



SIR Branch 176 Windsor Winds Newsletter for May 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

May 2025
Volume 30 Number 5

Big SIR – Tom Palmer



I know I keep asking for volunteers, but we can't have the same folks keep doing the Yeoman's share of the work, or they will burn out. For example: At the last luncheon, quite a few hands went up when asked about the desire to group together, take the smart train, ferry and attend a Giants game (See "Take me out to the ballgame" article far below). When asked who would coordinate it, no hands were to be found. At that rate, nothing will get done. To be a dynamic group we need the new blood to be stepping up. Some have, and thank you. Others can do more or at least something. Also, if two guys go in on it together, sometimes the amount of time spent is much less and it's an easier thing to do. So yes, I'm challenging you newer guys to get involved in some type of leadership. I understand, "the more helpers, the better the group" is merely a qualitative observation about the potential for improved outcomes with more collaborative effort. But let's do it. A good start is to just help out in a one-time event like organizing a group to go to a Giant's game; or if you don't like leading, please contact Larry D and come early to the picnic event and help set up or tear down. Also consider volunteering for the food bank, or being on the list of volunteer drivers (speak with Chris), or helping out with gardening needs (contact Len or SteveDLM). It's all just a matter of helping each other.

Little SIR – Steve De La Montanya



Hello Fellow Windsor SIR Members. The Weather is warming and we are moving nicely into spring. We should only see minimal weather disruptions for Golf and Bocce.

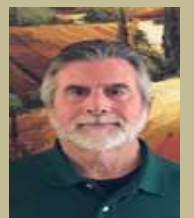
The gardens seem to be keeping many of the members busy. We did distribute over 250 plants to SIR members, the Windsor Senior Center and a few other volunteer groups.

It looks like getting soil for the Senior Center beds turns into a complicated task when the City DPW gets involved, hence the significant delays in filling the boxes.

I think Charlie and I will just see if we can pick up the needed soil from the city distribution center and get the beds filled. We will be looking for a few volunteers to help move it from the lot to the beds at the Senior Center.

I will not be able to attend our May luncheon, but please give a warm welcome to Jeffrey Cave of Residential Care Solutions.

Chris Roach – Friendship Report



Get well card to Rich Laucks. He's feeling better and is planning to make the May lunch meeting.

MEMBERSHIP –LARRY D.

Our numbers remain at 83, which is a healthy number for us. 90 by year's end would be good too. So let's keep inviting folks to join us.



JUNE 18TH PICNIC (Larry D. Coordinator)

Our picnic is scheduled for the third Wednesday in June, on the 18th, at noon, at Charlies. The cost for this year will be \$45 a person, which will include lunch, beer, wine, soda, water, coffee, and desert. It is a little more expensive than last year but we have to include Charlie's fees (which we did not do last year). We are **looking for items to be raffled**, and those who would be willing to show up a bit early to help us with set up. We really had a great picnic last year and we, the picnic committee, would love to ensure that everyone has the same great experience this year. And yes, we will have Bingo again this year as Jenny (at the Senior Center) has been kind enough to volunteer. If you have something that can be raffled (spouse's excluded), *get ahold of me, Larry* at (ldohrebl@mindspring.com or at 707-484-5308) or Greg Smith (elihusmith1@yahoo.com).

Gary Jensen – Recruitment

Gary is right in that bringing folks to coffee to get a feel for the group is a great way to recruit.

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



Coffee at the senior center

Where else can you get a pastry and unlimited coffee for \$1?

HAPPY BIRTHDAY THIS MAY TO:

CHARLIE BOYD, ALLEN CUNNINGHAM, JOHN FINEREN, GARY GREENOUGH,
HAROLD MINKIN, RON NORDSTROM, JOCK RADER, LEN SCHWER, VIRGIL
SEVIERI, BOB WALLACE.

Golf: Jerry Culver & Frank Treanor



Golf is being well attended with 10 to 12 players a week. We can get another 4 some on the course if we have players.

If you are interested, email me at bcft11@comcast.net. Weather is improving, no more cold drippy noses and the course is in great shape with the addition of new golf carts as well

THANK YOU, DEBRA FUDGE FOR YOUR PRESENTATION AT THE APRIL LUNCHEON:



Bruce O. used his experience and expertise to help us bring Deb to the April luncheon and she had a wonderful PowerPoint along with an update on the Smart Train. It was a very enlightening and helpful presentation. Thank you Deb!

