

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

A non-profit social organization for men



JUNE 2025

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

Big Sir

I would like to thank all the members and their guests that attended our traditional Spring/Summer picnic. We had a great time with great food and fantastic prizes. We had over sixty-five people in attendance, which was very nice. The food was provided by El Grullense Taqueria located in Lodi, between Elm and Locust St on Sacramento St. This year we had the Carne Azada, Grill Chicken, and Al Pastor (Marinated Pork), but this year we added grilled onions and jalapeno peppers. These were well accepted.

The picnic was a total success due to all the volunteers who helped. I would like to thank the following volunteers: Debi Wahlman, Kimber Chavez, Lin De Fillipi, Lynda Canton, Julie Hellmer, Hilda Ochoa. Thank you, ladies for your support, the success of our activity. Also, big Hugh thanks to Mark Wahlman, Paul Wright, Steve Freeman, Steve Hellmer, Rey Chavez, Bill Rutherford, and many, many more volunteers thank you all.

Also, as advertised we had for desert: MR. DOUG'S GOURMET COOKIES, WE HAD THE CHOCOLATE, AND SNICKERDOODLE WHICH WERE A GREAT HIT WITH OUR ATTANDEES. You too can get these individually wrapped cookies by calling DOUG AT; 209-294-1874, AND PLACE YOUR ORDER. DOUG HAS A VARIETY OF COOKIES, ALL GREAT. I would like to thank Doug for his great donation of these cookies to the SIRS CHAPTER 145.

It's June and the weather will get warm to very hot, please drink lots of water, and keep hydrated. We will have a super golf tournament at Micke Grove Golf Links. MGGL also made a nice donation of their logo caps for our raffle at the picnic. I would like to thank the GM, Eric Briggs, for his continued support to our SIRS CHAPTER 145.

June is also the month we celebrate FATHER'S DAY, AND I WOULD LIKE TO CONGRATULATE ALL THE FATHERS IN OUR CHAPTER ENJOY YOUR SPECIAL DAY!!!!

The luncheon meeting will be held on Tuesday, June 10, 2025, at The Elks Lodge on Thornton RD. Stockton, CA, at 11:00 AM. Note the enclosed information about our guest speaker. LET'S HAVE A GREAT TURNOUT FOR THIS MEETING and LISTEN TO AN INTERESTING PRESENTATION!

THE MENU FOR THIS MEETING WILL BE: TRI-TIP, GARLIC MASH POTATOES, VEGETABLES, SALAD WITH DRESSING, FRENCH BREAD, OR ROLLS, BUTTER, COFFEE, ICED TEA.

PLEASE CALL MARK WAHLMAN AT (209) 327-7335 OR MWAHLMAN@COMCAST.NET FOR YOUR RESERVATION. WE NEED YOUR RESERVATION BY FRIDAY, JUNE 6, 2025, BY 6 PM. I HOPE TO SEE YOU ALL AT THE MEETING THE COST IS \$25.00 PP.

Regards, Juan G Ochoa, Big SIR Chapter 145 , 209-481-5325 jgochoa@icloud.com

SIR Speaker for June 10, 2025

Laura Reeves
Victim-Witness Advocate
Victim-Witness Program, San Joaquin County District Attorney

The District Attorney Victim-Witness program is designed to provide comprehensive support and services to victims and witnesses of crimes. This program aims to help individuals navigate the often complex criminal justice system by offering guidance, resources, and advocacy.

Laura has been with the Victim-Witness program for 30 years. Community is very important to Laura and she believes that it is important to give back to others. She has coached both swimming and soccer teams. She has a son who is a musician and they recently went to an Eagles concert in Las Vegas.

The Blind Draw at Micke GC

When - Wednesday, June 11, **8:30**, Shotgun start
Hosts- Lew Baumbach & Matt Nomura

Format -4-man Shamble, with 2-place prize money for teams and individuals in flights

Tees - We will be playing the Red (forward) tees

Cost \$60, Payable in advance. \$7 to Micke cardholders.

