

SIR Branch 176 Windsor Winds Newsletter for January 2026

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
Jimmy's Lakeside Grill, 130 19th Hole Dr. Windsor CA
1/21/26 Lunch is \$30.00

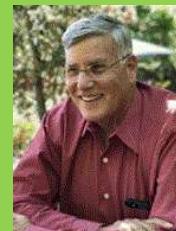
Windsor Winds Edition

January 2026

Volume 33 Number 1



Big SIR – Steve De La Montanya



Hello all, and welcome to the new year. We go into this year with some significant adjustments in the 176 BEC. While I step over to the Big Sir seat, Bruce Okrepkie moves in as little SIR. Garry Trojanowski' stays on as Treasurer and is joined by Larry Doherty as Secretary. We also have Three new board members as some long-time members, Chris Roach, Wayne Lindahl, and Ward Thompson graciously stepped aside and made room for some new blood on the leadership team. Joining the 2026 leadership team, Bob Wallace, Phil Bartels, and Harold Minkin.

I feel like several good things came about this past year. The group has continued to grow in numbers, and participation in a growing number of events has been very strong. Our members are warm and welcoming to new and long-term associates. This is what makes this a great organization to join, and easy to recommend to others. I know we all look forward to carrying on the successful programs and traditions put in place by our past leadership, creating new opportunities, and making the Windsor Sir Organization an even better experience for everyone.

The Christmas party was a great success, and a good time was had by all attendees. We all need to extend a hearty thank you to Frank Treaner and everyone that contributed and showed up to assist in putting this together.

I Look forward to seeing everyone at the Monthly Luncheon on the 21st. A few important issues will be addressed. We will be swearing in Bruce as Little Sir.

The BEC will be addressing the issue of annual dues paid by members at the January meeting. While the dues were reduced last year, the State has continued to raise the per-member quarterly assessments. Our chapter is retaining a significantly smaller portion of the funds.

If you have concerns please attend the meeting so your voice is heard.

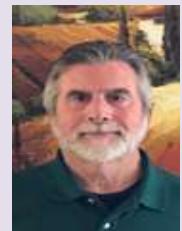


Little SIR – Bruce Okrepkie

Please join us at the *luncheon at noon on Jan 21st*. Our guest speaker will be Suzanne Clark. She is a Master Gardner who often times speaks about Healthy Ecosystems, biodiversity and attracting pollinators. However, since it's winter she is more likely to discuss rain water storage and underground catchment systems.

So come to the luncheon, welcome her and bring your gardening questions.

Chris Roach – Friendship Report



December was a month where no get well or sympathy cards were, as far as we know, needed. A good month indeed.



MEMBERSHIP –LARRY D.

So we end the year with our highest membership on record...97. I hope you all have a wonderful New Year. See you on January 21, 2026.

IMPORTANT WEBPAGE UPDATE -JIM TUBB

[WWW.WINDSORSIRS.ORG](http://www.windsorsirs.org)

All the member bios we have are now available on our website
<https://windsorsirs.org/members.html>

Our members have led fascinating lives and you may have more in common than you think. So here is a chance to find out a little more about that guy you've been having coffee with.

Having some background information about you on the web page is completely voluntary. If you don't want it there, email Jim at drdelta91@gmail.com Please review, and if you want something added or changed, do the same.

Finally, if you've never provided a bio. for the newsletter/webpage and would be willing to do so, please contact Gary Good at gary.good@comcast.net. Gary is helping Tom Palmer with that segment of the newsletter.

TUESDAY MORNING COFFEE

The time has changed to 8:45-9:45

High attendance at the Tuesday Morning 8:45am coffee session at the Senior Center continues. Starting in January 2026, the Senior Center has a new time schedule which slightly affects us, hence the time change. Please don't forget to invite a friend.



HAPPY BIRTHDAY THIS JANUARY TO:

HOWARD BLETHEN, JIM BRANSCOMBE, JOHN CROOKER, JOHN HANCOCK, PETER VIGIL, DICK WRIGHT

Golf: Paul Hanson & Frank Treanor



Rain and a soggy course has slowed us down but we will be back ASAP. **Club dues** are now due so that I can adjust the membership list and submit the dues. If you want to be a member please submit a check for \$62.00 to SIR Branch176 and send it to Frank Treanor, 245 Grove St. Windsor CA 95492. If you pay NCGA dues to another club and want to participate in our club, a check for \$14.00 to me. Dues need to be sent to me *by January 15*. Thank you. If you want to get out there or have any questions, I (Frank) can be reached at bcft11@comcast.net. And Paul can be reached at pablo558389@hotmail.com.

