

# The Grapevine

Tokay SIR Branch 145 Newsletter

*A non-profit social organization for men*



## FEBRUARY 2025—Remember Your Valentine

### Big Sir

GREETINGS TO ALL BRANCH 145 MEMBERS,

I would like to thank all the 52 members, and their 8 guests for attending the January 14, 2025, meeting. I would like to thank Epi Saucedo, and Angelo Sebazco, for sponsoring three new members. Also, a big thank you to Mark Wahlman, and Bob Stewart, for having potential new members as their guests at the January meeting.

I would like to thank our caterer, Sondra Ryan, for making our meeting possible. We had 42 members RSVP, but ended up with 60. Ms. Ryan quickly started cooking additional food for all of us. It was a great meal. Thank you Ms. Ryan.

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Please note: Next meeting is on Tuesday, February 11, 2025, at 11:30 AM, at The Elks Lodge in Stockton. Please RSVP to: JUAN OCHOA CALL OR TEXT AT PHONE: 209-481-5325, E-MAIL AT: [jgochoa@icloud.com](mailto:jgochoa@icloud.com) DATELINE FOR RSVP IS: FRIDAY, February 7, 2025, BY NO LATER THAN 5:00 PM, SO I CAN CALL THE CATERER BY 6:00 PM WITH THE FINAL COUNT. Cost of the lunch is \$25. **IF YOU DO NOT RSVP, BUT JUST SHOW UP FOR LUNCH, THE COST WILL BE \$28.**

MENU: GRILLED OR SMOKED TRI-TIP, GARLIC MASHED POTATOES, SEASONAL VEGETABLES, CEASAR SALAD, BREAD, BUTTER, COFFEE, ICE-TEA, AND YES, MARK’S FAMOUS COSTCO CHOCOLATE CHIP COOKIES.

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The cost for this year membership is still \$20.00 for the year, payable by check or cash to Joe Stephens, treasurer, checks make PAYABLE TO: SIRS 145. **The fee is due by no later than Tuesday, March 11, 2025, if paid after March 11, 2025, the fee will be \$25.00.**

.....  
We’ve had three successful meetings, I’m looking forward to a great meeting on Tuesday, February 11, 2025, so please RSVP, and join us for a great get-together, great food, and a great speaker on how to navigate the complexities of the health care system as we age.

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



## BULLETIN EDITOR COMMENTARY

Each month I produce a list of all the birthdays for the month. For some we have the date of birth---for others we do not. If you do not mind, if you could share your full date of birth, then I can include that in the Bulletin. **Email your DOB to [djstull43@yahoo.com](mailto:djstull43@yahoo.com)**

We can all remember the fire victims in Southern California, and be thankful for the fine weather we have been having here in the month of January---but we need some more rain for sure.

If you run across any articles that you would like included in the Bulletin, please email them to me at the above address.

**Our speaker** for February happens to be my wife, Diane (Dee) who has much experience working as a Patient Advocate for individuals. She works with their doctors, attorneys, insurance companies, healthcare agencies, nursing homes and care givers to make sure all patients get the proper care and benefits that they need.

Diane has a B.A. in English from the University of Kentucky, an Education Certificate, and also is a graduate of a California course on Alzheimer's and Dementia.

You likely will receive much helpful information by her talk in February.

David Stull, Bulletin Editor---Branch 145



Our President with our  
January speaker—  
the County Registrar of Voters



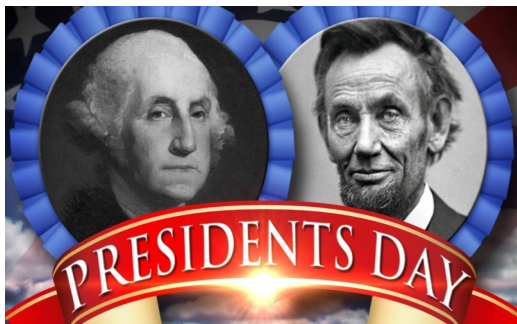
# HAPPY BIRTHDAY

## FEBRUARY

01/04/36	Reno Berbano
02/ /37	John Faucet
02/ /47	Gary Greider
02/ /54	Rich Hanner
02/ /48	David Haro
02/25/47	Gerald Johnson
02/ /47	Larry Lambert
02/12/36	Whitey Rasmussen

### February Holidays & Observances

02/02	Ground Hog Day
02/09	Super Bowl Sunday
02/14	Valentines Day
02/17	Presidents Day



### Membership Report JANUARY

Membership in attendance:	51
Guest in attendance:	4
Percentage of active members in attendance	41%
Total active members:	125
Members Added:	0
Members Reinstated:	0
Members Dropped	0
Members Resigned	0

