



## SIR Branch 176 Windsor Winds Newsletter for July 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 3<sup>rd</sup> Wednesday  
Charlie's Restaurant 130 19<sup>th</sup> Hole Dr. Windsor CA  
Charlie's lunch is \$23.00 (plus \$1 table tip if you wish)

#### ***Windsor Winds Edition***

July 2025  
Volume 30 Number 7

### **Big SIR – Tom Palmer**



I want to thank everyone who worked on the picnic. The organization was spectacular. In that regard I would like to give credit to Larry D for taking this on. Being the “Big Sir” for this event was easy as I just listened and watched others do their magic. Thanks also to those who contributed prizes for the raffle. There was a nice profit made and what to do with that profit will be a matter before the board at the next BEC hearing at 11:00 just prior to the luncheon on July 16<sup>th</sup>. If interested, or just want to see what happens at a board meeting, please feel free to join us. Also, please read the Luncheon Speaker segment below regarding how it will work....because it will be different. In any event, **please try to make the luncheon.**

Finally, Stewart asked me to give a shot out for the new State Sir travel trip to Cuba. If you are interested the trip to Cuba is on 3/12/26 for \$4611 (includes airfare, all meals but one, 5 star lodging and tours), here is the [Link](#) to their brochure. See the travel segment below for who to contact.

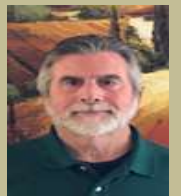
## **Little SIR – Steve De La Montanya**



Hello Windsor SIR Members. What a nice event the June BBQ turned out to be. Thank You to all the members and wives that showed up. Thank you to the volunteers for putting in the hard work that made the event possible. If you missed it, you missed a great opportunity to connect with a great group of people and have good food, drink, and a good time.

The Bocce court and garden continue to look great. I'm sure everyone appreciates the efforts of the members that are putting in the time to keep these things looking good and the garden growing and moving towards productivity.

## **Chris Roach – Friendship Report**



Another good month where no get well or sympathy cards were sent.



### **MEMBERSHIP –LARRY D.**

Our numbers are at a healthy 89 members, with us likely hitting 90 at the next luncheon. Please make sure you check on your friends with whom you have not seen nor heard from in while. Funny how when someone checks on you it reminds one of you worth to our branch and as a friend.

# Please Read This:

## OUR LUNCHEON SPEAKER IS DIFFERENT IN JULY:

The July speaker will be an **offsite** visit to the Shelby Auto Production Facility following lunch.

While parking should be ample it would be best if we can consolidate some and car pool when possible.

The Tour should run about 1 hour

DENBESTE MOTORSPORTS

<https://denbestemotorsports.com/>

Bill Denbeste, Owner

Shelby Gregory, Manager

Shelby engines, Cobra production

**Located**

**810 Denbeste Ct. Windsor**

## JUNE 18<sup>TH</sup> PICNIC (Larry D. Coordinator)

Well I hope all of you who attended our annual women's picnic this year had a wonderful time. While it got a little warm, just like last year, it seemed that everyone was well protected from the sun and managed to have a great time (based on the comments I received). A shout out to Taylor (event coordinator) and Charlie's staff for the food and atmosphere was perfect. Mostly I want to thank all of you that helped with providing raffle items, pop-ups, and wine for the tables. And a big hurrah for Greg and Terri Smith. Both of them have been instrumental these past two years in collecting all of the raffle items beforehand and then creating a wonderful display for us at the venue. It is no easy task but they have done an awesome job on our behalf. Thank you Greg and Terri. Your efforts are well noticed and appreciated. (Funny, the microphone seemed to work better when Jenni was using it.)

Here are some photos taken (mostly) by our newer member and photographer John Nelson:









## 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 JULY TO:

*Lawrence Barretto; Bob Brown; John Campbell; Jim Neal; Mark Nelson, Marty Smith, Terry Taylor; Jim Vick.*

## THANK YOU, JEFF CAVE FOR YOUR PRESENTATION AT THE MAY LUNCHEON:



Jeff Cave, of Parent Placement Solutions spoke about how they work to match a person with the right Assisted Living, Memory Care or Independent living communities. It was a very enlightening and helpful presentation.

