

The Grapevine

Lodi/Stockton Branch SIR 145 Newsletter

A non-profit social organization for men



SEPTEMBER 2025

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

Big Sir Greeting for September 2025

Dear Sir Members,

I wish to thank all you members who in one way or another are participating in the different activities of our SIR branch.

I have some valuable information for the chapter. I am asking Mr. David Stull to head the picnic committee including, planning the date, the place, the food, and anything else he and his committee feel necessary to make the picnic a success. David is looking for a volunteer co-chair to make this a successful event, next May.

Also, I was in contact with Mr. and Mrs. Reiner, our host couple at the Woodbridge CC, for our Christmas Luncheon. They have accepted to again host it at Woodbridge CC and have our Christmas Luncheon on December 9, 2025.

The menu for the Christmas luncheon is as follows: Pot Roast, carved turkey, mash potatoes, vegetables, salad, rolls, butter, desert, coffee, tea, and water. The cost per person is roughly between \$45.00 and \$50.00 per person.

I would like to have the members discuss this event at the next meeting. I would like all the input that you have in order to make a decision.

This is not necessarily a “done deal “! We have another option and, that option is to have it at the Elks Lodge at a much reduced price. I don’t know what the cost would be there, but I will let you know by October’s meeting.

I also want to thank Mark Wahlman for filling in for me at the September meeting as I will be out of town working the Procore Golf Tournament in Napa, California.

And I thank all those members who put in a lot of their own valuable time, for us, in coordinating the events that we have and enjoy throughout the month. I thank Dave Dias, David Stull, Ed Oyler, Stephen Hellmer, Glen Nellman, Mike Lynn, Joe Stephens, Anthony Moles, Roger Sperring, and Bill Rutherford for all their contribution of time and effort.

I know I may have forgotten some members, and I do sincerely apologize to them. Thank you all.

REMEMBER our next meeting is held on Tuesday, September 9, 2025, with 11:00 registrations and the meeting starts at 11:30 AM.

THE MENU FOR SEPTEMBER IS:

CHICKEN FRIED STEAK
VEGETABLES
BREAD AND BUTTER

GARLIC MASH POTATOES
SALAD WITH DRESSING
COFFEE, ICE TEA, and WATER

**PLEASE RSVP TO MARK WAHLMAN AT HIS EMAIL ADDRESS
mwahlman@comcast.net or Phone: 209-327-7335**

Hope to see you all at the meeting.

Regards, Juan G Ochoa, BIG SIR

jgochoa@icloud.com

209-481-5325

Bulletin Editor Commentary

Matt Rempfer, the White Slough Wastewater Plant Operations supervisor spoke to us in July. I was not aware that there are so many levels of treatment at a wastewater treatment plant. By the time they are done with the treatment, technically the water is clean enough to drink, but it is sent out for irrigation of the fields in this area. The final sludge is like a big cake, and is used for fertilizer.

I was relieved to know that if we have a bad storm and flooding, there are enough safety valves to keep the waste water from backing up into our homes.

We enjoyed a good Mexican lunch. We also took in a new member, Terry Hickey. You will see below his photo with his wife Patty, in Hawaii, and a brief biography of his life .

David Stull, Branch 145 Bulletin Editor



MATT REMPFER

Featuring our New Member Terry Hickey



Terry was born near Cleveland, Ohio in 1952, but his family moved to Southern California when he was 10 years old. His dad worked for Lockheed, but Terry's interest were more in the agriculture area, so he attended Fresno State and acquired a degree in Agronomy from Fresno State in 1976.

Terry began his career working as an irrigation system designer for Durham Pump on the Chico area. Later he worked for Berkeley Pump as an outside salesman for 5 years. Later he worked for Layne Bowlen Manufacturing, based out of Memphis, Tennessee as their Western Regional Sales Manager.

Terry was fortunate to meet his wife, Patty, in 1984, on a PSA flight from Sacramento to Los Angeles International. It must have been love at first sight, for they married soon after, lived in the East Bay for a while, and then moved to Lodi in 1986.

