



SIR Branch 176 Windsor Winds Newsletter for August 2025

SIR Mission Statement

The Mission of SIR is to improve the lives of our members through fun activities and events – while making friends for life. Visit our [Branch Webpage](#), or [State Webpage](#):

Windsor Branch 176

Monthly Luncheon Meeting Every 3rd Wednesday
Charlie’s Restaurant 130 19th Hole Dr. Windsor CA
Charlie’s lunch is \$23.00 (plus \$1 table tip if you wish)

Windsor Winds Edition

August 2025
Volume 30 Number 8

Big SIR – Tom Palmer



Time to start thinking about then end of the year and next year. At the end of the year is the Holiday Party on12/17. Frank has graciously volunteered to take that over once again and we hope for a similar great result. Frank and I met with Charlies to confirm the menu, set-up and costs. Unfortunately, the costs have gone up substantially... about \$12.00 a person. However, because our picnic generated income, your board (BEC) voted to use some of those profits to lower the costs of the Holiday Party. So the tickets will only be \$5.00 pp. more this year for a total of \$60.00pp for food, unlimited non-alcoholic beverages and wine; and live music. I bring this up now, not only to give you a heads up, but to illustrate the type of decisions the BEC makes.

Our Corporate Officers (State) recommend that we fill our board vacancies in July. Traditionally, we officially elect them in September/October but try to know who the membership committee has recommended for the main board, no later than the month of July. That gives the upcoming Officers the opportunity to go to State training in August. As you know I sent out a notice that there were three main board positions open. Dave Harrison is leaving the board after many years of very helpful service. Whenever there were procedural or state rules/policy questions, he was Mr. answer man. So Larry D. has volunteered to move from Assistant Secretary to Secretary, while I agreed to move from Big Sir to Assistant Secretary. Of course, the next Big Sir is Steve DLM. Perhaps most importantly, Bruce Okrepkie stepped in and with a little arm twisting over the last two years, has agreed to be our next Little Sir. While an official election is to occur later, there were no other volunteers requesting to be considered by the Election Committee for these 3 board positions.

Besides the Board positions, we have six other “Directors” who are eligible to vote at the BEC meetings which occur prior to the luncheon. There are 3 who still have another one-year term and then there are three whose two year term is up. Those three are Ward Thompson, Chris Roach, and Wayne Lindhal. Each of these same guys have been doing the job for years and would prefer stepping back and making room for new guys. So ideally we get newer members with fresh ideas to keep our group moving forward. **So these 3 positions are open.** We ask for a two year commitment which mostly entails showing up for board meetings, hopefully at least 8 of the 10 meetings per year.

You are needed, so I encourage you to step up and send an email to Larry D and me if you are willing to serve.

Little SIR – Steve De La Montanya



Hello Windsor SIR Members. Hopefully the cool overcast weather cycle breaks and we can get out in the AM into some sunshine.

The July visit to Denbeste Motorsports was a fun adventure. The MNGR Shelby really let us have free run of the place. The turnout was tremendous with a large group of members and a few guests in attendance. Perhaps we can find a few other hidden places of interest locally that we can get out and explore.

The August speaker should be able to provide information about the functioning of the City of Windsor, and the infrastructure that most directly impacts us.

If you have questions this is your opportunity to request answers.

August Luncheon Speaker is:
Shannon Cotulla
Public Works Director Town of Windsor

Her responsibilities include:

- Bicycle and Pedestrian Planning
- Engineering
- Recycled Water System
- Sanitary Sewer System
- Street System
- Storm Drainage System
- Traffic Signals and Streetlights
- Water Reclamation Plant
- Water System

Let's have a good August luncheon turnout and welcome her.

DRIVERS & RIDERS

THE 3 FOLKS WHO YOU CAN CALL DIRECT IF YOU NEED A RIDE TO THE LUNCHEONS ARE:

Bob Wallace Windsor 707-849-2345

Jon Babich Windsor 707-608-9449 ???

Chris Riggins Santa Rosa 925-354-3593 ???

