

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

A non-profit social organization for men

APRIL 2026

“Don’t Be Fooled—SIR Meetings Are Great Fun”



Big Sir Greeting APRIL 2026

Hello Members,

We are now entering the 2nd quarter of the year 2026. I am requesting that all members that have not paid their dues for year 2026, please plan on paying at the April 14, 2026, meeting. Unable to attend; please mail your dues to Joe Stephens 22304 N. Cord Rd. Clements, CA 95227

SIRS is planning our annual picnic at Micke Grove Park on Tuesday, May 13, 2025, at 11:00 AM. The weather should be good. 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 time is only \$20.00 per person. We will have off the grill Lockeford Sausages AKA Smoked Dakota Bratwurst with all your favorite trimmings, plus salads and baked beans. Sodas and water will be provided, also, 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 let’s 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.

Due to [a prior commitment](#) I will not be able to attend the April meeting, but Glenn Nellman, will be conducting the meeting, thank you, Glenn.

Please call, text, and or email ME (Juan Ochoa) at 209-481-5325, or email jgochoa@icloud.com your RSVP by Friday, April 10, 2026, no later than 5:00 PM.

Menu by popular demand; Chicken Fried Steak, mash potatoes, gravy, vegetables, salad, bread, coffee and ice tea or lemonade.

Juan G. Ochoa, BIG SIR CHAPTER 145 jgochoa@icloud.com, 209-481-5325



Bulletin Editor Commentary

Those of you who missed last month's meeting on March 10th, missed a very interesting talk by David Rajkovich, who heads the Stockton Maritime Museum.

He spoke about the USS Lucid, the last World War II maritime ship in its class. It has been fully restored and is anchored at 3100 Mount Diablo Ave here in Stockton. There is an upcoming "open house" on Saturday, April 11th, which you may want to attend, with reservation, from 10:00 to 4:30 pm.

You may also have missed a delicious corn beef and cabbage lunch.

Let's all try to make the April meeting, with our own recent SIR member, Frank Whitney as our speaker. His topic will be HISTORY OF THE US MARINE CORP.

DON'T MISS THIS MEETING!!

(Frank's bio was in the February Bulletin.)

David Stull, SIR Bulletin Editor



David Rajkovich

JOIN US FOR THE

USS LUCID

SPRING OPEN HOUSE

SATURDAY, APRIL 11TH 2026

Come aboard the only museum ship of its class in the country to experience:

- A brand new exhibit space
- A moderated panel of sweep sailors
- Never-before-shown ship photos & plans


Free parking. Families welcome. Hot dog, soda & chips available for purchase on the ship's fantail.

3100 Monte Diablo Ave, Stockton, CA 95203

SATURDAY, APRIL 11 | 10:00AM - 4:30PM

REGISTRATION REQUIRED
smmspring2026.eventbrite.com

\$10 SUGGESTED DONATION



APRIL BIRTHDAYS

Birthday	Branch 145 Member	Sir Since
04/26/57	Robert Addington	05/14/19
04/24/46	Andy Bailey	04/08/09
04/25/47	Roger Baldwin	08/13/19
04/11/52	Terry Hickey	07/08/25
04/04/47	Bill Morelli	07/01/22
04/18/42	Dennis Morita	11/14/23
04/15/35	Paul Reiner	08/26/03



April Holidays and Observances

04/01	April Fools Day
04/02	Passover Begins
04/03	Good Friday
04/05	Easter
04/10	Golfer's Day
04/19	Husband's Appreciation Day
04/24	Arbor Day



Left to Right- Bill Rutherford, Juan Ochoa, & Tony Butera (Area Rep)

Lifetime Achievement Award presented to Bill



RV TRAVEL



Roger Jackson, RV Chair

Jackson Rancheria RV Park
 11407 Dalton Road, Jackson, CA 95642
 Deadline to book is March 1, 2026

Sunday, April 26 – Friday, May 1, 2026

1. Call to make your reservation: (800) 822-9466
Mention you are with SIRS2026
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

Wildhawk Scores

Mike Baylor	63	11.0	52.0	\$60
Mike Thomas				
Craig Dierks				
Jeff Amos	65	10.8	54.3	\$40
Felix Moran				
Rick Addington				
Rod Williams				
Tom Trunnell	66	11.0	55.0	\$20
Tony Borrega				
Paul Besto				
Russell Takeda				
Matt Nomura	65	8.5	56.5	
Lew Baumbach				
Mark Shimoski				
Robert Pirie				
Juan Ochoa	70	14.3	55.8	
Neil Altheide				
Tom Taberna				
Ed Oyler				
John Shehorn	67	8.8	58.3	
Chuck Argus				
Peter Roy				
Larry Lambert				

