



## SIR Branch 176 Windsor Winds Newsletter for September 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 3<sup>rd</sup> Wednesday  
 Charlie's Restaurant 130 19<sup>th</sup> 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**

September 2023  
 Volume 28 Number 09

### **Big SIR – Chris Roach**



Last month We welcomed 4 new members to our branch: Larry Thompson, Stephen Blackman, Bruce Okrepkie and Larry Mills. Two potential new members also attended the lunch as our guests, Steve De La Montanya and Jim Tubbs. Continued thanks to Gary Jensen and others who helped increase our numbers. We had a nice turnout at the August Lunch Meeting. Our guest speaker, Carson Psforish, gave an inspirational account of his life as a paraplegic at a young age due to an accident. For our next Lunch meeting on Wednesday September 20, members are **encouraged to wear their favorite NFL team logo gear**. I'm sure the 49ers and Raiders will be well represented! Hope to see you all there!

We wish to continue to see our numbers grow. Tom Hasco & I handed out SIR promotional flyers at a recent Windsor Thursday Night Concert on the Green. I spoke with Branch 17 about contacting Chris Smith, a new member & former Press Democrat columnist, in an effort to encourage the paper to create a news article featuring all of the Sir Branches of Sonoma County. The Windsor Connection will also run a repeat of a 2020 article featuring SIR in its next issue. Further, if anyone has any experience with publicity, we would be interested in talking with you. This could be another avenue to attract new members.

Ward Thompson suggested that Branch 176 urge the Windsor Golf Course to install a SIR Branch Bench at a suitable location, honoring Phil Anderson. Other members suggested that formerly active golf members of the branch, now deceased could be remembered by small individual plaques to be attached to

the bench over time. SIR Jerry Culver talked with Golf Course management and found them amenable to paying for half the cost with SIR paying the remainder. It was proposed that the majority of the Golf funds be used for this purpose. The matter will be discussed at the next BEC meeting.

Invitation to BEC: Anyone interested in finding out what the BEC is and does is invited to join us. Especially new members and those interested in becoming a Director, Committee Chair or Officer. We meet before the lunch meeting, come anytime between 10:30 and noon. If you're an early bird (and we have many of them) please be patient with the guys selling lunch and raffle tickets. Since they are BEC members, please allow them to finish our meeting before approaching an empty table. Thank you.

Remember to get involved in some or all of the activities we sponsor: bowling, coffee meetings, golf, basket weaving, bocce, couples dinner, Friday afternoon Happy Hour, outings, and travel. Hope to see you at the next lunch meeting on September 20<sup>th</sup> and don't forget to wear your favorite NFL team gear!

### **Chris Roach – Friendship Report**

*A Sympathy card was sent to Pat McDermott on the passing of his wife. We are not aware of any services at this time.*

### **Little SIR – Larry Doherty**



I hope you are all having a wonderful August. I went for a little vacation, up to Lake Almanor. We had a great turnout for August so let's keep it going in September, where our guest will be Stephen Lehmann of the Windsor Museum and Historical Society. A request of everyone, please ensure that those new members are included in your tables so they too feel welcome. Let's not leave anyone behind.

## Our Newest Members:

**Stephen Backman; Larry Thompson; Bruce Okrepkie & Larry Mills:**



**Stephen Backman**



**Larry Thompson**



**Bruce Okrepkie**



**Larry Mills**

**Stephen Backman** was born 10/11/1946 and raised in Kensington CA, think Berkeley. As a child he would spend many weekends and vacations at the cabin his Father and Mother built in 1936, two miles outside of Guerneville. It is said that at Johnson's beach in Guerneville Stephen learned to swim before he could walk. Of course he served in the Navy from 1967-1973. He retired in 2005 from the City of Santa Rosa Water Department. He is a woodworker, a painter and an artist of many media types. He previously enjoyed sports including bowling and

golf. He has a daughter Aimee in Burbank and after 42 years of marriage, is now a widower who looks forward to being active in our group and “re-inventing myself”.

**Larry Thompson** lives in Windsor with his wife of 37 years whom with they share two children and 2 Grandsons. His profession was being a fire fighter (Engineer/Paramedic) and he retired in 2015 from Marin County Fire Department. For hobbies he enjoyed snow and water skiing and dirt bike trail riding. He currently is the volunteer Fire Chief of Lake Pillsbury Fire Protection District and teaches EMT classes at SRJC. Larry looks forward to getting to know each of us and to be involved in the most of the social aspect of SIRS.

