



SIR Branch 176 Windsor Winds Newsletter for March 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

March 2025
 Volume 30 Number 3

Big SIR – Tom Palmer



I thought I would bring you up to date regarding the “Branch Advisory Council” meetings with our state representatives. In general we talked about many issues including: training of branch officers; paperwork completion and what should be done with uncooperative branches (not ours); women membership in the branches; decline in state membership; marketing including re-naming SIR and change in the rooster logo; Finally, the future of the organization. There were about 25 branch representatives along with the state president, Rich Carlston and a couple of other state board members. The meetings were six zoom meetings over a three month period. The state board will do what the state board will do, while our inputs were “advisory”. However, from the discussions I learned some new things and I believe I have a good feel as to where we are heading, at least in the short term.

The first thing I learned is that SIR does not stand for “Sons in Retirement”. While it may still be in the corporate paperwork (and our coffee mugs), it is no longer a used acronym. So what does SIR stand for? Nothing, the word stands on its own. This change was made a few years back. Since being retired is not a qualification, nor necessarily a description of the new members sought, it's not used any longer.

The second thing I learned is that the state board found itself out of favor of the branches when it started announcing new proposed plans which could involve re-naming Sirs, allowing or perhaps even requiring branches to include women members (per mostly rumors). They even started a contest to see who could come up with the best name/logo. The response from the branches was so negative that the then new President Rich Carlston put the brakes on, and then formed this advisory council for branch input. In listening to him carefully, it seems clear that he understands that each branch is quite different and Rich wants the branches to have as much autonomy and self-direction as possible.

As far as women membership, it appears the state is trying to carefully work out a way (a fairly complicated restructuring plan) so that a branch can apply to the state to have their bylaws changed to allow women. So far, there has been one (under the former president) branch that includes women membership (most branches do include women as guests in activities). I know of no other branch that is headed in the direction of including female members.

As far as name/logo change. I don't see anything happening with that. There will be no contest winner. I personally think the rooster logo is silly but only a couple of folks agree with me, and "SIR" is a word of respect worthy of us guys of advanced age.

In short, I said all of the above to say; I don't see any near term future changes coming that will affect our branch. They are going to be forming a group to look into long-term issues like: Who is SIR (as viewed by members and by the public)? Who do we want to be? How do we get there? While I agree the committee is a good idea, yours truly did not volunteer.

Little SIR – Steve De La Montanya



Hello Fellow Windsor SIR Members. Here we are again, another month passes. Our numbers seem to be climbing with several new members. Participation at the different sponsored events also seems to be booming with record Coffee, Luncheon, Golf, and Bocce turnouts.

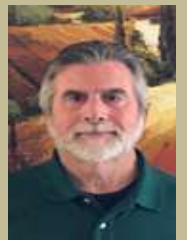
Speaking of Bocce, This group has really outgrown the current single court site. I suspect there are some SIR members that would like to participate but do not because the single court is overwhelmed. I have initiated a discussion with Jen at the Senior center to see if we can get a horseshoe pit installed near the Bocce court.

If we are unable to make this happen, and as much as I like the senior center. I think we should consider approaching the City Parks department about getting the never used Corn Hole game set up removed from the Bocce court behind Safeway. We would then have the option to return to that site and the

use of 2 courts for the Bocce group. I would appreciate hearing the group's thoughts on this idea.

Interest in the new Garden Group is building. We need to plan a day & time to get together. We will need 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.** Charlie and I have started a large number of Tomato plants to share and kick off the season with. They will be available as nice 4" plants around April 15th

Chris Roach – Friendship Report



Only one get well card sent and that was to John Handcock who seems to be doing better as he was spotted at Happy Hour last Friday.

Gary Jensen – Recruitment

Recruitment: Gary Jensen: We had 3 new members in February and since then, 3 more have put in their applications. Since we always lose some members at the beginning of each year, it's good that we are off to a fast start in 2025. Please invite your friends and neighbors to our activities.

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

HAPPY BIRTHDAY THIS MARCH TO:

Elias Zegarra

Golf: Jerry Culver & Frank Treanor



Golf has 15 members and is looking forward to playing after all the rain sinks in. Starting times are between 0800 and 0830. Please let Jerry know if you want to play so he can adjust Tee times. His email is sodone56@yahoo.com

OUR LUNCHEON SPEAKER ON MARCH 19 IS :

This is one of those rare times where, just before the beginning of the month, we find that the speaker can't make the date. Don't worry, Steve has it under control. I will give a shout out (notice) just prior to the luncheon.

