

# The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

*A non-profit social organization for men*



**FEBRUARY 2026**

**REMEMBER YOUR VALENTINE!**

## January and February Chapter Updates

### Welcome Members

We are excited to share that we began the New Year with a very successful meeting. Our January 2026 gathering welcomed a total of 63 members and guests, marking a great start to the year.

### Membership Recruitment Efforts

To help grow our chapter, we purchased 50 yard signs intended to be placed in front of our homes or in other locations where we have permission. These signs are designed to help recruit new members, and I am hopeful that they will make a positive impact. I have noticed that some signs have already been taken, and others are proudly displayed in yards. Thank you to everyone who is participating in this effort.

### Spring Picnic Fundraiser

We have started planning our best fundraiser of the year: the Spring Picnic! This event is scheduled for Tuesday, May 12, 2026, and will begin at 11:00 AM at Micke Grove Park. This year, we will be serving Lockeford Meats' Dakota Smoke Sausages with all the trimmings, salads, and your favorite condiments. In addition to delicious food, there will be several new activities including horseshoes, whiffle ball golf, croquet and bingo for everyone to enjoy, ensuring a grand time for all attendees.

### Upcoming February Meeting

Our next meeting will take place on Tuesday, February 10, 2026. This meeting is especially important and promises to be very interesting. Our speaker, Anthony Butera—Area 18 Representative—will join us to share valuable knowledge about investments and IRS returns. Be sure not to miss this informative presentation.

### February Meeting Menu

The February meeting will be held at The Elks Lodge, 8900 Thornton Road, Stockton, CA, starting at 11:00 AM. The menu will feature Italian Baked Chicken, Penne Pasta with red sauce, vegetables, garden salad with dressing, French Garlic bread, coffee, iced tea, and everyone's favorite dessert—Mark's Cookies. Please share and remember to take only one cookie.

**RSVP Information** To ensure we have an accurate head count and can manage luncheon costs, please RSVP as soon as possible. Contact Mark Wahlman by phone at 209-327-7335 or by email at [mwahlman@comcast.net](mailto:mwahlman@comcast.net). **AT THE JANUARY MEETING, MANY MEMBERS DID NOT RSVP, RESULTING IN A SHORTAGE OF FOOD SO THE KITCHEN HAD TO SCRAMBLE.**

The last day to RSVP is Friday, February 6, 2026, no later than 5:00 PM. Your timely response is greatly appreciated. THANK YOU!!

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

# FEBRUARY BIRTHDAYS

Date	Name	Sir Since
02/01/37	Jon Foucrault	09/10/24
02/05/47	Gary Greider	04/23/10
02/05/54	Rich Hanner	08/10/21
02/10/46	David Haro	01/01/22
02/20/47	Larry Lambert	02/11/14
02/12/36	Whitey Rasmussen	09/01/19
02/27/43	Gregory Soligan	04/12/22



## FEBRUARY HOLIDAYS & OBSERVANCES

02/02	Groundhog Day
02/08	Super Bowl Sunday
02/12	Lincoln's Birthday
02/14	Valentine's Day
02/16	President's Day
02/18	Ash Wednesday





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

# SPOTLIGHT ON NEW MEMBER

## FRANK WHITNEY

Frank Whitney, who joined our SiR branch in July of last year, was born in 1944 in Brawley, California, in the sprawling, hot, agricultural region of the Imperial Valley south of Palm Springs. His parents moved to Long Beach when Frank was 5 years old, where he graduated from high school, and acquired a journalism degree from Long Beach City College. While in High School Frank also worked on his high school newspaper.



Frank joined the US Marine Corp in 1964, right in the midst of the Viet Nam war, but served in a combat battalion for only a few months, where he advanced to Sargent, but then he was granted the position of a combat correspondent for the Marine Corp. After returning to the States, he became the Public Affairs CEO for the Yuma Marine Corp Station in Yuma, Arizona. He moonlighted at night at a radio station, where he was the disk jockey, but also did some of the news.

While still in the service, he, and some other service members visited a Club on Hollywood Boulevard called The Haunted House, and there met his soon to be wife, Barbara, as they “danced the night away”. After 6 dates, Frank and Barbara married in 1968, and have continued a long and successful marriage with 3 children, 9 grandchildren and 2 great-grandchildren.

