

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter
A non-profit social organization for men



JANUARY 2026

HAVE A HAPPY & HEALTHY NEW YEAR!

Big Sir Greeting for January 2026

Hello SIR Members,

I hope and pray you all had a wonderful Merry Christmas and a very blessed Happy New Year. As we start on the New Year --2026, we have to reflect on the 2025 year.

We had great super golf tournaments, and we also had a very successful dine out gatherings, that we are now looking to expand to a second group. The super successful events are due to Dave and Mary Dias, and other couples who regularly participate. Today they have no more room and are looking to help a new group get started.

Also, at the Christmas luncheon, we honored several of our member that have reached a milestone in their lives --age 90 and age 95 and are members of our Chapter 145.

We honored the following members for their commitment to SIRS, WHO TURNED 90 years old: Noel Berbano born 1934, Frank Campbell, and Paul Riener born 1935. We also honored Roger McCormick who turned 95.

Additionally there are those who are super blessed with good health and wisdom. I would like to congratulate Mr. Jim Morita FOR REACHING THE 100 YEAR MARK. Jim--- WE WISH YOU MANY MORE. A photo of Jim at his 100th birthday party appears below.

At the November executive board meeting it was voted unanimously, that we honor Bill Rutherford for his dedication to SIRS 145, and being an excellent coordinator for our golf tournaments.

I wish to personally take this opportunity to ask Bill Rutherford for his forgiveness and accept my apologies as I thought that we had all our ducks lined up to honor him with the Life Time Achievement Award plaque at the Christmas luncheon but I failed to produce. My apologies Bill.

Several members have been diligently working behind the scenes to produce this document and, to present Mr. Rutherford with it at the January meeting on Tuesday, January 13, 2026, at 11:30 AM, at the Elks Lodge on Thornton Road, Stockton.

I also thank the following members for again volunteering to continue in their past positions for this coming year on the EXECUTIVE BOARD -- Mark Wahlman, Felix Moran, Anthony Moles, Joe Stephens, David Stull, John Coakley, Mike Lynn, Bill Rutherford, and Glenn Nellman. Thanks to all.

In year 2025 we added a total of 12 new members, with a few pending induction into our Branch.

Let's Make 2026, an even bigger and better year!!!

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



JANUARY BIRTHDAYS

Date	Name	Sir Since
01/30/39	Sigurd Anderson	05/11/21
01/12/35	Frank Campbell	08/01/04
01/19/57	Steven Costa	11/11/25
01/07/47	Timothy Cox	11/11/25
01/01/01	Steve Escobar	04/01/23
01/02/46	Felix Moran	04/11/21
01/06/43	David Stull	04/01/19



JANUARY HOLIDAYS AND OBSERVANCES

01/01	New Years Day
01/06	Epiphany
01/19	Martin Luther King Day
01/22	Celebration of Life Day
01/27	National Holocaust Remembrance Day



Speaker for January

Jose Garcia

US Veterans Affairs

Jose Garcia is a United States Marine Corps veteran who served on active duty from 2003 to 2007 as a Field Artillery Cannoneer with 5th Battalion, 11th Marines. During his service, he deployed twice in support of overseas operations. His first deployment began in December 2004 with the 15th Marine Expeditionary Unit (Special Operations Capable), where he was sent to Sumatra as part of Operation Unified Assistance to provide humanitarian aid following the devastating 2004 tsunami that claimed over 200,000 lives. Following that mission, his unit was redirected to Iraq in support of combat operations in Fallujah.