Happy New Year!

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

Hello fellow dining enthusiasts; The couples dinner was on hiatus for the month of December. We will restart in January. Be on the lookout for a message sent by me (Jim) and if you wish to attend the dinner, please don't delay in responding.

WELCOME OUR NEWEST MEMBERS:



STEVE SHARON

I was born in New Britain, Connecticut and raised in Farmington, Ct. My educational background includes a 1984 B.S. in Biochemistry from Trinity College in Hartford, Ct. and a M.S. in Chemical Engineering from the U. of Virginia in 1986. I worked mainly as a biotechnology/pharmaceutical design and construction engineer.

I am retired and my wife Karen and I live in Healdsburg. I currently volunteer for the ASME (American Society of Mechanical Engineering). I enjoy hiking, wine collecting, family dog care, cycling, my 1969 Chevelle & 1993 Miata, listening to music, vegetable gardening and RV Camping.

RICHARD PIKE: I was born in Altadena, Ca. and educated in La Salle High School and U. of SF with a B.S in I.T. (Informational Technology). I worked as a software and hardware engineer. I am retired and live in Sebastopol with my wife Sue. I mostly enjoy bowling and travel.



We were successful in getting and decorating our SIR 176 Christmas tree at the Town Green. Thanks to all who contributed. NOW we must take it down! The city requires that all decorations be removed prior to 12/3. SO, those of you who can spare a few minutes, please join Mark (if his plane isn't delayed), Howard and Tom at **10 am Sharp on Jan 2nd** to remove the decorations (rain or clouds). Either Mark or Tom will have a tote in which to store the decorations for next year.

WHAT A GREAT HOLIDAY PARTY!!!



As one walked into the room waiting was champagne poured by Steve DLM & Tom, wine (mostly from member contributions) was plentiful and live Christmas music was by Mr. Music. We had 84 folks who enjoyed each other's company and some very good food. We even had a great group singing the 12 days of Christmas. It was a wonderful time indeed. Special thanks to those who worked so hard, especially Frank, who met every challenge in organizing and dealing with new management. This was his 3rd or 4th time making our Holiday Party a great success. **Frank's comments are** "The party was a great success, with good food, plenty of wine and cake and great music from Mr Music. We came in under budget thanks to wine donations by some of our members and a lowering of the food costs by Jimmie. Thank you to all of you."

Here are some photos:





SIR Branch 176 Bowling Report

The Monday Morning Mixed Seniors Fall-Winter bowling league has reached the half-way point in its nine month season. Our twelve teams remain highly competitive, with no team running away with the second segment high score. Branch 176 bowlers being recognized for high personal scores include Sir Al Fiori, Sir Lou Commendatore, and Sir Mark Nelson. WE have four more weeks of competition before the second phase roll off event.



Bocce Ball - Stewart Morgan



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

The first known documentation of bocce was in 5200 B.C. with an Egyptian tomb painting that depicted two boys playing. The game spread throughout the Middle East and Asia, where it was eventually adopted by the Greeks and passed on to the Romans

LIKE TO PLAY POOL, DARTS, SHUFFLEBOARD?

**Game time is every Tuesday from 3pm to 5pm. at Racks-N-Cues
88928 Lakewood Dr.**



3PM Friday Happy Hour

SO I WAS AT THE BAR LAST NIGHT
AND THE WAITRESS SCREAMED...
"ANYONE KNOW CPR?"
I SAID "HELL, I KNOW THE ENTIRE
ALPHABET."
EVERYONE LAUGHED...
WELL EVERYONE EXCEPT THIS
ONE GUY.

If you are free, come and enjoy a cold beverage and lively conversation. **The schedule for January is:** 1/2 CuVer; 1/9: The Publican; 1/16 Barley & Bine; 1/23 El Gallo Negro; 1/30 Mountain Mikes.



