



SIR Branch 176 Windsor Winds Newsletter for February 2025

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](#), or [State Webpage](#):

Windsor Branch 176

Monthly Luncheon Meeting Every 3rd Wednesday
Charlie's Restaurant 130 19th Hole Dr. Windsor CA
Charlie's lunch is \$23.00 (plus \$1 table tip if you wish)

Windsor Winds Edition

February 2025
Volume 30 Number 2

Big SIR – Tom Palmer



I was quite happy regarding the record turnout at the January luncheon. I also noticed that we had three visitors which was quite nice as well. I also noticed that we all tend to sit at the same table, or at least with the same folks every month. In pass conversations I've heard other leaders be concerned about "clicks" and how new members and/or visitors might feel deterred about further luncheon attendance or decide not to request membership. It's not just a concern, but a real thing. A thing that I'm not inclined to do much about. It is human nature to want to be next to the folks you know best and whose company you enjoy. There is nothing wrong with that and indeed a reason why many show up. Having said that, if we want continued growth, which we do, it's also important to be inclusive and welcoming. Please think about, once in a while going out of your comfort zone and sitting with folks you don't know all that well, including the newer guys and visitors. A word for the newer guys: The luncheon just isn't a great place to get to know and feel comfortable with others. I highly encourage participation in our activities, as many as you can attend. There's always great small group conversations at coffee and/or happy hour. There's much goofing around and teasing at the pool hall. Bocce ball is a mellow time with some interesting side conversations and if you want to get to know someone, play 18 holes with them or go bowling.

I guess my point is: Please remember “being the new guy” isn’t fun in the beginning. It takes effort from the group as well as from the newer individuals to change that. Let’s, everyone, be aware and make that effort to enjoy each other’s company. That’s why most of us are in SIRS.

Little SIR – Steve De La Montanya



Hello Fellow Windsor SIR Members. It was nice to see the significant member turn out at Coffee, Bocce, and the Happy Hour in January.

It really looks like the new afternoon Table Pool time is getting more and more popular. We’ve had to use 3 tables to accommodate everyone. If you are not participating you’re missing some good times.

We have had a fair amount of interest in the new Garden Group, and will be getting together soon to configure the group and set up a format for communication and participation. We really need someone to step up and commit to chair this group. If you wish to do it, please let me know.

I anticipate that we will have vegetable plant starts available to all interested members of the Windsor SIR group, and later vegetables to share.

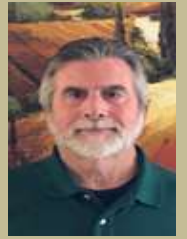
We welcome our February Quest Speaker, Greg Piccinini, Chief of Police Town of Windsor Police Department.

We will be asking the Chief to address a number of questions and issues during his talk.

This is a list of possible topics that I have provided him:

1. Relationship of Windsor Police to Sheriff’s Dept;
2. How many staff/deputies and any change over the last few years? Costs to the city;
3. Crime rates in Windsor and are they trending up or down? Most common crime/where;
4. Gang activity and graffiti. How active & what and what is being done?
5. Traffic enforcement including new law re: parking close to intersections, DUI checkpoints (How conducted? Approximately how often?);
6. Any changes anticipated with increase in number of new housing units, and corresponding population increase;
7. Concerns regarding the arrival of train service in Windsor;
8. Concerns regarding the possibility of a Casino at the southern border of the town, and its possible influence on crime, and traffic.

Chris Roach – Friendship Report



Get well cards were sent to: Harold Minkin, Jim Neal, John Hancock and Marlin Gillasp

Gary Jensen – Recruitment

Recruitment: Gary Jensen;

For Coffee (John Fineren & helpers): Interest in the Tuesday Morning 9am coffee session is very busy. Please don't forget to invite a friend.



Coffee at the senior center 1-7-2025

HAPPY BIRTHDAY THIS FEBURARY TO:

Tom Hasco, Tom Lalli, Tom Palmer, Bruce Okrepkie, Ken Tomsen, Nelson Weller, Chris Roach, Tony Rossi.