### *Stephen Hellmer-Membership Chairman*



### Financial Report SIR Branch 145 January 14, 2025

<b>Starting Bank Balance:</b>	\$ 1,694.51
<b>Income</b>	
Lunch receipts	\$ 1,501.00
Pot	\$ 57.00
Membership Dues	\$ 660.00
<b>TOTAL</b>	<b>\$ 2,218.00</b>
<b>Expenses</b>	
Lunch Guests	\$ 125.00
1st Quarter State Assessment	\$ 343.75
Creative Catering	\$ 893.50
Elks Lodge facility rental	\$ 300.00
Micke Park Picnic Reservation	\$ 360.00
<b>TOTAL</b>	<b>\$ 2,022.25</b>
<b>Net Gain/Loss</b>	<b>\$ 195.75</b>
<b>Ending Balance</b>	<b>\$ 1,890.26</b>

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



# Results of New Clinical Study "Mindfulness" Proves as Effective as Antidepressant Drug

The highly respected National Institute of Mental Health (one of the U.S. National Institutes of Health) recently completed a clinical study that compared the effectiveness of mindfulness-based stress reduction with that of the widely prescribed antidepressant drug *Lexapro* (generic: escitalopram). An independent review of the study pointed-out its "properly-randomized design," "significant sample size," and "judicious implementation" that produced results with a "high level of validity and significance."

## ***What is it, exactly?*** **Primer on Mindfulness,**

The clinical investigators published the results of the study in the prestigious, peer-reviewed *Journal of the American Medical Association*. At the midpoint of the study (4 weeks), the escitalopram-treated group enjoyed a greater antidepressant effect than the mindfulness treated group. Then, by the end of the study (8 weeks) there was no significant difference between the escitalopram and mindfulness groups.

The medicated groups experienced a high incidence of side effects — 110 people (79%) reported at least one adverse effect while only 21 (15%) of the mindfulness group reported any adverse effect.

[see: <https://www.medpagetoday.com/psychiatry/anxietystress/112321> and <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2824672>]

## The "Who?" "Why?" & "What?" of Depression

**Who** Serious depression affects 6% of women and 4% of men worldwide. Clinical depression, medically called "depressive disorder," is different from the normal mood changes and feelings of everyday life. A shocking 14% of folks age 65 and older suffer from mild, moderate, or severe depressive disorder. Depression can happen to anyone.

**Why** Folks who are more likely to develop depression include those who have lived through adversity or neglect in childhood; mental and physical abuse; bereavement and other severe losses; other stressful and/or traumatic events (e.g., financial difficulties; serious medical diagnosis or catastrophic injury; unemployment; stress from home life, work, or military service); family or marriage problems; and poor environments and life options (e.g., substandard housing or education, low social standing, and even lack of green space). Adolescents may be especially prone to experiencing a depressed mood following social rejection, peer pressure, or bullying.

**What** Depressive disorder affects folks' thoughts, behavior, feelings, and sense of well-being. They have a depressed mood and lose the motivation, interest, and/or pleasure in activities and experiences for long periods of time. Sufferers with depression may experience worries, fears, or anxiety; feelings of sadness, dejection, or hopelessness; irritability; restlessness; heart palpitations; a sense of impending danger, panic, or doom; difficulty thinking, concentrating, or making decisions; significant changes in physical activity, appetite, or time spent sleeping; and suicidal thoughts. Depression can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at home, school, and work.



## Be Prepared to “Pull the Plug”

# Will Artificial Intelligence Always Be Friendly to Humans or Could It Become Hostile?



Former Google CEO Eric Schmidt concludes that computers will soon be able to make their own decisions — and humans will need to know when to pull the plug. Schmidt expects to see computers that can run “on their own, deciding what they want to do.” Currently, developers are focused on software that can complete complex tasks autonomously — but the technology will have “more powerful goals.”

“Eventually, you say to the computer, ‘learn everything and do everything,’ and that’s a dangerous point,” Schmidt said. “When the system can self-improve, we need to seriously think about unplugging it.” Asked if an AI system that is powerful would have the ability to counter efforts to shut it down, Schmidt said, “in theory, we better have somebody with a hand on the plug.”

As AI becomes more intelligent, “each and every person is going to have the equivalent of a polymath in their pocket,” Schmidt said, but it’s not clear “what it means to give that kind of power to every individual.” There is a concern now that a company racing to develop AI will decide to skip steps in safety testing, Schmidt said, and end up releasing a system that is harmful.

The former Google leader said

governments are “not yet” doing what they need to do to regulate AI on the way to superintelligence, but that “they will, because they’ll have to.”

Meanwhile, Schmidt said although he personally thought the U.S. was “a couple of years ahead of China,” the country has been able to catch up in the last six months despite efforts by both the Trump and Biden administrations to curb advanced chips and other technologies from entering China.

“It is crucial that America wins this race, globally and in particular, ahead of China,” Schmidt said.

The incoming administration “will be largely focused on China versus the U.S.,” Schmidt said, adding that it “is a good thing,” and that as long as the U.S. values individual freedom, “we should be okay.”