In the late 1990's Terry decided to change careers altogether and joined Morgan Stanley and then Merrill Lynch. With that foundation, Terry decided, after 5 or 6 years, to purchase his own financial advisory franchise from Ameriprise, in Lodi, and continued in the business until 2 years ago when he sold his practice.

Terry and Patty have one daughter, Anne, and 4 grandchildren. Patty is a LCSW (Licensed Clinical Social Worker) and is continuing in that profession.

Terry is an avid golfer with a NGCA handicap of 20. Terry and Patty are active member of their church, First Baptist of Lodi. Terry was brought into SIR by Steve Hellmer, and will be a great addition to our branch.

Thank you Steve for introducing us to Terry. WELCOME TERRY!

SEPTEMBER

Date	Name	Sir Since
09/09/34	Noel Berbano	05/01/08
09/28/37	William Brinson	
09/07/39	Bob Cossey	10/01/07
09/26/46	David Diaz	09/13/16
09/14/45	Douglas Dzioba	03/13/18
09/09/51	George Galatsatos	09/08/15
09/01/46	Anthony Lagomarsin	03/11/25
09/03/46	Jason Lovelady	07/14/15
09/25/50	Anthony Moles	11/13/18
09/01/57	Rick Okazaki	08/13/24
09/16/50	Chad Palmer	03/12/13
09/04/48	Gilbert Parker	02/08/15
09/13/46	Peter Roy	03/08/16
09/09/56	Angelo Sebazco	01/01/21
09/26/56	Mark Shimosaki	11/12/24
09/02/39	Paul Wagner	10/01/09



SEPTEMBER HOLIDAYS & OBSERVANCES

09/01	Labor Day
09/09	California Admission Day
09/17	Constitution Day
09/29	Veterans of Foreign Wars Day (VFW Day)



Membership Report AUGUST

Membership in attendance:	40
Guest in attendance:	1
Percentage of active members in attendance	6
Total active members:	122
Members Added:	0
Members Reinstated:	0
Members Dropped	2
126 DEL BURNS	
36 JOHN E WHEELER	
Members Resigned	0



Stephen Hellmer-Membership Chairman

Financial Report

SIR Branch 145

August 12, 2025

Starting Bank Balance:	\$ 2,263.64
Income	
Lunch receipts	\$ 1,100.00
Pot	\$ 61.00
Membership Dues	\$ 40.00
TOTAL	\$ 1,201.00
Expenses	
Creative Catering (SIR Luncheon)	\$ 767.36
Elks Lodge Monthly Luncheon facility rental	\$ 300.00
Juan Ochoa (Cookies)	\$ 19.98
David Stull (postage)	\$ 16.09
Temple Gallagher (Newsletter)	\$ 125.00
TOTAL	\$ 1,228.43
Net Gain/Loss	\$ (27.43)
Ending Balance	\$ 2,236.21

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

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

MEMBERSHIP
DUES

SEPTEMBER 9th SPEAKER

Janelle Wilkinson, President & CEO,
LOEL Foundation, Inc.



Janelle Wilkinson is a proud sixth-generation San Joaquin County native and resident of Lodi. She is the mother of two adult daughters and brings over 20 years of experience in the nonprofit sector. Janelle currently serves as the President and CEO of the LOEL Foundation, where she leads efforts to support seniors and enrich the community.

After graduating from Lincoln High School, Janelle attended San Joaquin Delta College, then transferred to Fresno State University.

Prior to her role at the LOEL Senior Center, Janelle dedicated more than 11 years to the American Cancer Society, where she developed a deep passion for community service and health advocacy.

Actively involved in the community, Janelle is a member of the Junior League of San Joaquin County, Lodi Sunrise Rotary, the Lodi Senior Commission, and the United Way Community Alliance.

In her free time, she enjoys gardening, entertaining, and taking walks with her golden retriever, Bochy.

Per Joe Stephens:
Featuring our Bulletin Editor—David Stull



Born in 1943, in the dead of winter, in the only hospital in the county, delivered by the only doctor in the county, in Beach, North Dakota, right next to the Montana line. (Dr. Bush delivered most all the babies in the county, while doing general practice, plus surgeries.) He owned the 2 story brick hospital, which was the only medical facility in the county.

