

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

A non-profit social organization for men



APRIL 2025

"April Showers Bring May Flowers"

Big Sir

Hello Members,

We have started Spring season, and it will start to get nice and warm. I know that living in this part of our country we have the most beautiful weather. Yes, some of you will be pulling out your boats while others will be driving their classic cars around town.

Also, the weather will be good for a nice picnic. **Well, SIRS is planning the annual picnic at Micke Grove Park on Tuesday, May 13, 2025, at 11:00 AM.** Please save the date and, buy your tickets for this once in a year unforgettable event at April's meeting. The event is open to you and your guest (s). The cost for a wonderful Mexican Taco Bar luncheon is only \$20.00 per person. We will have Carne Azada (Beef), Al Pastor (Pork Meat), and Chicken Tacos, refried beans, rice, hot and mild salsa, corn tortillas. Sodas and water will be provided, and ice cream for dessert. There will be plenty of food for seconds, and even a third trip too. Please, plan to join us and lets have a super great time. We will have games, bingo and a huge raffle with nice prizes. This is our biggest fund raiser let's make it a great one.

I would like to thank all 50 attendees at our last meeting.

I would like to thank Mark Walhman helping me out for March's meeting. He did a super great job, that I've asked him to fill in for me in April too. THANK YOU, MARK!!!!!!

Please call, text, and or email Mark for your RSVP by Friday, April 4, 2025, no later than 6:00 PM. Mark Walhman: 209-327-7335 mwalhman@comcast.net

Regards,

Juan G Ochoa, Big SIR
209-481-5325 jgochoa@icloud.com

BULLETIN EDITOR COMMENTARY

We had a great March meeting with corn beef and cabbage and potatoes. Dee Stull was our guest speaker, and spoke about some of her experiences as a Patient Advocate and caregiver. The talk was well received and several people had questions. (Photos are enclosed)

Our speaker for the APRIL 8th meeting will be Cameron Bregman, the youngest mayor ever for Lodi, at Age 24. Many of you, who have been around Lodi for a long time, may remember his Grandfather, Pete Bregman, a long-time insurance agent in Lodi.

The menu for the April luncheon meeting will be chicken scaloppini with parmesan egg noodles, plus vegetables and salad.

At our March BEC meeting, the BEC voted to add another event, for those who might like to get together for breakfast. Two weeks and 2 days after our regular luncheon—meaning ON THE LAST THURSDAY OF THE MONTH some of us will meet informally for a time of fellowship over breakfast. The March breakfast was held at the Creamery in Lodi.

NOTE----THE APRIL DINE IN/DINE OUT WILL BE HELD APRIL 24TH AT BUD'S SEAFOOD CAFÉ AT 314 LINCOLN CENTER IN STOCKTON AT 6 P.M. RSVP to shellmer@comcast.net or at 209-242-4607.

Also, we discussed the need to have a Sunshine Committee Chairman---that is someone who would send out Get Well Cards or Sympathy Cards to those members who are suffering from loss of health or suffering grief from the loss of a loved one. If anyone wishes to volunteer for such a position, let the President (Big Sir) know.

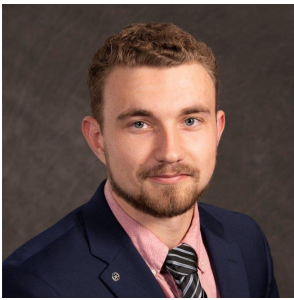
Greetings to All,
David Stull, Bulletin Editor



Above— Dee Stull
Speaker for March



Left to Right– Mark Wahlman
with new member,
Steve Freeman



Speaker for APRIL Cameron Bregman

Lodi Mayor - District 3 Term: November 2022 - December 2026

Born and raised in Lodi, California, Cameron Bregman is the son of a teacher and a financial advisor. He is actively involved in civic and business groups in Lodi and the surrounding areas. Mayor Bregman has served as President of the Lodi Rotary Club and as Noble Grand

of a local IOOF lodge. He attended Delta College and established his first business, Bregman Services Inc., a small landscaping company, in 2019 at the age of 18.

Grandson of Peter Bregman, a Dutch immigrant, Mayor Bregman now continues the family tradition by working in retirement and insurance services as the third generation to do so. He currently holds the title of the youngest elected official in Lodi's history, youngest Mayor in the history of Lodi, and youngest Mayor in the history of San Joaquin County.

