



SIR Branch 176 Windsor Winds Newsletter for January 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

January 2025
Volume 30 Number 1



Big SIR – Tom Palmer

Happy New Year! First, what a great Holiday Party and thanks Frank for all your hard work; it really paid off. Lots of happy folks.



This is the time that I am supposed to talk about my vision for the year and what hopefully can be accomplished. So here's what I would like to see happen, at least at this point:

1. Work/partner with Charlie's to get an AED near our meeting room. In that vein, I would also like to see if we have interest in some folks taking a CPR/First Aid Class and then work with our own Sir Larry to make these things happen;

2. I would like to see our lunch numbers increase. In that vein perhaps the SIR application should be modified to include a statement that the member agrees to make a best, good faith effort to attend the luncheon/meetings. Most of us have a comfortable retirement, but not necessarily all; so perhaps, to some folks \$23.00, while reasonable, might be a heavy burden. I don't know if that is a true problem or not and would like to hear what others think; 3. I would like to initiate a new "activities committee". This idea was floated to me by Sir Wayne. Perhaps two or three guys to take a look at what other branches are doing and determining if there would be interest here; and if so, when to best schedule the activity and determine who would run it.

4. I would like our branch to continue to grow and if possible, with some relatively younger members. The State SIR web page has a host of ideas. I would like to start a "marketing committee" to look into ways to accomplish this goal. I can foresee the use of some funds for this endeavor. Volunteers for such a committee are needed.

5. I'm wondering if there is a way we can be more of a resource/help to one another. I know some of us have questions and some of you have answers. Easy example, I'm trying to decide whether to go to Spain or Vietnam next (2026) and wonder who has done both and can give me advice. Perhaps that's what coffee hour is for...but is there a better, more efficient way?

6. To accomplish anything worthwhile it takes volunteers. Rich heads up our nominating committee and they have done a great job getting our board positions filled. However it might be good to talk to everyone individually about what they may be willing to do now (activities or board positions) or in the future. I'm thinking about how we can accomplish that.

To those who have been volunteering in whatever capacity, I would like to thank you; it's that volunteering spirit that will keep 176 a thriving fun branch.

Little SIR – Steve De La Montanya



Hello all, and welcome to the new year. While I did not enter SIRs anticipating joining the leadership team, I am honored to be asked and look forward to contributing to the Windsor SIRs. I feel like some good things came about this past year. The group has continued to grow in numbers, and participation in a growing number of events has been very strong. The members have been warm and welcoming, making this a great organization to join, belong in, and easy to recommend to others. I believe we can anticipate continued growth in membership as long as we hold these values, and each contribute a small amount of effort.

We had a small glitch in scheduling the January speaker, we did resolve the issue and have a wonderful guest speaker.

Jennifer Fleish, the newly appointed Windsor Senior Recreation Center supervisor, will be joining us. Jennifer has been a part of the staff at Windsor for years and it is nice to see her dedication pay off. Jennifer will be informing our group of the available services and activities Windsor Senior Center. I am hoping we can also get her to share some of her goals, and plans for the future of Senior Center.

Chris Roach – Friendship Report



Get well cards to Mich and Nancy Michnevich. Unfortunately a sympathy card was sent to Nancy upon the passing of the Inimitable Mitch (Charles Michnevich).

Gary Jensen – Recruitment

Recruitment:

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



Coffee at the senior center 10-29

HAPPY BIRTHDAY THIS JANUARY TO:

The one & only JIM STRANGE

Golf: Jerry Culver & Frank Treanor



It has been raining, and the course is soggy so we suspended play until January 8th with starting time starting at 0850.

It has been a great year. Dues for next year are coming due, information on this will follow shortly.

Happy New Year!

OUR LUNCHEON SPEAKER IN JANUARY 15 IS THE NEW SUPERVISOR OF WINDSOR SENIOR CENTER, JENNIFER FLEISH:



Jennifer will talk about the programs and services provided to seniors by our community center. I guarantee you, there are things they provide, that will surprise you. So let's welcome and support Jennifer by attending the luncheon.



**WELCOME OUR NEWEST MEMBER:
KENNETH FEWER**



I was born Nov 18, 1966 in Lakewood Ca. I was the oldest of three. I have 1 sister and 1 brother. I have been married to my current wife Geegee for 11 years. Between us we have 2 daughters and 1 son and 1 granddaughter. I am retired after working for 32 years with the California Youth Authority. Moved to Santa Rosa in April of 2024

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

Hello fellow dining enthusiasts; The couples dinner was on hiatus for the month of December. We will restart in January. Be on the lookout for a message sent by Jim and if you wish to attend the dinner, please don't delay in responding.