Thank again Jeff!

## FOOD BANK VOLUNTEER TEAM PROGRESS:



18 of us are headed there on July 3rd from 2-4pm. Up from 16 folks mostly because of wives/friends/family members who are also helping.



From now on, we will have a group going over **once a month on the 1<sup>st</sup> Thursday of the month from 2-4pm.** A request/sign-up notice is sent out about a week prior.

**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.**

Here are some photos from June's service time:



## Golf: Jerry Culver & Frank Treanor



Golf is being well attended and all has been going great.  
If you are interested in playing, email Frank at [bcft11@comcast.net](mailto:bcft11@comcast.net).

## SIR Branch 176 Bowling Report

June 23rd marked the end of the first half of the 2025 Summer No Tap League. Sir Lou Commendatore's team "Tapped Out" has prevailed as the top team for the first eight-week segment of the summer league season. A two team roll off was held on June 23rd to determine second place winner of the first segment. Lou's team and the second place team will compete with the two highest scoring teams of the second half of our league to determine final league standings. A final roll off to determine the positions of those high scoring teams will be held on August 18th. Several teams which are presently bowling quite well include Sir Phil Bartel's team "Lady and the Tramps" and Sir Don McCorquodale's team "High Voltage". Monday morning No Tap is tapping along quite beautifully.

Dave Harrison, Bowling Chair  
[harrisod@sonic.net](mailto:harrisod@sonic.net)

## 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](mailto: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](mailto:chrisroach@sbcglobal.net)



**WELCOME OUR NEWEST MEMBERS:**



**BILL HOGAN**

Bill Hogan moved to Windsor after spending most of the last 19 years in Seattle. After a 35 year career as an Intercollegiate Director of Athletics (St Joseph's College, USF Dons and Seattle University) and Business Professor, I retired in 2019. Sincere that time I was very involved in Seattle politics.

Bill was raised on his father's small airport near Cincinnati. He played college basketball and was the Co-captain at St Joseph's, the NCAA Division II Regional Champion in 1974. Bill coached for 15 years at the high school and college levels. Bill and his wife Sally have been married over 50 years.



**MICHAEL GERMANI**

Michael (who prefers to be called Michael, not Mike) was born and raised back east in Norfolk, Virginia. He went directly into the ARMY from high school. Volunteered for the 82nd Airborne Division (1973-1976) Assigned and served as a 91-B / Bravo (Combat Medic) with Division Headquarters. He had additional training in Panama (Jungle Warfare Training) and advanced Combat Medical Training. Final Rank upon my Honorable Discharge / E-5. Michael moved to California (Sonoma County) right after his release from the military, and has been in Sonoma County from 1976 - Present. He also served in ARMY reserves as a Flight Medic (UH-1) Helicopter out of Hamilton Air Base, Novato, CA. Original Flight Paramedic on REACH Helicopter in

Sonoma County - 1987 to 1989. Michael went to college at SRJC and Sonoma State University (General Business Degree). He started his quest in EMS/Fire as a FireFighter/Paramedic 1977-2007. Then went to Berkeley Fire Department 1993 as a FF/PM - Paramedic Supervisor/Officer, Berkeley Police SWAT medic 5 years, then retired in 2007. He now owns and operates (16 years now) Critical Care Training Institute (CCTI) where we host medical training for the overall health care industry throughout the northern bay areas. Michael is a husband, father and grandfather.

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

The SIR dinner group did not meet in June due to the picnic. In July, The SIR dinner July 16<sup>th</sup> will be at "Catellis" 21047 Geyserville ave. Geyserville,. Yes, it's the same day as the luncheon, but that's all they had. Also, due to their size they are asking that we come in stages. The first group at 5pm, then 5:15 and then 5:30. I will assign you a time and please be as prompt as possible. They also insist that there will be one total check for each table, each couple can give the wait person a credit card and tell them how much to charge.