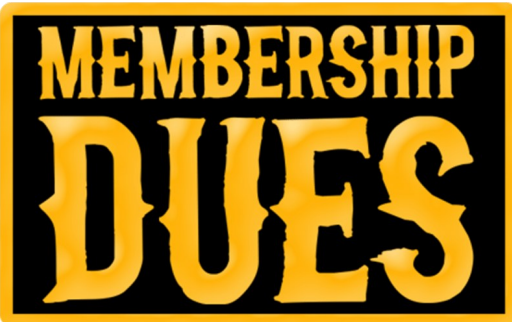
Originally campaigning on three key issues—decreasing homelessness, tackling crime, and making Lodi more affordable—Mayor Bregman takes pride in his commitment to community engagement, public involvement, and education. Additionally, Mayor Bregman serves as the Northern California Power Agency (NCPA) Alternate Commissioner for the City of Lodi Electric Utility.



Financial Report

SIR Chapter 145

Tuesday, March 11, 2025



Starting Bank Balance:	\$ 1,687.80
Income	
Lunch receipts	\$ 1,150.00
Pot	\$ 75.00
Membership Dues	\$ 845.00
TOTAL	\$ 2,070.00
Expenses	
Creative Catering (SIR Luncheon)	\$ 850.00
Temple Gallagher (Newsletter)	\$ 125.00
Elks Lodge facility rental	\$ 300.00
TOTAL	\$ 1,275.00
Net Gain/Loss	\$ 795.00
Ending Balance	\$ 2,482.80

2025 ANNUAL DUES

Annual Dues of \$25 per member are due and may be paid at the next Meeting.

If not attending, please mail a check to:

Joe Stephens
P.O. Box 114, Clements,
CA 95227

THE FEE INCREASED
MARCH 11th to \$25!!

Joe Stephens
SIR Branch #145 Treasurer
twarrrior1945@gmail.com
209 992-1020

HAPPY BIRTHDAY

APRIL

- 04/26/57 Richard Addington
- 04/24/46 Andy Bailey
- 04/25/47 Roger Baldwin
- 04/27/38 Lynn Benbrook
- 04/11/49 Bill Ginsbach
- 04/04/38 Gregor McCreary
- 04/04/47 Bill Morelli
- 04/18/42 Dennis Morita
- 04/20/44 Andy Neal
- 04/15/35 Paul Reiner



Membership Report MARCH

Membership in attendance:	49
Guest in attendance:	0
Percentage of active members in attendance	39%
Total active members:	126
Members Added:	1
180 STEVE FREEMAN	
Members Reinstated:	1
33 ANDY LAGOMARSINO	
Members Dropped	0
Members Resigned	3
89 DON CARLSON	
152 MARIO GALVAN SR.	
80 RON WANNER	

April Holidays and Observances

Stephen Hellmer-Membership Chairman

- 04/01 April Fool's Day
- 04/06 Army Day
- 04/15 Tax Filing Day
- 04/18 Good Friday
- 04/20 Easter Sunday
- 04/25 Arbor Day





SIRS Wine Appreciation Group News for April 2025

Thanks to newer members Gayle and Mark Simozaki for hosting our March gathering. In keeping with the recent St. Patrick's holiday Gayle prepared some delicious Reuben sandwiches, potato salad and cole slaw. Others brought shared appetizers and dessert. Mark did a great job choosing a variety of wines from local wineries and finished off with some nice port.



We welcomed a couple of new members (Lew Baumbach & Tony Ippolito) and encourage others reach out if you are interested and we will add you to the group. Below is our schedule for 2025 with **Ron & Kathie Mettler** hosting our next gathering on **May 22nd**.

2025 schedule of hosts.

Date	Host
May 22, 2025	Ron & Kathie Mettler
July 24, 2025	Jim & Karen Sowers
September 25, 2025	Paul Wright & Lin Defilippi
November 13, 2025	Tony & Lynda Canton

The SIRS Wine Appreciation Group is for those interested in tasting wines and enjoying a social gathering in the home of the hosts. The responsibility of the hosts involves choosing and providing the wines. If you are interested in joining the group, please reach out to marydias214@gmail.com or call/text 209-210-0082.

Mary & Dave Dias, Wine Appreciation Group Coordinators



If you're looking for an opportunity to taste more local wines, the Lodi Wine Festival is April 5th 1:00 to 5:00 pm at the Ole Mettler Grape Pavilion at the Lodi Grape Festival Grounds, 413 E. Lockeford Street, Lodi, CA 95240.