A special Happy Birthday to Ed Peoples who turns **90!**

Golf: Jerry Culver & Frank Treanor



The SIR golf club has 13 signed up for 2025. If you haven't signed up yet and want to play, please let me know. We got off to a muddy start on the 8th with a frosty start on the 22nd. This should all improve moving forward. Starting times have varied a bit because of the darkness and weather.

Please let Jerry know if you would like to play, also cc me as well. Guests are welcome if space is available.

OUR LUNCHEON SPEAKER ON FEBURARY 19 IS :



Greg Piccinini, Chief of Police, City of Windsor

You won't want to miss this speaker (See [little Sir's](#) comments). Greg is an approachable, friendly, diligent officer who comes to Windsor from serving the Clear Lake area. He is the second person in his family to lead the Windsor Police Department as some may remember his father, Jim Piccinini from the early 90's. Greg became Windsor's Chief of Police in May 2024 and was appointed by Town Manager Jon Davis, because of Greg's "18 years of law enforcement experience, (including his medals of valor and merit for his efforts during the 2017 Tubbs Fire) local knowledge and his ability to foster community". Please come and give a big SIR welcome to Greg!

THANKS TO OUR JANUARY GUEST SPEAKER, JENNIFER FLEISH:



Thank you Jennifer for taking the time to join us and entertaining us with your valuable information about our Senior Community Center. A very nice job which was much appreciated.

SIR Branch 176 Bowling Report

We've just completed week 19 of our Monday morning mixed seniors bowling league. We have 12 weeks left of the Fall-Winter league which ends on April 14th. All of our SIR Branch 176 players are actively enjoying this season. Most of the teams including SIR members remain very competitive. It will be interesting to see which team comes out on top. We expect that the Summer No-Tap league will commence in May. I'll have further information including sign up procedures for Summer No-Tap as we get closer to that date.

THE JANUARY LUNCHEON WAS A MEANINGFUL TIME:

The luncheon recorded record number of folks including 3 guests. Charlie's had to quickly set up 2 additional tables. Much was accomplished. We welcomed our newest member Kenneth Fewer. Last year's Big Sir Larry Doherty was presented a plaque for his leadership during the 2024 year. Frank Treanor was awarded a certification of appreciation for his herculean efforts making the 2024 Holiday Party an unmitigated success. Bill Gallespy was awarded the Senior Sir-90 Year Presidential Award. Bill also said a few touching words regarding our past SIR Mitch who had a last place at the table complete with a fishing poll, tackle box, old car magazine, and a Steelers towel. The food was excellent as was our speaker. It was loud and fun as lively conversations reached every corner.



WELCOME OUR NEWEST ACTIVITY VEGETABLE GARDENING:

Big SIR Tom Palmer and Wayne Lindhal have initiated an effort to increase the activities for Branch members. This incentive, along with the annual new year surge of gardening seed catalogues, inspired the formation of a special interest group for vegetable gardening.

This will primarily be an email group with occasional face-to-face meetings to swap plants, ideas and as always geezer stories. If such an activity is of interest to you, send an email to Len Schwer (Len@Schwer.net) to be added to the distribution list.

Here is an initial list of vegetable gardening activities we intend to pursue:

1\ Seed starts – Steve de la Montanya (Little SIR) and Charlie Boyd are interested in starting plants from seed – they always over start – so there will be seedlings to share. Steve (stevedlm22@gmail.com) is soliciting suggestions for favorite tomato varieties he should start.

2\ I plant seed potatoes and plan to place an order soon. I typically plant about 2 pounds, but if others are interested in planting potatoes (variety Nicola) I will order a larger (cheaper/pound) amount and gladly share at no cost.

3\ The “Rooster Garden” at the Senior Center, alongside the bocce court, is under considered for revival and much need renewal. This will also provide an opportunity for a few Members with an interested in gardening, but lacking space (soil), to have a plot to grow/tend.

4\ We will consider conducting timely tours of Member’s gardens to share ideas.

WELCOME OUR NEWEST TWO MEMBERS:



Father and son, Lawrence and Nicholas Barretto:

Lawrence recently moved to Windsor to live with his son Nick. Lawrence, a retired accountant with Anderson Moulds, moved from a 40-acre ranch in Calaveras County (about 50 miles from Sacramento) He had some health problems that is preventing him from enjoying his land so he came to live with his son who helped him recover and not be so isolated.

