

The Grapevine

Tokay SIR Branch 145 Newsletter

A non-profit social organization for men

JANUARY 2025

Big Sir JANUARY 2025



Dear Sir Members,

Happy New Year!!! I hope and pray you all had a wonderful Christmas.

Well, we will be starting a new year with optimism, and with all the enthusiasm in the world that this year will be the best for our branch.

We have secured a new home for our meetings it's at the Elks Lodge in Stockton. We will be meeting Tuesday, January 14, 2025, at 11:00 AM. The cost for lunch will be \$25.00, PP.

MENU: Italian Baked Chicken, Penne Pasta with Red Sauce, seasonal vegetables, green salad with dressing, bread, butter, ice tea, and coffee. And Yes, we will have Mark's most famous and popular Costco's Cookies.

There are 2 very crucial items that I would like to address, and ask for a discussion from the members. We will do this prior to our lunch.

The first item is about the RSVP for our monthly luncheons. The second is our annual membership fee. Due to a series of unfortunate circumstances the branch has taken serious losses in our luncheon, and the most recent Christmas Luncheon, was a large hit financially. We had a head count of 85, but only 77 were present. We had to pay for 8 lunches at \$43.00 per person. We actually charged the membership only \$35.00, meaning the branch paid the additional \$8.00 per person, that too was a loss.

So, having said that, the annual membership has to be reviewed. We only pay \$20.00, but with everything going up, my feeling is we should increase it to \$25.00 annually. I would like your opinion, feedback, and or perspective on these two issues.

Please RSVP for our first meeting of the year scheduled for Tuesday, January 14, 2025, at 11:00 AM, at the ELKS LODGE on Thornton Rd. Stockton.

Please RSVP TO BIG SIR, Juan Ochoa---Text or call at: 209-481-5325---E-Mail: jgochoa@icloud.com

The last day to RSVP IS: FRIDAY, JANUARY 10, 2025, by 4:00 PM, as my count has to be in by 5:00 PM.

Thank you for your cooperation.

Regards,

Juan G Ochoa, Big SIR

209-481-5325 jgochoa@icloud.com



HAPPY BIRTHDAY

JANUARY

- 01/01/39 Sigurd Anderson
- 01/01/39 Tom Prat
- 01/01/46 Felis Moran
- 01/06/43 David Stull
- 01/12/35 Frank Campbell
- 01/12/44 Epi Sausedi
- 01/---/55 DonCarlson
- 01/---/43 Gregory Soligan
- 01/---/34 Charles Gritts

January Holidays and Observances

- 01/01 New Year's Day
- 01/01 Rose Bowl Game
- 01/05 Twelfth Night/Epiphany Eve
- 01/14 Orthodox New Year's Day
- 01/20 Martin Luther King Day
- 01/27 International Holocaust Remembrance Day
- 01/29 Chinese New Year's Day

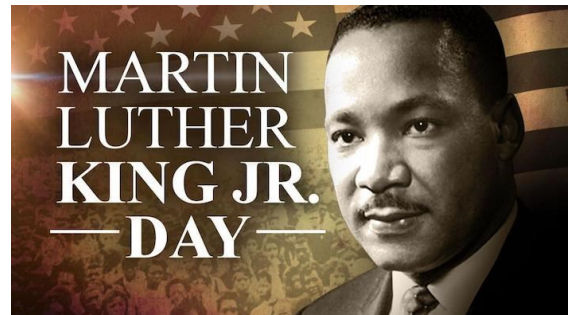


Financial Report

SIR Branch 145
December 13, 2024



Starting Bank Balance:	\$ 3,050.37
Income	
Lunch receipts	\$ 2,951.00
TOTAL	\$ 2,951.00
Expenses	
Lunch	\$ 3,626.87
Lodi High School Honor Choir	\$ 400.00
TOTAL	\$ 4,026.87
Net Gain/Loss	\$ (1,075.87)
Ending Balance	\$ 1,974.50



Joe Stephens

SIR Branch #145 Treasurer

twarrior1945@gmail.com 209 992-1020

BULLETIN EDITOR COMMENTARY

Our Sir Branch had a great, well-attended Christmas luncheon on December 11th at the Woodbridge Golf and Country Club. Most people dressed in their Christmas finest, and the facility was beautifully decorated. The food also was great---a real bargain at \$35---and everyone seemed to have a good time. The Lodi Special Choir was very good. We particularly enjoyed the choir director singing a solo version of "O Holy Night"

In addition we had the benefit of having Rick Kendall, our Area Director, as our guest, to install all the officers and committee chairmen for the 2025 year.

