

# The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

*A non-profit social organization for men*



**OCTOBER 2025**

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

## Big Sir Greeting for October 2025

Dear Members,

We are turning the corner to end another exciting and productive year. October starts the final quarter of the year.

We are now planning our Christmas Luncheon. The date will be December 9, 2025. Again, thanking Mr. and Mrs. Reiner for helping SIRS ENJOY THE FACILITIES AT THE WOODBRIDGE COUNTRY CLUB. As discussed at our last meeting the cost of the luncheon will be \$50.00 per person --\$100.00 per couple, non-refundable. We do need an accurate count so PLEASE bring your check or cash to October’s meeting so we can get the list of attendees. We have room for up to 80 people, but the deadline to register and pay will be no later than Friday December 5, 2025.

I am thanking all the members that voted for this luncheon since this is the best location we have had year after year. The facility has always gone all out to make it a great experience during this time of the year.

I also thank Mark Wahlman for doing an excellent job conducting the monthly meeting, and for all his exceptional work and dedication for the good of the CHAPTER.

This year has been a very good year. We’ve consistently been having 40 to 45 members attending our monthly meetings. We also have had great speakers. Should you have any suggestions or would like to recommend a speaker, please let any member of our executive board know. Also, should you have any concerns, questions and or suggestions on menus or meeting sites, please bring it to our attention.

For our OCTOBER 14<sup>th</sup> meeting the menu will be:

Chicken Parmesan, pasta with marinara sauce, salad, garlic bread, coffee, ice tea.

I would like to see all of you there. Please continue to contact Mark at his phone and or email him for a reservation. I WILL BE OUT OF TOWN, but will be back on Monday, October 6, 2025.

**MARK WAHLMAN’S phone # is: 209-327-7335 PLEASE RSVP  
BY FRIDAY, OCTOBER 10th!**

His email is [mwahlman@comcast.net](mailto:mwahlman@comcast.net).

I would like to also wish all a very happy and safe 🎃 Halloween!!!

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



**RIGHT—New member John Shehorn with  
Mark Wahlman**

## Bulletin Editor Commentary



Our September 9<sup>th</sup> SIR meeting featured Janelle Wilkinson, the President and CEO of the LOEL SENIOR CENTER in Lodi, located at 105 S. Washington St. in Lodi. I was surprised to see all their list of activities for seniors, which some of our SIR members may want to take advantage of. They provide lunch every day, for a modest fee, and exercise every day---which some of us could use. We thank Janelle for this presentation.

OUR SIR OF THE MONTH, this month features David Dias, who has been a SIR member since 2016. Dave grew up on a dairy farm near Hanford, Ca. His grandfather began the dairy and his father carried it on, but considering the tough life of a dairy farmer, Dave decided to enroll in Cal Poly, San Luis Obispo after high school and acquired a Bachelor of Science degree in crop science (now called Agronomy).

That education allowed him to become a district rep for the Ortho fertilizer division, which was then a part of Chevron Chemical. After 2 years Dave worked for Stockton Hay and Grain.

Dave's big accomplishment was to start and build the Delta College School Farm near Manteca, which he ran for 21 years from 1976 through 1997. After retiring Dave moved to Covington, Washington and worked for Paper Material Handling, which is a division of Hyster Hydraulics. (We have all seen Hyster huge moving equipment at one time or another.)

It was his great joy to meet and marry his wife Mary, on Valentine's Day of 2000.

They moved back to California in 2006 and purchased their lovely retirement home in 2007. (If you have been a member of the Dine In-Dine Out Group, or the Wine Tasting group, you have had the privilege of being hosted by Dave and Mary at their home in Acampo.

Between them, Dave and Mary have 4 children and 9 grandchildren, ages 11 to 26.

They like to travel, and notably Dave has made 2 trips to the Amazon, where, I assume, he made use of his fishing skills. Dave and Mary have also traveled much in Europe, and visited the land of his forefathers, the Azores and Portugal.



## BULLETIN EDITOR COMMENTARY—PART TWO

I personally want to honor the life and death of a gifted young (Age 31) Patriot, Communicator and Influencer—Charlie Kirk-- who was killed on September 10<sup>th</sup>. We have not had a political assassination in this country, since that of Martin Luther King and Robert Kennedy 57 years ago. Let us all now pause, no matter our political affiliation, and give honor to a young man of great talent, intellect, drive, communication skills (his opening often was “let’s talk”) and deep faith.

He and his lovely wife Erika (former Miss Arizona) have developed a massive patriotic and faith movement among teenagers and 20 somethings that has brought in hundreds of thousands under the banner of “Turning Point USA.”