In one of the worst winters in North Dakota history, in 1949, when we were snowed in for 6 weeks, Dr. Bush flew his small plane, fitted with snow skis, to land on a field near our remote farm. He carried his black bag across the snow to treat my sisters. He also brought our mail, and took dad's cans of cream to the train depot 7 miles away to be shipped to the creamery. (Dad had ridden 7 miles on horseback, in the blizzard, to get to the nearest telephone to call the doctor.)

I was raised with 1 brother and 3 sisters in a farm house where we had no indoor plumbing, no telephone service, and no electricity until 1949, when the Rural Electrification Coop installed lines in our end of the state. Kerosene lanterns worked well, with heat from a pot-bellied coal stove, and a cold outhouse took care of our necessities. (The men used the barn.) (Indoor plumbing came later in 1957 when we moved to another farm.)

I attended a one-room school house on the prairie, for my first eight grades, where the teacher taught all grades. Every morning began with the Pledge of Allegiance and prayer.

Summers were great, riding horses in the Badlands and sliding down scoria buttes on the seat of our pants---we lived near the Roosevelt National Park---but it also involved much work. We all started early, first taking care of the chickens, then feeding the pigs, and also going out into the hills to search for the cows to bring them home to be milked. (By the time I was 12 my hands were strong enough to milk a cow by hand.) By the time I was 14 my legs were strong enough to push the clutch on the Allis Chalmers tractor, and from then on I spent much of my summer on tractors tilling the fields, while stopping to kill rattlesnakes ever so often. Harvest time was the most fun of all---Dad ran the combine, and I, being the oldest, hauled the grain in the grain truck to be augured into the granaries. (By the way, there is nothing more beautiful than a mile long field of ripened wheat waving in the wind.)

A significant thing happened while I was in early grammar school. A country preacher, from our big town of Beach---population 1500---came out to our farm to visit with my parents. I remember him driving up our gravel driveway one evening with his black 1947 Plymouth and speaking with my parents. From then on we attending the small, white Methodist church each week, set on a hill in Beach---15 miles away.

We had evangelists and missionaries visit once a year, and I made a spiritual decision at age 13 that established the direction of my life---particularly the next 15 years. After graduating from high school, with my valedictorian certificate under my arm, I turned down the State University and enrolled at a small Bible College in Southern Iowa.

Being lonely there one Christmas, my roommate and I hitchhiked the 900 miles back to western North Dakota on a Christmas break, in the winter. All went well, until stuck alone on the highway, as the evening darkened, in Western South Dakota by a 2 lane highway that led into North Dakota. Luckily, a bunch of teenagers, driving fast, with open beer in the car, rescued us, and I made it home.

I finished my degree in missionology at Bethany Global University in Minneapolis, Minnesota and married a city girl from the Los Angeles area who was also a classmate--- imagine her culture shock when she visited our family on our farm prior to us getting married. We then started to prepare for our eventual goal of moving to Liberia, a country on the west coast of Africa.

CONTINUED

CONTINUED

There was additional training at the mission headquarters, that we had chosen—Christian Literature Crusade, in Fort Washington, Pennsylvania---and had further training helping to run a Christian bookstore in Montreal, Quebec. After a long trip from Quebec to Western North Dakota in a 1955 Chevy, given to us, which was burning oil badly, and saying out goodbyes to our families we were off to a 4 year stint in Africa at the age of 24.

No luxury plane flights. With our few possessions packed in barrels, we boarded a grain freighter at a New York harbor, which stopped at Canadian ports to pick up wheat, and then sailed across the Atlantic in about a month's time, stopping at primitive ports in Portuguese Guinea, Guinea, Sierra Leone, and finally Liberia.

Local missionaries made us feel welcomed, and soon we came to really appreciate the Liberian people, although we did not understand very much of their Pidgeon English or the native languages. There was one paved road into the interior of the country, and it rained about 150 inches of rain a year.