More information is available at <https://www.grapefestival.com/p/events/lodiwinefestival>

Checking-Out What's "Under the Hood"

Thoughts & Feelings of ~80-Year-Old Men

The University of Southern California (USC) Leonard Davis School of Gerontology is the largest gerontology program in the U.S. and a global leader in gerontology education, research, and policy.

From a broad survey of the gerontology literature over the last 20 years, USC gerontologists assembled a list of important issues that previous research had identified as important to men around age 80. The final list, shown below, included issues of concern for men between ages 78 and 81.

Using these issues, researchers surveyed more than 16,000 men between ages 77 and 84 across all 50 U.S. states to understand what is important to them. The percentage of men in the survey from each state was roughly the same as that state's percentage of the U.S. population.

The participants reviewed the list of issues and selected those of concern to them personally. Next, they distributed 100 points among the issues they chose. The data for all the respondents were combined to generate the cumulative percentage of concern for these issues. Here are the results:

14% Physical health and sustaining it	3% Intergenerational communication and relationships
11% Social isolation and loneliness	2% Personal identity and self-perception
9% Financial security for a lifetime	2% Leisure and recreational engagement
9% Mental stimulation and maintaining cognitive function	1% Adaptation to aging-related changes in appearance
8% Physical independence and mobility	1% Digital literacy and access to, and quality of, technology
7% Maintaining a sense of dignity and autonomy	<1% Identity and self-expression
7% Sense of purpose or meaning in life	<1% Spirituality and inner fulfillment
6% Managing personal safety and risk of injury	<1% Community involvement or contribution
6% Managing changes in living conditions and environment	<1% Creativity and cognitive engagement
5% Maintaining a sense of control and engagement in life	<1% Connection to nature and the outdoors
4% Navigating and adapting to changes in roles and identity	<1% Legacy and the passing down of knowledge or personal stories
3% Concern for future generations	

The top 5 issues consumed 51% of the total interest, and the next 7 issues expended an additional 38 % of the total concern — together the top 12 issues in the left hand column absorbed 89% of the total thoughts and feelings of the ~80 year-old men who were surveyed.

These data answer an important question. Are ~80-year-old men focusing on the most important issues? Several large validated

(peer reviewed) research studies have repeatedly shown that older adults can ensure the best possible quality of life by maintaining physical health, mental sharpness, social connections, and emotional well-being.

The data is clear. In the population as a whole, ~80-year-old men are focusing most of their attention on the issues that make the greatest difference in the quality of their lives.

We have made a selection for the April Dine In/Dine Out event:

Thursday April 24th 06:00pm

Buds Seafood Grille
314 Lincoln Center
Stockton Ca 95207

Please RSVP to either shellmer@comcast.net
209 242-4607 by Thursday April 17th.



Wine Appreciation-Lee Baumbach & Jim Sowers

2 man Scramble

Wildhawk Final Scores

March 10,2025
as of 3/31/2025

A Flight

Jeff Amos	71	8.4	62.6
Rod Williams			
Matt Nomura	72	8.1	63.9
John Coakley			
Tom Trunnell	73	7.7	65.3
Gene Davenport			
Ray Schramm	75	8.5	66.5
Mike Sather			
Peter Roy	76	8.4	67.6
Larry Lambert			
Hank Klor	77	8.4	68.6
Mike Lynn			
Chuck Argus	77	7.5	69.5
Mike Baylor			
Lew Baumbach	80	7.1	72.9
Mark Shimosaki			

B Flight

Paul Besto	69	8.9	60.1
Roger Baldwin			
Dan Salisbury	73	9.6	63.4
Doug Fritz			
Larry Thomas	75	9.1	65.9
Allan Bennett			
Andy Bailey	76	9.6	66.4
Ernie Lucero			
Sigurd Anderson	76	9.3	66.7
Felix Moran			
Angelos Sebazco	82	9.9	72.1
Corky Meyer			

C Flight

Rick Addington	68	10.1	57.9
Bill Rutherford			
Bill Hye	75	10.4	64.6
Dan Cole			
Steve Hellmer	77	11.4	65.6
Rick Okazaki			
Joe Carruesco	78	10.2	67.8
Mike Parsons			
Bill Beckman	82	12.8	69.2
Roger McCormick			
Duane Freiberg	84	13.9	70.1
David Stull			
John Pena	83	12.2	70.8
Epi Sauseca			
Mark Wahlman	84	10.4	73.6
Rey Chavez			