WHAT A GREAT HOLIDAY PARTY!!!



As one walked into the room it looked festive and inviting. Waiting was wine and live Christmas music. We had 74 folks who enjoyed each other's company and very, very good food. We even had a special appearance by Santa and great group singing including the 12 days of Christmas. It was a special time indeed. Thanks to those who worked so hard, especially Frank. Frank said "The Christmas Party was a great success. The food was good and the celebration went well. The budget for the party, including food, service, music, wine and dessert resulted in a "profit" of \$9.62, pretty much spot on. Thank you to all who attended and made it a great party".

Here are some photos:





SIR Branch 176 Bowling Report

The Fall-Winter Monday morning senior league celebrated the holiday season on December 16th at the Windsor Bowling Center. Our participants brought finger food offerings as well as wrapped gifts in the \$10 range. Each bowler drew a gift with his or her first strike during the morning bowling session. Bowlers arrived in a variety of appropriate holiday garb, and a great time was had by all. Bowling resumed on Monday morning, December 30th. Best wishes for successful bowling in 2025!

Bocce Ball - Stewart Morgan



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

The first known documentation of bocce was in 5200 B.C. with an Egyptian tomb painting that depicted two boys playing. The game spread throughout the Middle East and Asia, where it was eventually adopted by the Greeks and passed on to the Romans

LIKE TO PLAY POOL, DARTS, SHUFFLEBOARD?

Game time will be twice monthly on the 1st and 3rd Tuesday of each month (January 7 & 21) from 3pm to 5pm.



Definitely a bunch of amateur pool players, but fun! Interest is growing, last time we had 8 players on two tables, let's get to 12 players on 3 tables!!!

3PM Friday Happy Hour



If you are free, come and enjoy a cold beverage and lively conversation. **The schedule for January is:** 1/3 El Gallo Negro; 1/10: The Publican; 1/17 Barley & Bine; 1/24 Lupe's; 1/31 CuVer.

SPECIAL PROFILE:



PETER VIGIL

I was born in San Francisco's Mission District, grew up in the City and went to school in the Bay Area: Cal, USF, San Jose State. I studied biochemistry at Berkeley (1969), got an MS at USF in biology and an MA in Library/Information Science at SJSU. My first professional job was at Sonoma State as the Science Librarian from 1975 to 1979. Which is why my wife, Sybil and I are here now. I loved Sonoma County and always wanted to come back (just love the Washoe House). After SSU I went to UC Davis (Medical Librarian), then Caltech (Head of Reader Services aka Associate Director for Public Services) followed by the University of Illinois at Chicago Medical Center (Head of Information Services). I came back to the Bay Area and worked for a couple of years consulting mostly in biotech before settling down with full time jobs at Thompson/Reuters, then IBM Global Services, and finally with PricewaterhouseCoopers, where I spent 17 years then retired in 2014. In 2017 I got a position at UCSF as the Clinical Literature Coordinator for the University of California's Appropriate Imaging Coalition. The latter was a fascinating job working with various teams of physicians throughout the UC Health Care system to write protocols for appropriate use criteria for advanced medical imaging tests, ie. CAT scans, MRI, PET, and nuclear imaging. It's kind of a long story but in a nutshell, the protocols were required by Federal Law (2014 PAMA Act) for all health care providers in the USA for Medicare patients. The Feds issued a "hard pause" on the program last November and my job ended this last January. Overall, my career turns out to be 50+ years of answering questions and there were some provocative doozies and tales to tell.

On the personal side Sybil and I have two daughters one lives in Miami and the other in Brazil. The older daughter, Adriana, in Miami is a corporate flight attendant and flies the rich and famous all over the world and has plenty of tales, herself. She has three kids. The older son, Luciano, is a percussionist with the Detroit Symphony. Middle daughter, Sophia, is an assistant producer for Fox Weather in NYC; prior to that she worked on the Morning Joe show. The youngest son, Leandro, is finishing up at Florida State in computer science. Our younger daughter, Analia, is a neuroscience professor at the University of Sao

Paulo and lives with her neurosurgeon partner, Guillermo, and their 9-year-old daughter, Mila (going on 19).