God Bless Charlie Kirk’s memory, his widow Erika and their young children.

Let us also pray that political violence ceases in this country and we return to settling our differences by debate, rather than by violence.

David Stull, Bulletin Editor



### SIR Speaker for October

#### **Steven Ding, San Joaquin County Supervisor, District 4**

Steve is a small business owner, community leader, and father.

After graduating from Stagg High School, Steve attended San Joaquin Delta College, then transferred to Chico State.



After graduating Steve took a job for Congressman Richard Pombo where he rose to the position of Chief of Staff and Staff Director of the powerful Resources Committee, which oversaw the federal water resources that are vital for our community. He knows the ins and outs of government - but more important knows that government should be there to do the basic jobs we pay them to do... that government works for us, we don't work for them.

In 2010, Steve bought the historic Woodbridge Crossing restaurant and worked hard on his own dime to restore it and keep it a local tradition. The restaurant flourished and won awards for excellence.

Steve serves on the Executive Board of the Lodi Boys & Girls Club and is a member of the Greater Stockton Chamber of Commerce, Lodi Chamber of Commerce, and The California Restaurant Association. Steve was named Businessman of the Year both locally and by the California State Senate for his service to the local community. He is blessed to work at Woodbridge Crossing with his two sons, Steven Jr. and Connor, every day of the week.

In November 2022, Steve was elected to the San Joaquin County Board of Supervisors, District 4.



## OCTOBER BIRTHDAYS

Date	Name	Sir Since
10/01/42	Ernie Baca	08/08/17
10/10/36	John Gualco	02/01/18
10/10/47	Tony Ippolito	02/11/25
10/21/40	Rudy Rodriguez	10/10/18
10/01/42	Ray Schramm	04/25/06
10/31/52	Rod Williams	03/12/19



## OCTOBER HOLIDAYS AND OBSERVANCES

10/04	National Golf Lover's Day
10/26	National Mother-In-Law Day
10/31	Girl Scout Founder's Day
10/31	Halloween



## Membership Report SEPTEMBER

Membership in attendance:	39
Guest in attendance:	2
Percentage of active members in attendance	33%
Total active members:	120
Members Added:	1
	31 John Shehorn
Members Reinstated:	0
Members Dropped	14

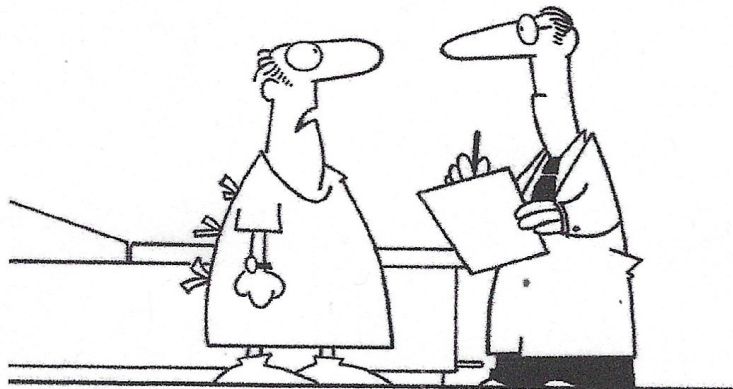
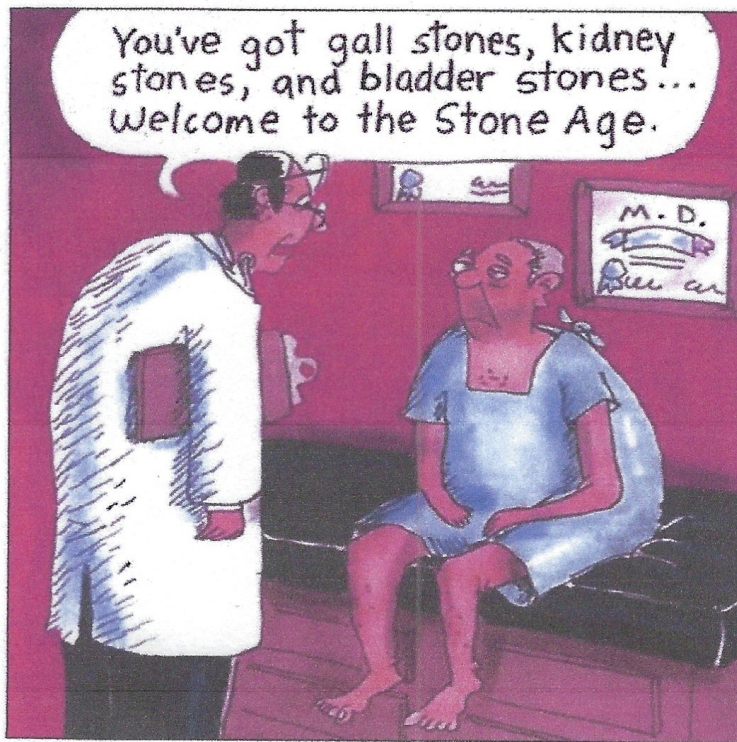
131 Lynn Benbrook  
 135 Reno Berbano  
 205 Larry Bondadurer  
 47 Lance Dozier  
 24 Frank Flores  
 132 Bill Ginsbach  
 142 Charles Gritts  
 86 Gerald Johnson  
 126 Lawrence Kraus  
 88 David Mattheis  
 125 Tom Pratt  
 41 Chuck Siffing  
 105 Mike Trujillo  
 56 Tom Trunnell

