibrillator (AED). It was very educational, entertaining and absolutely appreciated. If you wish to learn more about what they do, check out their webpage at: <https://survivalcpr.com/>

A HEARTFELT GOODBYE TO A FORMER BIG SIR:

We are saddened by the passing of long time SIR Branch 176 member Alan Westergard, age 90 in February. Dave Harrison stated in a brief eulogy during the monthly meeting that “Alan was Big Sir (for the second time) in 2012 when Dave joined Branch 176. Alan was a devoted member of Branch 176 and was always eager to share a joke to exhibit his wry sense of humor”. We thank Alan for his contributions and many will miss him.

Dave Harrison –Bowling

The Monday morning mixed senior bowling league at Windsor Bowl in which our SIR members participate is approaching its finality. With a mere three weeks left of the third segment of our season, SIR Phil Bartell’s team remains in first place, with SIR Don McCorquodale’s team in second place.. Our league position round will occur on Monday, April 17th. This position round will determine the team with the best record in the third segment, and also will determine the highest scoring team that did not qualify as a segment high score team. Four teams will then compete in the final playoff round, set for Monday April 24th.

After a pause of several weeks, the Monday morning Summer No-Tap league will commence. This league on Monday mornings, features a relaxed scoring environment, in which nine pin scores are treated as strikes as well as 10 pin conventional strikes. Signups are on-going, and any SIR interested participating in the Summer No-Tap league should contact Dave Harrison for further information (harrisod@sonic.net).

APRIL MONTHLY MEETING GUEST SPEAKER: VICKI CHAVEZ

Vicki’s presentation will include a brief overview of the Windsor Regional Library as well as a discussion of the resources the library has to offer. She currently, and has for the last six years, been the Adult Services Librarian here at the Windsor Library.

Vicki has worked in libraries for nearly 30 years; much of that time has been spent in public libraries. She has worked in the Marin County Free Public Library, the Alexandria (VA) Public Library, and Sonoma County Library systems, but also in defense, academic and law libraries. She graduated from Dominican College in San Rafael with a bachelor’s degree in Humanities with an emphasis in Pre-Law, and received her Masters in Library and Information Science (MSLIS) from The Catholic University of America in Washington, DC in 2000

Gary Jensen – Recruitment and Coffee



March 21st Coffee Time

Recruitment of new members is an ongoing effort that is going well. Our branch goal is to have one or two new members each month. In March, we had one new member, Roger North. Coffee time continues to be one of our most consistently attended events. It's a great social time and we welcome new guests. We still are unable to have coffee at the Senior Center due to it being remodeled. So, coffee with pastries will continue to be at the temporary Senior Citizen Center which is at 25 Bluebird Dr. until it's closing on April 15th. We are hoping to be back at the regular Senior Citizen Center on April 25th. **Watch for the Weekly Reminder on April 16 with regard to coffee on April 18th.**

Happy Hour-Tom Palmer (Not an official SIR Activity)



Happy Hour 3/17 at the Flagship

Now that Spring is springing, consider getting out at 3:00 on a pleasant Friday afternoons for libations and lively conversation. Each Friday we meet at a different location which is announced in the Weekly Reminder of Events. If you do not currently receive an additional reminder on Thursday and would like one, please request by emailing Tom Palmer at palmer.ts@gmail.com

SIR BRANCH 176/17 PICNIC

We are excited for our summer picnic which should be a great time. Please review the flyer below: Also, if anyone has a pop up canopy they can lend to the effort please contact Dave Harrison. (harrisod@sonic.net)

The SIR Branches 17/176 Picnic

Thursday, June 15th, 2023

Outdoor Event Area at Windsor Golf Course
1302 19th Hole Drive, Windsor, CA

Catered By Charlie's at Windsor Golf Course

11:00 am Social Hour

12:00 Noon Lunch Served

BBQ Chicken, Veggie Pasta, Chili Beans, Corn on the Cob,
Salad, Bread, Butter & Dessert
Wine, Beer, Soft Drinks
Raffle Music

All for Only \$40.00 per person!

Picnic Sign Ups at April 19th and May 17 Meetings
or

Sign ups by mail

Ward Thompson, 5530 Melita Rd., Santa Rosa, Ca. 95409
707-322-9396 / patandward@sbcglobal.net

Purchase by mail deadline is June 1st.

Be sure to include mailing address and name(s) for name tags

No tickets will be sold the day of the Event

Contact David Harrison, Br 176 Picnic Chair with questions
707-292-2300 / harrisod@sonic.net

Couples Dinner (Not an official SIR Activity)

Wednesday, March 29th, was our sixth Couples Dinner since we resumed having them. Everyone enjoyed their meals and had a good time at Qimura, for some this was a new dining experience.

There were 11 couples, mostly at tables for four, one table for six, allowing us to get better acquainted, rather than one long table.

