

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

A non-profit social organization for men



MAY 2025

The Picnic & Remembering Those Who Gave Everything

Big Sir

Hello SIR members, it's incredible that we have completed a quarter of the year 2025.

I hope everyone has had a great experience attending the different activities that SIRS has to offer.

We continue to have great attendance at meetings, golf tournaments, and I hope the dinner and wine activities are adding attendees as well.

On Tuesday, May 13, 2025, we will be having our traditional spring picnic at Micke Grove Park starting at **11:30 AM. REMEMBER WE WILL BE CHARGING \$20.00 for lunch per person.**

We will be having a super great TAQUIZA TRANSLATE TO a great TACO BAR where we will be serving CARNE AZADA TACOS, AL PASTOR (PORK) TACOS, and CHICKEN TACOS with all the trimmings. We will have rice and beans with cheese, and salsa. We will have a variety of soft drinks and ice cold water.

All are invited to attend. Yes, you may pay at the park. Please let Mark Walhman know that you will attend, and you are on the list. We do need a rough count by the weekend prior to Tuesday, May 14, 2025.

I want to thank each and everyone for making our SIRS BRANCH A SUPER GREAT SUCCESS!! LETS KEEP IT GOING!!!!

Also, I like to congratulate all the Mothers and GRANDMOTHERS of CHAPTER 145 ON THEIR SPECIAL SUNDAY MOTHERS DAY!!!

Regards,

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



SIRS Wine Appreciation Group News for May 2025

Our hosts for the May 22nd Wine Appreciation Group are Ron & Kathie Mettler. Group members will receive an email from Ron regarding the details (time and location)

2025 schedule of hosts

Date	Host
May 22, 2025	Ron & Kathie Mettler
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.

Mary & Dave Dias, Wine Appreciation Group Coordinators

BULLETIN EDITOR COMMENTARY

We had a well-attended meeting SIR luncheon in April with Cameron Bregman as our speaker. Bregman fielded many questions about the Lodi City Council and about future plans to further improve Lodi with anticipated projects for empty properties on the street just east of School Street. There were many questions.

My wife, Dee, and I attended the SIR 145 Dine-Out at Bud's Café in Stockton, for the first time, and very much enjoyed it. It was a good time of fellowship and getting acquainted. (Others may want to join, if you do not know very many of the SIR members, especially those of us who came over from the previous Branch 46.)

In March we inducted a new member, Steve Freeman. He has an interesting story, in that he grew up in the Stockton, Linden area, married his high school sweetheart, Karen, from Linden High, and has remained in the area for his entire working career. In between he acquired his Ag degree at Fresno State and continues to farm with a walnut orchard between Linden and Lodi, which also is partly a horse farm. In addition he keeps show horses at a property in Grass Valley, with a total of 17 show horses. He is on the governance board, as a Vice President of the Arabian Horse Association. Steve's real day job for 40 years was with Pacific Coast Producers where he retired as VP of brewer relations. WELCOME STEVE!



Greetings to All,

David Stull, Bulletin Editor

**HAPPY
BIRTHDAY**

MAY

05/07	Paul Bestolarides
05/10	Calvert Rodway
05/30	Bill Rutherford
05/07	Tommie Tabema



Membership Report APRIL

Membership in attendance:	46
Guest in attendance:	1
Percentage of active members in attendance	38%
Total active members:	120
Members Added:	0
Members Reinstated:	0
Members Dropped	1
91 NARIO KAWAI	
Members Resigned	5
191 KEITH BOHNET	
9 EDGAR GRAY	
136 GREGORY MCCREARY	
6 ROBERT MUSTO	
82 ANDY NEAL	

MAY Holidays & Observances

05/01	May Day
05/05	Cinco de Mayo
05/10	National Golf Day
05/11	MOTHER'S DAY
05/18	Armed Forces Day
05/27	MEMORIAL DAY

Stephen Hellmer-Membership Chairman



What Actually Happened?

Why Memories Often Cannot Be Trusted

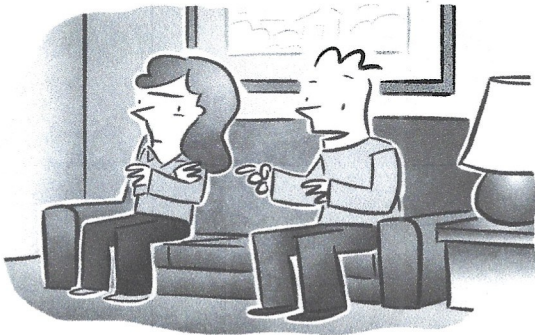
Brains often reinforce & edit some memories after the fact.