Many of you may know **Bruce Okrepkie** as a former may and council member of Windsor. He is married and looking forward to some fun golf games.

**Larry Mills** was an attorney for 40 years. He just moved to Windsor one year ago. He is new grandfather of two. He is looking forward to being an active member of SIRS.

### Golf-Mike Berry

The number of golfers continue to increase. Additionally, we are trying out different “fun” formats, for example on 8/30 players were limited to 5 clubs and then followed by lunch at Mary’s Pizza. You don’t need to be a good golfer, just a person who enjoys the game. Please come and join us between 8 and 8.30. We usually begin arriving at 7:45.

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 at 7:45 and look for us. Since we look forward to playing with new members, we will certainly make adjustments to get you in.

### DON'T MISS OUR LUNCHEON GUEST SPEAKER:



STEPHEN LEHMANN

We will be welcoming Stephen Lehmann. Stephen and his wife moved to Windsor in 1978 to their home on Starr Road directly across the street from the Windsor Grange. Both of their sons were born in that house. In 1988 his family

moved, taking their house with them, to property located on the old Migrant Labor Camp and German POW Camp, west of town on Windsor River Road.

Stephen retired from the Sonoma County Recorder's Office in 2011 after 25 years. He was able to immerse himself in historic records of Sonoma County from pre-statehood to current times. His time with the Records Office following his degree in History from Sonoma State in 1972 was a perfect fit for his lifelong interest in history.

Stephen joined the Windsor Historical Society in 1991 and was president for 15 years. He was given the honorary title of "Town Historian" by the Windsor Town Council in 2009.

If you want to know anything about the history of Windsor, this is the guy who knows it. Don't miss this opportunity to meet Stephen and give him a warm welcome.

### **THANKS TO OUR PRVIOUS GUEST SPEAKER, CARSON PFORSICH:**



Carson discussed his path as he went from being an avid sportsman during high school to finding himself on the sea floor, after hitting his head and wondering why he could not move as well as wondering if he was going to drown. His friend reacted quickly and got Carson to shore but his whole life had changed. Carson is now able to move his arms so that he can move about in a wheelchair. What was the most important point was having a great attitude about how he is determined to overcome this as well as his great family support network. Thanks Frank for bringing Carson as one of our guest.

**HAPPY BIRTHDAY THIS SEPTEMBER TO:**

**Paul Hansen & Shaun Spiegle**

## **Dave Harrison –Bowling**

The Monday morning mixed senior bowling Fall and Winter League at Windsor Bowl in which our SIR members participate will begin on September 11th. Signups are ongoing, although the teams are close to being fully formed. A great way to join our league is to sign up as a substitute. We always need substitutes to fill in for absent team members. Any Branch 176 SIR member interested participating in the forthcoming Fall and Winter League should contact Dave Harrison for further information ([harrisod@sonic.net](mailto:harrisod@sonic.net)).

## **Couples Dinner (Not an official SIR Activity)**



For some of us, this past Couples Dinner at Mitote food park was a totally new way of dining. We had 2 picnic tables for our group, then we all went off and tried food from the different food trucks.

The turnout was smaller, partly due to the weather, hot and smoke from fires, as there were a few last minute drop outs. 5:30pm was a good time to be there as there was ample parking and available tables for our group, under a shaded canopy.

To start the evening, most of us began with Margaritas from the bar truck, an honest drink, not mix. Then the real reason we were there, we wandered off to the different food trucks to begin our tastings.

This is not your Taco Bell Mexican food, but unusual Mexican food emphasizing their regional fare. Basically Mexican street food. Hard to describe, but tacos are small, not fried and each truck had their own version. We tried the tripe tacos, no groans, this was the server's favorite and they were quite tasty, would get them again. Empanadas were a treat, not many restaurants offer them. For dessert, Delisioso had small pancakes, quarter sized with Nutella and fresh fruit and whipped cream. Not a bad way to finish out the evening.

All in all different concept, different food, but still good conversation and comradery for those attending.

## **Bocce Ball - Stewart Morgan**



Bocce Ball at Lakewood Meadows Park Thursdays at 10:00am. All are welcome.

## **Gary Jensen – Recruitment and Coffee**



August 29th coffee at the senior center

Coffee time at the Senior Center is going better than ever. On August 29<sup>th</sup> we set a new attendance record of 31 folks. There was lively conversation and good times by all. Please take time to attend if you are available and enjoy coffee and a snack. Please invite a friend.