STEWART ALSO HAS HIS PHONE NUMBER LISTED IN THE BOCCE BALL NOTICES IF YOU WISH A RIDE FOR BOCCE BALL.

Stewart Morgan Windsor 707-545-4957 stwrmtmorgan@gmail.com

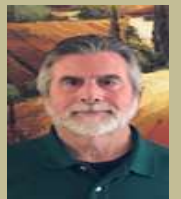
If you too are available to provide a lift, or if there is a need for additional ride services, please let our friendship director, Chris Roach, know.

chrisroach@sbcglobal.net

A Funny Luncheon Request

Each luncheon we rely on Frank to start it off with a joke of the day. His inventory is petering out. If you have a "story type" of a joke, please email it to Frank at: bcft11@comcast.net.

Chris Roach – Friendship Report



Get Well cards were sent to Bob Wallace, Bob Browne and Howard Blethen.

MEMBERSHIP –LARRY D.



This is from last Wednesday near Fort Ross and yes, a 27" lingcod

Wow, great job gentlemen, our numbers are over 90 now. I hope you have a great August luncheon. I will be fishing in Lake Almanor....just to rub it in.

Gary Jensen – Recruitment Coffee (John Fineren & Helpers)

Bringing a guest to coffee for them to get a feel for the group is a simple and great way to recruit. Tuesday Morning 9am coffee session continues to be busy and a fun time.



Coffee at the senior center

Where else can you get a pastry and unlimited coffee for \$1?

HAPPY BIRTHDAY THIS AUGUST TO:

HOWARD DANIEL; BILL GILLASPY; RICH LAUCKS; DON McCORQUODALE;
PAT McDERMOTT; JOHN NELSON; JIM STRANGE; LARRY THOMPSON; WARD
THOMPSON; JIM TUBB; JOHN YOUNG.

Couples Dinner (Not an official SIR Activity) Couples Dinner- Jim Vick

The SIR couple's dinner was at "Catellis" in Geyserville on July 23rd. 12 couples were present. There was lots of good food and great conversation.

Sirs Couples dinner Group **in August** will be at Jim's favorite Mexican place,,
CIELITO LINDO,
52 Mission Circle #110

"We will sit together outside, order off the menu, and have separate checks"

Jim will soon be sending out an email concerning this August Dinner.

Anyone new or who hasn't been receiving Jim's emails and wants to be on the dinner list please contact him at: jvick1497@gmail.com

FOOD BANK VOLUNTEER TEAM PROGRESS:



There were 18 of us there on July 3rd up from 16 folks mostly because of wives/friends/family members who were also helping. To clarify, this is not a "Sir's Activity", it's a foodbank activity that we assist in, therefore, women are absolutely welcome and encouraged to participate with us.

Continuing on, we will have a group going over **once a month on the 1st Thursday of the month from 2-4pm. The next service opportunity will be on August 7th.** A request/sign-up notice is sent out about a week prior (in a day or two).

***Also, if someone is willing to lean in and coordinate getting the monthly list of work folks to the foodbank, I would really appreciate that.**

SIR Branch 176 Bowling Report

Our Summer No-Tap league play is winding down. As I write, only four sessions remain. Our last and final rolloff session will be held on August 18th and will determine the positions of the four highest scoring teams. We already know that Lou Commendatore's team and Phil Bartels' team will be in

the playoffs, since they were the two highest scoring teams for the first 8-week segment of our Summer No Tap league. Sir Don McCorquodale's team "High Voltage" has been playing very well in this second 8-week segment, and I would not be surprised to see Don's team in the final rolloff lineup. Monday morning No Tap has been a lot of fun.

The 2025 Fall-Winter League will begin on September 8th. Signup sheets will be circulating relatively soon. **If you are interested in joining the Fall Monday Morning Seniors league as a regular team player or substitute, please let me know.**

Dave Harrison, Bowling Chair
harrisod@sonic.net

Bocce Ball - Stewart Morgan



Bocce Ball at the Senior's Center Thursdays at 10:00am. All are welcome.

Bocce, also known as Italian lawn bowling, is one of the oldest lawn or yard games. The word "bocce" is a plural of the word "boccia" meaning ball in Italian.