The mission had purchased a bookmobile and we delivered Scriptures, in many languages, and other books throughout the country. We taught Bible classes in the public schools. My biggest job was totally remodeling the Christian bookstore in the capital city of Monrovia, including installing air-conditioning, which was a first for them. (For more about this part of my life, order a copy of my book, *From Guilt To Gratitude* from Amazon.)

After the great, modern remodel of the bookstore, in Monrovia, the Mission Director came for a visit towards the end of our 4 years, and asked us if we would consider going to the island of St. Lucia, to supervise the building of a new bookstore from scratch.

After a brief visit home we were off to the West Indies, and finished the project in less than 6 months.

Unable to have children naturally, we returned to the States and worked on getting established in the strange culture of Southern California---San Diego. First years were a struggle---but I eventually started a Christian book distribution business where we placed book racks in all the military bases around San Diego, plus grocery stores and drug stores. Had to finally sell it to a Christian publishing house in Glendale---moved to San Bernardino County---adopted two babies---and finally wound up in Stockton in 1977.

I started in the insurance business, here in Stockton and Modesto, and eventually acquired all my security licenses, certifications, and eventually my Investment Advisory certification. Building an insurance and investment advisory business was not "a piece of cake", but rewarding, so worked through age 75 and sold the business to a young man, who was a business graduate from the UOP School of Business.

My wife and I are enjoying retirement, which has allowed us to travel to many countries, including China, Israel, Europe, and the Scandinavian countries. At one time or another we have been in 46 of the 50 states, and I have driven across the country 2 or 3 times.

My wife, Dee, never retires! She is always helping people in their old age, as a Patient Advocate, and is very fulfilled in doing so. We also help out at The Home Church, on West Lane, north of Eight Mile Road, where we are members.

And my golf game is finally improving, which I started seriously only after joining SIR.

David Stull, SIR Bulletin Editor

Book link <http://covenantbooks.com/books/?book=from-guilt-to-gratitude>

SIRS Dine In ~ Dine Out Group

For our August Dine In Dine Out Mike and Lori Lynn hosted a festive Mexican style dinner at their home. In keeping with the theme Mike treated us to homemade margaritas. We also welcomed new members, Joe & LaDonna Stephens. The weather cooperated and it was a beautiful evening and lots of fun. *Thanks Lynn's*



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)