Members Resigned 0

*Stephen Hellmer-Membership Chairman*







*"High blood pressure, high cholesterol, high blood sugar, high anxiety...getting high is no fun at my age."*



## Some Obvious, Some Not

### True or False Aging Facts Quiz

For discussion of each of these topics, see: <https://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf> (answers on p. 15).

1. The majority of people over age 65 have Alzheimer's Disease.
2. As people grow older, their intelligence declines significantly.
3. It is very difficult for older adults to learn new things.
4. Personality changes with age.
5. Memory loss is a normal part of aging.
6. As adults grow older, reaction time increases.
7. Clinical depression occurs more frequently in older than younger people.
8. Older adults are at risk for HIV/AIDS.
9. Alcoholism and alcohol abuse are significantly greater problems in the adult population over age 65 than those under age 65.
10. Older adults have more trouble sleeping than younger adults do.
11. Older adults have the highest suicide rate of any age group.
12. High blood pressure increases with age.
13. Older people perspire less, so they are more likely to suffer from hyperthermia.
14. Most women and many men develop osteoporosis as they age.
15. A person's height tends to decline in old age.
16. Physical strength declines in old age.
17. Most older adults lose interest in and capacity for sexual relations.
18. Bladder capacity decreases with age, which leads to frequent urination.
19. Kidney function is not affected by age.
20. Increased problems with constipation represent a normal change as people get older.
21. All five senses tend to decline with age.
22. As people live longer, they face fewer acute conditions and more chronic health conditions.
23. Retirement is often detrimental to health, i.e., people frequently seem to become ill or die soon after retirement.
24. Older adults are less anxious about death than are younger and middle-aged adults.
25. People 65 years of age and older currently make up about 20% of the U.S. population.



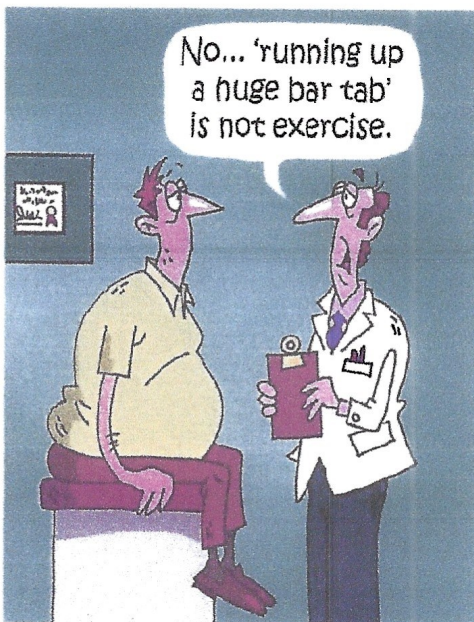
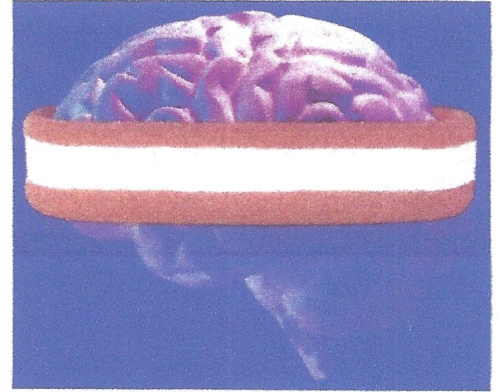
## Robust Chemical Signals Link Muscles with the Brain.