THANKS TO OUR JANUARY GUEST SPEAKER, GREG PICCININI:



Thank you Gregg, A very nice job, even with the unexpected early departure. Much thanks for flexibility and bringing your backup- Sergeant Jeff Toney. You guys were much appreciated.

SIR Branch 176 Bowling Report

We've just completed week 20 of our Monday morning mixed seniors bowling league. We have 11 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 still 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.

JUNE 2025 PICNIC:

Plans for the 2025 June picnic should start this month. During the last Luncheon, it was announced that **Larry Doherty and Jerry Culver** have agreed to act as Co-Chairs. Dave Harrison and Frank Treanor will help Larry with the picnic planning and the event. A big thanks to these guys stepping up as they often do.

AT THE FEBRUARY LUNCHEON ED PEOPLES 90TH BIRTHDAY WAS CELEBRATED.

Sir Ed was awarded the Senior Sir – 90 year Presidential Award signed by the Sir State President Rich Carlston. If you missed Ed share his wisdom and humor, well....you missed out.



WELCOME OUR NEWEST THREE MEMBERS:



Martin (Marty) Smith

I was born in Virginia in 1950. I have 3 younger sisters who live in an around Campbell CA and my mother who is 92 and lives in assisted living in San Jose. My father worked for IBM his whole career, and they moved him and his family within Virginia several times, to Evanston Illinois in 1966 and eventually to California in 1970 (IBM truly does stand for "I've Been Moved"). I earned a Bachelor of Mathematics, UC Berkeley in 1972 and a Masters in Computer Science from UCLA in 1975. I spent my working career as a Software Engineer and Software Engineering Manager/Director in the Silicon Valley at 10 different companies. My longest period employment at any one company was at Cisco Systems for 9 years. I retired in 2016 and moved from Pleasanton CA to Santa Rosa in 2017.

Married for almost 29 years to my wife Katie (second marriage for both). We have 5 children between us and 9 grandchildren (four in Santa Rosa, two in Sacramento and three in Nevada). My hobbies include fishing, watching college and professional sports, playing guitar and golf. I enjoy going to the gym, playing pool with my fellow Windsor SIRS and spending the early evening sitting on our patio with Katie drinking a glass of red wine.



Michael(Chris) Riggins

I was born in Virginia in 1950 and have 3 younger sisters who live in an around Campbell CA and my mother who is 92 lives in assisted living in San Jose. My father worked for IBM his whole career, and they moved him and his family within Virginia several times, to Evanston Illinois in 1966 and eventually to California in 1970 (IBM truly does stand for "I've Been Moved"). I earned a Bachelor of Mathematics, UC Berkeley in 1972 and a Masters in Computer Science from UCLA in 1975. I spent my

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Leo Jukov:

Hello all,

My name is Leo Jukov and I grew up in Marin County and moved to Sonoma County in my 30's. I have been a newspaper pressman for 44 years of my life and am now retired. I now volunteer for Redwood Food Banks, distributing food to needed families.

I look forward to meeting new friends as I spent most of my career working nights and weekends. That schedule limited my family get-togethers and made it difficult to keep in touch with friends along the way. I enjoy fishing, walking and keeping fit at the gym.

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

The Couples diners met at the Tisza Bistro in Healdsburg for the February dinner. A full complement of twelve couples attended for a lively evening. The food was excellent as well as the service. Several of those at our table ordered the restaurant week three course dinner and rated it a good value. As the evening progressed it became quite busy with folks waiting for a table. Tisza Bistro is becoming popular!



Table 1; and that's Jock leaning back on the right



Table 2, the party table. Thanks Jim Neal for all your help!



Table 3 with the new leader, Jim Vick



Table 4, the foodies.

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 has been so popular that starting 3/5, it will be **EVERY TUESDAY** from 3pm to 5pm.



Feb 18th and Guests (Rose here) are welcome

Most folks aren't great at pool playing, but all have a great time. Nothing serious. However if you hit your opponent's ball in the pocket instead of yours...there could be consequences (See below):



Shame on our Game Time Leader, Bob

Interest continues to grow. Last time we had 14 players on 4 tables. Plenty of room for more! The cost averages about \$5.00 to \$8.00pp for 2 hours, so a great value for the buck.