WELCOME OUR NEWEST MEMBERS:

JIM TYLER, STEVE CLARK, TERRY NEWKIRK,



Jim Tyler

I'm married and have two daughters. My older daughter attends SSU and my younger daughter is starting at Chico State this August. I attended Cal State Los Angeles for 2 years on a baseball scholarship, but injured my pitching arm, ending my baseball aspirations. I then transferred to Humboldt State University where I graduated with a degree in marine biology and a second degree in zoology. After graduating I moved in with my sister down in San Diego and landed a job with San Diego County as an Environmental Health Specialist (aka, Health Inspector) in Land Use (i.e., Well and Septic). I worked for San Diego County for almost 10 years and then relocated to Sonoma County. I worked for Sonoma County for 24.5 years (17.5 years in Environmental Health and 7 years in Permit Sonoma Well and Septic), and retired last August at age 58. I enjoy traveling, golf and pretty much any sport, hiking, painting and other art, beer sampling, eating good food (especially Asian foods), swimming/snorkeling/body-surfing, reading, crossword puzzles, and chilling in general. I grew up Hawaiian-style, as my father was born and raised in Hilo, Hawaii, but I grew up in Glendale, California, hence the reason I am a Dodgers fan (my house was 7 miles from Dodger Stadium, but who's counting).



The Clarks

Steve is married to Diana and is semi-retired. He still owns and operates his firm, Construction Inspection Specialists, (CIS) and has been involved in providing risk management services to both the commercial and private lending industry for the past seventeen years. He is a California licensed general engineering and general building contractor, a real estate developer, and certified construction inspector as well as possessing several construction industry certifications he is also a certified construction contract document technologist (CDT).

He has also formed the “Old Coots to Give Advice” group which is present at the Windsor Farmer’s Market every week. He hopes that some of our SIRs men will also have interest in joining him as he looks forward to meeting more and more of us.



Terry Newkirk

In the fall of 1986, a great day in my life, I met the wonderful woman with whom I celebrated 36 years of marriage days ago. Denise and I indeed have a

thing of beauty. We both love animals, physical activity, the beauty of the outdoors and being kind to others.

I am an 87 year-old disabled veteran, having experienced a devastating back injury during service in the US Army in 1959.

After a somewhat horrifying history of failed surgeries, opioid dependence, career disruption and the like, in the spring of 1979, I attended the inpatient program of the Northwest Pain Center Associates in Portland, Oregon.

I struggle for words as to the impact the program would have upon my life, still impacting same today.

Rehabilitative exercise has thus been a major factor in my life for nearly 48 years, realizing gains almost impossible to document.; And, to my utter amazement (as well as was the case of countless others), my health issues were a major factor in the creation of a career, which became a calling, of 40 years in the field of Behavioral Medicine. I was added to the staff of the Northwest Pain Center in 1980, subsequently was a director of several other pain units, all of which employed behavioral approaches - education, therapeutic exercising, psychotherapy - to pain issues. I stress that these were NOT the type of pain clinics of which we have read such horrible stuff in recent years.

In 2001, I stepped into a new role in the field, as a self-employed Medical Case Manager, specializing in directing catastrophic cases within the Workers' Compensation system, a role which until my retirement in 2021, was the most rewarding portion of my career.

Well, Gentlemen, that's about it in (hopefully) a nutshell.

Exercise remains a major focus in my life, although I had to forfeit my beloved bicycling after more than 100,000 miles in a 25-year period, due to protests from my leg, damaged by my original injury. I am now in my third year of swimming religiously every other day. I am painfully aware that at 87 years of age, I have lost a tremendous number of friends in recent years, a loss I feel very keenly.

The idea of meeting men my age (or thereabouts) is very attractive.

ROOSTER GARDEN GUYS



An unusually cool June has been followed by an equally cool July. The vegetables seem to tolerate the cool weather as there is plenty of sunshine.

Some harvesting has begun, especially for Romano pole beans that are recovering nicely from last month's deer decimation. The pepper plants are doing well having set fruit after Charlie protected the plants from the deer with chicken wire.