Lawrence is now living permanently with his son and daughter-in-law Naya in Windsor.

Lawrence doesn't know anybody in this area and is looking forward to meeting folks.

Nick, his only son, often gives Lawrence rides to activities and appointments, and so Nick and Lawrence decided to make this a father/son adventure.

Nick, who is involved in the wine equipment business also has a Tango group of about 20 couples and hosts practice and classes in the Dance room above Snoopy's Home Ice.

Nick is looking forward to introducing tango to anyone who wants to learn. Nick additionally, manages a medical practice with his wife Naya; who is a nurse practitioner, specializing in aesthetics, Botox treatments, Diabetes, and weight loss.

Naya loves to host local wild mushroom forages in the woods, art, ceramics, horse riding (dressage), and of course Tango.

Lawrence likes getting outside and hiking with the dog, dancing, and socializing.

Lawrence hopes to get his strength back to play golf and bocce and anything else he's invited to by the group.

**Couples Dinner
(Not an official SIR Activity)
Couples Dinner- Jim Neal**



Everyone had a nice time and everything went well at our couples dinner at Qimura Sushi and Ramen on January 23rd. Jim Neal wasn't able to attend but he says "thanks to my spies who were there I have a report and picture to share. My thanks to Frank and Wynn for the help".

Bocce Ball - Stewart Morgan



Bocce Ball at the Senior's Center Thursdays at 10:00am. All are welcome.

Traditionally played with two teams, the game begins with a coin toss that determines which side tosses the *pallino*, also known as the "jack."

LIKE TO PLAY POOL, DARTS, SHUFFLEBOARD?

Game time will be twice monthly on the 1st and 3rd Tuesday of each month (February 4 & 18) from 3pm to 5pm.



Most aren't great at pool playing, but all have a great time. Interest continues to grow. We've consistently been having 12 players on 3 tables. Plenty room for more! The cost averages about \$5.00 to \$8.00 for 2 hours, so a great value for the buck.

3PM Friday Happy Hour



1/17 at Barley & Bine

If you are free, come and enjoy a cold beverage and lively conversation and so-so jokes. **The schedule for February is:** 2/7 Charley's; 2/14: Mt. Mikes; 2/21 El Gallo Negro; 2/27 The Publican.

NEWS FROM OUR SIR STATE PRESIDENT:

If you use Medicaid with a supplemental policy or you use a different health insurance, you may have an opportunity to receive up to \$130 a year by being active in SIR:

- We are working with an organization named Grouper. Because health insurers recognize the importance of social and physical activity, they pay their insureds through Grouper to encourage these activities.
- Essentially, if your insurance has a contract with Grouper, you can qualify for this monetary benefit through your SIR activity. On signing up with Grouper, you receive a check for \$50. Thereafter, you can receive a \$20 quarterly check simply by being active in SIR. Note: This is an annual benefit.
- SIR also benefits with a one-time payment and referrals from the Grouper network.
- Look for more information about this opportunity from your BEC in the near future

NEW ACTIVITIES COMMITTEE FORMED:



The recently formed New Activities Committee is made up of members Wayne Lindahl (photo above), Chris Roach, Dave Harrison and Phil Bartels. This group will have the responsibility of checking with our members for the level of interest in the new activity, identify the local resources available for that activity and if there is a member willing to step up and chair the activity.

Here are some of the activities that other SIRs groups participate in;

- Bridge
- Computers
- Genealogy
- Hiking
- Horseshoes
- Investments
- Ping Pong

If you have an idea or want to start an activity, please contact any of these committee members.

SPECIAL PROFILE:



Larry Thompson

I was born at Sequoia Hospital in Redwood City and was raised in the Palo Alto/Los Altos area. I have 2 younger sisters, who also made the move to Windsor some 35+ years ago, to raise their families as well.

I went to Homestead High School in Sunnyvale, DeAnza College and later attended San Jose State University, pursuing an Engineering degree with an option in Computer Science.