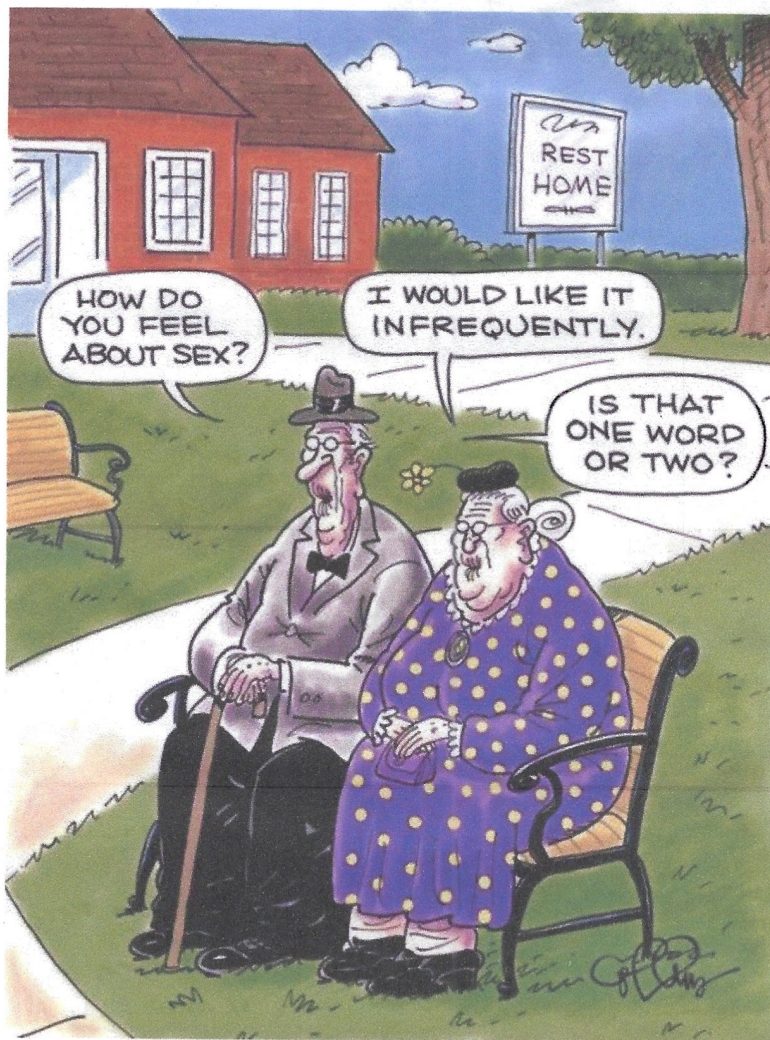
SIRS Wine Appreciation

The next Wine Appreciation group meets September 25th at 5:00 pm and will be hosted by Paul Wright and Lin Defilippi. Paul will be making his famous barrel chicken with scallop potatoes and bread. Guests will be asked to side dishes. More information to follow in the email invitation in early September.



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 marcydigs214@gmail.com or call/text 209-210-0082. Group meets six times per year (January, March, May, July, September & November)

Date	Host
September 25, 2025	Paul Wright & Lin Defilippi
November 13, 2025	Tony & Lynda Canton



Just 3 Times Per Day

Brief Bursts of Busyness Linked to Longer Life

Many folks do not exercise regularly or not at all (except when toddling between their recliner and their refrigerator!). Many folks, over the years, often have found themselves exercising less and less as they've grown older.

Some auspicious findings from a new study show that even short bursts of activity derived from simple, household tasks are tied to lower risks of heart attack, stroke, and death.

25,000 adults aged 42-78 wore fitness trackers every day for two years. None of them engaged in leisure-time exercise or played any sports — all their exertion came from things like housework, gardening, and other chores.

A review of study participants' medical records over the next decade revealed that regular periods of moderate to vigorous activity lasting around 10 minutes or less "...were associated with **a steep decrease in major cardiac events — heart attack, stroke — and death by any cause,**"

Bursts of Busyness

according to senior author Emmanuel Stamatakis.

"The take-home message here is any type of activity is good for your health, but the more effort you put into those daily tasks and the longer you keep up that energy, the more benefits you are likely to reap. If you are huffing and puffing and unable to hold a conversation for some of that time you have hit the sweet spot." And the greater level of physical exertion in each burst of activity the better: "Those who huffed and puffed for at least 15% of the time (roughly 10 seconds per minute) saw the greatest benefit," said Stamatakis. The researchers published their findings the medical journal *Lancet Public Health* (see: [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(23\)00183-4/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00183-4/fulltext))

Those findings build off of a previous study by the same researchers who determined *even one-minute bursts of vigorous/intense exercise performed three times a day reduced the risk of overall mortality by around 40% and of cardiac mortality by around 50%*. The goal of the continued research was to examine how duration and intensity affected those positive outcomes. This data is published in the medical journal *Nature Medicine* (see: <https://www.nature.com/articles/s41591-022-02100-x>)

So, the next time folks are crouching to put the pots and pans away or lugging a heavy load of laundry they can feel good knowing they not only "taking care of the business," but also taking care of their body and their health.

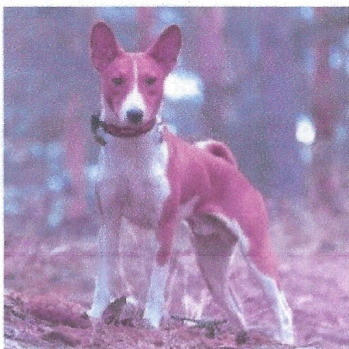
Examples of everyday activities that, with a little extra OOMPH, can get folks huffing and puffing in no time (folks can add their own):

- ✓ Wheeling the trash cans to the curb
- ✓ Gardening
- ✓ Carrying loads of laundry up the stairs
- ✓ Walking briskly down the driveway to get the mail
- ✓ Vacuuming with gusto
- ✓ Scrubbing the bathroom floor
- ✓ Picking up or playing with grandkids
- ✓ Washing/cleaning-out the car
- ✓ Washing windows
- ✓ Dusting the tops of hard-to-reach places

But Fun, Nonetheless...