CTP#4--Bill Hye-9'1"

John Stephens	67	17.5	49.5	\$80
Mark Wahlman				
Rey Chavez				
Frank Whitney				
Ray Schramm	69	19.3	49.8	\$40
Duane Freiberg				
Mike Sather				
Dave Stull				
Steve Escobar	62	12.0	50.0	\$20
Bill Hye				
Terry Hickey				
Steve Hellmer				
Andy Bailey	65	13.0	52.0	
Mike Lynn				
Roger Sperring				
Ernie Lucero				
Bill Morelli	66	12.5	53.5	
Gil Parker				
Jim Escobar				
Bill Rutherford				
Angelo Sebazco	70	16.3	53.8	
John Pena				

CTP#17--Andy Bailey-10'6"

Springtime Golf at

La Contenta GC

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

When -Wednesday, April 15, **9:00+**, Tee time starts
Hosts- Rodger Richerson & Dan Salisbury

Format -2 man Scramble

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

Cost \$60, Payable in advance

Sign-up by April 8, Pay by April 10

Note: -\$5 late charge if fees paid after April 8

* * * * *

to La Contenta tournament, April 15 \$60 payable to SIR Golf,
to Bill Rutherford
1067 1st Avenue, Walnut Grove, CA 95690

Lodi-Stockton SIR Golf 2026 Schedule

Revised 2/12



Date	Course	Format	Cost/timing	Start/type	Host	Other comments
Feb 25	Manteca	2 man scr + skins	\$46	9:00 T/T	Bailey / Lucero	
March 18	Wildhawk	2 mn scramble	\$60	8:32 T/T	Mike Lynn & Roger SP	
April 15	La Contenta	2 man Scr	60	9:00 T/T	Salisbury/ Richerson	
April 22-23	Napa,Chardoney/etc	SEE WEBSITE				
May 13	Reserve	2 man scramble	\$63	9:00 T/T	Besto & Baldwin	
May 20/21	FairfieldRancho Solano Paradise Valley	SEE WEBSITE				
June 10	Micke Grove	4-man blind draw	\$60	8:30S/G	Baumbach/Nomura	
June 24/25	Vallejo-Blue Rock Springs	SEE WEBSITE				
July 15	Cavanaugh	2 man BB + skins	??	9:06 Ss/G	Trunnell/ Davenport	
August 12	Teal Bend	??	\$55	9:00S/G	hosts needed	
Sept 9	Castle Oaks	2 man BB	\$65	9:00??	Roy & Fritz	
Oct 1	STATE TEAL BEND	Indiv. State	SEE WEBSITE			
Oct 8	open					
Oct 21	Micke Grove	2 man BB Finale	\$60	8:30S/G	Amos & Addington	

Golf Reps: Bill Rutherford 916-995-6079

2026 SIR Tournaments




NAPA SPRING FLING


 <p>Chardonnay April 22 (Weds) Team Scramble</p>	 <p>Eagle Vines April 23 (Thurs) 4-man / 2 best ball</p>
---	---



Fun in Fairfield


4-man / 2 best ball

<p>Paradise Valley May 20 (Weds)</p>	 <p>Rancho Solano May 21 (Thurs)</p>
--	---



Spirings Eternal

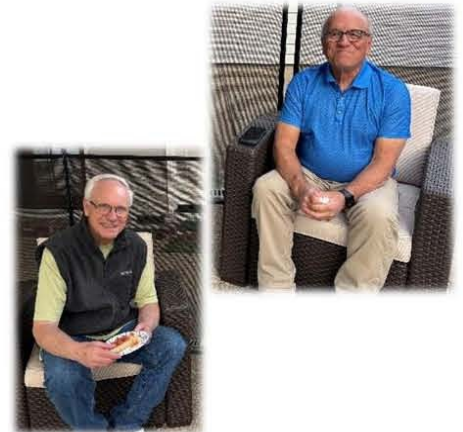
4-man / 2 best ball

<p>East course Jun 24 (Weds)</p>	 <p>West course Jun 25 (Thurs)</p>
--	---

Wine Appreciation Group



What a fantastic turnout for our March 26 gathering! Members enjoyed a delightful evening in the hosts' (Mark & Gayle Shimozaki) backyard pool house, where great conversation flowed as easily as the wines. In addition to an array of wonderfully chosen fine wines and port there were delicious appetizers and tempting desserts. It all added to the festive atmosphere, making it a relaxed and memorable night. Many thanks to our gracious hosts for sharing their beautiful setting, their stories, and of course, the wonderful wines. Cheers to another lovely gathering with such great company!