I grew up with an active family that enjoys Camping, Snow Skiing, Boating, Sailing, Water Skiing and Dirt Bike riding. During my senior year in high school, I became the youngest rider to ever qualify for the United States ISDT Team – International Six Day Trials (*unofficially known as the “Olympics” of motorcycle racing*). I was sponsored by KTM of Austria and rode the ISDT in Austria 1976. The following year I was sponsored by Yamaha International and rode the ISDT in Czechoslovakia 1977, as a member of the 4-man Silver Vase Team.

After my 2 years of Racing and while attending College, I trained to become a National Ski Patroller. I patrolled China Peak/Sierra Summit & Alpine Meadows ski resorts frequently. The highlight of my Patrolling years was the 1982 Alpine Meadows avalanche. I was just certified in Avalanche Rescue the day before.....and was now involved in a 5-7 day Rescue/Recovery Operations, for 7 missing persons. During my Patroller years, I gained a passion to provide better Medical Aid to my patients. I soon took an EMT course and loved it! This soon became a pivotal point in my career choice, from an Engineering path...now towards a Medical/Fire Service path.

After obtaining my EMT certificate, I was hired to work in the Emergency Department of Saint Agnes Medical Center, in Fresno, CA. A very progressive Hospital of its time with a Heli-pad & Helicopter, a CT Scanner and a Cath Lab....all cutting edge technology then. I later worked for Clovis Ambulance, working the Metro-Rural areas in the Valley and I was also contracted to provide Medical coverage for the PG&E Helms Hydroelectric Project, in the eastern Sierras. All our patients were Medi-vac via Helicopter, due to the remote locations of the project. A great experience!

I later attended Stanford Medical Center Hospital’s Mobile Intensive Care Paramedic program. After graduating, I worked for Santa Clara Valley paramedics-SCV Paramedics, stationed in downtown San Jose, Ca.

After working a couple years in the “combat” zone.... I moved to Sonoma County, worked for a few local Private Ambulance Companies and flew as a Tactical Flight Paramedic for the Sonoma County Sheriff’s Helicopter Unit. All the while, I was in search of a more sustainable career, as a Firefighter/Paramedic. I soon was hired by the Marin County Fire Department and enjoyed a 28-year career with them. During my Fire Service career with MCFD, I became a Fire Service Instructor and was 1 of 3 EMT Instructors providing on-going continuous education for all our Firefighters and adjoining agencies. I also proudly served on the newly formed Marin County Urban Search and Rescue Team-USAR, both as a Medical Specialist and a Collapsed Structure Specialist.

As most know, many Firefighters usually have a “side job”. Mine became teaching EMT. In 1996 I became the EMT Program coordinator for the College of Marin. I developed and ran this program for 10 years, before signing-on to teach for the Santa Rosa Junior College programs here in Windsor, at the Public Safety Training Center. Also in 1996, I became a founding member and Fire Captain with the Lake Pillsbury Fire Protection

District. I retired from the Marin County Fire Department in 2015, yet I continue to teach EMT at SRJC part-time and serve as the Fire Chief for the Lake Pillsbury Fire Protection District.

My wife Carol and I have been married for almost 35 years now. Before having kids, Carol was an Operations Manager for the UCSF Medical Center department(s) of Surgery. After our two daughters began school, Carol decided to stay home to raise our girls. While raising our girls, Carol became involved as a Volunteer with the Sonoma County Sheriff's Search & Rescue Team. She was not only a team member, but also was a K-9 Search Dog Handler, with our Bloodhound "Daisy Duke". She continues to Volunteer for Sonoma County Search Sheriff's Search and Rescue Team.

We are lucky that our daughters, Corrine & Courteney, both live near-by these days after attending College.

Corrine worked as a Mental Health Counselor for Sonoma County, is married to a good man, she is a great mother for their 2 sons (Westyn & Carsyn) ages 3 ½ & 1 ½ years old. Courteney finished her Veterinarian – DVM doctorate almost two years ago, is now working at the Middletown Veterinarian Hospital, is a super Auntie to her nephews and is currently dating a good man. Carol and I are especially "blessed" to be close and participate with our family(s), and proud to see them be successful in their careers and beginning their own families.