Frank worked for the Orange County Register newspaper for a short time, but really wanted to get back into Broadcasting. After answering an ad for a newscaster at KJOY radio, in Stockton, he was immediately hired in 1969. (Many of you may remember the large KJOY sign on the historic Stockton Hotel at the corner of Center and Weber.)

In 1971 Frank was offered the position of News Editor at the Lodi Sentinel, where he worked until 1978. Frank later created his own Public Relations Agency, with one of his clients being the Lincoln Shopping Center where he published the Lincoln Center Chronicle for 6 years, but his biggest client became the Lawrence Livermore Lab where he did community outreach and public relations.

During this time, while serving on the Board of the Better Business Bureau (the BBB) he was asked to take over as chief Executive Officer, where he increased the subscribers from 500 to 1700 and revenue from \$140,000 to \$700,000. He also served the BBB nationally, and retired in 2013.

Frank has been a long time Rotarian (since 1981) and he and his wife are members of St. Andrews Lutheran Church, right east of the Penny’s store.

Frank is a great addition to our SIR Branch, and has much to contribute to SIR 143.

## BULLETIN EDITOR COMMENTARY

Our January luncheon was well attended, and we received much helpful information from Jose Garcia, where he serves as head of the San Joaquin County Veterans Affairs Office. Since he came to San Joaquin County from Stanislaus County, he has beefed up the Veterans services in this county, with additional staff and services.

At our BEC meeting, after the regular meeting, we again noted that we now have a volunteer to act as our SUNSHINE CHAIRMAN. Mike Lynn has volunteered to take that position, which means that he will send cards or notes or make contact with those SIRS in Branch 145 who are ill, have had a major surgery or an accident, and also to offer our condolences to the families of those members who are recently deceased.

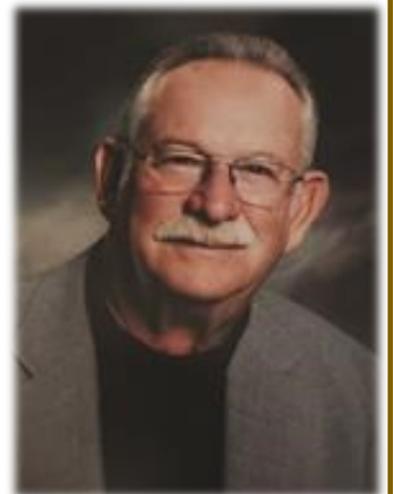
On that note, we should mention two long time SIR members, Al Furr, who passed on this past September. He served several offices and was a past Big SIR. Also we should remember Robert Gorbet. He was a past Big SIR and a Honorary Life Member. Who passed away on December 24<sup>th</sup>. His obituary is attached.



**ONE MORE THING---LET US NOT FORGET TO MAKE OUR LUNCHEON RESERVATION BY FEBRUARY 6<sup>TH</sup> FOR OUR FEBRUARY LUNCHEON.**

### ROBERT GORBET

Robert (Bob) was born June 23 1942 to parents Joe and Alberta in Compton California. He sadly passed away December 24. Bob retired from Lodi Fire Department in 1995 after 28 years. He enjoyed 30 years of retirement joining Oddfellows lodge and Sons in Retirement (SIRS). Bob loved cooking and planning dinners with Oddfellows and yearly picnics with SIRS. He received many compliments for his chili beans (which came from multiple cans) and potato salad (doctored from Costco). He enjoyed many camping trips to Bridgeport and Bodega Bay. Also yearly golf trips with SIRS. Robert is survived by his brother Dave (Jane) from Santa Barbara and nephews Scott and Brad. His sons Craig (Tina) and Brian (Cendy). Granddaughters Kaitlin (Manny) Arianna and grandsons Jonathan and Nathan. Also Craig and Brian's mother Charlotte. Robert will be missed by his wife Peggy of 32 years. He so easily became Pop to Peggy's daughters Sheila (Michael) and Paula (Tim). Loving grandpa to Madeline (Eric) and Willow, Layla (Caden) ,Shawn and Shane. So blessed to be Papa to great granddaughter Bonnie Anna. So many special people including Sonny and best friends John and Tony who still reminisce golf and fishing trips.



I want to thank Vienna and Hospice for all their wonderful care.

A memorial will be planned for a later date so out of town family may attend.

