



SIR Branch 176 Windsor Winds Newsletter for March 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

March 2023

Volume 28 Number 03

Big SIR – Chris Roach



We had a good lunch meeting on 2/15. Our guest speakers from Redwood Empire Food Bank provided info on how the program is run and how the need is growing. Last April they feed 14,000 families. That number has now increased to 38,000! If you can, please consider any donation of food or money.

The summer Picnic with branch #17, Santa Rosa, is moving along well with Ted Scapeccia (Br 17) leading the way. The date is June 15 and the cost of a ticket is currently estimated at \$40 for food & drinks. Our branch volunteers stepped forward at the meeting: Dave Harrison, Ward Thompson, Frank Treanor, Howard Blethen and Ed Peoples. More info to follow.

Our records show a list of 68 members. However only about half that many have paid their 2023 dues. Four members of the BEC have divided the names to contact them.

Liz Glass of Charlie's is retiring in April. The BEC voted to present her with a cash gift for all her help over the years.

Hope to see you all at the March 15th lunch meeting!

Chris Roach – Friendship Report

Get Well cards were sent to: Tom Palmer and Jock Rader

Gary Jensen – Recruitment and Coffee



January 24th coffee time

Coffee time is one of our most consistently attended event. Attendance has been about 20 or so. It's a great social time and we welcome new blood and guests. Our branch goal is to have one or two new members each month. A big part of meeting that goal is Tuesday coffee visitors. We still are unable to have coffee at the Senior Center due to it being re-modeled. So, coffee with pastries will continue to be at the temporary Senior Citizen Center which is at 25 Bluebird Dr, Windsor, CA 95492. See you there.

Little SIR – Larry Doherty



I have hopes that the coming good weather not only allows us to meet at our venues but that we help others locate our fantastic group.



March's presentation will be given by Eric Thomson. After Eric retired from the Sheriff's Office as a sergeant, he started 'Survival CPR & First Aid,' which is currently located in downtown Windsor. His business provides emergency training in CPR and First Aid, while also selling resuscitation equipment to individuals and businesses.

I am familiar with Eric for not only having worked with him but due to his yearly updates on medical emergency training. Additionally, I purchased an AED (defibrillator) from his business for my home. Eric will focus on things we should pay attention to regarding our own potential medical emergencies or that of our spouse and/or significant others. Eric has set aside a lot of time so come to March's presentation with plenty of questions.

Warmest Regards,

LarryD.

Golf

A hardy 5-6 golfers took us through the rains and frost. Hopefully we can see more players out there.

Jerry Culver re-signed with 176 Golf Club, and persuaded 4 new members to join, bringing our numbers to 18, opening up the way for two flights each week, thus increasing the number of prizes, and grouping the low handicappers and the high handicappers. We also have a small committee to select occasional variant formats rather than just low net format every year. This promises to be an exciting year. Why don't you come join us?

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 MARCH TO:

Jim Finan, Bob Tunstall & Elias Zegarra

THANKS TO OUR FEBRUARY'S MONTHLY MEETING SPEAKERS:



We had a presentation by The Redwood Empire Food Bank. The presenters were Liz Berry (on the left) and Shana Davis. Liz is the Food Bank's Volunteer Program Coordinator who can be reached at eberry@refb.org (mailto:eberry@refb.org). The Food Bank is the first stop for many in our community seeking food assistance. They have three areas that they focus on including the children, the elderly, and those who need help to avoid hunger. The Food Bank distributes food throughout Sonoma County as well as four other surrounding counties. If you have to time to volunteer they would appreciate it. Likewise, they also accept donations. That can be done by going through their webpage at refb.org.

Dave Harrison –Bowling

Our Monday Morning Mixed Seniors Fall league has just ended its second segment. SIR Wayne Lindahl's team placed first in this segment, and his team is assured a spot in the four team playoff in April. Congratulations to Wayne and his team mates. Sir Branch 176 members are active in other teams of this league. Several teams have vacancies. Any SIR interested in bowling should consider joining us as a substitute. The weekly fee for a substitute to bowl three games is \$10.00. League members pay \$15.00 per session which includes bookkeeping and prize money distributed at the end of the season. We meet at the Windsor Bowl on Monday mornings from 9:30AM to approximately 12:15 PM.

Feel free to contact me at: harrisod@sonic.net

Couples Dinner (Not an official SIR Activity)

Our SIRs Couples Dinner at Grata on Thursday, February 16th was one of our best since resuming these dinners after the pandemic.