Sign-up by June 4 , Pay by June 6;

Late applications may not be accepted

Note: -\$5 late charge if fees paid after April 4

To Micke Grove Blind Draw tournament, June 11. \$60 payable to SIR Golf,
to Bill Rutherford

1067 1st Avenue, Walnut Grove, CA 95690

Name _____

Note: Blind draw means your group is set by Computer, so no need to find a partner...**I Do all the work!!**

HAPPY
BIRTHDAY

JUNE

06/01/49	Thomas Barela
06/09/41	Bill Beckman
06/27/57	Ray Chevez
06/23/42	Bob Gorbet
06/29/58	Brad Hust
06/11/52	Bill Hye
06/03/47	Ernie Lucero
06/27/37	Francis Morone
06/22/45	Joe Stephens
06/30/48	Mark Wahlman
06/15/34	John Wheeler



Membership Report MAY

Membership in attendance:	32
Guest in attendance:	0
Percentage of active members in attendance	27%
Total active members:	120
Members Added:	0
Members Reinstated:	0
Members Dropped	0
Members Resigned	0

Stephen Hellmer-Membership Chairman

JUNE Holidays & Observances

06/14	World Blood Donor Day
06/15	Father's Day
06/20	First Day of Summer (The longest day of the year)



SIRS Wine Appreciation Group



What a fun evening we had with hosts Ron and Kathie Mettler for our May 22nd Wine Appreciation Group. We tasted 4 types of wine (Zinfandel, Pinot Grigio, Cabernet Sauvignon and Red Blend.) It was a blind tasting and two wines from each category were provided. Attendees voted on one from each category then the wines were revealed after the votes were all in. To our surprise each category had a boxed wine. Kathie prepared a delicious Tostada bar and wine cake. Guests brought appetizers to share, and Rey Chavez poured some wonderful port from Lange Twins. It was a beautiful setting in Mettler's backyard on the Woodbridge Golf Course.



2025 schedule of hosts

Date	Host
July 24, 2025	Jim & Karen Sowers
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 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



Our next Dine-In Dine-Out Group is on June 26th at 5:30 pm and will be hosted by Dave & Mary Dias in their home. Details will be emailed to the group in early June.

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. Group meets five times per year (February, April, June, August & October)

Tips for Dealing with the DMV (from Mercury News Article*)

How Folks Over 70 Can Renew a California Driver's License

New option: May take an at-home video course in lieu of a traditional knowledge test

Application

- ✓ Even though renewal notices indicate that folks must visit a DMV office, they also encourage all applicants to start the process online
- ✓ Will need to create a MyDMV account, which requires an email address and a phone number to receive a verification text message or voice call
- ✓ Can submit REAL ID documents, take the knowledge test, and pay fee online, leaving only vision test, photo, thumbprint, and signature for office visit
- ✓ If existing license has been verified for REAL ID, folks don't need to re-submit the documents for your renewal

Knowledge test

- ✓ Required for renewal by drivers 70 and older, 3 ways to complete it:
 - ⇒ Take conventional test in DMV office at computer station or on paper
 - ⇒ Take the conventional test on your own computer at home, monitored by an online proctor
 - ⇒ Take a video course on your home computer or mobile device
- ✓ Conventional renewal test has 25 questions
 - ⇒ Must get at least 20 right to pass
 - ⇒ Have three attempts to pass
 - ⇒ After failing twice on home computer, must take last try at DMV office
- ✓ Home test features and requirements
 - ⇒ Computer must have a webcam to allow proctoring
 - ⇒ Must complete in one session, starting between 8 a.m. and 4 p.m. weekdays
 - ⇒ Available in 35 languages



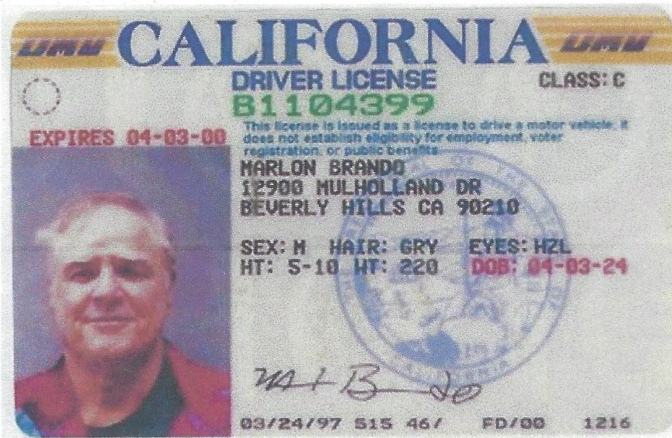
Knowledge test (continued)

- ✓ The eLearning video course
 - ⇒ Takes about 45 minutes
 - ⇒ Involves watching seven lessons and answering several questions about each
 - ⇒ Can be done on a tablet or smartphone as well as a computer
 - ⇒ Can be taken anytime
 - ⇒ Available only in English
 - ⇒ After you provide personal information, the DMV site presents two test options
 - MVProctor
 - eLearning
 - ⇒ *An especially attractive feature: completing the course is the SAME as passing a knowledge test, so CANNOT FAIL*