OUR LUNCHEON SPEAKER ON MAY 21ST IS :



Jeffrey Cave

Parent Placement Solutions was started to help seniors and their families of Sonoma County and across the North Bay, when living alone is no longer an option. They assist in finding appropriate Assisted Living, Memory Care or Independent living communities available.

Jeff Cave is the founder of Parent Placement Solutions and has worked in the senior living industry for more than 25 years as a Marketing Director. He has led multiple assisted living and memory care communities as the Executive Director has worked in the senior living industry for more than 25 years as a Marketing Director and has led multiple assisted living and memory care communities as the Executive Director.

FOOD BANK VOLUNTEER TEAM PROGRESS:

We already have a number of folks (7) who have stated they are willing to volunteer on the foodbank assembly line. **I'm wondering who else might be interested?** Our first volunteer date is Thursday June 5th from 2-4pm and then every 1st Thursday thereafter. I'll need to provide them with two things prior to us starting. First, names of those who may come to help any month this year. Then a few days prior, a list of those who will definitely make that particular month's service date.

SO IF YOU (except those who have already contacted me)THINK YOU MIGHT HELP OUT SOMETIME THIS YEAR, PLEASE EMAIL ME; AND IF YOU ARE SURE YOU CAN MAKE JUNE 5TH, PLEASE LET ME KNOW THAT AS WELL

Also, if someone is willing to lean and take over getting the monthly list of folks to the foodbank, I would really appreciate that.

SIR Branch 176 Bowling Report

The 2024-25 Fall and Winter Monday Morning Seniors League ended on April 14. I want to recognize the following SIR Branch 176 members who were active participants in our Fall-Winter 2024 league: Phil Bartels, John Campbell, Lou Commendatore, Wayne Lindahl, Don McCorquodale, and Dick Wright

The 2025 Summer No Tap League begins on May 5th. Anyone interested in participating in should make their interest known to one of us or to workers at the Windsor Bowling Center.

Dave Harrison, Bowling Chair
harrisod@sonic.net

VEGETABLE GARDENING:

Steve DLM (Little SIR) and Charlie Boyd have been starting plants ...

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. It may be used (in part) as a gift to the senior community, who can just come and pick what they want. So we plan to use a few at home & the rest at the Senior Center to share W/SIR and others. As you can tell from Steve DLM’s comments above, there have been some complications, but hopefully not for long. Please let Steve or Len know if you’re interested in this activity.

DRIVERS & RIDERS NEEDED

As everyone knows, your Big Sir been trying to strongly encourage attendance at our monthly Luncheon, which is an activity at the heart of this organization. We want to ensure that everyone has a way to make it there. Hence, Chris has devised a method to assist. The first step is to provide possible drivers and then we’ll see who might need them. So if you regularly attend the Luncheon and are willing to go a little out of your way to help, please let Chris know by contacting chrisroach@sbcglobal.net

FOR NOW THE 3 FOLKS WHO YOU CAN CALL IF YOU NEED A RIDE ARE:

Bob Wallace Windsor 707-849-2345
Jon Babich Windsor 707-608-9449
Chris Riggins Santa Rosa 925-354-3593

WELCOME OUR NEWEST MEMBERS:



Stephen Greer

Stephen is a retired design engineer. He currently lives in the same housing facility and has become good friends with Gary Jensen. He can often be found attending Tuesday morning coffee hour. While he is currently out of commission with some health issues, we hope to see him again soon.



Steve & Lisa Johnson

I was born in San Diego in 1960 and moved to Northern California in 1974. In 1979 I graduated from Healdsburg High School. In 1982 I attended the Police Academy and worked at the Sonoma County Sheriff's office until 1986. Then, in 1987 I began my career in the electrical world and opened my own business "Millennium Electric" in San Rafael.

I've been married to Lisa for 33 years and we have four children. I enjoy motorcycle riding, fishing & playing golf. I am especially looking forward to retirement in 2026.

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

The Sirs dinner in April was on Thursday the 24th at the dry creek kitchen in Healdsburg.

Only 7 couples attended but the food was excellent as was the camaraderie. Also, the service was impeccable.

My group email has been undependable. We will be working on that but If you do not get an email about the May dinner by May 10th please contact me.

Then, when you get my May email please answer it so I know you received it. Just respond "yes or no". If I do not hear from you, I will call you asking you to please check your email.

Anyone new who wants to be on the dinner list please contact me at: jvick1497@gmail.com





Bocce Ball - Stewart Morgan



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

Players not only compete to get their balls closest to the jack (the target ball) but also engage in a nuanced game of tactics, where they can knock opponents' balls away or block paths.