**MONDAY:** It's fun to cook for Jerry. Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbors were nice enough to loan me some extra bowls.

**TUESDAY:** Jerry wanted fruit salad for supper. The recipe said serve without dressing. So I didn't dress. What a surprise when Jerry brought a friend home for supper.

**WEDNESDAY:** A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath anyway. I can't say it improved ! the rice any.

**THURSDAY:** Today Jerry asked for salad again. I tried a new recipe. It said prepare ingredients, lay on a bed of lettuce one hour before serving. Jerry asked me why I was rolling around in the garden.

**FRIDAY:** I found an easy recipe for cookies. It said put the ingredients in a bowl and beat it. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.

**SATURDAY:** Jerry did the shopping today and brought home a chicken. He asked me to dress it for Sunday (oh boy). For some reason, Jerry keeps counting to ten.

**SUNDAY:** Jerry's folks came to dinner. I wanted to serve roast but all I had was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

**GOOD NIGHT DEAR DIARY.** This has been a very exciting week. I am eager for tomorrow to come so I can try out a new recipe on Jerry. If I can talk Jerry into buying a bigger oven, I would like to surprise him with chocolate moose.



**But...Only If Folks Wear Them!**

## Live Longer by Using Hearing Aids to Restore Lost Hearing

A new study finds that restoring hearing loss with hearing aids can lengthen folks' lives.

40 million US adults have hearing loss, that's one of every eight people. Research shows hearing loss, if left untreated, can increase the risk of frailty, falls, social isolation, depression and cognitive decline. Researchers have found that even people with mild hearing loss, if left untreated, double their risk of developing dementia.

Starting with data from the *National Health and Nutrition Examination Survey*, a large nation-wide study, Janet Choi and her colleagues tracked the status of 1,900 adults found to have hearing loss, plus the participants completed questionnaires that documented their hearing aid use.

The findings: folks who used their hearing aids regularly had a

24% lower risk of death. In their published paper, the researchers discussed how hearing aid use increases longevity. They believe folks who regularly use hearing aids are also more likely to stave off isolation, remain more active or have reduced risk of falls, which could explain the increased longevity. The effect held up even when the researchers accounted for differences in age, ethnicity, education and medical history.

Choi recommends new users wear their hearing aids every day for 30 consecutive days to get used to them. "Hearing loss is an invisible problem, and it happens gradually, so it takes time for you to get used to hearing aids and then get the benefit," says Choi.

[see: <https://www.npr.org/sections/health-shots/2024/01/04/1222770525/hearing-aids-hearing-loss-longevity-life-span-restoring-hearing?>]



**"I'M JUST SAYING, MAYBE YOU SHOULD HAVE GONE WITH MORE EXPENSIVE HEARING AIDS."**



## Membership Report January

Membership in attendance:	59
Guest in attendance:	4
Percentage of active members in attendance	60%
Total active members:	109
Members Added:	2
	9 JIM JACOBSON
	67 RUSSELL TAKEDA
Members Reinstated:	0
Members Dropped	0
Members Resigned	1
	102 EPI SAUSEDI
In Memoriam	1
	81 ROBERT "BOB" GORBET

*Stephen Hellmer-Membership Chairman*

## GOLF RENEWAL TIME



**2026 dues are now payable**  
**SIR Golf annual dues**

Including NCGA (\$49)

**DUE December 31st**

**Total due is \$55 payable to SIR GOLF**

**c/o Bill Rutherford**  
**1067 1st Avenue**  
**Walnut Grove, CA 95690**



## Financial Report

SIR Branch 145

January 15, 2026

Starting Bank Balance: \$ 849.04

### Income

Lunch receipts	\$ 1,875.00
Unidentified income	\$ 250.00
Memberships Paid	\$ 875.00
50/50 Raffle Pot	\$ 80.00
<b>TOTAL</b>	<b>\$ 3,080.00</b>

### Expenses

Sondra Creative Catering	\$ 1,262.80 *
Elks Lodge Rental	\$ 300.00 *
San Joaquin County Parks (Micke Grove Picnic reservation)	\$ 360.00
SIR Inc. (Quarterly Assessment fee)	\$ 307.80
Bank Checks	\$ 32.95
David Stull (Printer ink for newsletters)	\$ 105.61
Gary Greider (Christmas lunch refund for non participation)	\$ 100.00
Temple Gallagher (Newsletter)	\$ 125.00 *
<b>TOTAL</b>	<b>\$ 2,594.16</b>