## Mindfulness

is the practice of being fully and completely focused in the present moment without judgment by not allowing the mind to wander, not getting lost in or reacting to thoughts about the past or future, and coming back to the present.

This helps many people enjoy life more fully, because they genuinely experience every moment, rather than getting distracted.

Distinct shifts take place in the body and the mind. Many folks experience positive health benefits. While the mechanisms by which mindfulness improves health are not fully understood, several factors are important.

### **Attention regulation**

Sustained attention produces positive emotions that support good health.

### **Body awareness**

Improved body awareness yields better emotional awareness and control.

### **Altered perception**

When folks see themselves as fluid and changing, this perception can significantly improve mental health by fostering a more adaptable and positive outlook on life.

### **Emotional regulation**

The ability to dampen unhealthy reactions to emotions avoid the negativity that can be unhealthy.



# Lodi-Stockton SIR Golf 2025 Schedule

Draft

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

Golf Reps: Bill Rutherford 916-995-6079

## SIR Branch 145

### Calendar 2025 Activities Schedules Submitted for BEC Approval

Month	Member/BEC	Picnic	Holiday Lunch	Dine In/Out	Wine Appreciation	Golf
January	1/14/2025				1/23/2025	
February	2/11/2025			2/27/2025		2/19/2025
March	3/11/2025				3/27/2025	3/10/2025
April	4/8/2025			4/24/2025		4/16/2025
May		5/14/2025			5/22/2025	5/14/2025
June	6/10/2025			6/26/2025		6/11/2025
July	7/8/2025				7/24/2025	7/16/2025
August	8/12/2025			8/28/2025		8/11/2025
September	9/9/2025				9/25/2025	9/10/2025
October	10/14/2025			10/23/2025		10/8/2025 10/29/2025
November	11/11/2025				11/13/2025	
December			12/10/2025			



**2025 Season Opener**  
**SIR Golf at**  
**Manteca Park GC**

**305 N Union Road, Manteca, 209-825-2500**

**When** -Wednesday, February 19, 9:00, Teetime  
**Hosts-** Brad Dickey & Mike Parson

**Format** -4 man SHAMBLE with two 2-man teams.

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

**Cost** \$46, Payable in advance

**Sign-up by February 12, Pay by Feb 16**

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 16**

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Application to Manteca Park tournament, February 19. \$46payable to SIR Golf, to Bill Rutherford  
1067 1st Avenue, Walnut Grove, CA 95690

Name \_\_\_\_\_

Partner \_\_\_\_\_

Playing partners

Partner \_\_\_\_\_

Partner \_\_\_\_\_

# SIRS Wine Appreciation Group

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.

The responsibility of the hosts is to send an email out to the group at the beginning of the month with all the details; date, time, address and contact info and any special notes.

The group meets every other month on the 4th Thursday of the month (exception is November because of Thanksgiving.) This is the same week as the Dine In/Out group but alternate months.

Beginning the new year with a new schedule and we invite new members to join us so please reach out to us if you are interested and we will add you to the group. We have chosen to host the first meeting of the year.



## Below is the 2025 schedule for sign-ups

Date	Host
March 27, 2025	
May 22, 2025	
July 24, 2025	
September 25, 2025	
November 13, 2025	

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. An updated roster will be sent to those in the group.

Cheers to a Happy New Year

Mary & Dave Dias, Wine Appreciation Group Coordinators

### 2025 ANNUAL DUES

Annual Dues of **\$20** 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 INCREASES IF NOT  
PAID BY MARCH 11th to \$25!!**





**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"> <li>• Angor Wat Post-Trip Included available</li> <li>• <a href="#">LINK HERE</a></li> <li>• Use 2025 SIR Group code is G5-30339</li> </ul>	2	1/7/26 to 1/25/26 (\$5295/\$7645 with Air) <ul style="list-style-type: none"> <li>• Both Melbourne Pre-Trip and Fiji Post-Trip available</li> <li>• <a href="#">LINK HERE</a></li> <li>• Use 2026 SIR Group code is G6-30339</li> </ul>	3	4/1/26 to 4/16/26 (\$7495/\$9095 with Air) <ul style="list-style-type: none"> <li>• Hiroshima Post-Trip available</li> <li>• <a href="#">LINK HERE</a></li> <li>• Use 2026 SIR Group code is 65-30339</li> </ul>

## 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](mailto: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](mailto: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](mailto: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** Richard Provost

#### **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 Oyler  
**PROGRAM**  
Felix Moran 609-4084  
Tom Pratt 916-622-4791

#### **PUBLICITY CHAIRMAN**

Big SIR  
**SARGENT AT ARMS**

**SONG LEADER**  
Joe Stephens 992-1020

#### **PHOTOGRAPHER**

#### **TRAVEL & TOURS**

**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