Unfortunately, the same harvesting good news cannot be said of the tomato and squash plants. Apparently, the compost that was added to the raised beds was nitrogen deficient causing rather poor growth and productivity of the tomatoes and squash -- even the normally vigorously growing basil is stunted.

Time to start thinking about a fall/winter cover crop. Perhaps fava beans which will contribute nitrogen to the soil?

If you do not often attend the Senior Center, you may not have seen the "Sharing Cabinet" recently installed near the entrance. The community is welcome to take, and contribute, backyard garden produce. Recent contributions: two types of plums, squash, beans (some from the Rooster Garden) and cucumbers.



LIKE TO PLAY POOL, DARTS, SHUFFLEBOARD?

Game time is every Tuesday from 3pm to 5pm.



Most of us aren't very good at pool playing, but all have a great time. However, they have changed the price. For us seniors it's \$6.00 per hour, so still not a bad buck for the bang; Or if you just want to sit back, have a cold one and enjoy the conversation, that's good too...or play one of their other games. So join us at Racks-N-Cue, 8928 Lakewood Drive Windsor.

3PM Friday Happy Hour



If you are free, come and enjoy a cold beverage and lively conversation and so-so jokes. **The schedule for AUGUST is:** 8/1: Mountain Mikes; 8/8: El Gallo Negro (Bar side only); 8/15: The Publican; 8/22: Barley & Brine; 8/29: Lupe's.

SPECIAL PROFILE:



LORENZO CAVALLO

I, LORENZO CAVALLO was born in June 1951 in Healdsburg, California. I grew up in Alexander Valley on the 30-acre family prune farm along the Russian River. I have two sisters.

My dad met my mom in Scotland during WW2 while stationed in London. After the war, he married her and brought her back to California.

I grew up working on our ranch, learning to operate tractors, drying prunes, and other chores. I also worked for several farmers in the valley. I attended Alexander Valley Elementary School, Healdsburg Junior High and Healdsburg High School, graduating in 1969. After graduation, I joined the US Air Force and attended boot camp at Lackland AFB in San Antonio, Texas. From boot camp, I was stationed at Castle AFB in Atwater, Ca. I was in transportation and was transferred to Hamilton AFB in Novato, Ca. I was honorably discharged in 1972.

In 1973 I got married and had two sons, raising both boys in Healdsburg. My oldest son is married with two daughters and has his own landscaping business in San Antonio, Texas. My youngest son lives and works in Kentucky.

My work history includes working for the Sonoma County Water Agency, where I worked as an equipment operator. I later worked for PG&E as a backhoe operator until a huge layoff occurred. I then took a job with a private contractor as a backhoe operator until an equipment operator position opened up for Trione Vimar Vineyards. This was my favorite job as I enjoyed working there repairing roads and installing irrigation systems. I got a Class A license so I could move the equipment from place to place and haul grapes to several different wineries during harvest time.

I was divorced when I met and married my current wife. She teaches at Windsor High School and plans to retire after the 2025-26 school year. We've been married for 27 years. We immediately bought a home and moved to Windsor. Our home is now paid off, and we plan on remaining in Windsor. After she retires, we plan to travel around to different states. Besides traveling, I enjoy working in my garden and around the house. I also enjoy going to SIR and other activities at the Senior Center.

ACTIVITIES COMMITTEE:



The Activities Committee made up of members Wayne Lindahl (photo above), Chris Roach, Dave Harrison and Phil Bartels are looking for ideas. This group will have the responsibility of checking with our members for the level of interest in the new activity, identify the local resources available for that activity and if there is a member willing to step up and chair the activity.

Here are some of the activities that other SIRs groups participate in;

- Bridge
- Computers
- Genealogy
- Hiking
- Investments
- Ping Pong

If you have an idea or want to start an activity, please contact any of these committee members.

