

# The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

*A non-profit social organization for men*



**AUGUST 2025**

**“There are no strangers here, only friends that haven’t met”  
—Yeats**

## Big Sir Greeting for August 2025

This is our eighth month of the year and we have had lots of successes during this year.

I would like to thank all the members who in one way or another have participated in the different events that we have had throughout this year.

This month’s meeting, August 12th will be another great meeting with a very informative guest. Matt Rempfer, Operations Manager at the White Slough Wastewater Treatment Facility in Lodi will be our guest speaker. Please come and hear a great talk.

The menu for the August meeting will be Chile Verde, Rice, Beans, Salad, Coffee and Tea. Although Mark Wahlman will be absent we will have his Famous Costco Cookies.

To RSVP your attendance, please call ME (Juan). My phone # is 209-481-5325. Or if you prefer you can text me at the same number, or email me at [JGOCHOA@icloud.com](mailto:JGOCHOA@icloud.com). We need the head count by FRIDAY, AUGUST 8, 2025.

I would like to thank you once again for your support of our Chapter.

Regards,

Juan G. Ochoa, BIG SIR [jgochoa@icloud.com](mailto:jgochoa@icloud.com) 209-481-5325

## **AUGUST SPEAKER**

**Matt Rempfer**

**Wastewater Plant Operations Supervisor  
White Slough Water Pollution Control Facility**

Matt has worked for the City of Lodi for 24 years, 17 years assigned to White Slough. He has been overseeing plant operations since 2022. Matt currently holds a Grade IV Wastewater Treatment license. He believes in teamwork, continued education, positive reinforcement, and empowering subordinate staff to reach their goals. He is a fourth generation Lodi resident. Matt says it gives him fulfillment to be a leader for the city that he grew up in.

## Bulletin Editor Commentary

We had an excellent lasagna luncheon at our July Sir meeting. Our speakers were from the Supervisor of District 4, Steven Ding's office. They were Nicole Goehring and her assistant Gavin. There was much interesting information, such as their restoration and upgrading of the San Joaquin County Historical Museum at Micke Grove Park. They also discussed the problem of copper-wire theft from farmers in SJ County and how they are helping to address the addiction and mental health problems in the county.

The Big Sir also inducted 2 new members, Frank Whitney and Terry Hickey. (Photos enclosed.) There are 2 more new members yet to be inducted into our Branch. We have inducted 4 new members since the first of the year, and more to be inducted. The BEC is actively calling those few members who have not yet paid their dues---so if you are one of them, please contact our treasurer, Joe Stephens.

David Stull, Branch 145 Bulletin Editor



New member Terry Hickey with Big Sir Juan Ochoa



New member Frank Whitney with Big Sir Juan Ochoa



July Speakers from County Supervisor  
Ding's Office-  
Nicole Goehring & Gavin Cline with Big  
Sir Juan Ochoa

# AUGUST

| Date     | Name            | Sir Since |
|----------|-----------------|-----------|
| 08/12/42 | Joe Carruesco   | 07/11/17  |
| 08/09/46 | Frank Flores    |           |
| 08/26/55 | Stephen Hellmer | 04/09/19  |
| 08/15/41 | Raymond Honey   | 09/08/09  |
| 08/27/54 | Hank Klor       | 11/14/23  |
| 08/21/43 | Art Lopez       | 10/08/19  |
| 08/22/54 | Edwin Oyler     | 08/01/22  |
| 08/16/49 | Michael Parson  | 05/10/12  |
| 08/04/52 | Dan Salisbury   | 02/10/15  |
| 08/08/44 | Jim Sepiol      | 01/01/17  |
| 09/02/39 | Paul Wagner     | 10/01/09  |
| 08/07/49 | Paul Wright     | 08/11/15  |



## AUGUST HOLIDAYS & OBSERVANCES

- 08/04 Coast Guard Birthday
- 08/15 Back to School Prep Day
- 08/21 Senior Citizen Day