Carol and I continue to stay busy with Teaching & Volunteering. (EMT, Volunteer Fire Chief, SAR Treasurer, SAR K9 Trainer) We soon plan to retire altogether, thus allowing us more time to Travel and spend more time with our daughters & grandchildren.

DID YOU KNOW?



A knocker-upper was someone whose purpose was to wake people up during a time when alarm clocks were expensive and not very reliable. They earned about six pence a week using a pea shooter to shoot dried peas at the windows of sleeping workers in East London, 1930s. She would not leave a window until she was sure that the workers had woken up.

FOR THE LIGHT HEARTED:

The cashier told me “Strip
Down Facing Me”.

By the time I realized they
meant the debit card, it
was too late.

I'd love to take you out
for coffee this week.

You spelled
wine wrong.





"Don't forget it's my mother's birthday tomorrow."



"You here again, Carole?!"



Why do we put round pizza in a square box and eat it in triangles



OTHER COMMUNITY ANNOUNCEMENTS:

(Non SIR Activities)



Youth and seniors can still ride free on SMART trains throughout Sonoma and Marin counties. The program runs through June 30, 2025, and allows youth 18 and younger and seniors 65 and older to board any SMART train, any day of the week and ride fare-free. Youth and seniors are not required to have a Clipper Card or to use the SMART eTickets app, to reduce any barriers to entering the transit system. Note: There is hope that the train stop in Windsor will be operational in April.



Once a month, date varies, this month it is **FEBRUARY 17**. 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.

Every Saturday morning (8:00-10AM) 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>



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

STEWART MORGAN –TRAVEL

If you are interested or have questions please contact Stewart at stwrmtmorgan@gmail.com



2025

Panama Canal Cruise San Francisco to Ft. Lauderdale. Jan. 20 – Feb. 5, 2025 17 days. Cost from \$4,185 -

\$6,295 depending on cabin choice. Ports of Call: Puerto Vallarta Mexico, Puerto Quetzal Guatemala,

Puntarenas Costa Rica, Fuerte Amador Panama, Full Transit through the historic locks, and Cartagena

Columbia. Includes transfers from Modesto to Port of San Francisco and airfare from Ft. Lauderdale to

Sacramento. For more information **contact John Cordoza 209-483-7722**

johncordoza@hotmail.com Branch 143

29 Day Northern Lights Grand Adventure South Hampton (London) to Ft. Lauderdale Sept. 27 – Oct. 26 2025. Prices range from \$3797 - \$8264 pp.

depending on cabin. Is seeing the Northern Lights and visiting Norway on your bucket list? This is the trip for you join us on the Emerald Princess for a 29-day cruise. Five stops in Norway, additional stops in France and Spain. Additional costs, airfare, trip insurance & \$285 port taxes. **Contact**

kathig@shipsandtrips.com

2025 SIR Branch 176 Officers:					
Big SIR Thomas Palmer 619-920-9175		Little SIR Steve De La Montanya		Secretary Dave Harrison 707-838-8155	
Assistant Secretary Larry Doherty 707-484-5308		Treasurer Garry Trojanowski 203-988-5366		Assistant Treasurer Howard Blethen	
2025 Directors					
<i>1 Year Term</i>			<i>2 Year Term</i>		
Chris Roach	Wayne Lindahl	Ward Thompson	Jerry Culver	Ron Nordstrom	Jim Tubb
2025 Activity Coordinator					
Pool-Game Time Bob Wallace 707-849-2345	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 Frank Treanor 707-322-7217	BOWLING Dave Harrison 707-638-8155	COFFEE CLUB John Fineren 707-838-3686		
COUPLES DINNER Jim Neal	BOCCE BALL Stewart Morgan 707-545-4957	RECRUITMENT Gary Jensen 707-337-8380	GREETER John Fineren 707-838-3686		
SONG LEADER Tom Hasco 707-544-4445	NEWSLETTER Tom Palmer 619-920-9175	WEB PAGE Jim Tubb	COFFEE COORDINATOR John Fineren 707-838-3686		
SIR State President Rich Carlston			SIR Area 13 Representative Chris Nelle 916-205-1717		