# Stronger Muscles Yield a Healthier Brain

Alinny Ricardo and her colleagues published a fascinating review article in the journal *Neuropharmacology* titled “How does the skeletal muscle communicate with the brain in health and disease?” [see: <https://www.sciencedirect.com/science/article/abs/pii/S0028390821002999#!>]

Following is a brief summary:

“Common sense can conclude that our muscles and our brains are distinct and disconnected parts of the body...that muscle exists separately from intellect—and perhaps is even oppositional to it, one taking resources from the other.... The truth is, *our brains and muscles are in constant conversation with each other*, sending electrochemical signals back and forth. In a very tangible way, our lifelong brain health depends on keeping our muscles moving.

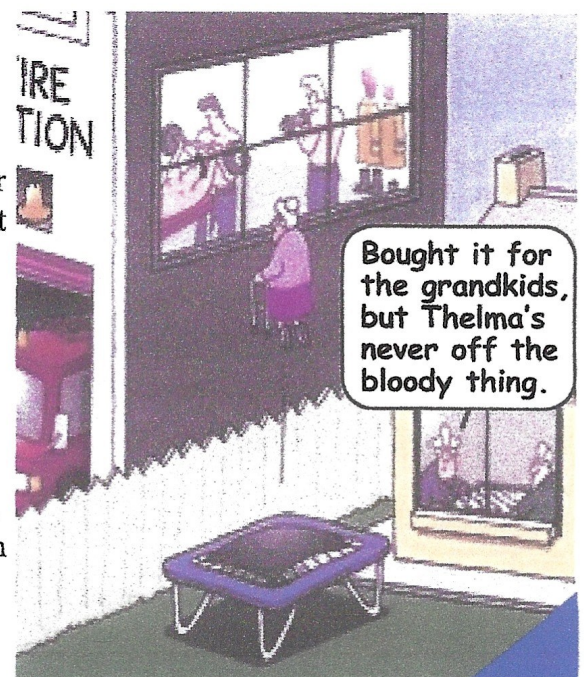


Skeletal muscle, which enable folks to move their bodies around, is the largest “organ” in the body. Folks find it surprising that muscles are also hormone-secreting tissues, which means they release signaling molecules that travel to other parts of your body to tell them to do things. The protein molecules that transmit messages from the skeletal muscle to other tissues—including the brain—are called *myokines*.

“*Myokines* are released into the bloodstream when your muscles contract; they create new cells, or perform other metabolic activities. When they arrive at the brain, they regulate physiological and metabolic responses. As a result, *myokines* have the ability to affect cognition, mood, and emotional responses. Exercise further stimulates what scientists call muscle-brain ‘cross talk,’ and these myokine messengers help determine specific beneficial responses in the brain. These can include the formation of new neurons and increased synaptic plasticity, both of which boost learning and memory. In these ways, strong muscles are essential to healthy brain function.

“In young muscle, a small amount of exercise trips molecular processes that tell the muscle to grow. Muscle fibers sustain damage through strain and stress, and then repair themselves by fusing together and increasing in size and mass. Muscles get stronger by surviving each series of small breakdowns, allowing for regeneration, rejuvenation, and regrowth. As we age, the signal sent by exercise becomes much weaker. Though it’s more difficult for older people to gain and maintain muscle mass, it’s still possible to do so, and that maintenance is critical to supporting the brain.

“Even moderate exercise can increase metabolism in brain regions important for learning and memory in older adults. And the brain itself has been found to respond to exercise in strikingly physical ways. The hippocampus, a brain structure that plays a major role in learning and memory, shrinks in late adulthood; this can result in an increased risk for dementia. Exercise training has been shown to increase the size of the hippocampus, even late in life, protecting against age-related loss and improving spatial memory. (cont. )





## Muscle ⇌ Brain

“Further, there is substantial evidence that certain myokines have sex-differentiated neuroprotective properties. For example, the myokine *irisin* is influenced by estrogen levels, and postmenopausal women are more susceptible to neurological diseases, which suggests that *irisin* may also have an important role in protecting neurons against age-related decline.

“Studies have shown that, even in people with existing brain disease or damage, increased physical activity and motor skills are associated with better cognitive function. People with *sarcopenia*, or age-related muscle atrophy, are more likely to suffer cognitive decline. Mounting evidence shows that the loss of skeletal muscle mass and function leaves the brain more vulnerable to dysfunction and disease; as a counter to that, exercise improves memory, processing speed, and executive function, especially in older adults. (Exercise also boosts these cognitive abilities in children.)

“There’s a robust molecular language being spoken between your muscles and your brain. Exercise helps keep us fluent in that language, even into old age.”