LIKE TO PLAY POOL, DARTS, SHUFFLEBOARD?

Game time is every Tuesday from 3pm to 5pm.



Most of us aren't very good at pool playing, but all have a great time. However, they have changed the price. For us seniors it's \$6.00 per hour, so still not a bad buck for the bang; Or if you just want to sit back, have a cold one and enjoy the conversation, that's good too...or play one of their other games. We had 14 players last week, so join us and have some fun. Guests/spouses are welcome.

3PM Friday Happy Hour



At Charley's

If you are free, come and enjoy a cold beverage and lively conversation and so-so jokes. **The schedule for May is:** 5/2 Barley & Bine; 5/9 Lupe's; 5/16 CuVer; 5/23 Charley's (outside); 5/30 Flavorburger.

ACTIVITIES COMMITTEE:



The recently formed New Activities Committee made up of members Wayne Lindahl (photo above), Chris Roach, Dave Harrison and Phil Bartels are looking for ideas. 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
- Foodbank volunteers

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

Wayne: wlindahl@sonic.net

Chris: chrisroach@sbcglobal.net

Phillip: pcbartels@aol.com

Dave: harrisod@sonic.net

SPECIAL PROFILE:



ALLEN CUNNINGHAM

My parents met at Baylor University in the early forties, when world war II broke out my dad answered the call and left school going into the army Air Force where he was trained as a pilot and flew the China-Burma-India route. He crashed and broke his back which plagued him all his life. I have one sister who was born in 1942 and I was born in 1946 in Waco Texas.

After the war he went to Israel to train pilots for the newly created country and went on to fly El Al Airlines to Israel out of New York.

My parents divorced around 1950, he married an Israeli woman and my mother took my sister and I to California. While singing at the Beverly Hills Hotel she caught the eye of a man named Harold Chiles who was a casting director in the new industry of television. They married and we settled in the San Fernando valley of Southern California.

He was the casting director for Republic studios in Studio City for a lot of the early TV shows like Superman, Lassie and Fury. George Reeves who my father casted for the role of Superman constantly complained and blamed my father that he had been typecast and couldn't get any more work in TV. Some theories are that his failed career led to suicide and my father carried that guilt for many years.

In the summer of 1966 I got a letter from the draft telling me to report to the induction center in L.A. and rather than be drafted I signed up for an extra year to be able to pick my specialty and I chose medics.

After boot camp at Fort Ord and medical training at Fort Sam Houston I was sent off to Vietnam where I spent a year.

After Vietnam back in L.A. I was very directionless, addicted to drugs I went to a treatment center which didn't help so I went back in the military this time the Navy.

While in the Navy, and still addicted to drugs in 1978 I turned my life over to God who redeemed me. My life changed drastically after that and when I got out of the Navy I settled in San Diego and got a master's degree from USC, got married and went into the software/IT industry.

In 1996 we moved to Sonoma county where my wife was from originally. A couple of years later I found out that I had Hepatitis c from my prior drug use that I never knew about. In 2004 I underwent a living donor transplant at UCSF when my brother-in-law offered to give me half of his liver and we both have been doing great for the last 22 years.

A few years ago my wife started showing symptoms and then was diagnosed with Parkinson's disease. It's been a difficult time but we now have a full-time caregiver who's been a big help and we are confident that God will get us through this like everything else in our marriage.

OTHER COMMUNITY ANNOUNCEMENTS:

(Non SIR Activities)



HOT DOG THURSDAYS

The first Thursday of every month (May through October) the Pacific Coast Air Museum serves their famous PCAM Hot Dogs, drinks, and chips to visitors from around Sonoma County. **Cost: \$10.00** will get you into the museum, a hot dog, a drink, and chips



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 May, but certainly by early June. Per Deb Fudge, she thought it likely that the board would extend the free senior's ride fare. So far, nothing.



Once a month (date varies) all SIR and their spouse (SIR+) are welcome to start the “work” week with Mexican Monday – a chance for SIR couples to gather. Starts sharply at 4PM Castaneda’s Market Place. This month **12 May** is Mexican Monday. [*The frozen margarita machine is in hibernation until warm weather beckons its return.]



Every Saturday morning starting at 8AM Jose Castaneda serves a free breakfast for veterans, i.e. “Castañeda’s Breakfast Brigade,” he provides veterans a place for connections, camaraderie & friendship.

TAKE ME OUT TO THE BALLGAME



At the last luncheon, quite a few hands went up when asked about the desire to group together, take the smart train, ferry and attend a Giants game.