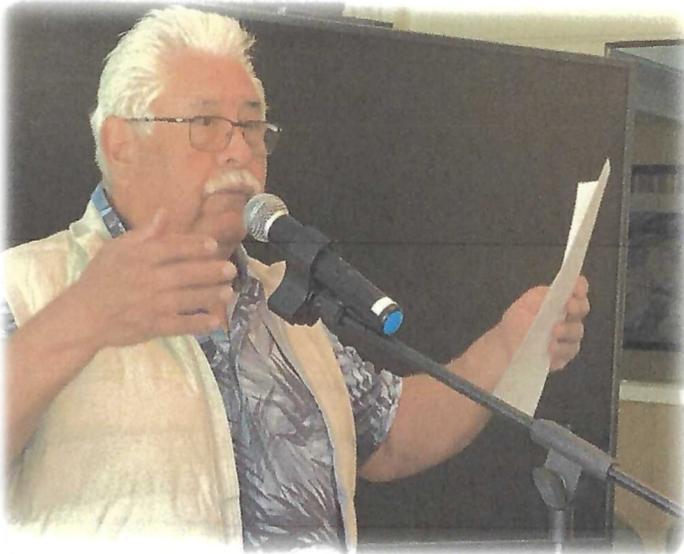
In 2006, Jose deployed a second time to Ramadi, Iraq, during one of the most intense periods of fighting in the war. For his service, he earned multiple medals and ribbons, including the Combat Action Ribbon, Humanitarian Aid Medal, and the Iraq Campaign Medal with a bronze service star.

After leaving the Marine Corps, Jose put himself through school and earned a Bachelor's degree in Criminal Justice from California State University, Stanislaus. He was later hired by the Stanislaus County Veterans Service Office, where he served as a Veterans Service Representative for nearly 11 years. During that time, he assisted thousands of veterans and their families, helping secure over \$10 million in new monthly and retroactive benefits, educating families on both federal and state entitlements, and helping train the team that continues to serve Stanislaus County today.

Jose now brings that experience to San Joaquin County, where his mission is to ensure the Veterans Service Office team is well-trained, claims are processed correctly, and every veteran and family who walks through the door receives the support and advocacy they deserve.

FEATURING OUR BIG SIR

JUAN OCHOA



Juan Ochoa is now serving his 2nd One Year term as our leader—THE BIG SIR---after only joining SIRS in 2022. The two years before that he was nominated for and elected to the positions of Assistant treasurer, then treasurer, and finally Big Sir.

Juan was born in Monterrey, Mexico in 1952, being only one of 4 boys to survive in a family where it was common to have home births but Juan was born in a hospital. His father moved to Mission, Texas, for work, in the Rio Grande Valley, and the family followed when Juan was age 9.

In 1967, when Juan was age 15, they moved to Lodi, California, where Juan has spent the rest of his life. (Lodi must be a good place to live.) Juan graduated from Lodi High, and then Delta College in 1975. After that Juan went back to the Monterrey metropolitan area of Mexico to attend the University of Nuevo Leon to attain his business degree.

With his degrees in hand, he joined a Life Insurance company and sold debit insurance for 10 years. Then in 1986, Juan was hired on as a fraud investigator with the State Compensation Insurance Fund. (We need more of those fraud investigators for sure!) During this time ---from 1980 -2000---he was also a DJ for a Spanish Radio Station, where he also reported news, such as the massive earthquake in Mexico City in 1986.

Juan also has served as a volunteer at the US Veterans Affairs Department, where he became friends with the gentleman who brought him into SIRS. In addition Juan has worked at the Micke Grove golf course for 25 years, and now serves as Assistant Manager.

Juan married his wife, Hilda, whom he met in High School, in 1975. He has 3 children---one daughter and 2 sons--- and 3 granddaughters.

Thank you, Juan, for all your voluntary service, especially to our local Branch #145.



We look forward to seeing you at our January 13th SIR Luncheon.

The Menu will be BBQ ribs, Mexican street corn cobbles, & garlic bread.

Our speaker will be Jose Garcia, *US Veterans Affairs*.

He will be speaking on Veterans benefits and services.