Wayne: wlindahl@sonic.net

Chris: chrisroach@sbcglobal.net

Phillip: pcbartels@aol.com or Dave: harrisod@sonic.net

SIR CHARLEY BOYD IS HAVING A HOME CONCERT PARTY:



GABE LEE

Decka 9 House Concerts
Saturday, August 16, 2025
5:00pm

Equal parts classic songwriter and modern-day storyteller, Gabe Lee has built his own bridge between country, folk and rock. Lee has been collecting stories for years, both onstage and off. "I used to bartend," says the Nashville-based songwriter, "which means I was also a cheap therapist for whomever happened to be sitting on the barstool. Whether they were there to celebrate or drink away their problems, I heard about whatever they were going through. It was my job to have that face-to-face interaction — that connection. Being a full-time musician isn't much different."

With critically-acclaimed albums like 2019's farmland, 2020's Honky-Tonk Hell, and 2022's The Hometown Kid, Lee created that connection by delivering his own stories to an ever-growing audience. His fourth record, Drink the River, takes a different approach. This time, Lee isn't offering listeners a peek into his internal world; he's holding up a mirror to reflect their own.

Gabeleetrn.com

Decka 9 House Concerts is thrilled to be hosting Gabe Lee. Charlie and I hope you can join us for an amazing evening of music.

Potluck beginning at 5:00pm
Music starts at 6:00pm. BYOB

Suggested donation for this show is \$25 per person, collected at the door.
100% of donations go to the artist.

Please RSVP by August 9th to barbraboyd12@gmail.com or by text to 707-529-4093 - Address will be provided after RSVP.



707-529-4093



barbraboyd12@gmail.com



Facebook Group - Decka 9 House Concerts

SIR BOB WALLACE IS HAVING A BBQ PARTY

JOIN US FOR A

BBQ PARTY

AUG 23RD | 3P.M.

Live music starting at 5

No cost involved - just bring a dish to pass & tip the band.
Please bring lawn chairs and your own drinks.

Questions?? Call Bob (707) 849-2345 or Becky (707) 849-2349

SATURDAY
23RD AUGUST
LIVE MUSIC
STARTING AT 5
3P.M.
121 Windsor Palms Dr.

SPECIAL
GUESTS



THE FARGO BROTHERS

Sonoma Counties #1 Dance Band

TRAVEL FROM STATE SIR:

Vietnam/Cambodia Trip Update: 12 SIRs are going. Only **2 slots** now available. Please inform if you are interested, before this trip sells out. See below for details.

New Trip Announced: Many SIRs have mentioned interested in going to **CUBA** on 3/12/26 for a 7-day tour. If you are interested, then please let me know glennbreslin@gmail.com. Trip details will be sent to all SIRs during June.

Vietnam/Cambodia (Price/Price with Air)	Australia/New Zealand (Price/Price with Air)	Japan/Korea (Price/Price with Air)
10/19/25 to 11/7/25 (3495/4695) <ul style="list-style-type: none">Angor Wat Post-Trip Included availableLINK HEREGroup code is G5-30339	1/7/26 to 1/25/26 (5295/7645) <ul style="list-style-type: none">Both Melbourne Pre-Trip and Fiji Post-Trip availableLINK HEREGroup code is G6-30339	4/1/26 to 4/16/26 (7495/9095) <ul style="list-style-type: none">Hiroshima post-trip availableLINK HEREGroup code is G6-30339

...If anyone is interested in traveling to Cuba, please contact me asap. The travel group is forming and I would like to hear your related preferences

NOTES

- 1. If you able to book Vietnam/Cambodia trip by May 4th, please use Group Code G5-30339 and pay your \$500 deposit. This will qualify you for this below discount
 - à Please convey Discount Code **ADVENTURE25**, when **booking** for \$500 per person for an immediate discount. This discount expires 5/4.
- 2. OAT/Grand Circle is saving space, exclusively, for SIRs Travelers until April 15th
 - After April 15th, the general public can book these previously saved SIRs slots on the Vietnam/Cambodia, Australia/New Zealand and Japan/Korea trips.
- 3. Any 2026 reservations by 4/15/25 will be *price-protected* against any OAT future price increases over the year.