## My Profile:



Tom Palmer & Deb at Lake Louise 2023

I was born in Southern Indiana, but raised by my cousins in Northern, Minnesota (Duluth). By the time I finished High School I had worked as a Berry picker, Chicken barn cleaner, Paperboy, Hospital dirty cloths sorter, and then a janitor. To earn my way through college (Indiana University) I sailed the great lakes as a deck hand for US Steel and worked in the school cafeteria.

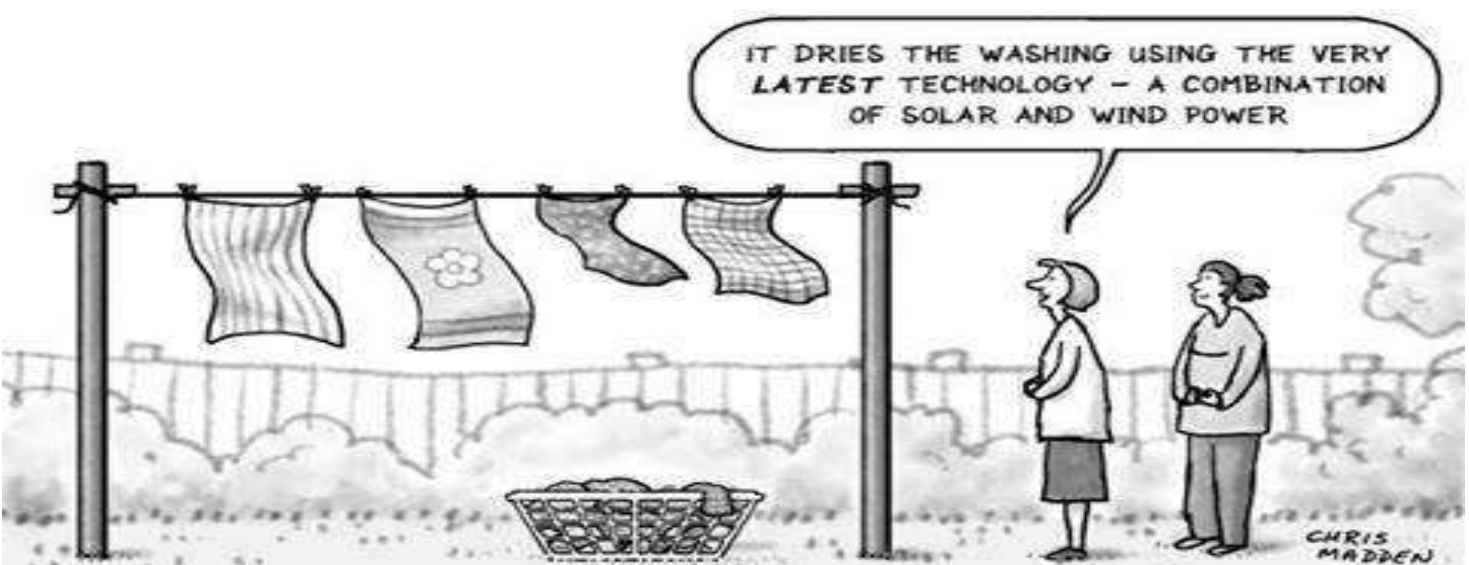
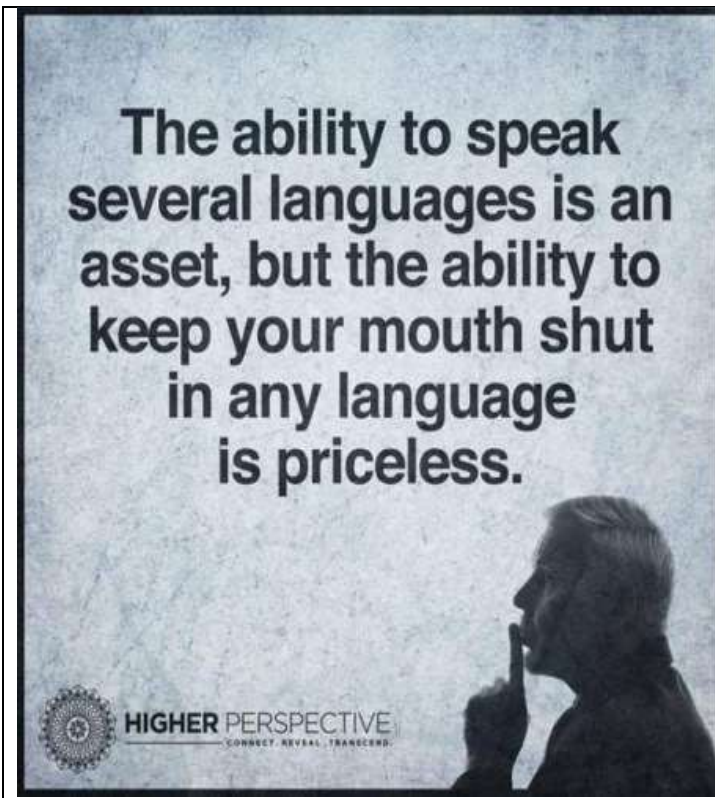
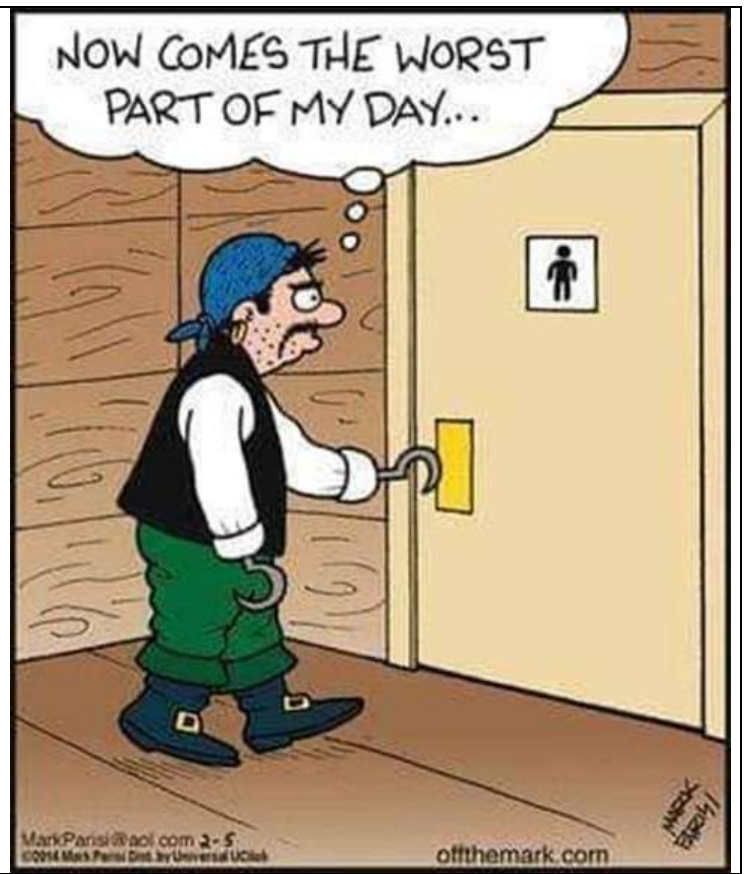
At 22 I married my best friend whom I met in the first grade. Upon marriage I immediately became a father to a wonderful 6 year old boy. Deb worked as a nurse as I went to law school, then later she went to school for her masters and doctor degrees in nursing. We just celebrated (In Banff) our 44<sup>th</sup> anniversary. We had two children together (besides boy #1). During Law school (Gonzaga) I joined the Navy and served as a JAGC Officer for six years. My best 3 years, career wise, was being the Station Attorney for NAS Miramar. All six years served were in San Diego. Following the Navy, for about 30 years, I worked for the County of San Diego mostly as a trial attorney (various departments including defending Sheriff Deputies; Child advocate attorney; Criminal defense; Training and administration). Then about six years ago, I retired.