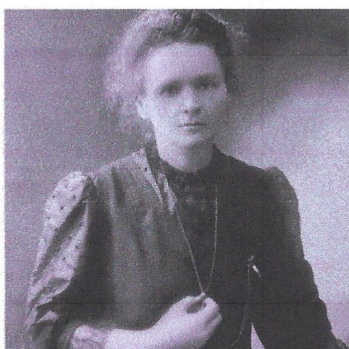
Absolutely Useless Information

The Basenji is the only breed of dogs that does not bark.



They make their feelings and desires known with an odd sound described as something between a chortle and a yodel."

Marie Curie's 100-year-old belongings are still radioactive.



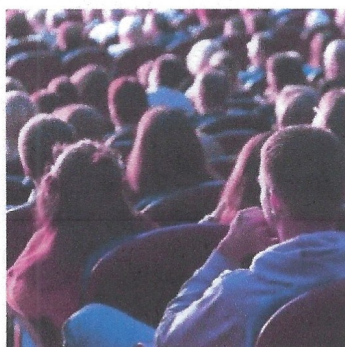
Nobel Prize-winning scientist **Marie Curie** died as a result of the vast amounts of radiation she was exposed to during her groundbreaking work. But her body wasn't the only thing to absorb the emissions. Her clothes and belongings — including her furniture, cookbooks, and laboratory notes — were also saturated with the deadly radium particles.

The infinity sign is called a lemniscate.



To make an infinity sign, draw a figure eight on its side, creating a continuous, unbroken line. The Latin lemniscate means decorated with ribbons

Movie trailers got their name because they were originally shown after the movie.



Nils Granlund, advertising Manager for Loews theaters, created the first trailer in 1913. When advertisers realized that audiences were leaving immediately after the feature film ended, the "trailers" were moved to the preview position, where they remain today along with their ironic name.

The original recipe for a Pound Cake included a pound of each ingredient.



With equal weights of each ingredient — flour, sugar, butter, and eggs — made the recipe easy to remember in the days before most cooks had cookbooks.

Ketchup was used medicinally in the early 1800s



"Koe-cheup" began as a Chinese fermented fish sauce. In 1834, an Ohio physician added tomatoes and eventually eliminated the fish. Because it is rich in vitamins, the doctor claimed that the product, which he sold in pill form, could help cure diarrhea and indigestion.

Taco Bell was named after its owner.



Glen Bell opened the first Bell's Drive-In and Taco Tia in San Bernardino, California, in 1954. Bell's first restaurant named Taco Bell opened in Downey, California, in 1962. Today, there are 53,000 Taco Bells worldwide.

The average American produces 4.5 pounds of trash per day.



Paper and cardboard products were the biggest culprits, with yard trimmings, plastic products, and consumer electronics also making up a bulk of the trash. And while that may seem like a lot of trash, it was actually one of the lowest estimates since 1990. So we're certainly improving when it comes to taking care of the earth.

SIR Golf at Castle Oaks GC

1000 Castle Oaks Drive, Ione, 95640, 209-274-0167
(Allow for drive time)

When -Wednesday, September 10, 9:30 Tee times
(8:30 check in)

Format -4 man Scramble (Get your teams early)

Tees - Gold (5,447 yards)

Cost \$60, Payable in advance

Sign-up by Sept 3, Pay by Sept 5

Hosts – Peter Roy & Doug Fritz

Application to Castle Oaks 4 man Scramble tournament, Sept 10, \$60
payable to SIR Golf, to Bill Rutherford
1067 1st Avenue, Walnut Grove, CA 95690

Name _____

Partner _____

Preferred playing partners

Partner _____

Partner _____



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
ANEC DOTALIST
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