## Membership Report JULY

|  |                  |
|--|------------------|
| Membership in attendance:                  | 40               |
| Guest in attendance:                       | 3                |
| Percentage of active members in attendance | 30%              |
| Total active members:                      | 120              |
| Members Added:                             | 2                |
|  | 130 TERRY HICKEY |
|  | 91 FRANK WHITNEY |
| Members Reinstated:                        | 0                |
| Members Dropped                            | 0                |
| Members Resigned                           | 0                |



*Stephen Hellmer-Membership Chairman*



Starting Bank Balance: \$ 2,801.51

#### Income

|                 |                    |
|-----------------|--------------------|
| Lunch receipts  | \$ 1,000.00        |
| Pot             | \$ 60.00           |
| Membership Dues | \$ 25.00           |
| <b>TOTAL</b>    | <b>\$ 1,085.00</b> |



#### Expenses

|   |                    |
|---|--------------------|
| Creative Catering (SIR Luncheon)                  | \$ 854.12          |
| Carl Mason State Treasurer (Quarterly Assessment) | \$ 343.75          |
| Temple Gallagher (Newsletter)                     | \$ 125.00          |
| Elks Lodge Monthly Luncheon facility rental       | \$ 300.00          |
| <b>TOTAL</b>                                      | <b>\$ 1,622.87</b> |

Net Gain/Loss \$ (537.87)

Ending Balance \$ 2,263.64

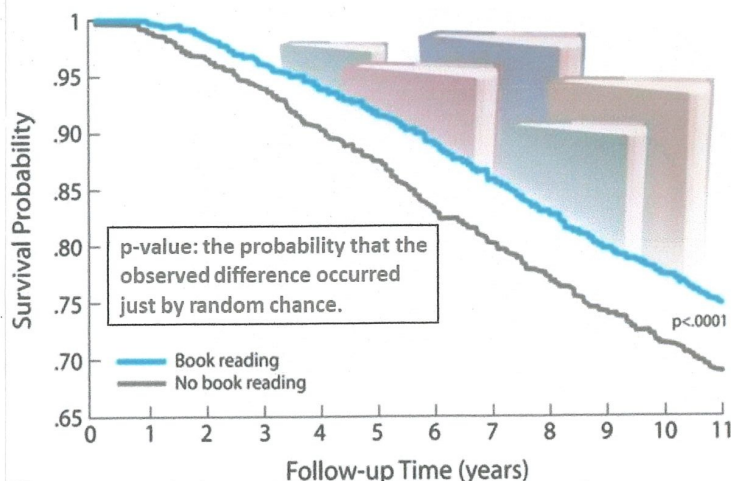
Joe Stephens SIR Branch #145 Treasurer  
twarrior1945@gmail.com 209 992-1020

## 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**



## Up to Two More Years!

## Read Books—Live Longer

Avni Bavishi, Martin Slade, and Becca Levy — epidemiologists at Yale University — compared the longevity of folks who read with those who do not. They documented the reading habits of 3,635 folks over age 50 who segregated into three groups: (1) non-readers, (2) folks who read less than 3.5 hours per week, and (3) folks who read more than 3.5 hours per week. They followed-up with each group for 12 years.

Over the course of the study, the researchers consistently found that both groups of readers lived longer than the non-readers. The readers who read over 3.5 hours a week lived a full 23 months longer [Wow! Nearly 2 years!] than the people who didn't read at all. That extended lifespan applied to all readers, regardless of gender, wealth, education or health factors. That's a **20% reduction in mortality created by a sedentary activity**. That's a big deal, and a very easy fix for improving quality of life in anyone over 50.

“Further, our analyses demonstrated that any level of book reading gave a significantly stronger survival advantage than reading periodicals,” explained the researchers. “This...indicates that book reading rather than reading in general is driving a survival advantage.” They theorize, “The reason books had greater gains [in longevity] than periodicals is the immersive nature of book reading that engages more cognitive faculties.”

As book lovers know, reading involves two major cognitive processes: deep reading, and emotional connection. Deep reading is a slow process where the reader engages with the book and seeks to understand it within their own context and within the context of the outside world. Emotional connection is where the reader empathizes with the characters, and that promotes social perception and emotional intelligence.