We moved from San Diego up North because we wished to be closer to two of our children and also the two Grandkids, all who live in San Francisco. It took us a couple of moves before landing in this amazing town of Windsor two years ago. Here, I enjoy anything that involves listening to live music. I've also been trying to lean fly fishing. Additionally, my wife and I love to hit the road camping, along with other types of traveling.

I became involved with SIRS when Jerry found me doing another thing I really enjoy...drinking beer. Recently I've started golfing, which I hadn't really done since Miramar days and can only improve...hopefully. I enjoy coffee time and of course, happy hour. I looked around at what this great group needed and took on the Newsletter/notice position. I plan to continue to be actively involved with SIRS and look forward to getting to know more and more members.



**FOR THE LIGHT HEARTED:**



# STEWART MORGAN –TRAVEL

If you are interested or have questions please contact Stewart  
at [stwrvmorgan@gmail.com](mailto:stwrvmorgan@gmail.com)



## SIR Branch Travel Chair Trips and News

Milt Smith State Travel Chair [miltsmith549@gmail.com](mailto:miltsmith549@gmail.com) 925-285-2897c

### August 2023

**Disney's Aladdin Wed. Aug. 9, 2023 1pm at the Orpheum Theatre. Branch 7 & 8. Cost \$110 pp.** Includes Lunch at Max's Opera Café, luxury motorcoach transportation, driver gratuity. Contact Ted Pullen, 415-499-4610 [tedpullen@comcast.net](mailto:tedpullen@comcast.net)

**[Majestic Princess Denali Explorer Aug. 23 – Sept. 2, 2023. Branch 147 this trip cancelled. Contact Bill Johns if you have questions.707-971-7639. billjohns121@gmail.com](#)**

**Colorado Rockies, Rails & Western National Parks Sept. 10 – 18 2023. Branch 32. Cost \$3,649pp.** Includes r/t air, 11 meals 8 breakfasts, tour director, motorcoach transportation, all admissions, baggage handling. **Highlights: 3 train experiences, Durango, Pikes Peak & Royal Gorge. 4 National Parks, Mesa Verde, Arches, Canyon Lands & Great Sand Dunes.** Contact John Pletsch, 408-504-1255 [jeplet@sbcglobal.net](mailto:jeplet@sbcglobal.net)

**Ballroom Dance Cruise with Steve and Nancy Fontaine. October 7-14, 2023 Prices start at \$749 for interior stateroom.** Round trip Los Angeles on Discovery Princess. 2-4 days of ballroom dancing and instruction. Contact Michael Gervais at 916-337-1623, sponsored by SIR Branch 98 [kathig@shipsandtripstravel.com](mailto:kathig@shipsandtripstravel.com)

**Croatia and Its Islands. Sept. 24 – Oct. 7, 2023. Branch 101. Cost \$6,714 – 7,214pp depending on cabin.** Highlights: Dubrovnik, 7-night Adriatic Cruise, Slano, Mljet National Park, Korcula, Vis, Bisevo, Blue Cave, Hvar, Bol, Trogir, Slit. Choice on tour; Sibenik, Cathedral of St. James, Krka National Park, Zagreb, Stone Gate. The price includes round trip flights from SFO, Travel Insurance and tips. 3 cabins still available (6 people max.) Contact Bill Britton 925-200-1062. [bill.britton@comcast.net](mailto:bill.britton@comcast.net)

**Autumn Colors Oct. 13 – 22, 2023. Branch 143. Cost \$4,330pp. Boston to Boston.** Includes air & bus transportation. **Highlights:** Boston, Mohawk Trail, Mount Washington. Contact Bill Stires 209-544-2684. [bstires46@gmail.com](mailto:bstires46@gmail.com)

**[The Lion King, Matinee Wednesday December 13 Branches 7, 47 & 22. "The Musical of a lifetime!" Orpheum Theater SF. Departs San Rafael 10am returns 5:30pm \\$125pp. Includes luxury motorcoach, gratuity, hosted lunch at Max's Opera Café and rear orchestra seating. Contact Ted Pullen 415-499-4610 tedpullen@comcast.net](#)**

**[Rose Parade & New Year's Eve Dec. 30, 2023 – Jan. 4, 2024. Cost \\$3,375pp. Includes air fare, lodging, New Year's Eve party, Rose Parade, Nixon Library, coastal cities, luxury bus, lodging, 9 meals. Contact Joe Salamida 408-767-2838. ascreenman756@gmail.com](#)**

**Best of Spain and Portugal April 27 – May 12, 2024. Branch 146. Cost \$7,895pp.** Madrid, Segovia, Porto, Lisbon, Seville, Gibraltar, Costa Del Sol, Alhambra, Valencia, Barcelona, round trip airfare, 15-day guided tour with Travel Director, 14 nights at centrally located 4star hotels, 5 dinners and 2 lunches including wine, all tips, transfers and baggage handling. Contact Glenn Breslin 925-288-6520 [glennbreslin@gmail.com](mailto:glennbreslin@gmail.com)