Our server was not only personable, but also she did a great job serving us. A few of us ordered sushi but mostly we ordered a variety of dishes and all had good comments about the food and service.

“Grandma Qimura opened a local Japanese restaurant after spending most of her life fascinated with feeding her family, friends and customers. Her grandchildren now recreate her fabulous recipes in order to share the mouthwatering flavors with locals like grandma Qimura always sought to do.”

The owner and chef, Anna, was pleased that SIRs chose to host a couples dinner in her restaurant and thanked us for coming.



Our SIRs Couples Dinner in April will be held at Diana's restaurant in Windsor. For verification and details please keep watch for Wayne's next email.

wлиндahl@sonic.net



FOR THE LIGHT HEARTED:

RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

We always hold hands. If I let go, she shops.

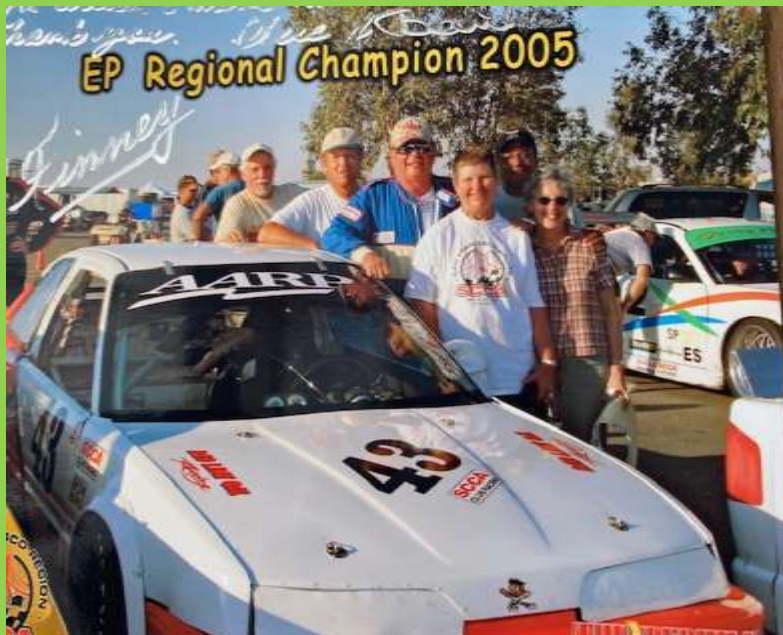


I made a huge to do list for today. I just can't figure out who's going to do it.

Cool Guy Quotes

I see people around my age mountain climbing, I feel good getting my leg through my underwear without losing my balance

My Profile: JOHN FEREREN



I was born in 1944 and raised in San Francisco. I lived out in the Sunset district by the ocean. I have an older brother and 2 younger sisters. My youngest sister is 20 years younger than me. This could get uncomfortable in that people often thought that we were father and daughter. I lived next to the Zoo and an old abandoned Army fort, Fort Funston. My friends and I spent many hours playing in these 2 wonderlands. The Army fort still had all the building and gun emplacement so we'd play war all day. We would also break into the zoo at night and have the place to ourselves.

I went to 3 schools: Ulloa grammar school, AP Giannini Middle and Lincoln High. You may not believe this, but I was not a good student. I talked too much, and cut up in class. I had very poor grades and was put back one year. My parents were not happy with me. In high school I was a car guy. To this day, just by looking at the front, I can tell the engine size and whether it's a 55, 56 or 57 Chevrolet. On the week-end we would hang out at a drive in and drag raced and out-run the cops. My brother and 2 of my friends built a dragster and raced it all over Northern California. We did pretty well at it until big money came into drag racing. Then in 1992 two friends and me starting road racing and we did quite well winning the SCCA E production class. I was the mechanic on the car.

Right after high school I joined the Army and was sent to Fort Ord for basic training. The day I joined the army the Cuban missile crisis started and the Army call up the reserves. The fort was so full of men and the Army didn't know what to do with them. I tell people I was a war hero... it was because I was there guarding the coast of California, that the Viet Cong never invaded. The Army changed my life and I realized if I did not get an education and change my behavior things were not going to end well. When I came home from the Army I started working for Southern Pacific Railroad as a carpenter then as a sheet metal workers. Since I could not read or

spell, other workers would make fun of me so I quit working and started City College in San Francisco. I came home and told my mother and father I was going to college. My father said “you won’t last 6 weeks” To show him, I lasted 6 years. From City collage I went to Sonoma State for a BA then Sacramento State for a MA. I can now read, but still can’t spell.