Appointment

- ✓ May schedule office visit online, after designating "DL/ID Renewal"
- ✓ Take **confirmation code** from online application online to DMV office (**important**)
- ✓ For first REAL ID application, also bring your identity and residence documents even if uploaded

* <https://www.mercurynews.com/2023/07/28/how-to-renew-a-california-drivers-license-if-youre-over-70/>



Tips for Folks Over 70 Renewing CA Driver's License

Vision test

- ✓ The DMV has a **minimum of 20/40 with both eyes together**, with or without corrective lenses
- ✓ Drivers who fail to meet this minimum must have a vision specialist perform an examination and complete the DL-62 form
- ✓ If your vision is between 20/40 and 20/70, DMV will issue a 30-day license to allow continued driving until the DL-62 form is submitted to the DMV

Behind the Wheel Test

- ✓ Generally not required of an adult who has an existing license from California or any other state
- ✓ Drivers can be flagged for examination
 - ⇒ If they have mental or physical conditions
 - ⇒ When the DMV has reason to suspect that a person is an unsafe driver



Help Stave Off Cognitive Decline Shingles Vaccine Reduces Chance of Dementia by 20%

Most informed people understand and appreciate the value of vaccines for protection against dangerous (even deadly), debilitating, and excruciating infections — such as Shingles. Caused by the Herpes zoster virus, it produces an excruciatingly painful rash and often major complications of meningitis, weakness or paralysis of facial nerves, and persistent nerve pain. Before a vaccine was available, about 1 in 3 people age 60 or older suffered a serious and painful shingles infection during their lifetime.

Shingrix, introduced in 2017, is a safe and highly effective vaccine providing long-lasting protection, with an effectiveness rate of over 90% in preventing shingles. An earlier vaccine, **Zostavax**, introduced in 2006, was less effective, reducing risk of shingles by 50-70%.

A single episode of shingles increases the risk of dementia by about 20%, possibly by inducing neuroinflammation or direct neuronal injury. Consistent with this finding, shingles increases the formation of a protein called amyloid in the brain — this is one of the hallmarks of Alzheimer's disease.

The next logical question reverses this process: does receiving a shingles vaccine decrease the incidence of dementia? A group of researchers at the Harvard, University of Minnesota, and Taipei Medical Schools followed 147, 327 participants and found that those receiving a shingles vaccine were 20% less likely to develop dementia in the 7 years after vaccination.

Read the scientific paper at <https://doi.org/10.1186/s13195-024-01511-x>



[1186/s13195-024-01511-x](https://doi.org/10.1186/s13195-024-01511-x)



**MAY 2025
SIR ANNUAL
PICNIC**





MAY 2025 SIR ANNUAL PICNIC



FINANCIAL REPORT

Starting Bank Balance: \$ 1,569.67

Income

Picnic Lunch receipts	\$ 1,280.00
Raffle	\$ 600.00
Membership Dues	\$ 205.00
TOTAL	\$ 2,085.00

Expenses

Juan Ochoa, Picnic lunch provided by El Grullense H & M	\$ 690.00
Temple Gallagher (Newsletter)	\$ 125.00
TOTAL	\$ 815.00

Net Gain/Loss \$ 1,270.00

Ending Balance \$ 2,839.67



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

MEMBERSHIP DUES

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

THE FEE INCREASED
MARCH 11th to \$25!!



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

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 (925-788-6520) or contact OAT/Grand Circle directly at (800) 955-1925.

Thanks, Glenn Breslin, SIR146 – Activity and Travel Chair, glennbreslin@gmail.com, 925-788-6520



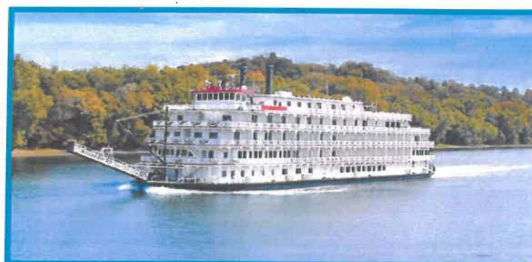
ARRANGED BY ALAMO WORLD TRAVEL
FOR SIRs AREA 18, BRANCH 143 & FRIENDS



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



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

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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

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Mike Lynn 712-6200
ATTENDANCE
Stephen Helmer 242-4607
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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 Oyler 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