Next Wine Appreciation gathering will be May 28th and will be hosted by Mark and Debi Wahlman

Dine In – Dine Out Group

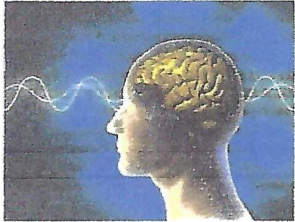


Who doesn't love freshly made pasta and bread? Couple that with locally sourced meats and produce and you have dishes crafted with true Italian passion. I don't know about you, but my palette is ready for this one!

Paul and Lin have chosen Mezzo in Stockton for our SIRS Dine Out experience for April 23rd. An email will be sent to the group in early April with all the details.

Brain Works On the "Late Shift"

Why Sleep Is So Important



The human brain is a dense mass of 170 billion cells. To energize their activities, every active brain cell takes up oxygen and expels carbon dioxide. They also

discharge toxic waste products -- mostly lactic acid, urea, and ammonia. These accumulate during wakefulness and are flushed-out during sleep. This cleansing process involves the cerebrospinal fluid (CSF) that collects the toxins as it moves through the intricate cellular webs throughout the brain. The waste then moves from CSF into the lymphatic system and from there into the circulatory system, where it's eliminated in the urine.

Until recently, physiologists have not known how the brain propels SCF into, around, and out of the brain. Now, Washington University School of Medicine researchers have found that brain waves help flush out waste from the brain during sleep. Nerve cells coordinate their electrical pulsing to produce rhythmic waves that act like "miniature pumps" to power the circulation of CSF throughout the dense brain tissue.

"It's critical that the brain disposes of metabolic waste that can contribute to neurodegenerative diseases if it were to build up," said Jonathan Kipnis,



who directed the recent research. "These findings may point us toward strategies and potential therapies to speed up the removal of damaging waste before it can lead to dire consequences. And enhancing this cleansing process may allow us to sleep less and

remain healthy. Not everyone has the benefit of eight hours of sleep each night. Maybe we could help people living with insomnia by enhancing their brain's cleaning abilities so they can get by on less sleep and also stay healthy."

What 90-Somethings Regret the Most

- ✓ Not cultivating closer relationships with their children.
- ✓ Not putting their children on the right path in life.
- ✓ Not taking risks to be more loving, such as being more open about their feelings for new people or more affectionate with those already in their lives.
- ✓ Not being better listeners; they wish they had been more empathetic and considerate.

What are you wearing?
Love Musk? Moonlight
Jasmine?, Chanel No.5?

Vicks



Okay, we grew old together -- now what?



Membership Report

March

Membership in attendance:	109
Guest in attendance:	2
Percentage of active members in attendance	30%
Total active members:	108
Members Added:	0
Members Reinstated:	0
Members Dropped	0
Members Resigned	0
In Memoriam	1
145 Gregory Soligan	

Stephen Hellmer-Membership Chairman



Financial Report

SIR Branch 145
March 10, 2026

Starting Bank Balance:	\$ 1,402.14
Income	
Lunch receipts	\$ 925.00
10 Memberships Paid	\$ 250.00
50/50 Raffle Pot	\$ 62.00
TOTAL	\$ 1,237.00
Expenses	
Sondra Creative Catering	\$ 796.79
Elks Lodge Rental	\$ 300.00
Juan Ochoa (Award Frame)	\$ 16.23
Temple Gallagher (Newsletter)	\$ 125.00
TOTAL	\$ 1,238.02
Net Gain/Loss	\$ (1.02)
Ending Balance	\$ 1,401.12

Joe Stephens SIR Branch #145 Treasurer
twarrior1945@gmail.com
209 992-1020

2026 ANNUAL DUES

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

If not attending, please mail a check to:

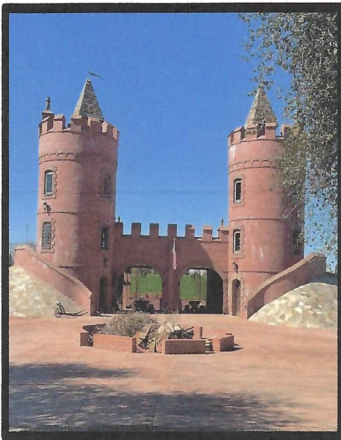
Joe Stephens
P.O. Box 114, Clements,
CA 95227

JOSE GARCIA
Deputy Director of Veterans Services
USMC OIF Veteran

P: (209) 468-2919
P: (209) 468-2918
E: JGarcia2@sjchcs.org

6221 West Ln.
Suite 105
Stockton, CA 95210

VETERANS SERVICES
SAN JOAQUIN
COUNTY
Greatness grows here.