The *spacing effect* is a cognitive bias whereby learning is more effective when study sessions are spaced out. More information is encoded into long-term memory by spaced study sessions — also known as spaced repetition or spaced presentation — than by a single “massed presentation” (commonly known as “cramming”). More generally, how much is remembered also depends on the mechanics of learning.

The *suggestibility effect* is a cognitive bias caused by the inclination to accept and act on the suggestions of others. When recalling an incident or scenario, folks may fill in gaps in their memories with false information from their prejudices, other memories, media sources, or conversations. The *suggestibility effect* uses cues to distort recollection: when folks have been persistently told something about a past event, their memory of the event conforms to the repeated message. Psychological research has shown that folks experiencing intense emotions tend to be more receptive to ideas and therefore more prone to suggestibility. The *suggestibility effect* decreases as age increases. However, psychologists have found that individual levels of self-esteem and assertiveness can make some people more suggestible than others.

Misattribution of memory (or *source misattribution*) is a cognitive bias that manifests as the misidentification of the origin of a memory by the person recalling the memory. *Misattribution of memory* is likely to occur when folks are unable to monitor and control the influences of their attitudes toward their judgments at the time of retrieval. *Misattribution of memory* is divided into three components: *cryptomnesia*, *false memories*, and *source confusion*.

Cryptomnesia is a cognitive bias that occurs when folks recall a forgotten memory without recognizing it as such and instead believe it is something new or original. *Cryptomnesia* is more likely to occur when the ability to properly monitor sources is impaired. For example, folks are more likely to falsely claim ideas as their own when they were under high cognitive load at the time they first considered the idea. *Cryptomnesia* increases when people are away from the original source of the idea, and decreases when participants are specifically instructed to pay attention to the origin of their ideas. Psychologists have found that the timing is important: if



“Someday we’re going to look back at false memories of this and laugh.”



“This medication can actually improve your memory. Each capsule contains a tiny hard drive.”

one person expresses an idea immediately before another person expresses the same idea, the latter is more likely to claim it as their own, ostensibly because they are too busy preparing for their own turn to speak to properly monitor the source of information.

A *false memory* is a cognitive bias that occurs when folks recall something that did not actually happen or recall it differently from the way it actually happened. Psychologists have investigated several mechanisms underlying a variety of types of false memory: suggestibility, activation of associated information, incorporation of misinformation, and source misattribution. — continued



Be on the Lookout for Memory Problems

(continued from p. 5)

Source confusion (or **source-monitoring error**) is a cognitive bias in which the source of a memory is incorrectly attributed to some specific recollected experience. For example, individuals may learn about a current event from a friend, but later report having learned about it on the local news, thus reflecting an incorrect source attribution. This error occurs when normal perceptual and reflective processes are disrupted, either by limited encoding of source information or by disruption to the judgment processes used in source-monitoring. Depression, high stress levels, and damage to relevant brain areas are factors that can cause such disruption and hence source-monitoring errors.

The **self-relevance effect**, sometimes referred to as the **self-reference effect**, is a cognitive bias that operates when folks better remember information that is deemed personally relevant or that can be related to themselves. Folks' memory performance is improved substantially for information they consider as self-relevant. This phenomenon reveals the **inherent bias** folks possess in favor of themselves, which significantly influences cognitive processing and, consequently, memory retention.

Folks tend to find stories and patterns, even when looking at sparse data

Illusion of truth (**illusion of validity**) is folks' inclination towards believing, to some degree, the communication of another person, regardless of whether or not that person is intentionally

lying or inadvertently being untruthful. Human nature tends to believe that communications are honest, which in turn makes humans highly vulnerable to deception. Consequently, folks' ability to detect deception is weakened, particularly when the source of deception is unfamiliar. (This cognitive bias is distinct from the **illusionary truth effect**, which is the inclination to believe something is true after hearing it repeatedly.)

The **proportionality bias** (or **major event/major cause heuristic** or **conspiracy theory bias**) is a cognitive bias that causes folks to think that big events must have big causes. Folks tend to assume that substantial outcomes, especially those that have significant impact or involve considerable change, are the result of correspondingly large-scale, intentional, or complicated causes. The concept of **proportionality bias** emerged from psychological and sociological research that sought to understand why people believe in conspiracy theories. It was observed that many such theories stem from a desire to match the scale or impact of an event with the magnitude of its cause, even if there is no evidence to support such a match.

The **turkey illusion** is a cognitive bias describing the surprise resulting from a break in a trend, if one does not know the causes or the framework conditions for this trend. The concept was first introduced by Bertrand Russell to illustrate a problem with inductive reasoning. In a variation from Russell's original, a turkey designated for Thanksgiving is fed and cared for every day until it is slaughtered.