3PM Friday Happy Hour

When asked the similarities between

Woman 
&
Alcohol 

Shakespeare replied,

They both have the amazing quality of giving Pleasure at night and Headache in the morning !

This group averages about 12-14 guys. If you are free, come and enjoy a cold beverage and lively conversation and so- so jokes. **The schedule for March is:** 3/7 Barley & Bine; 3/14: Lupe's; 3/21 Cu'Ver; 3/27 Charlie's.

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
- Poker

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

SPECIAL PROFILE: Jock Rader



Just prior to World War One, all four of my grandparents immigrated from Central or Eastern Europe to Akron, Ohio. My younger sister and I first lived in Akron, then moved to Lorain County at age eleven. I was boarded at prep school for grades 10-12.

During my freshman year in college, I became a husband and father. In 1962 I graduated from Case Western Reserve with a BS in Physics. I moved to Los Angeles in 1962, to accept a work-study fellowship with Hughes Aircraft and to attend UCLA, where I did my post graduate work in mathematics. By 1965 I had two daughters and a son plus an MA degree; a PhD followed in 1971.

Career wise, in 1962 I started working as a software/systems engineer in the aerospace & defense industry in the Los Angeles area. This continued for 40+ years including over 35 years with Hughes. During 1965 and 1966 I Taught mathematics at Butler University in Indianapolis. In the 80s and 90s, as a private contractor, I presented several short courses overseas, mostly in Europe. I also was a visiting researcher at Carnegie Mellon in Pittsburgh in 1992.

I was often involved in activities with my kids. I coached girls' soccer for many years, also refereed and was involved in league administration. I was active with my son in Boy Scouts, especially enjoying some week-long canoe trips.

My wife Phyllis and I enjoy domestic and international travel, camping with family in the Sierras, live music and theater performances, and playing bridge. We often traveled to ACBL tournaments around the country seeking master points and became life masters. A younger me enjoyed backpacking, jogging and tennis. We both used to enjoy golf.

Phyllis and I have been together for 20 years. We have six children, eight grandchildren and two great grandchildren. The youngest is seven months. Two live in Australia and one in Japan. We moved to Windsor in 2008 and bought a house near Foothill Park. We were out of our house for about two months in 2019 because of smoke damage from the Kincade fire. Moved to Brooks Creek in 2023 and now walk to the Senior Center.

I was recruited into SIR by Mike Berry, and golfed with SIR for more than ten years. Served as Little/Big SIR in 2014/2015. Volunteer tax preparer with Tax Aide for 12 years; was local coordinator for 6 years.

DID YOU KNOW?



This is such a powerful photo. It was taken in April, 1945, by Major Clarence Benjamin and shows a train of Jewish prisoners that had been intercepted by Allied Forces. This is the moment they learned that the train would not be heading to a Concentration Camp and they had been liberated.

PICTURE COURTESY: U.S. Army, Major Clarence Benjamin, 743rd Tank Battalion.

@ HISTORYALLDAY

FOR THE LIGHT HEARTED:



You Know You're
Getting Old When
"Friends With
Benefits", Means
Having Someone Who
Can
Drive At Night.



Paddy is in court, and
after an 8 hour trial
he pleads guilty.

Judge says,
"Why didn't you plead
guilty at first and
save the court all this
time?"

Paddy says,
"I thought I was
innocent until I heard
all the evidence"



HAPPY ST. PATRICK'S DAY

TWELVE COMMANDMENTS FOR SENIORS



1 - Talk to yourself.

There are times you need expert advice.

2 - "In Style"

are the clothes that still fit.

3 - You don't need anger management.

You need people to stop pissing you off.

4 - Your people skills are just fine.

It's your tolerance for idiots that needs work.

5 - The biggest lie you tell yourself is,

"I don't need to write that down. I'll remember it."

6 - "On time"

is when you get there.

7 - Even duct tape can't fix stupid,

but it sure does muffle the sound.

8 - It would be wonderful if we could put ourselves

in the dryer for ten minutes, then come out

wrinkle-free and three sizes smaller?

9 - Lately, you've noticed people your

age are so much older than you.

#10 - Growing old should have taken longer.

11 - Aging has slowed you down,

but it hasn't shut you up.