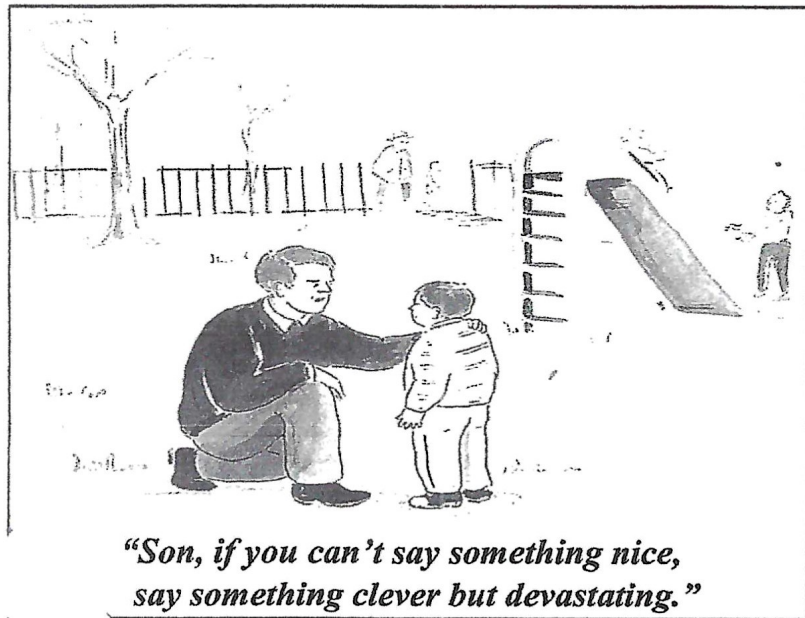


“SIR DINE-OUT”
MAY 22, 2026
5:30 – 9:00 P.M.
At
Castle Noz
 6101 Keyes Rd, Snelling, CA

Tickets are \$50 / person

Send Your Check payable to: S I R
 To: Leonard Zumstein → no later than May 15th, 2026
 2645 Mira Flores Dr. Turlock, CA 95380

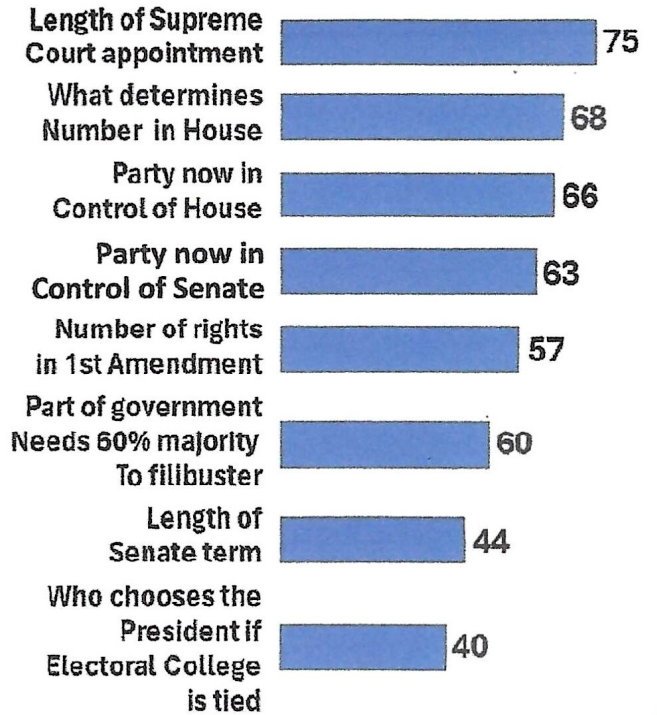
Dinner: Catered by Neto’s
 Tri-tip, Chicken Quarters, Scalloped Potatoes, Green Beans, Salad and Roll
 Beer / Wine / Soda / Water
 Music by: **“No Way Back”** 60s, 70s, 80s band



*“Son, if you can’t say something nice,
 say something clever but devastating.”*

Americans' Civic Knowledge

% Who Knew the Following (per Pew Research)



Words to Live By

Came across this **THINK** mnemonic (on right) and sent it to my wife. She reminded me that these are the words of author Louise Penny’s character Chief Inspector Armand Gamache.

Before Speaking,

THINK!

- Is It T rue?
- Is It H elpful?
- Is It I nspiring?
- Is It N ecessary?
- Is It K ind?

“Speak only if it will improve upon silence.”

—Mahatma Gandhi

*“Three things to consider before speaking:
 Is it true? Is it kind? Does it need to be said?”*

—Socrates

“People will forget what you do, people will forget what you say, but people will never forget how you made them feel.”

—Maya Angelou



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

RETURN SERVICE REQUESTED

2026 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

2026 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

2026 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

SUNSHINE

Mike Lynn

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