CTP #4--Andy Bailey--15'3"

CTP#17--Chuck Argus--13'2' (MADE THE PUTT)

Lodi-Stockton SIR Golf 2025 Schedule

Draft

Date	Course	Format	Cost/timing	Start/type	Host	Other commens
Feb 19	Manteca	2 man scr + skins	\$46	9:00 T/T	Besto & Baldwin	
March 12	Wildhawk	2 mn scramble	\$55	8:32 T/T	Mike Lynn & Roger SP	
April 9	La Contenta	2 man Scr	??		Salisbury/ Richerson	
May 14	Reserve	2 man scramble	\$65	9:30 T/T	Bailey / Lucero	
June 11	Micke Grove	4-man blind draw	455	8:30S/G	Baumbach/Nomura	
July 16	Cavanaugh	2 man BB + skins	??	9:06	Trunnell/ Davenport	
August 11	Elkhorn	2 person Scram	\$50	9:00S/G	Honey/Palmer	Monday
Sept 10	Castle Oaks	2 man BB	??	9:00??	Roy & Fritz	
Oct 8	Teal Bend??	2 man scram	\$56	??T/T	Sebazco/Haro	Monday
Oct 21	Micke Grove	2 man BB Finale	\$60	8:30S/G	Amos Addington	

Golf Reps: Bill Rutherford 916-995-6079

Springtime Golf at **La Contenta GC**

1653 Hwy 26, Valley Springs, 209-772-1081

When -Wednesday, April 9, 9:30, Tee time starts
Hosts- Rodger Richerson & Dan Salisbury

Format -2 man Best Ball

Tees - We will be playing the Red tees at 5,150 yards

Cost \$60, Payable in advance

Sign-up by April 2, Pay by April 4

Note: -\$5 late charge if fees paid after April 4

* * * * *

to La Contenta tournament, April 9. \$60 payable to SIR Golf,
to Bill Rutherford
1067 1st Avenue, Walnut Grove, CA 95690

Name _____

Partner _____

Playing partners

Partner _____

Partner _____



**ARRANGED BY ALAMO WORLD TRAVEL
FOR SIRS AREA 18, BRANCH 143 & FRIENDS**



Cruise the Lower Mississippi in style, from Memphis to New Orleans aboard the 180 guest American Splendor

9 Days..... September 30-October 8, 2025

MEMPHIS TO NEW ORLEANS - Embark on a voyage along the Lower Mississippi River, one brimming with excitement and discovery, stretching from the vibrant streets of New Orleans, Louisiana, to the soulful rhythms of Memphis, Tennessee. Our intimate Modern Riverboats accommodate no more than 180 guests, ensuring an immersive and personalized experience like no other. Feel the spirit of the region come alive through the passion and energy of our all-American crew, who eagerly await to guide you through nine days packed with unforgettable moments. An onboard historian will share the many stories of Southern culture and history, while local guides will unveil hidden gems during shore excursions. Experience the heart of Civil War history at Vicksburg, then marvel at the opulence of grand estates like Houmas House and Rosedown Plantation. Indulge in the timeless elegance of Oak Alley, where 300-year-old trees whisper tales of centuries past, or explore the quaint charm of St. Francisville and Natchez, each with their own unique stories to tell. As the sun sets on another day of exploration, unwind aboard with daily cocktail hours, gourmet cuisine, and captivating evening shows that showcase the region's cultural vibrancy. Get ready for a journey unlike any other, where every bend in the river reveals something new.



Highlights

- *Roundtrip airfare from Sacramento
- *Transfers to and from the Sacramento Airport
- *1-night pre-cruise hotel stay at the Guest House at Graceland with free ground-transfers airport to hotel and hotel to ship
- *Post cruise Premium New Orleans City excursion with drop off at the New Orleans Airport
- *All meals and snacks
- *24/7 alcoholic/non-alcoholic beverages and nightly evening cocktail hour with hors d'oeuvres and top shelf liquors
- *Wi-Fi
- *Prepaid gratuities
- *Onshore featured excursions
- *Full enrichment package with guest speakers and nightly entertainment