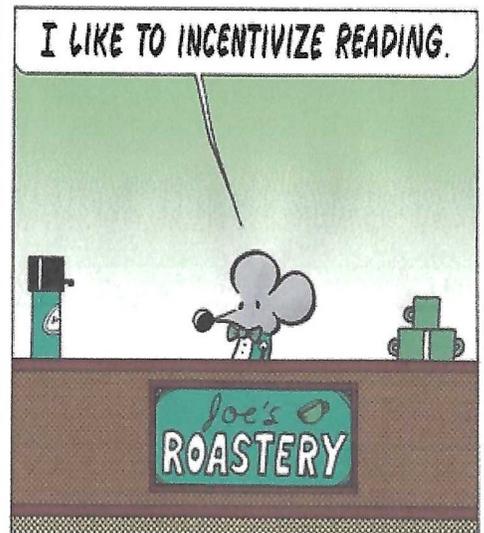
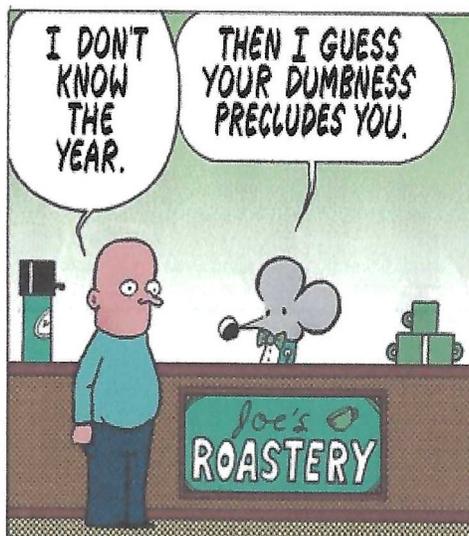
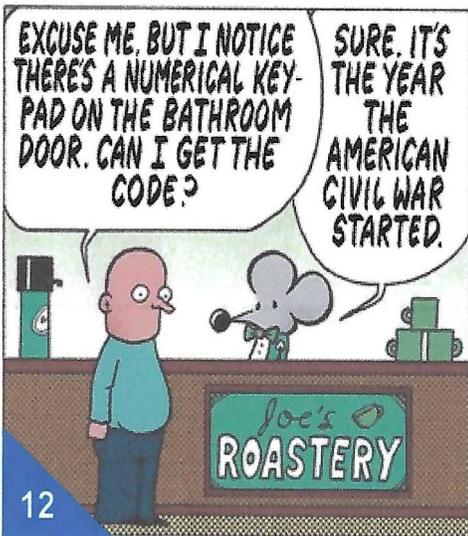


Roger Jackson, RV Chair

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





Membership Report December

Membership in attendance:	38
Guest in attendance:	28
Percentage of active members in attendance	35%
Total active members:	109
Members Added:	0
Members Reinstated:	0
Members Dropped	0
Members Resigned	0

Stephen Hellmer-Membership Chairman



Financial Report

SIR Branch 145

December 15, 2025

Starting Bank Balance: \$ 1,228.51

Income

Lunch receipts \$ 3,350.00

50/50 Pot \$ -

TOTAL \$ 3,350.00

Expenses

Woodbridge Golf & Country Club \$ 3,291.98 *

Rick Kindle (Yard signs) \$ 262.49 *

SIR #103 (Membership Competition) \$ 50.00 *

Temple Gallagher (Newsletter) \$ 125.00 *

TOTAL \$ 3,729.47

Net Gain/Loss \$ (379.47)

Ending Balance \$ 849.04

Joe Stephens SIR Branch #145

Treasurer

twarrior1945@gmail.com

209 992-1020

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

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



Wine Appreciation Group

Happy New Year!!!

Our wine group continues to prove that great bottles are best enjoyed with even better company. Each gathering brings thoughtful pours, lively conversation, and the shared understanding that the best notes are the ones made between friends. Whether we're discovering a new favorite or confidently describing flavors we may or may not actually taste, one thing is certain: good wine tastes better when laughter is part of the pairing.

Dave & Mary Dias will be hosting the next gathering on January 22nd. Details will be emailed.

Wine Group 2026 schedule of hosts

Date	Host
January 22, 2026	Dave & Mary Dias
March 26, 2026	Mark & Gayle Shimosaki
May 28, 2026	Mark & Debi Wahlman
July 23, 2026	Baca's & Chavez's
September 24, 2026	Jim & Karen Sowers
November 19, 2026	TBD

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.



Dine In - Dine Out Group

What began as a simple plan to share a group meal has grown into something far richer. Our dining group is not just about trying new restaurants or hosting in our homes, it's about connection, laughter, and the joy of gathering around a table.

Dine In – Dine Out 2026 schedule of hosts

Date	Host
February 26, 2026	Mark & Gayle Shimosaki
April 23, 2026	Paul Wright & Lin Defilippi
June 25, 2026	Steve & Julie Hellmer
August 27, 2026	Doug & Kitty Dzioba
October 22, 2026	Ernie & Lanie Baca

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.