Sybil, btw, was an administrator for Sutter Health's Mills Peninsula Hospital (pharmacy) for 30+ years. She was born in Naples, Italy, raised in Buenos Aires, Argentina, and came to the USA at 17.

Sybil and I have been in Windsor since 2019 coming here from Redwood City. As I mentioned I always wanted to come back to Sonoma and here I am, or rather here "we" are. For the last 30 years or so I rode a motorcycle (1989 Honda TransAlp), had a sailboat (22 Columbia) at Coyote Point marina in San Mateo, and a man-cave/mountain cabin at La Honda. These toys are now just memories as this silver SIR is slowing down. But alas new thrills await as I venture into round 2 of SIR Pete!

As for SIR, I think it's a great organization with great guys. I was a member for 10 years with the Redwood City SIR #1 and had lots of fun. I'm glad to be back with the brotherhood.

Cheers!

DID YOU KNOW?



In 1922, at the University of Toronto, scientists went to a hospital ward with children who were comatose and dying from diabetic keto-acidosis. The scientists went from bed to bed and injected the children with the new purified extract - insulin. As they began to inject the last comatose child, the first child injected began to awaken. One by one, all of the children awoke from their diabetic comas. A room of death and gloom, became a place of joy and hope. Thank You Dr. Banting and Dr. Best!

FOR THE LIGHT HEARTED:

Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

THERE ARE TWO WAYS OF ARGUING WITH A WOMAN.

NEITHER ONE WORKS.



Don't Mix Your Meds!

Getting old is so hard at times.



Yesterday I got Preparation 'H' mixed up with Poli-Grip.

NOW , I talk like an asshole .

...but my gums don't itch

My Living Will

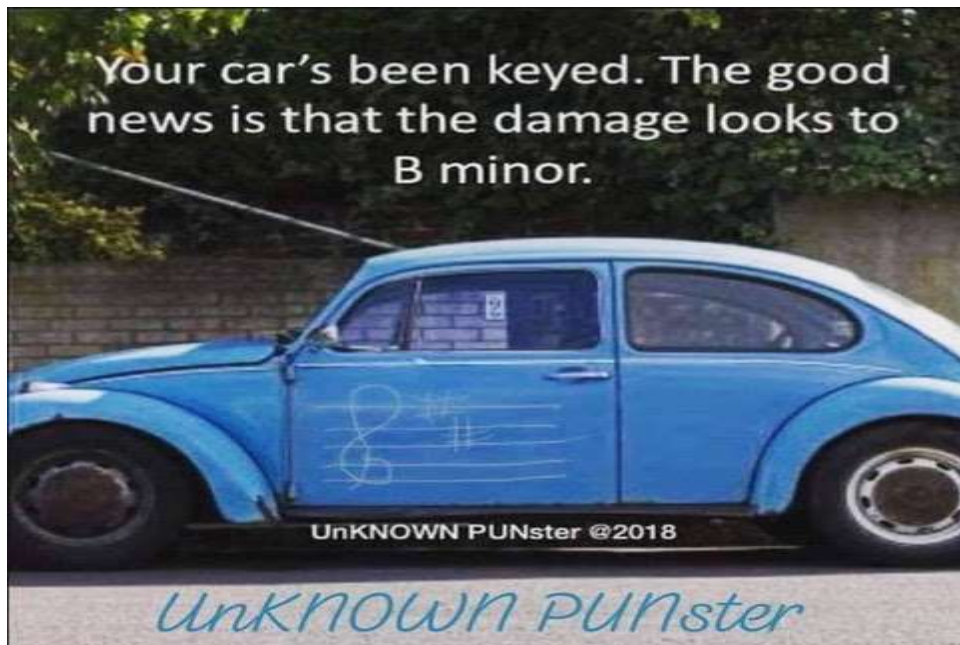
Last night, my kids and I were sitting in the living room and I said to them,

'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the computer and threw out my wine!!

The little bastards.

Geezer Planet



What I mean when I say I'm hittin the club





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.



Once a month, date varies, this month it is **JANUARY 13**. 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 at: Len@schwer.net

STEWART MORGAN –TRAVEL

If you are interested or have questions please contact Stewart at stwrnmorgan@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 Night 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 Tubbs	COFFEE COORDINATOR John Fineren 707-838-3686		
SIR State President Dale Decker			SIR Area 13 Governor Chris Nelle 916-205-1717		