I worked for Sonoma County Mental Health 35 years. I started out working in the outpatient clinics in Petaluma and Sonoma. Next, I ran the Adult Day Treatment Center for clients returning from long term hospitalization. This was my favorite job and I loved running the program for each of the 20 years. I worked with small groups of patients. I helped them get settled back in the community and restore their lives. I will still run into an old clients they tell me how much I helped them. This makes me very happy and gives a meaning to my life. After that, the county talked me into running all of Adult Out-patience Services, which included mental health at the jail. This was an administrative and political job and way over my head. As a result, in 2004, I decided to retire.

I married in 1968 and moved to Sonoma County. I first lived in Santa Rosa for 3 years, and a short time in Sonoma and Petaluma. Then we lived 25 years in Healdsburg and now just west Windsor for 30 years. We are on 1/3 of an acre on Mark West Station Road. I have two children; a 50 year old daughter living in Rohnert Park with two Grandchildren and a son living in Santa Rosa with one child. I have been married for 55 years. This is both my wife’s and my first and only marriage. We farmed a small plot of land in Healdsburg and sold veggie at the farmer market. She managed the market for years. We both volunteered at Healdsburg high school and the Boys and Girls Club. My wife is a fund raiser for the American Cancer Society.

My neighbor has a small vinery and as a hobby we grow grapes and make wine. My job is to keep the equipment running. My neighbor, the winemaker, takes care of the vines and makes the wine. It is pretty good wine and even my SIR friends, who have tasted it, agree.

OTHER COMMUNITY ANNOUNCEMENTS:

(Not official SIR Activities)



Every Saturday morning (8:30-10AM) Jose Castaneda hosts a **FREE breakfast for veterans** at Castaneda Marketplace; 8465 Old Redwood Highway. This “Castañeda’s Breakfast Brigade,” provides veterans a place for connections, camaraderie & friendship <https://www.facebook.com/CastanedasMarket>



The third Thursday of the month, Jose Castaneda offers a free coffee and concha (Mexican pastry) to all seniors. An opportunity to meet other Windsor residents for socializing.



Once a month, date varies, all SIR and their spouse are welcome to start the “work” week with Margherita Monday – a chance to sample the best frozen margaritas in Windsor. Starts sharply at 4PM Castaneda’s Market Place.



The Pacific Coast Air Museum is once again hosting Hot Dog Thursday on the first Thursday of the month April through October.

<https://pacificcoastairmuseum.org/hot-dog-thursday/>

Hot Dogs are \$8 including a drink, chips and entrance to the museum. The delicious hot dogs are served between 11:30 AM and 1:30 PM. Noon tends to be the most crowded time with limited close in parking; last year they sold out of hot dogs on more than one occasion – no wonder when they sold a record 600 hot dogs one Thursday. This is not an official SIR activity, so bring your spouse and neighbors.

Keep an Eye Out for notices from Len Schwer about Margarita Monday and other community events. For additional information contact Len Schwer at: Len@schwer.net



2023 SIR Branch 176 Officers:					
Big SIR Chris Roach (707) 490-8510 Chrisroach@sbcglobal.net		Little SIR Larry Doherty 707-484-5308		Secretary Dave Harrison 707-6388155 harrisod@sonic.net	
Assistant Secretary Jerry Culver 707-953-4901		Treasurer Ward Thompson 707-539-1377		Assistant Treasurer Howard Blethen 707-892-2992	
2023 Directors					
<i>1 Year Term</i>			<i>2 Year Term</i>		
Rich Laucks	Jock Rader	Tim Senkir	Ed Peoples	John Crooker	Gary Jensen
2023 Activity Coordinators					
	ATTENDANCE Ron Nordstrom 707-338-6363	MEMBERSHIP Larry Doherty 707-484-5308	FRIENDSHIP Chris Roach (707) 490-8510		
TRAVEL Stewart Morgan 707-545-4957	GOLF Mike Berry	BOWLING Dave Harrison 707-638-8155	COFFEE CLUB Gary Jensen 707-377-8380		
COUPLES DINNER Wayne and Maryl Lindahl 707-837-2816	BOCCE BALL Stewart Morgan 707-545-4957	RECRUITMENT Gary Jensen 707-337-8380	GREETER Gary Jensen 707-337-8380		
SONG LEADER Pending 707-544-4445	NEWSLETTER Tom Palmer 619-920-9175	WEB PAGE John Crooker 707-328-8748			
SIR State President Dave Gonzales yogonzo@wahoo.com			SIR Area 13 Governor Bob Nadell 707-836-4123 nadellb@sbcglobal.net		

OFFICIAL SIR Activities

Coffee - Gary Jensen

Coffee and Pastries at the Windsor Senior Center Tuesdays at 9:00am

Bocce Ball - Stewart Morgan

Bocce Ball at Lakewood Meadows Park Thursdays at 10:00am

OTHER SIR FYI Activities

Friday Afternoon (3:00pm) Happy Hour - Tom Palmer

Location changes weekly and will be published every Sunday or Monday in the weekly notice of events with a reminded sent on Thursday.