[from: *Social Science & Medicine*, Vol. 164, pp. 44-48 (2016); see: <https://doi.org/10.1016/j.socscimed.2016.07.014>]



## FEATURING OUR HARD-WORKING GOLF TOURNAMENT COORDINATOR,

### Bill Rutherford

Bill was born in 1940 and raised on a ranch near Oroville. What is significant is that his ancestors came to the Oroville Area in the 1850s having driven 500 head of cattle from the mid-west, on the Oregon Trail and through the Oregon Pass. Bill grew up on that ranch maintained in his family for many generations.

After finishing High School in Oroville he attended Cal Yuba and got his degree in business. As the Vietnam War was heating up at that time, he decided to join the Air Force in 1963, rather than waiting to be drafted. Never having to serve overseas, he spent 3 years at an Air Force Base near Miami, and then was transferred to the East Coast Airborne Command Post in the New England area. Their job was to maintain The Bombers that were kept in the air at all times, in case of a Russian strike on the US. The theory was that if the United States was bombed, the United States would have the immediate capacity to strike back. (Apparently there was a Central and a West Coast Air Command as well.)

After leaving the Air Force, with his business degree in hand, Bill was hired by State Savings & Loan, which later became American Savings. He was in charge of real estate lending, particularly commercial. (Of course, those of us who have been around Stockton for a while all know what happened to American Savings.) He left American Savings in 1980, before the collapse.

He became a real estate entrepreneur and sold and developed real estate. In the early 1990s Bill joined a commercial loan brokerage company, where he did property surveys for properties that were going into a mortgage pool.

Later he did entitlements for a major shopping center in El Dorado County—at that time living in Plymouth and Lone.

Bill and his wife have 2 children—one deceased—and 5 grandchildren. He and his family spend a great deal of time at a cabin built near Brooks Lake. The cabin is reported to be the oldest continued used lake cabin in California.

You will find attached a photo of Bill and one of his grandsons, who once was a model, and also played high school golf.

Besides golf, Bill's other hobby is sailing, and at one time was Assistant Professor of sailing at Chico State.



**Bill Rutherford & his grandson**

# GOLF TOURNAMENT GREATS!

The golf SIR golf tournament at the Cavanaugh Golf Club, right along the Sacramento River, just outside Elk Grove, was a great tournament with beautiful weather---just right temperature. We had 40 participants. (You will see photos enclosed.)

Honors go to the following:

Roger Richerson and Dan Salisbury tied for low gross team with Lew Baumbach and Matt Normura. (80 and 82 each team.)

Roger Richerson and Lew Baumbach tied for individual low gross 80, which won them \$10 each. Duane Freiberg won low net with handicap---64---\$10.

Team Winners with handicaps:

A FLIGHT---1<sup>ST</sup> PLACE---Pebert Pine and Mark Shimosaki---\$40

2<sup>ND</sup> PLACE---Roger Richerson and Dan Salisbury--\$20

3<sup>rd</sup> Place-----Lew Baumbach and matt Normura---\$10

B FLIGHT----1<sup>st</sup> Place-----Mark Wahlman and Joe Stephens----\$30

2<sup>nd</sup> Place----Ray Schram and Mike Sather-----\$20

3<sup>rd</sup> Place----Andy Bailey and Ernie Lucero-----\$10

C FLIGHT 1<sup>st</sup> Place---Duane Freiberg and Dave Stull-----\$30

2<sup>nd</sup> Place---Rick McCormick and Roger Comesco-\$20

3<sup>rd</sup> Place---Doug Rennels and Dan Cole-----\$10

For more information on the game see below

| 2 man Best Ball  |     |    |    |    | Cavanaugh Flights |     |     |     |    |
|------------------|-----|----|----|----|-------------------|-----|-----|-----|----|
| A Flight         |     |    |    |    | B Flight          |     |     |     |    |
| G                | Hcp | N  | Tm |    | G                 | Hcp | N   | Tm  |    |
| Pebert Pirie     | 84  | 12 | 72 | 66 | Mark Wahlman      | 90  | 15  | 75  | 66 |
| Mark Shimosaki   | 89  | 12 | 77 |    | Joe Stephens      | 90  | 17  | 73  |    |
| Rodger Richerson | 80  | 6  | 74 | 67 | Ray Schram        | 84  | 9   | 75  | 68 |
| Dan Salisbury    | 82  | 8  | 74 |    | Mike Sather       | 95  | 21  | 74  |    |
| Lew Baumbach     | 80  | 9  | 71 | 68 | Andy Bailey       | 90  | 137 | -47 | 69 |
| Matt Normura     | 82  | 9  | 73 |    | Ernie Lucero      | 94  | 14  | 80  |    |
| Gene Davenport   | 89  | 13 | 76 | 68 | Roger Baldwin     | 91  | 14  | 77  | 71 |
| Chuck Argus      | 89  | 13 | 76 |    | Paul Besto        | 86  | 16  | 70  |    |
| Peter Roy        | 83  | 9  | 74 | 69 | Bill Beckman      | 97  | 17  | 80  | 73 |
| Larry Lambert    | 87  | 13 | 74 |    | Doug Fritz        | 103 | 20  | 83  |    |
| Mike Baylor      | 93  | 9  | 84 | 69 | Mike Lynn         | 97  | 15  | 82  | 73 |
| Frank Whitney    | 108 | 20 | 88 |    | Roger Sperrin     | 95  | 20  | 75  |    |
| Felix Moran      | 88  | 10 | 78 | 70 |                   |     |     |     |    |
| Sigurd Anderson  | 81  | 15 | 66 |    |                   |     |     |     |    |
| Neil Altheide    | 91  | 12 | 79 | 74 |                   |     |     |     |    |
| Tom Taberno      | 91  | 13 | 78 |    |                   |     |     |     |    |
| C Flight         |     |    |    |    |                   |     |     |     |    |
| G                | Hcp | N  | Tm |    |                   |     |     |     |    |
| Duane Freiberg   | 85  | 21 | 64 | 59 |                   |     |     |     |    |
| Dave Stull       | 113 | 36 | 77 |    |                   |     |     |     |    |
| Rick McCormick   | 86  | 10 | 76 | 63 |                   |     |     |     |    |
| Roger McCormick  | 99  | 26 | 73 |    |                   |     |     |     |    |
| Doug Rennels     | 90  | 9  | 81 | 64 |                   |     |     |     |    |
| Dan Cole         | 97  | 26 | 71 |    |                   |     |     |     |    |
| Art Lopez        | 100 | 17 | 83 | 65 |                   |     |     |     |    |
| Rudy Rodriguez   | 104 | 26 | 78 |    |                   |     |     |     |    |
| Bill Hye         | 91  | 12 | 79 | 65 |                   |     |     |     |    |
| Rick Okasaki     | 96  | 27 | 69 |    |                   |     |     |     |    |
| Angelo Sabazo    | 92  | 17 | 75 | 69 |                   |     |     |     |    |
| Epi Saucedo      | 113 | 23 | 90 |    |                   |     |     |     |    |