**[Memorials of WWII Tour Sept. 6 – 15, 2024 Cost \\$4,972pp dbl.Occ. London, Portsmouth, Paris, D-Day Museum, Landing R/T air, motor coach, ferry from England to France. 8 brkfst. 4 dinner. Contact Glenn Breslin 925-288-6520 glennbreslin@gmail.com](#)**



## SIR-GOLDEN GATE FIELDS:

*Yes!* **WE'RE**  
**BACK**  
*Come in, we've missed you*

*SIR Day at the Races  
GGF-9/25/23; noon  
\$76/buffet/TurfClub*

*Wonderful scenery!  
Excellent food + drinks.  
Plenty of smiles and lots  
of laughter. Memories.  
You can bet on it!*



**Address/mail check to Lee Moy, 127 N. Helm Ave, Clovis 93612;  
Leehealthstudio@gmail.com; Text (559) 709-9851**

**Deadline 9/20/23. \$76/per person**

**Optional: Wear Kentucky Derby style hats**

## Announcing the 2023 SIR State Golf Individual Championship - Open Event

The 2023 SIR State Individual Golf Championships will be held on Thursday October 5<sup>th</sup> at "The Reserve" golf course near Stockton. This golf event is open to all SIR golfers but limited to the first 112 golfers to sign up, after that a waiting list will be established. Entry fee for this tournament is \$80 which includes golf, cart, range balls and prize fund.

For more details on this event visit the SIR State Golf website at [www.sirgolf.org](http://www.sirgolf.org).

### OTHER COMMUNITY ANNOUNCEMENTS:

(Not official SIR Activities)



The Pacific Coast Air Museum is once again hosting Hot Dog Thursday on the first Thursday of the month April through October. The next one is July 6th.

<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 including a record 600 dogs on just 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](mailto:Len@schwer.net)

**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, July 20<sup>th</sup>, Jose Castaneda offers a free coffee and concha (Mexican pastry) to all seniors. An opportunity to meet other Windsor residents for socializing between 9 and 11AM.



**Once a month**, date varies, this month it is September 18<sup>th</sup>. All SIR and their spouse are welcome to start the “work” week with Margherita Monday – a chance to sample the best frozen margheritas in Windsor. Starts sharply at 4PM Castaneda’s Market Place.

<b>2023 SIR Branch 176 Officers:</b>					
<b>Big SIR</b> Chris Roach (707) 490-8510 Chrisroach@sbcglobal.net		<b>Little SIR</b> Larry Doherty 707-484-5308		<b>Secretary</b> Dave Harrison 707-6388155 harrisod@sonic.net	
<b>Assistant Secretary</b> Jerry Culver 707-953-4901		<b>Treasurer</b> Ward Thompson 707-539-1377		<b>Assistant Treasurer</b> Howard Blethen 707-892-2992	
<b>2023 Directors</b>					
<i>1 Year Term</i>			<i>2 Year Term</i>		
Rich Laucks	Jock Rader	Tim Senkir	Ed Peoples	John Crooker	Gary Jensen
<b>2023 Activity Coordinators</b>					
	<b>ATTENDANCE</b> Ron Nordstrom 707-338-6363	<b>MEMBERSHIP</b> Larry Doherty 707-484-5308	<b>FRIENDSHIP</b> Chris Roach (707) 490-8510		
<b>TRAVEL</b> Stewart Morgan 707-545-4957	<b>GOLF</b> Mike Berry 707-837-1792	<b>BOWLING</b> Dave Harrison 707-638-8155	<b>COFFEE CLUB</b> Gary Jensen 707-377-8380		
<b>COUPLES DINNER</b> Wayne and Maryl Lindahl 707-837-2816	<b>BOCCE BALL</b> Stewart Morgan 707-545-4957	<b>RECRUITMENT</b> Gary Jensen 707-337-8380	<b>GREETER</b> Gary Jensen 707-337-8380		
<b>SONG LEADER</b> Tom Hasco 707-544-4445	<b>NEWSLETTER</b> Tom Palmer 619-920-9175	<b>WEB PAGE</b> John Crooker 707-328-8748			
<b>SIR State President</b> Dave Gonzales <a href="mailto:yogonzo@wahoo.com">yogonzo@wahoo.com</a>			<b>SIR Area 13 Governor</b> Bob Nadell 707-836-4123 <a href="mailto:nadellb@sbcglobal.net">nadellb@sbcglobal.net</a>		