You will find below photos from the luncheon. If you missed, be sure to put this event on your calendar for next year, and be sure to bring your Sweetheart as well. As of the production of this Bulletin, we are not sure who the speaker will be for our January meeting---but we have two excellent prospects lined up as possibilities, so don't miss the meeting because you are unsure of who the speaker will be.

See you on Tuesday, January 14th!

David Stull, Sir Bulletin Editor



Membership Report **DECEMBER**

Membership in attendance:	42
Guest in attendance:	34
Percentage of active members in attendance	34%
Total active members:	125
Members Added:	0
Members Reinstated:	0
Members Dropped	0
Members Resigned	1
119 Wally Parsons	

Stephen Hellmer-Membership Chairman

CHRISTMAS LUNCHEON 2024





CHRISTMAS LUNCHEON 2024





CHRISTMAS LUNCHEON 2024



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 way you want to share them is up to you. Some have done blind tastings; others have chosen specific types of wine from different

wineries and yet another has provided wine they have made. It's fun to

be creative with it. That also holds true of the accompanying food or snacks you choose. If you love to cook, go for it; if not, that's great too. Simple snacks to compliment the wine are perfect. It's really all about the wine experience and fellowship with others who appreciate wine.

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
January 23, 2025	Dave & Mary Dias
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 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



World's First — Appears Safe

Stem Cell Treatment Restores Vision

The outermost layer of the cornea is maintained by a reservoir of stem cells housed in the limbal ring — the dark ring around the iris.



When this essential source of rejuvenation is depleted — a condition known as limbal stem-cell deficiency (LSCD) — scar tissue coats the cornea, eventually leading to blindness. It can result from trauma to the eye or from several autoimmune and genetic diseases.

Treatments for LSCD are limited. They typically involve transplanting corneal cells derived from stem cells obtained from a person's healthy eye, which is an invasive procedure with uncertain outcomes. When both eyes are affected, corneal

Simple in Theory

Rationale for Stem Cell Therapy

Regenerative medicine uses stem cells to replace damaged cells and tissues, and to regenerate new tissue. Stem cells are grown in a lab and stimulated to differentiate into specific types of cells, e.g., heart muscle cells, blood cells, or nerve cells. These cells are then implanted into a patient.

Diseases Treatments uses stem cells to treat a wide range of diseases, including blood cancers, blood disorders, and some solid tumor cancers. They can also be used to treat conditions like aplastic anemia, immunodeficiencies, and inherited metabolic conditions.

The Body's "Supply Chain"

ABCs of Stem Cells

All living creatures are made-up of cells. Cells can either proliferate (multiply by cell division) or differentiate. Cell differentiation is the process by which undifferentiated cells (stem cells) develop into specialized cells with specific functions, e.g., muscle cells, nerve cells, blood cells, etc.

The two types of stem cells are embryonic stem cells and adult stem cells. Embryonic stem cells — those involved in the early stages of embryo development — are pluripotent — able to differentiate into any type of specialized cell. Adult stem cells are undifferentiated cells, found throughout the body after development. They multiply by cell division and differentiate into one or a few functional cell types to replenish dying cells and regenerate damaged tissues, e.g., skin and bone marrow.

Cell biologists have developed procedures for isolating stem cells, keeping them in an undifferentiated state so they be cultured in the laboatory, and then stimulating them to differentiate into non-proliferative cells with specialized functions.

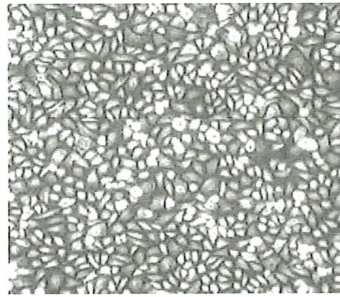
transplants from deceased donors are an option, but these are sometimes rejected by the recipient's immune system.

Ophthalmologist Kohji Nishida and his colleagues at Osaka University used stem cells from blood of healthy donors to make the corneal transplants. They first reprogrammed them into an "embryonic-like" state and then transformed them into a thin, transparent sheet of "cobblestone-shaped" corneal epithelial cells.

Human Trials of Stem-Cell-Based Corneal Cells

(continued from p. 5)

In one eye, surgeons scraped off the layer of scar tissue covering the damaged cornea. Then they laid sheets of stem-cell-derived epithelial cells on both corneas and attached them with sutures. Finally, the transplant was covered with a soft, protective contact lens. One group in the trial received immunosuppressive drugs.