CTP#8 -Frank Whitney--41'3" . \$10

CTP #17-Mark Shimosaki--2'0" Mde the putt \$15

Low Gross-Richerson, & Baumbach @80 \$10

Low Net-Freiberg @ 64 \$10





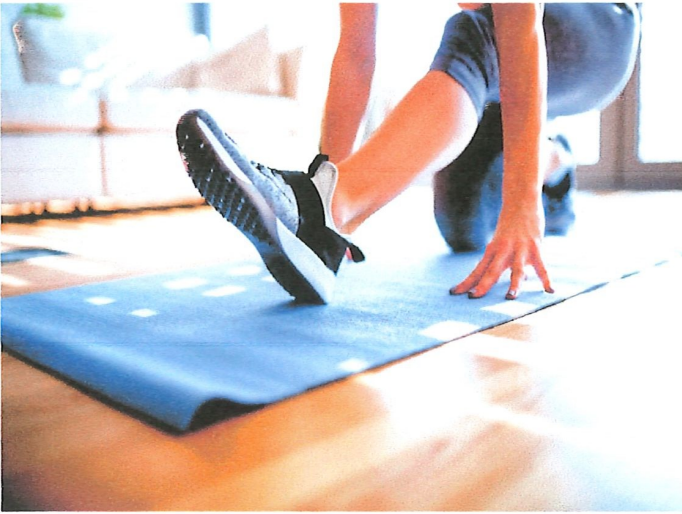






## Benefits of Morning (or Any) Exercise

# 5 Workouts Worth Trying — Why Not Today!?



Exercise physiologists have found a beneficial phenomenon: folks who perform moderate-to-vigorous exercise between 7 and 9 a.m. have a lower body mass index (they're leaner) than those who work-out midday, afternoon, or evening.

There are few things folks can do that have as positive an impact on physical and mental health as exercise. Body movements come with upsides like lowering blood pressure, boosting brain function, and reducing the risk of disease. Regular exercise makes most day-to-day activities — walking, grocery shopping, gardening, climbing stairs, or playing with grandkids — a little easier and thus more enjoyable.

A recent feature highlighted these benefits and offered five types of morning workouts folks can do anywhere, since they are all performed without

equipment. Explanations and videos of these options are available at <https://nicenews.com/health-and-wellness/morning-exercise-benefits-workouts/>. They include the following:

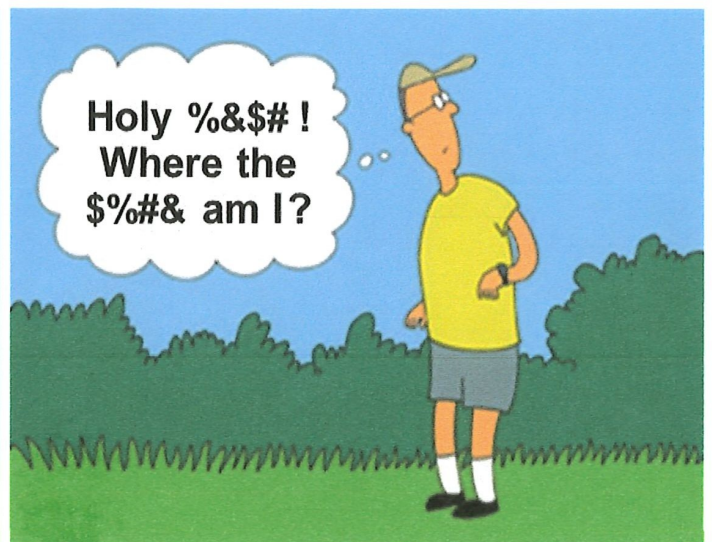
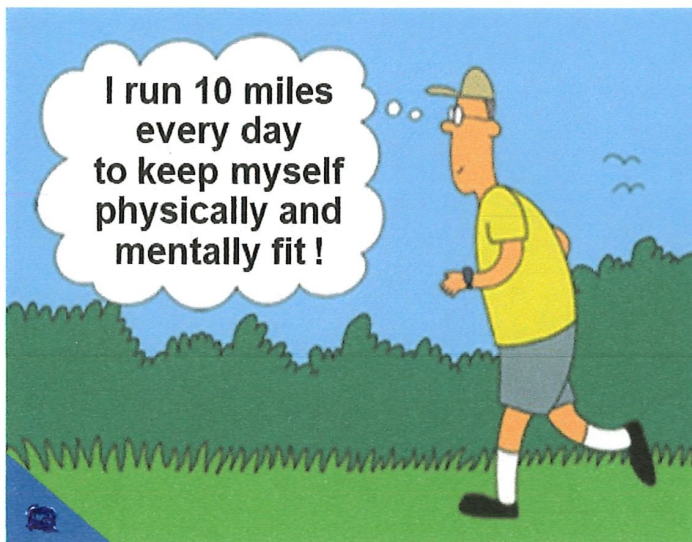
**Stretching** is more than just a warmup exercise. The 15-minute stretching routine is a genuine workout. It improves flexibility, mobility, and relaxation. This non-intimidating option leaves folks feeling fantastic.