Some ideas:

June: 7 & 8th (Sat./Sun) at 1:05 they play the Braves

June: 19th (Thursday) at 1:05 they play the Guardians

June: 21 & 22 (Sat/Sun) at 1:05 they play the Red Sox.

June 26th (Thursday) at 12:45 they play the Marlins

July 9 & 30th (Wednesdays) at 12:45 they play Phillies/Pirates

July 12 & 13 (Sat/Sun) at 1:05 they play those dastardly Dodgers.

Stewart, Garry and I have been talking and there's a lot of moving parts regarding this outing, but we are going to try to make it happen....this time only. **We have picked two possible games (6/19 or 22) and will have sign ups so that we know who can make 1, or both.** Garry has developed a signup sheet, so watch for that. Whichever date the most are able to attend, we will pick that one; get a firm commitment and then buy group tickets at about the \$30-\$35 pp range.

Please email me if you would lead this or future ballgame group events.

Palmer.ts@gmail.com



Windsor concerts on the Green Start on Thursday 5/29 from 6-8pm. This first show will feature the "Hey Jude" Band, which is a Beatles Tribute Band. If you haven't heard them, they are really quite good. Should be an enjoyable night.

STEWART MORGAN –TRAVEL

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



2025

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 29day cruise. Five stops in Norway, additional stops in France and Spain. Additional costs, airfare, trip insurance & \$285 port taxes. Contact kathig@shipsandtrips.com

Romance of the Rhine & Mosel River Cruise July 6-21, 2025 From Basel Switzerland to Antwerp Belgium. Castles, towns and sights such as Lorelei Rock. Stops in Strasbourg, Speyer, Boppard, Bernkastel and Trier. Cochem, Bonn, Nijmegen, Willemstad, and Antwerp. Prices start at \$6,345pp including round trip air from SFO. Possible single supplement at +\$895. Pre-trip 4day to Lucerne for \$1,295pp. 3day Posttrip to Burges \$995pp. Contact Jim Hohenshelt, 408-394-7226 or Roy 408-735-8765 Branch 62

Inside Vietnam Hanoi, Halong Bay, Hué, Hoi An, Dalat, Nha Trang, Ho Chi Minh City (Saigon) Small SIR group of 16. Oct. 19, thru November 7, '25. Starting at \$3,795 including air. Pre-trip to Hill Tribes of Vietnam 6 nights from \$1,095 and post trip to Cambodia Angkor Wat 5 nights from \$1,1695. Make your reservation by calling OAT Travel and be sure to use the SIR Group Code is G5-30339 1-800-955-1925. There is still room on this great trip. For more information from a SIR contact Milt Smith Branch 146. 925-285-2897 miltsmith549@gmail.com LINK <https://www.oattravel.com/trips/land-adventures/asia/inside-vietnam/2021/itineraries> Vietnam Tour | Hanoi to Saigon |

Overseas Adventure Travel Australia/New Zealand Jan 7, - Jan 25, '26. Australia: Cairns, Great Barrier Reef, Sydney Arrowtown, Queenstown, Rotorua, Auckland. New Zealand : Te Anau. Starting from \$6,495 including air. Free Single Supplement. Pre-trip 5 nights to Melbourne & the Outback from \$2,395. Post trip 4 nights to Fiji from \$1,995 SIR Group Code is G5-30339. Contact Glenn Breslin glennbreslin@gmail.com Branch 146 for more information. Or call direct 1-800-955-1925 Be sure to use the SIR Group Code. LINK New Zealand Tour | Australia & New Zealand |

Grand Circle Travel South Korea & Japan: Temples, Shrines & Seaside Treasures. Korea: Seoul, Japan: Tokyo, Toba, Kyoto. April 1, - April 26, '26. Starting from \$7,495 including air. Pre-trip Mongolia: Ulaanbaater & the Gobi Desert. 9 nights from \$1495. OR...Vietnam: Hanoi & Halong Bay Cruise 5 nights from \$1,495. SIR Group Code G5-30339 For more information contact Glenn Breslin glennbreslin@gmail.com Branch 146. LINK South Korea and Japan | Travel to East Asia | Overseas Adventure Travel



FUN FACTS:

Australia is wider than the moon. The moon sits at 3,400 kilometers (2,113 miles) in diameter, while Australia's diameter from east to west is almost 4,000 km (2,485 miles).

Scotland chose the unicorn as its national animal: In Celtic mythology, the fictional creature is connected with both chivalry and dominance as well as purity and innocence.