## 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**



## What Do Older Adults Worry About the Most?

When seeking answers to questions, many folks (possibly most folks) turn to Google. Your modest scribe asked Google, “What do older adults worry about the most? Following are the top 5 items in the top 4 websites (labeled A-D) from that search:

	Source A	Source B	Source C	Source D
1	Healthcare Costs	Age & Loss of Sense of Purpose	Healthcare Costs	Physical & Mental Health
2	Physical Aging	Financial Security	Physical Aging	Healthcare Costs & Home Nursing Care
3	Loneliness	Difficult with Everyday Tasks & Mobility	Physical Assistance	Financial Security
4	Transportation	Finding the Right Care Provision	Financial Security	Bereavement, Social Isolation & Loneliness
5	Social Climate (Ageism)	Access to Healthcare Services	Loneliness	Elder Abuse

Answers to True or False Aging Facts Quiz: 5, 8, 10, 13, 15, 16, 18, 22, & 24 are true; 12 is true and false; all others are false.



# Wine Appreciation

Our September Wine Appreciation group met in the lovely, forested backyard of Paul Wright and Lin Defilippi. Paul made delicious barrel chicken, and it was served with scallop potatoes and bread. Guests brought side dishes and desserts to compliment the meal. A wonderful variety of wines were paired with the meal and port was served with dessert.

*Thanks Paul & Lin for a great evening.*



**Next Wine Appreciation event will be November 13 and will be hosted by Tony & Lynda Canton**



## *Dine In ~ Dine Out Group*

Dine In/Dine Out for October 23rd will be hosted by Jim & Karen Sowers. Information will be emailed to the group soon.



# SIR Golf Finale at Micke Grove

**When** -Wednesday, October 29, 8:30  
**Shotgun**(Corrected)

**Format** -Individual Stroke play,  
Foursomes by index  
With enhanced Prize fund

**Closest to Pin-** All four par 3s

**Low Net & low Gross prizes**  
Tees - We will be playing the red tees

**Cost** \$60 Payable in advance (\$26 for cardholders-Cart & fee)

**Sign-up** by October 22, **Pay** by Oct 24

**Hosts-** Rick Addington & Jeff Amos

\* \* \* \* \*

Application to Micke G, Oct 29; \$60 payable to SIR Golf, to Bill Rutherford  
1067 1st Avenue, Walnut Grove, CA 95690

Name \_\_\_\_\_

## State SIR Elects 2026 Board

**President:** Fred Serena    **Director of Branch Support:** John Farcich\*

**Vice President:** Nick Feimer\*

**Director of Marketing:** Neil Wheeler

**Secretary:** Jeff Chin

**Director of Activities:** Michael Lee

**Treasurer:** Carl Mason

**Area Representative:** Jerry Morrow

**Chief Information Officer:** Ramesh Thadani

**Area Representative:** Carl Dawson

**Director of Documents:** Bruce Corwin

**Area Representative:** Wes Howard

# SIR Golf' at Teal Bend GC

7200 Garden Hwy, (916)922-5209

**When** -Wednesday, October 8,  
9:00 Tee times

**Format** -2 man Berst Ball

**Tees** – White Gold Com (5,374 yds)

**Cost** \$56,

(Enhanced Prize fund 9\$ per player)  
due to discount on Castle Oaks Green Fees

**Sign-up by Oct 1, Pay by Oct 4**

**Hosts** – Angelo Sebazco & Dave Haro

\* \* \* \* \*

Application to Teal Bend 2 man Best Ball  
tournament,

Oct 8, \$56 payable to SIR Golf, to Bill Rutherford,  
1067 1st Avenue, Walnut Grove, CA  
95690

Name \_\_\_\_\_

Partner \_\_\_\_\_

Preferred playing partners

Partner \_\_\_\_\_

Partner \_\_\_\_\_



## Financial Report

SIR Branch 145

September 11, 2025

**Starting Bank Balance:** \$ 2,236.21

### Income

Lunch receipts	\$ 975.00
50/50 Pot	\$ 62.00
Raffle winner Mike Lynn donation	\$ 60.00
Membership Dues	\$ 25.00
<b>TOTAL</b>	<b>\$ 1,122.00</b>

### Expenses

Creative Catering (SIR Luncheon)	\$ 670.35
Elks Lodge Monthly Luncheon facility rental	\$ 300.00
Temple Gallagher (Newsletter)	\$ 125.00
<b>TOTAL</b>	<b>\$ 1,095.35</b>

**Net Gain/Loss** \$ 26.65

**Ending Balance** \$ 2,262.86

**Note:** The following two checks have not been cashed.

1. Elks Lodge deposit retainer 11/12/2024	\$250.00
2. Lodi High School Honor Choir 11/11/2024	\$400.00

\* This would reduce our current ending balance to **\$1,612.86**

*Joe Stephens* SIR Branch #145

Treasurer

twarrior1945@gmail.com

209 992-1020





**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