12 - You still haven't learned to act your age

and hope you never will.

... And one more:

"One for the road" means peeing before

you leave the house!!



- Author Unknown

JUST FYI:

Google is so powerful that it "hides" other search systems from us. We just don't know the existence of most of them.

Meanwhile, there are still a huge number of excellent searchers in the world who specialize in books, science, other smart information; Here's a list of sites you may have never heard of:

www.refseek.com - Academic Resource Search. More than a billion sources: encyclopedia, monographies, magazines.

www.worldcat.org - a search for the contents of 20 thousand worldwide libraries. Find out where lies the nearest rare book you need.

<https://link.springer.com> - access to more than 10 million scientific documents: books, articles, research protocols.

www.bioline.org.br is a library of scientific bioscience journals published in developing countries.

<http://repec.org> - volunteers from 102 countries have collected almost 4 million publications on economics and related science.

www.science.gov is an American state search engine on 2200+ scientific sites. More than 200 million articles are indexed.

www.base-search.net is one of the most powerful researches on academic studies texts. More than 100 million scientific documents, 70% of them are free

OTHER COMMUNITY ANNOUNCEMENTS:

(Non SIR Activities)

WINDSOR SENIOR
RECREATION CENTER

30TH
ANNIVERSARY

Please join us in celebrating this significant milestone with a delightful afternoon of appetizers, dessert, and live music.

FRIDAY, MARCH 7
1PM-3PM

 Windsor Senior Recreation Center
9231 Foxwood Dr Windsor, CA 95492



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) all SIR and their spouse (SIR+) are welcome to start the “work” week with Margarita Monday – a chance to sample the best frozen* margherita in Windsor. Starts sharply at 4PM Castaneda’s Market Place. This month **17 March** is Margarita Monday. [*The frozen margarita machine is in hibernation until warm weather beckons its return. The replacement is a margarita on the rocks or perhaps a beer.]

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.

WINDSOR LIONS CLUB
SONOMA COUNTY FIRE DISTRICT

Price includes a \$15.00 donation!

Pat Saint PATRICK'S DAY

ALL YOU CAN EAT CORNED BEEF & CABBAGE FEAST

Sat. March 15, 2025
5:00 PM-8:00 PM
901 ADELE DRIVE, WINDSOR

\$30.00 PRESALE
\$35.00 AT THE DOOR

☎ Call for tickets (707) 838-4531 ☎
or send check to:
Windsor Lions Club
P. O. Box 6
Windsor, Ca. 95492

Credit cards accepted at the door.
All proceeds benefit local
Community Projects.

STEWART MORGAN – TRAVEL

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



SIR INTERNATIONAL TRAVEL:

Based upon both the SIR Multi-Branch travel questionnaire results and the related member interview input, these travel destinations have been chosen for future SIR Travel.

Vietnam/Cambodia	Australia/New Zealand	Japan/Korea
(Price/Price with Air)	(Price/Price with Air)	(Price/Price with Air)
10/19/25 to 11/7/25 (3495/4695)	1/7/26 to 1/25/26 (5295/7645)	4/1/26 to 4/16/26 (7495/9095)
<ul style="list-style-type: none"> • Angor Wat Post-Trip Included available • LINK HERE • Group code is G5-30339 	<ul style="list-style-type: none"> • Both Melbourne Pre-Trip and Fiji Post-Trip available • LINK HERE • Group code is G6-30339 	<ul style="list-style-type: none"> • Hiroshima post-trip available • LINK HERE • Group code is G6-30339

NOTES

- 1. If you able to book Vietnam/Cambodia by Feb 28th, please use Group Code G5-30339 and pay your \$500 deposit
 - \$500 Discount expires Feb 28: Please convey Discount Code DOBE354 for \$500 per person with an immediate discount.
- 2. OAT Grand Circle is saving space, exclusively, for SIRs Travelers until March 9th
 - After March 9th, the general public can book these previously saved SIRs slots on the Vietnam/Cambodia, Australia/New Zealand and Japan/Korea trips.
- 3. Any 2026 reservations by 3/31/25 will be price-protected against any OAT future price increases over the year.

If you have any questions or comments you may contact Glenn Breslin:

SIR146 Travel Chair; glennbreslin@gmail.com 925-788-6520

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

1 Year Term			2 Year Term		
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
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