Net Gain/Loss \$ 485.84

Ending Balance \$ 1,334.88

*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**

# Lodi-Stockton SIR Golf 2026 Schedule

Draft-12/4<sup>5</sup>

Date	Course	Format	Cost/timing	Start/type	Host	Other comments
Feb 25	<b>Manteca</b>	<b>2 man scr + skins</b>	<b>\$46</b>	<b>9:00 T/T</b>	Bailey / Lucero	
March 18	<b>Wildhawk</b>	2 mn scramble	\$60	8:32 T/T	Mike Lynn & Roger SP	
April 15	<b>La Contenta</b>	2 man Scr	60	9:00 T/T	Salisbury/ Richerson	
May 13	<b>Reserve</b>	2 man scramble	\$63	9:00 T/T	Besto & Baldwin	
June 10	<b>Micke Grove</b>	4-man blind draw	\$60	8:30S/G	Baumbach/Nomura	
July 15	<b>Cavanaugh</b>	2 man BB + skins	??	9:06 Ss/G	Trunnell/ Davenport	
August 12	<b>Teal Bend</b>	??	\$55	9:00S/G	hosts needed	
Sept 9	<b>Castle Oaks</b>	2 man BB	\$65	9:00??	Roy & Fritz	
Oct 8	open					
Oct 21	<b>Micke Grove</b>	2 man BB Finale	\$60	8:30S/G	Amos & Addington	

Golf Reps: Bill Rutherford 916-995-6079

## *2026 Season Opener* SIR Golf at **Manteca Park GC** 305 N Union Road, Manteca, 209-825-2500

**When** -Wednesday, February 25, 9:00, Teetime start  
Hosts- Andy Bailey & Ernie Lucero

**Format** -4 man scramble.

**Tees** - We will be playing the Red tees at 5,588 yards (Below)

**Cost** \$50, Payable in advance

If you need a team, **sign up early** so I can match!!!

**Sign-up by February 18. Pay by Feb 21**

Note. Manteca Park GC wants everyone there at least 1/2  
hour before tee time. **Be There!!**

**Note: -\$5 late charge if fees paid after Feb 18**

\* \* \* \* \*

Application to Manteca Park tournament, February 25. \$50 payable to SIR  
Golf, to Bill Rutherford  
1067 1st Avenue, Walnut Grove, CA 95690

Name \_\_\_\_\_

Partner \_\_\_\_\_

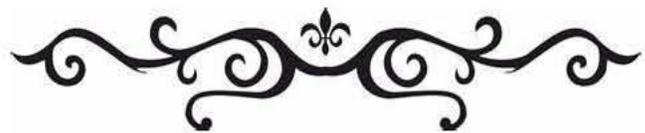
Partner \_\_\_\_\_

Partner \_\_\_\_\_

## Wine Appreciation Group

At our January wine gathering, we embraced a little *joie de vivre* with a French-inspired menu and deep, bold red wines that delivered from the first sip to last. The evening was lively, filled with great conversation, shared stories and finished on a high note with a lovely port. A perfect warm finale to memorable night.

Hosted by Dave and Mary Dias



**Next Wine Group gathering will be March 26, 2026, hosted by Mark & Gayle Shimosaki**

*The SIRS Wine Appreciation Group is for those interested in tasting wines and enjoying a social gathering in the home of the hosts. Currently we are not adding any new members but will assist with starting another group; please reach out to Dave Dias or Paul Wright if you are interested.*



**El Pazcifico**  
**MEXICAN GRILL**  
& **Cantina**

## Dine In – Dine Out Group

Dust off your sombrero because Mark & Gayle Shimosaki have a fun Dine Out night planned for February 26th at El Pazcifico Mexican Grill & Cantina in Lodi. El Pazcifico offers only the best authentic Mexican food in Lodi and they have amazing margaritas.

**An email will be sent to the Dine In/Out Group members with more details.**

*The SIRS Dine In – Dine Out Group is for those interested in dining out or hosting dinner in their home. Hosts are responsible for choosing the venue and making the reservations (if applicable.) Currently we are not adding any new members but will assist with starting another group; please reach out to Dave Dias or Paul Wright if you are interested.*



**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