Lodi-Stockton SIR Golf 2026 Schedule

Draft-12/4⁵

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	
May 13	Reserve	2 man scramble	\$63	9:00 T/T	Besto & Baldwin	
June 10	Micke Grove	4-man blind draw	\$60	8:30S/G	Baumbach/Nomura	
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 8	open					
Oct 21	Micke Grove	2 man BB Finale	\$60	8:30S/G	Amos & Addington	

Golf Reps: Bill Rutherford 916-995-6079



Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat



food?

Why didn't Noah swat those two mosquitoes?

When dog food is new and improved tasting, who tests it?



You know that indestructible black box that is used on airplanes?

Why don't they make the whole plane out of that stuff?

Why don't you ever see the headline "Psychic Wins Lottery"?

Why is it that doctors call what they do "practice"?

Why is it that to stop Windows 98, you have to click on the "Start" button?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?



Why don't sheep shrink when it rains?



If con is the opposite of pro, is Congress the opposite of progress? (What a silly question!)

If flying is so safe, why do they call the airport the terminal?

Need Only One Short Conversation per Day!

Talking with Friends Sustains Mental Health

A recent scientific publication in *Communication Research online* — titled “Quality Conversation Can Increase Daily Well-Being” — presents data showing that “...having one conversation with a friend per day can have a significant [positive] effect on a person’s mental health.” The study emerged from a collaboration among investigators at five universities (see below),

Impetus for the study was folks’ increased isolation due to the COVID-19 lockdowns and social distancing. The study included 900 participants from five university campuses (see below) before, during, and after the pandemic lockdown.

Study participants were directed to engage in one of seven communication behaviors each day and then report back that night about their feelings of stress, connection, anxiety, well-being, loneliness, and the quality of their day. The seven conversational behaviors are as follows:

- Catching up Meaningful talk
- Joking around Showing care
- Listening Offering sincere compliments
- Valuing others and their opinions

The key findings of the study:

- ✓ Talking to friends for even short periods or only once per day promotes mental health.
- ✓ The seven conversational behaviors produced the same positive effects on well-being
- ✓ The key cause of the improvement in mental health is the act of reaching-out itself

New York University Clinical Psychiatry Professor Thea Gallagher commented on this topic: “Small moments of connection are so important for us as part of the human experience. Finding places of connection are so important for mental health. Social connection and community have a large effect mitigating depression and anxiety.”



Expect Official Warnings . . . Soon Dangers of Ultra-Processed Foods

From Dave Pell’s daily rant, *NextDraft*: “Over the years, we’ve seen a variety of food-related health advice come and go. Remember when fat was bad for us so we gorged on low and non-fat items that were loaded with sugar? I used to eat non-fat frozen yogurt by the quart before learning that was probably worse than ice cream. Then we learned it was the sugar that was bad, so we switched to gelato because it has higher fat and less sugar than regular ice cream. Now I’m at the age when the only frozen dessert my doctor recommends is an ice cube. The latest data we’re getting suggests that the only food that really qualifies as *food, glorious food* is the stuff that’s not heavily processed. In recent years, dozens of studies have found that people who consume a lot of ultra-processed foods have higher rates of weight gain, obesity, cardiovascular disease, cancer, diabetes, and other chronic diseases. In other words, don’t trust the process. A recent *Washington Post* article heralded that ‘...dietary guidelines may soon warn against ultra-processed foods. For the first time, the guidelines committee is examining the science on obesity and ultra-processed foods — industrially manufactured foods that have unusual combinations of flavors, additives, and ingredients, many of which are not found in nature. These include things like chicken nuggets, sweetened breakfast cereals, boxed mac & cheese, frozen dinners, potato chips and fast food.’ These guidelines just committed ‘pantrycide’ on my kitchen. The only thing left is a jar of natural peanut butter and a couple handfuls of Ozempic.”



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

RETURN SERVICE REQUESTED

2025 OFFICERS

BIG SIR

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LITTLE SIR

Felix Moran 609-4084

SECRETARY

Anthony Moles 369-8182

ASST. SECRETARY

TREASURER

Joe Stephens 992-1020

ASST. TREASURER

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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

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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

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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