With each feeding, its certainty or confidence that nothing will happen to it increases, based on past experience.

Lodi-Stockton SIR Golf 2025 Schedule

Draft

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

Golf Reps: Bill Rutherford 916-995-6079

SIR Golf at The Reserve

When -Wednesday, May 14, 9:30 Tee Times

Format -2 Man Scramble

Tees - We will be playing the forward/Green tees at 5,294 yards

Cost \$65, Payable in advance (**Free** Range balls!!)

Sign-up by May 7, **Pay** by May 9

Hosts—Roger Baldwin & Paul Bestolarides (**Besto**)

* * * * *

Application to The Reserve GC 2-man Scramble tournament, May 14, \$65
payable to SIR Golf, to Bill Rutherford
1067 1st Avenue, Walnut Grove, CA 95690

Name _____

Partner _____
Playing Partners _____

FINANCIAL REPORT

Lunch receipts	\$ 1,213.00
Matching funds for Marketing from State SIR	\$ 1,000.00
Pot	\$ 75.00
Membership Dues	\$ 90.00
TOTAL	\$ 2,378.00

Expenses

Creative Catering (SIR Luncheon)	\$ 912.64
Creative Catgering (March Luncheon Tax)	\$ 76.50
Kindle & Assoc. (Newspaper ad)	\$ 725.00
Gannett Ca. LocalQ (Marketing ad)	\$ 380.98
Stephen Hellmer (tape)	\$ 15.14
2nd Quarter State Assessment	\$ 346.50
David Stull (printer ink \$95.86 & Postage 113.40)	\$ 209.26
Temple Gallagher (Newsletter)	\$ 125.00
Elks Lodge Monthly Luncheon facility rental	\$ 300.00
TOTAL	\$ 3,091.02

Net Gain/Loss \$ 2,378.00

Ending Balance \$ 1,769.78



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!!

La Contenta Flights

March 10, 2025
as of 4/10/2025

A Flight	I/Gr	str	I/net	team
Rodger Richerson	79	7	72	64 1st
Dan Salisbury	82	12	70	
Jeff Amos	83	11	72	65 2nd
Rod Williams	92	15	77	
Felix Moran	85	10	75	69 3rd
Sigurd Anderson	91	16	75	
Bill Morelli	88	6	82	70
Chuck Argus	91	13	78	
Robert Pirie	87	11	76	70
Mark Shimazaki	92	13	79	
Peter Roy	91	11	80	70
Larry Lambert	93	15	78	
Matt Nomura	89	9	80	71
Lew Baumbach	84	9	75	

B Flight	I/Gr	str	I/net	team
Mike Baylor	89	11	78	67 1st
Jon Faucault	101	26	75	
Angelo Sebazco	100	15	85	69 2nd
John Pena	93	18	75	
Andy Bailey	87	14	73	69 3rd
Ernie Lucero	100	18	82	
Bill Hye	89	13	76	69
Dan Cole	106	26	80	
Joe Stephens	98	17	81	73
John Coakley	103	18	85	
Jim Escobar	89	15	74	71
Doug Fritz	106	21	85	
Mike Lynn	94	15	79	74
Roger Sperring	97	17	80	

C Flight	I/Gr	str	I/net	team
Larry Thomas	77	11	66	66 1st
Allen Bennett	102	33	69	71
Duane Freiberg	96	21	75	66 2nd
David Stull	119	33	86	
Steve Hellmer	97	17	80	67 3rd
Rick Okazaki	103	27	76	
Steve Freeman	105	16	89	67
Mark Wahlman	95	17	78	
Bob Cossey	99	18	81	68
Cal Rodway	105	28	77	
Richard Addington	94	13	81	70
Bill Rutherford	104	21	83	
Art Lopez	100	17	83	71
Rudy Rodriguez	108	28	80	
Bill Beckman	98	17	81	71
Mike Sather	106	22	84	

CTP #2--Bill Morelli-6'0"

CTP #13--Duane Freiberg-4'9"

Low Gross--Rodger Richerson-79

Low Net--Larry Thomas-66

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 sign up
- 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



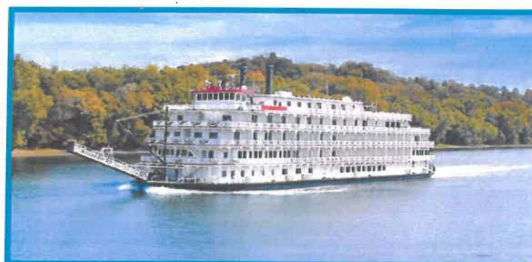
ARRANGED BY ALAMO WORLD TRAVEL
FOR SIRS AREA 18, BRANCH 143 & FRIENDS



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

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

ANECOTALIST

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 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