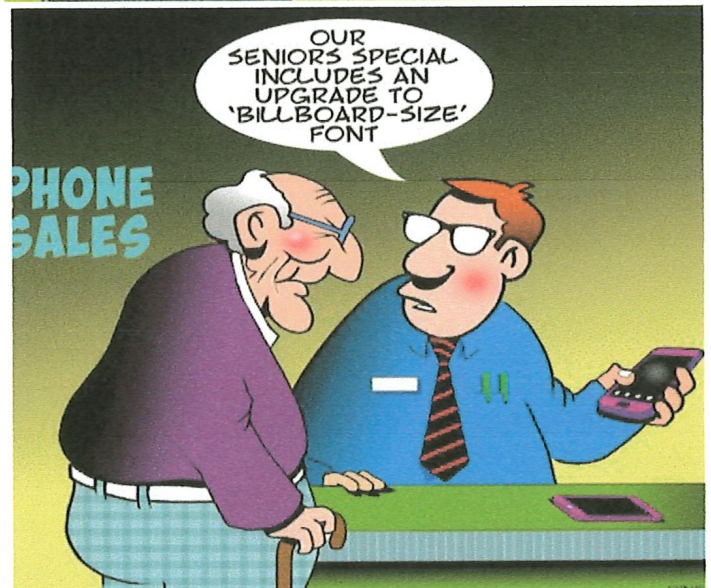


Sheet of "cobblestone-shaped" corneal epithelial cells produced from stem cells — when produced, they are transparent. The cells shown above were stained to reveal their morphology.

Two years after receiving the transplants, none of the recipients had experienced severe side effects. The grafts did not form tumors — a known risk of growing such cells — and did not show clear signs of being attacked by the recipients' immune systems, even in the patients who did not receive immunosuppressant drugs. "It is important and a relief to see grafts were not rejected," says Kapil Bharti, a stem cell researcher at the National Eye Institute in the National Institutes of Health, "but more transplants are needed to be certain of the intervention's safety."

After the transplants, the recipients showed immediate improvements in their vision, and a reduction in the area of the cornea affected by LSCD. The improvements persisted in all but one recipient, who showed slight reversals at the one-year observation period.

Bharti says it isn't clear what exactly caused the vision improvements. It's possible that the transplanted cells themselves proliferated in the recipient's corneas. But the vision gains



could also be due to the removal of scar tissue before the transplant, or the transplant triggering the recipient's own cells to migrate from other regions of the eye and rejuvenate the cornea.

Nishida says his group plans to launch clinical trials in March, which would further assess the treatment's efficacy. "Several other stem-cell-based trials are under way globally to treat eye diseases," says Bharti. "These success stories suggest we are headed in the right direction."

The Japanese government has decided to focus on pluripotent stem cells transplants to treat diseased organs, and has allocated a significant portion of the country's basic medical research support to this area.

Not At All Like We Learned in School — the Lowdown on What’s Best to Eat

Experts Describe Current Thinking on Healthy Diets

Remember learning about the “food pyramid” in “health” class? Turns out, it was wrong. It was based on bad science, politics, and supply chain surpluses. Those who would like to learn more about this fiasco can view (or read a transcript) of Dr. Paul Mason’s **TED** talk, “The Corrupt History of the Food Pyramid,” [see; <https://wearechief.com/en-us/blogs/articles/the-corrupt-history-of-the-food-pyramid?>]

Recently, the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) of the United Nations (UN) published a joint statement outlining some key points on what makes a diet healthy. Here are key points:

- ✓ The statement emphasizes the importance of whole foods, especially fruit and vegetables, unsaturated fatty acids, and obtaining an adequate amount of calories from carbohydrates.
- ✓ It also stresses that red meat has been associated with a wide array of diseases and chronic conditions, suggesting that folks should eat less red meat.
- ✓ Finally, the report reminds everyone how and why ultra-processed foods, such as fast foods, are harmful to health and best avoided.

Gaining Perspective

Diet is a major, controllable factor in maintaining good health. The scientific literature provides strong evidence that a healthy diet can help lower the risk of cardiovascular disease and dementia. And modeling studies suggest that eating healthily may also increase life span.

Recent research shows that several different diets — such as the Mediterranean diets, the MIND diet, and the DASH diet — are “healthy,” providing cardiovascular, metabolic, and brain health benefits.

What do all of these diets have in common?