TRAVEL NOTES

- 1. If interested, in any of these trips, please ask Glenn Breslin for the current Overseas Adventure Travel (OAT) discounts.
- 2. All 2026 reservations by 6/15/25 will be *price-protected* against any OAT future price increases over the year.
- 3. For the FLYER ON CUBA, you can also check our local web page at the bottom of the travel page: <https://windsorsirs.org/travel.html>

Please let **Glenn know** if you have any questions or comments.

Glenn Breslin
SIR146 Travel Chair
glennbreslin@gmail.com
925-788-6520



OTHER COMMUNITY ANNOUNCEMENTS:

(Non SIR Activities)



HOT DOG THURSDAYS

The first Thursday of every month (May through October) the Pacific Coast Air Museum serves their famous PCAM Hot Dogs, drinks, and chips to visitors from around Sonoma County. Cost: \$10.00 will get you into the museum, a hot dog, a drink, and chips. The first Thursday in July is on 7 August.



Once a month (date varies) all SIR and their spouse (SIR+) are welcome to start the “work” week with Mexican Monday – a chance for SIR couples to gather. Starts sharply at 4PM Castaneda’s Market Place. This month **11 August** is Mexican Monday. The frozen margarita machine is now making frozen horchata -- a refreshing non-alcoholic beverage popular in Mexico and Latin America made from white rice, water, cinnamon, and sugar; two sizes large \$7 and small \$5.



Every Saturday morning starting at 8AM Jose Castaneda serves a free breakfast for veterans, i.e. “Castañeda’s Breakfast Brigade,” he provides veterans a place for connections, camaraderie & friendship.



2025 Mill Run Dates

Saturday and Sunday 10am - 3pm

May 17 & 18, June 14 & 15

Aug. 2 & 3, Sept. 13 & 14

Step back into history at
our working museum!



Windsor concerts on the Green are on Thursdays from 6-8pm. Check out their schedule here: <https://www.townofwindsor.ca.gov/342/Summer-Nights-on-the-Green>





FOR THE LIGHT HEARTED:



**Six great confusions
Still unresolved**

- 1. At a movie theatre, which arm rest is yours?**
- 2. In the word scent, is "S" silent or "C"?**
- 3. If people evolve from monkeys, why are monkeys still around?**
- 4. Why is there a 'D' in fridge, but not in refrigerator?**
- 5. Who knew what time it was when the first clock was made.**



**So I was in a shoe shop
this morning trying on
a shoe, I said to the
assistant "It's too
tight".**

**She said "Try it with
the tongue out"
I said "It'th nho ghoo,
it'th thtill thoo thight".**

2025 SIR Branch 176 Officers:					
Big SIR Thomas Palmer 619-920-9175		Little SIR Steve De La Montanya		Secretary Dave Harrison 707-838-8155	
Assistant Secretary Larry Doherty 707-484-5308		Treasurer Garry Trojanowski 203-988-5366		Assistant Treasurer Howard Blethen	
2025 Directors					
1 Year Term			2 Year Term		
Chris Roach	Wayne Lindahl	Ward Thompson	Jerry Culver	Ron Nordstrom	Jim Tubb
2025 Activity Coordinator					
Pool-Game Time Bob Wallace 707-849-2345	ATTENDANCE Ron Nordstrom 707-338-6363		MEMBERSHIP Larry Doherty 707-484-5308		FRIENDSHIP Chris Roach (707) 490-8510
TRAVEL Stewart Morgan 707-545-4957	GOLF Frank Treanor 707-322-7217		BOWLING Dave Harrison 707-638-8155		COFFEE CLUB John Fineren 707-838-3686
COUPLES DINNER Jim Vick 281-382-4796	BOCCE BALL Stewart Morgan 707-545-4957		RECRUITMENT Gary Jensen 707-337-8380		GREETER John Fineren 707-838-3686
SONG LEADER Tom Hasco 707-544-4445	NEWSLETTER Tom Palmer 619-920-9175		WEB PAGE Jim Tubb 707-4847890		COFFEE COORDINATOR John Fineren 707-838-3686
SIR State President Rich Carlston			SIR Area 13 Representative Chris Nelle 916-205-1717		