**Stairs** are all the “equipment” folks need to engage in a vigorous workout. Pushups, planks, toe taps, and bursts of cardio are all rendered extra effective when paired with stairs. (Make sure there's a railing!)

**Yoga** not only gets the heart pumping, muscles contracting, and the body sweating, these postures and breathing exercises also produce feelings of peacefulness and tranquility.

**HIIT** (High Intensity Interval Training) combines brief intervals of all-out exertion between quick rest periods. It provides both cardio conditioning and strength building.

**Plyometric Exercise** comprises repeated muscle stretching and sudden contraction. It involves short bursts of concentrated effort, utilizing speed and force. The custom workout provided includes 5 plyometric exercises that can be modified for all fitness levels, that folks can enjoy at their own pace and intensity, and that can be completed in 10 minutes.



Where are our golfers??

SIR Golf's Annual  
Mixed Scramble  
AT Elkhorn CC

So Far I have 12 signed up!!

August 11 (**Monday**) with a shotgun start at 8:30

The \$50 cost includes green fees, cart, and \$\$\$ prizes.  
*Call: Bill Rutherford @ 916-995-6079*

*Ray Honey @ 209-329-9482*

*Jackie Healy @ 209-470-6686*

\* \* \* \* \*

Application to Sir Mixed Scramble. August 16 at Elkhorn CC

Name \_\_\_\_\_ Lady Partner \_\_\_\_\_

Playing partners \_\_\_\_\_ & \_\_\_\_\_

Checks made to SIR golf, and Mailed to  
Bill Rutherford, 1067 1st Avenue, Walnut Grove, CA 95690  
Signup by Aug 4, Pay by Aug 6



# SIRS Wine Appreciation



Our July Wine Appreciation Group was hosted by Jim & Karen Sowers in their beautiful backyard in Acampo. Jim strategically chose wines from neighboring vineyards/wineries and they were all great. Guests brought their favorite appetizers and (more) wine, and a simple summer faire of sandwiches and potato salad was served with homemade peach cobbler and ice cream for dessert.

*Thanks Jim & Karen for the lovely evening.*



*The next Wine Appreciation Group meets September 25<sup>th</sup> and will be hosted by Paul Wright and Lin Defilippi. Watch for an email in early September with more details.*

## 2025 schedule of hosts

| Date               | Host                        |
|--------------------|-----------------------------|
| 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](mailto:marydias214@gmail.com) or call/text 209-210-0082. Group meets six e times per year (January, March, May, July, September & November)

Mary & Dave Dias, Wine Appreciation Group Coordinators

## SIRS Dine In ~ Dine Out Group



The August 28<sup>th</sup> SIRS Dine In ~ Dine Out Group will be hosted by Mike and Lori Lynn at their home. More information will be emailed to members in early August.

The SIRS Dine-In Dine-Out Group is for those interested in trying new restaurants or who enjoy cooking. It's an opportunity to socialize and meet other couples in SIRS. The responsibility of the hosts involves choosing a restaurant or cooking in their home. If you are interested in joining the group, please reach out to [debiwahlman@hotmail.com](mailto:debiwahlman@hotmail.com). Group meets five times per year (February, April, June, August & October)



# **16 NIGHT HAWAIIAN ISLANDS CRUISE ABOARD THE RUBY PRINCESS**

**SAILING ROUND TRIP  
SAN FRANCISCO  
OCTOBER 23-NOVEMBER 8, 2026**

## **PORTS OF CALL**

Hilo, Big Island/ Kahului, Maui/ Honolulu, Oahu  
Nawiliwili, Kauai and Ensenada, Mexico

## **THE RUBY PRINCESS**



**\*\*Add the Princess Plus Package for \$960 per person  
Includes: Beverage package, WiFi, Crew appreciation, Premium  
desserts (2 per day), Fitness classes (2 per cruise) and unlimited Juice Bar, 2 Casual  
Dining meals per guest, Room service delivery\*\***

**BOOK BY JULY 1, 2025 AND RECEIVE A \$150 PER PERSON DISCOUNT!**

**ESCORTED BY JOHN CARDOZA (209) 483-7722 cell**





**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  
**ANECOTALIST**  
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