Since Grata has a small indoor dining area and is a very busy restaurant, we were limited to a smaller group of people. The 17 of us who attended had a very good time not only enjoying their meal, but again getting a chance to socialize with the SIRs members and their wives.

The service couldn't have been more "spot on" with Zack as our server, it ran like clockwork. The food was excellent, and they have a great "happy hour menu" which Maryl and I have enjoyed a few times previously. For all of those who were unable to attend the dinner, I highly recommend that you give their "Happy Hour" a try.

During the winter months, we have concentrated on local Windsor restaurants so we don't have to drive far at night. As the days become longer and warmer, we will expand the area to explore and try out some places in Sebastopol, Geyserville and others and possibly a Sunday Brunch.

If you have any suggestions regarding restaurants to try, please let us know

Wayne

So if you wish to attend the next Couples Dinner, please contact Wayne as soon as possible following his email notice. If you're not sure he knows you want to be included in his initial notice, please email him now.

wlindahl@sonic.net

FOR THE LIGHT HEARTED:

RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen.

Why I Mow My Own Yard...

Lee Trevino: a true story....



One day, shortly after joining the PGA tour in 1965, Lee Trevino, a professional golfer and married man, was at his home in Dallas, Texas mowing his front lawn, as he always did.

A lady driving by in a big, shiny Cadillac stopped in front of his house, lowered the window and asked, "Excuse me, do you speak English?"

Lee responded, "Yes Ma'am, I do".

The lady then asked, "What do you charge to do yard work?"

Lee said, "Well, the lady in this house lets me sleep with her".

The lady hurriedly put the car into gear and sped off.



"Good, you found it. Let's begin."



"It's just a backup system for your pacemaker."

Profile: Dave Harrison



I was the first of four boys born at Stockton California into a family whose roots trace back five generations in San Joaquin County. My paternal great-great grandfather rode horseback with his brother to the Gold Rush from Lee County Iowa, arriving in September 1850. My mother's family likewise immigrated to California from the east coast and settled in the little town of Manteca. My family history is closely tied to farming in the Central Valley. I spent my youth visiting my grandmother's ranch, playing with cousins, sailing and water skiing upon the San Joaquin River and its tributaries. I attended Amos Alonzo Stagg High School, Stockton Junior College, and University of the Pacific graduating in 1964. I soloed in a Piper Cub when I was 19 and sailed the San Francisco bay as an adult. Throughout college, I worked part time as a local disk jockey and engineer, starting in radio and progressing to television. During Law School at UC Hastings in San Francisco, I worked part time at KQED as a studio engineer on weekends.

To avoid the draft notice I received during my first year of law school, I signed up for the Air Force Officer's Candidate program in 1966. After receiving my commission and working for a year at a base in Mississippi, I was granted excess leave by the Air Force to complete my legal training. I returned to San Francisco and completed my law studies while working during summers at the base legal office at Travis Air Force Base in Fairfield. Following that service, I spent a year in Japan as Staff Judge Advocate at Wakkanai Air Station, at the northern tip of Hokkaido. I had the chance to travel around Japan and found its people, cities and countryside to be wonderful.

Upon discharge and return, I entered private practice with a firm in Stockton California doing insurance defense work, but quickly decided to become a patent attorney. I joined a San Francisco Patent Law firm in 1984 and practiced patent law there for seven years. I then formed my own firm and moved to San Mateo where I served clients principally in Silicon Valley. In 1991 I joined Quantum Corporation, and retired in 2001, as Vice President and Chief Patent Counsel. My most interesting work occurred while representing Quantum, then a leading magnetic disk drive storage company.

Following retirement, my wife and I moved from Belmont to Windsor and have enjoyed living here very much. I spend much of my time enjoying my lifetime interest in Amateur Radio, and have a station in our home. I also grow zinfandel grapes in our backyard and make small batches of red wine each fall. In recent years, we've traveled to Europe and South America where our youngest daughter and family reside.

I have a wonderful wife Joy, three children, six grandchildren and one great grandson. Family and friends are very important parts of our life here. I'm proud to have been a part of Branch 176 since 2012, and have served in several positions including Big Sir in 2017.



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 ygonzo@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.

OTHER COMMUNITY ANNOUNCEMENTS: (Not official SIR Activities)

From Len Schwer:



Every Saturday morning (8:30-10AM) Jose Castaneda hosts a **FREE breakfast for veterans** at Castaneda Marketplace; 8465 Old Redwood Highway.

<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 margarita in Windsor. Starts sharply at 4PM Castaneda’s Market Place.

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