NEXT OPPORTUNITY IS 1/8 @2PM*

This is a message received from the foodbank after our last volunteer effort. **"Thank you so much for your time and energy on December 4th volunteering in our warehouse. It was wonderful to see Sons in Retirement Branch 176 having such a good time while working to help End Hunger in our Community. What a great team you have! Here is a breakdown of what your team helped accomplish during the shift:**

- Your group packed 13,313 lbs. of groceries that went into 418 senior boxes!**
- Equivalent to 11,094 meals for our neighbors in need!"**

To clarify, this is not a "Sir's Activity", it's a foodbank activity in which we assist, therefore, women/friends are absolutely welcome and encouraged to participate.

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 January 8th, if you did not get my email and wish to volunteer, email me immediately.**

**the first Thursday in January is the 1st and they are closed, so we will be there on January 8th.*

SPECIAL PROFILE:



AL FIORI

You'd be excused for thinking an 89-year-old man with over 50 active years in a variety of sports and enough awards to adorn a trophy wall, would be slowing down to rest. But you'd be wrong. Al Fiori is as active today as when he turned 75, 80 and 85 – competing in the 50-yard dash at the Huntsman Senior Games in St. George, Utah.

But first, more about his accomplishments. Al was born in Sebastopol, California, and raised in Occidental. He's of Italian descent, and his grandparents were born in Italy. Today, he and his wife live in Windsor, as do his two daughters, one who works in a veterinarian's office, and the other in an organization that finds homes for lost or stray dogs.

He worked 25 years for locally owned Clover Milk Company, first as a driver and then as a shop foreman. In fact, he won many awards for safe driving. Then he worked for 25 years at American Consolidated Industries (ACI), the largest glass distributor in the country. ACI supplied every kind of glass, including glass for windshields. With Al's 50 consecutive years of work for two employers, one has to stop and think: How many people in the workforce could claim that distinction?

On the side, he volunteered at three fire stations over a period of 55 years. "As a board member, I also played softball, when I could fit it in!"

In his teens he attended Tomales High School and lettered in four sports: basketball, baseball, tennis, and track and field, where he ran short sprints. He also coached Little League. "I don't think I've missed a year of playing baseball or softball until lately." In fact, he won medals in softball when he was 65, 70, 75, 80 and 85." Much earlier in life, he was a world-class arm wrestler, reaching a pinnacle in 1976 – when he was just 30. His feats were

highlighted in a cover story in the local newspaper, the Petaluma Argus Carrier.

But his prowess in sports hasn't stopped there. He has competed in the Huntsman Senior Games – the largest annual multi-sport senior competition in the world. For 24 years he competed in softball at Huntsman, and today he competes in the 50-yard dash.

"I don't have a hard time sitting down," he said. "It's just that I'd rather be busy and keep growing. Right now, I need to run and meet my wife at the pickleball courts."

At 89, Al reminds us that health is timeless — it's a commitment, not a limitation.

TRAVEL FROM STATE SIR:

Cuba – March 12- 2026. It is legal to travel once again, open the a link and check it out, if interested contact Glenn Breslin
glennbreslin@gmail.com ASAP as he is putting an online Q&A together. **LINK:** Cultural Cuba Experience | Mayflower Cruises and Tours

South Korea & Japan: Temples, Shrines & Seaside Treasures. Korea: Seoul, Japan: Tokyo, Toba, Kyoto. April 1 - April 26, '26. Starting from \$7,495 including air. Pre-trip Mongolia: Ulaanbaater & the Gobi Desert. 9 nights from \$1,495. OR...Vietnam: Hanoi & Halong Bay Cruise 5 nights from \$1,495. SIR Group Code G5-30339 For more information contact Glenn Breslin glennbreslin@gmail.com Branch 146. **LINK:** South Korea and Japan | Travel to East Asia | Overseas Adventure Travel

Explore the Great Lakes and Niagara Falls, May 3-11, 2026: From urban skylines to uninhabited islands, discover North America's wilderness alongside renowned cultural attractions aboard a small expedition ship. 378 passengers. Led by experts. Balcony staterooms \$6170-8295pp. Contact Michael & Kathi Gervais Br. 98.