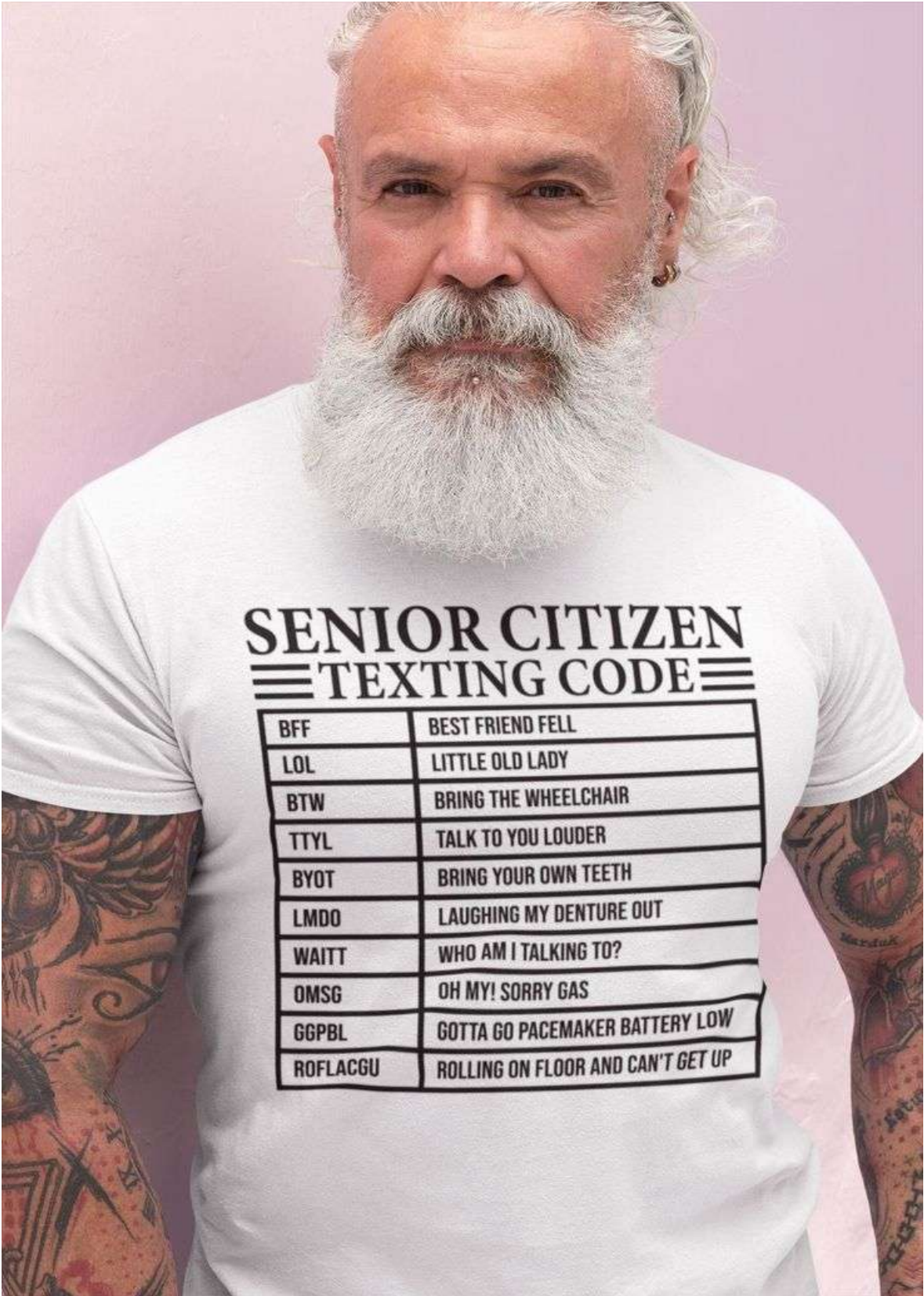
Nutmeg is a hallucinogen. Because it contains myristicin, a natural compound that has mind-altering effects, you can experience hallucinations if you ingest large quantities nutmeg

The oldest living land animal. The oldest living land animal on earth is a 192-year-old tortoise named Jonathan.

Google Images. Google Images was created after Jennifer Lopez wore the green dress at the 2000 Grammys.

The largest bowling alley. The largest bowling alley in the world is in Japan and has 116 lanes.

FOR THE LIGHT HEARTED:





"Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself." - Tom Wilson



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."

The distance it takes for me to forget a number between 1 and 10





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 Vick	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	