**7 night cruise on the American
Splendor with all meals, drinks
and shipboard activities**

Questions? Please contact John Cardoza (209) 483-7722

Trips Proposed

Seq	Vietnam/Cambodia	Seq	Australia/New Zealand	Seq	Japan/Korea
1	10/19/25 to 11/7/25 (\$3495/\$4695 with Air) <ul style="list-style-type: none"> • Angor Wat Post-Trip Included available • LINK HERE • Use 2025 SIR Group code is G5-30339 	2	1/7/26 to 1/25/26 (\$5295/\$7645 with Air) <ul style="list-style-type: none"> • Both Melbourne Pre-Trip and Fiji Post-Trip available • LINK HERE • Use 2026 SIR Group code is G6-30339 	3	4/1/26 to 4/16/26 (\$7495/\$9095 with Air) <ul style="list-style-type: none"> • Hiroshima Post-Trip available • LINK HERE • Use 2026 SIR Group code is 65-30339

Next Steps

- Work with SIR146 and other branches to make these trips available for signup
- For those SIRs interested in these trips, either contact me, glennbreslin@gmail.com (925-788-6520) or contact OAT/Grand Circle directly at (800) 955-1925.

Thanks, Glenn Breslin, SIR146 – Activity and Travel Chair, glennbreslin@gmail.com, 925-788-6520



RV TRAVEL



Roger Jackson, RV Chair

Jackson Rancheria RV Park
 11407 Dalton Road, Jackson, CA 95642
 Deadline to book is March 15th, 2025

Sunday, April 27 – Friday, May 2, 2025

1. **Call to make your reservation: (800) 822-9466**
Mention you are with SIRS2025
2. **Once you have confirmed your reservation**
Call or text Roger, RV Chair →
209-658-2673 or Email: rogjaxn@me.com
3. **IMPORTANT: Reservations are transferrable:**
Please call Roger before cancelling
10 rigs = a 15% group discount



NON-PROFIT ORGANIZATION FOR RETIRED MEN
LODI BRANCH #145
1729 Zinfandel Drive
LODI, CA 95242

RETURN SERVICE REQUESTED

2025 OFFICERS

BIG SIR

Juan Ochoa 481-5825

LITTLE SIR

Felix Moran 609-4084

SECRETARY

Anthony Moles 369-8182

ASST. SECRETARY

TREASURER

Joe Stephens 992-1020

ASST. TREASURER

2025 Directors-at-Large

John Coakley 914-9830

Mike Lynn 224-6115

Bill Rutherford 916-995-6079

Glenn Nellman 209-369-8620

Area State Representative Tony Butera

209-985-3473

State President Rick Carlston

925-324-0838

2025 Committee Chairman

ACTIVITIES

David Dias

ANECDOTALIST

Mike Lynn 712-6200

ATTENDANCE

Stephen Helmer 242-4607

AUDITOR

Replacement TBA

BULLETIN EDITOR

David Stull 479-4944

BULLETIN PUBLISHER

Temple Gallagher 986-8367

CHAPLAIN

David Stull 479-4944

GREETER

RECOGNITION

GOLF

Bill Rutherford 916-995-6079

HISTORIAN

(open)

MEMBERSHIP RECORDS

Stephen Helmer 242-4607

NOMINATING

PICNIC

PHOTOGRAPHER

Ed Oylar 209-482-6809

PROGRAM

Felix Moran 609-4084

Tom Pratt 916-622-4791

PUBLICITY CHAIRMAN

Big SIR

SARGENT AT ARMS

SONG LEADER

Joe Stephens 992-1020

TRAVEL & TOURS

John Cardoza 209-483-7722

PAST BIG SIR

Ruben Moser 1988-1989

Al Baerwald 1990

Bill Owen 1991

Al Cooper 1992

Earl Klapstein 1993

Dave Stennick 1994

Gus Armendariz 1995

Jerry Kirsten 1996

Bob McCaffrey 1997

Tom Bandelin 1998

Frank Garcia 1999

Bob Handel 2000

John Korphage (18) 2000-2001

Jack Jackson 2001

Bill Dauer 2002

Ron Westerterp 2003

Dave Hinchman 2004-2005

Paul Reiner 2006

Neal W. Welsh 2007

John Mendonca 2008

Bill Shankles 2009

George Cameron 2010

Richard Baines 2011-2012

Al Furr 2013

Chuck Bennett 2014-2015

Jack Johnson 2016

Bob Gorbet 2017

Phil Schrock 2018

Paul Wright 2019-2021

Mark Wahlman 2022-2023