Kathig@shipsandtripstravel.com 916-337-1623. **LINK:** Great Lakes and Niagara Falls on the Viking Octantis

Christmas on the Danube with a 2 day Christmas Markets of Prague extension. Nov. 27-Dec. 8, 2026

Six night Danube River Cruise including Christmas Markets in Vienna, Wurzburg, Rothenburg, Nuremberg, Regensburg, Passau, Wachau Valley, Gluhwein Party. Pricing: \$5896-\$7497 pp, double occupancy. Contact: Bill Britton Br. 101 bill.britton@comcast.net (925) 200-1062. **LINK:** Christmas on the Danube | Collette

OTHER COMMUNITY ANNOUNCEMENTS:

(Non SIR Activities)

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 Marketplace. This month **12 January** is Mexican Monday. The frozen margarita machine that transformed into frozen horchata machine -- seems to be peacefully resting? Bottled beer and soda are an option, but most just come for the lively conversation. Checkout Jose’s elaborate Nativity scene; well done every year.



Annual Group Christmas Photo (Where in the World is Len?)

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.

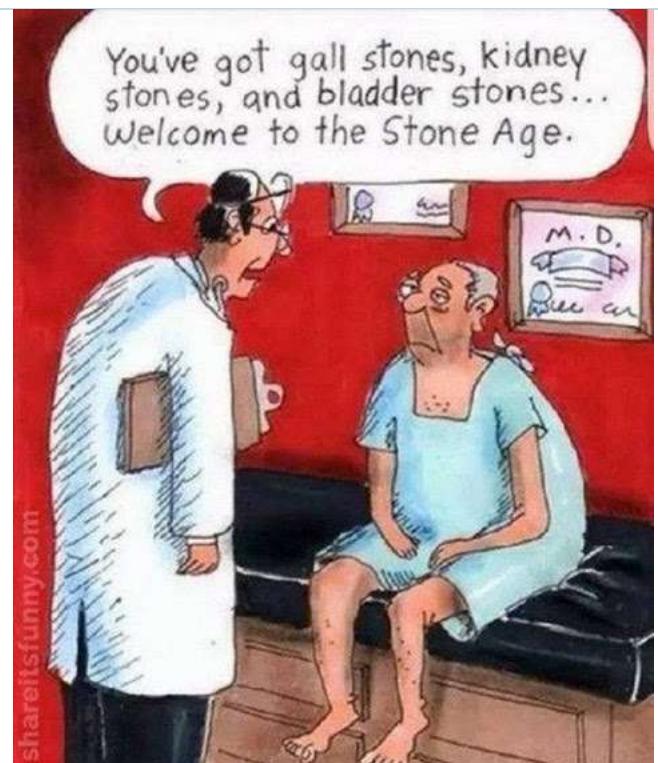
DID YOU KNOW?

Vermont was once an independent republic.

Vermont, declared itself an independent republic from 1777 to 1791, due in part to ongoing disputes with neighboring New York, which claimed the land as its own. The future Green Mountain State adopted its own constitution and operated as a de facto independent country. In addition to having its own currency and postal service, Vermont also abolished slavery on July 2, 1777 — the first American colony to do so. (Also, Vermont at one point toyed with the idea of joining the Province of Quebec in the early 1780s before ultimately deciding against it.)

FOR THE LIGHT HEARTED:

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



shareitsfunny.com

Once upon a time,
there lived a king
who was only
12 inches tall.
He was a terrible
king, but he made
a great ruler.



Riding Lawnmower
\$300





2025 SIR Branch 176 Officers:

Big SIR Steve De La Montanya 707-529-7522	Little SIR Bruce Okrepkie 707-484-0869	Secretary Larry Doherty 707-484-5308
Assistant Secretary Thomas Palmer 619-920-9175	Treasurer Garry Trojanowski 203-988-5366	Assistant Treasurer Howard Blethen

2025 Directors

<i>1 Year Term</i>		<i>2 Year Term</i>		
Jerry Culver	Ron Nordstrom	Jim Tubb	Bob Wallace	Phil Bartels

2025 Activity Coordinator

Pool-Game Night 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	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 Tubbs	COFFEE COORDINATOR John Fineren 707-838-3686

SIR State President

Fred Serena

SIR Area 13 Representative

Chris Nelle
916-205-1717