More generally, what makes any diet healthy? Here are the recommendations from the joint statement:

Carbohydrates are an essential part of any diet and the brain’s primary source of fuel. Adults need at least 130 grams (4.5 ounces) of carbs per day to support proper brain function. The WHO advises that carbs should provide at least 45% of total calories and no more than 75% of total calories. The best sources of carbs include:

- ✓ Whole grains, including wheat, oats, and rye.
- ✓ Fruits and vegetables
- ✓ Peas, beans, and lentils
- ✓ Low fat dairy
- ✓ Nuts and seeds

An adult’s daily intake of fruit and vegetables should be at least 400 grams (14 ounces).

Fiber, a type of carb, is also important, and the joint statement advises that adults should consume at least 25 grams (0.9 ounce) of “naturally-occurring dietary fiber” per day. Some studies show that a diet with adequate fiber content may help reduce the risk of heart disease and type 2 diabetes. (continued)

Heathy Diet (continued)

Fats are indispensable nutrients needed for proper functioning of cells in the body. They serve as energy sources and as structural and functional components of cellular membranes. Fats are necessary for hormone production, brain function, and absorption of the fat-soluble vitamins A, D, E, and K.

While many folks may think of fats as unhealthy, the statement highlights the fact that the two essential fatty acids — linoleic acid (an omega-6 fatty acid) and α -linolenic acid (an omega-3 fatty acid) — can be obtained only from the diet.

According to the joint statement, adults should take-in 15–30% of daily calories from fats, mostly omega-3 fatty acids (key sources— fatty fish, olive oil, and canola oil) and limited amounts of omega-6 fatty acid (key sources — corn, soybean, and sunflower oils).

Proteins provide the building blocks for most of the structural elements of the body, such as muscle, organs, and bone marrow, as well as functional molecules such as hormones and enzymes. The joint statement advises that 10–15% of daily calories should come from proteins, and these can be obtained from a mix of animal and plant sources. However, it also notes that plant protein sources may be more beneficial for the cardiovascular and metabolic health of adults. Healthy older adults should consume 1.0 - 1.2 grams of protein per kilogram of body weight daily, for example, 90–110 grams (~3-4 ounces) for a 200-pound person. The healthiest sources of protein include the following:

- ✓ lean poultry
- ✓ fatty fish
- ✓ Greek yogurt
- ✓ legumes (i.e., peas, beans, and lentils)
- ✓ cottage cheese
- ✓ nuts
- ✓ seeds

Dairy and soy milks are also good sources of protein; many nut milks are not.

Essential Nutrient Recap

Essential nutrients — the human body cannot produce them yet needs them to sustain life. They are indispensable for various physiological processes and for the proper function and necessary maintenance of tissues and organs. To remain healthy, folks must acquire them in their diet. Nutrients essential to humans include **amino acids, fatty acids, vitamins, minerals,** and **choline** (formerly called vitamin B4). Following are the essential substances in each group:

Essential Amino acids — leucine, isoleucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.

Essential Fatty acids — linoleic acid and α -linolenic acid.

Vitamins are required for a range of critical biological functions. The very definition of “vitamin” is a required substance that folks must get from their diet. The only exception is vitamin D which is synthesized in the skin in response to ultraviolet light. Folks who receive too little sunlight must get vitamin D in their diet.

The thirteen vitamins that humans must acquire from their diet include Vitamins: A, B₁ (thiamine), B₂ (riboflavin), B₃ (niacin), B₅ (pantothenic acid), B₆ (pyridoxine), B₇ (biotin), B₉ (folic acid), B₁₂ (cobalamins), C, D, E, and K. The minimum amount of each vitamin that should be consumed is its **Recommended Daily Allowance (RDA)**.

Minerals are the inorganic parts of living things. Five **major minerals** that are required for a broad range of biological functions — calcium, sodium, phosphorus, potassium, and magnesium. Nine “**trace elements**,” which are required for a few specialized but critical functions, are iron, chlorine, cobalt, copper, zinc, manganese, molybdenum, iodine, and selenium.



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Highlights

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- *Transfers to and from the Sacramento Airport
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Questions? Please contact John Cardoza (209) 483-7722



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LODI, CA 95242

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BIG SIR
Juan Ochoa 481-5825
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ACTIVITIES
Paul Wright 480-235-6923
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
Paul Wright 480-235-6923
GREETER

RECOGNITION

GOLF
Bill Rutherford 916-995-6079
HISTORIAN
(open)
MEMBERSHIP RECORDS
Stephen Helmer 242-4607
NOMINATING

PICNIC

PHOTOGRAPHER
Paul Wright 480-235-6923
PROGRAM
Felix Moran 609-4084
Tom Pratt 916-622-4791

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