Anyone new or who hasn't been receiving my emails and wants to be on the dinner list please contact me at: [jvick1497@gmail.com](mailto:jvick1497@gmail.com)

**Bocce Ball - Stewart Morgan**



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

The best-attended bocce ball tournament ever is believed to be the 2019 World Bocce Championships held in Petaluma, which attracted approximately 1,500 participants and a crowd of around 10,000 spectators over the weekend.



## ROOSTER GARDEN GUYS (Len Schwer & Charles Boyd)



June is the most dynamic month in vegetable gardening. The tender new plants of May rapidly grow, then begin to flower and set fruit. One of the Rooster Garden tomato plants went beyond just setting fruit and produced the first vine ripened tomato of 2025. This prized possession was presented to Jenni Fleish, our lovely Senior Center supervisor, in recognition of her efforts to get Town employees to respond to a few of our Rooster Garden requests.

The next major Rooster Garden event was setting up the Rooster Garden's automatic water timer. The Hunter Node-100 user interface is a Byzantine and required printed instructions, multiple YouTube videos and a PhD in engineering to program; of course we could have just asked a 10-year-old.

But all is not tomatoes and beans in the Rooster Garden. Our bounty of rapidly growing plants attracted some deer that frequent the nearby creek bed. At first, they munched on the pepper plants, but Charlie put chicken wire cages around the plants to deter the marauders. So they moved onto the pole beans and ate all the leaves within their extended reach. So I teamed up with



Charlie, and his remaining chicken wire, and we enclosed the bottom portion of the pole bean bed with chicken wire. The cucumbers thought they were off the deer menu, but the members of the Cervidae family consider (almost) no plant inedible, so the cucumbers were caged too.

## 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



At The Publican

If you are free, come and enjoy a cold beverage and lively conversation and so-so jokes. **The schedule for JULY is:** 7/4-- Lupe's; 7/11-- Cu'Ver; 7/18—Charlies' 7/25-- Flavorburger.



## 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
- Horseshoes
- 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](mailto:wlindahl@sonic.net)

Chris: [chrisroach@sbcglobal.net](mailto:chrisroach@sbcglobal.net)

Phillip: [pcbartels@aol.com](mailto:pcbartels@aol.com)

Dave: [harrisod@sonic.net](mailto:harrisod@sonic.net)

## SPECIAL PROFILE: Howard Daniel



I go by two first names — Howard Daniel — or two last ones. Take your pick.

My wife Sandra and I live in the Shamrock Mobile Home Community, about a mile north of Shiloh Road. This is a second marriage for both of us, and between us we have three kids, now all about 50, and five grandkids. We're

here thanks to our younger daughter, Melissa, who lives in Santa Rosa. Our other two kids — Naomi and Adam — live in Ann Arbor, Michigan, and Washington, D.C. Having lived my first two-plus decades in what I now call Snowy Winter/Sweaty Summer Zones, moving here 11 years ago was a no-brainer — my specialty.

Sandra, a teacher whose career took her from grade schools to community colleges, is now retired, but I still work, part-time, as a business writer and editor. I call this gig Pen-for-Rent. So while I'm sometimes tired I don't consider myself RE-tired.

I was introduced to SIRs by Jim Strange whom I met a few weeks ago at the gym. Jim suggested I check out a Tuesday coffee, and I've found in the several times I've now been at a coffee and at bocce ball (I'm a total novice!) that I've greatly enjoying getting to know guys who have been around the block pretty much as many times as me.

Sandra's a California girl — originally from Santa Barbara. I grew up on the New Jersey coast a little over an hour's drive from New York City. In high school I found I had a knack for writing, and by my senior year I was editor of our weekly student newspaper. I went to college in New England where I turned my interests in history, current events and language into a Russian Area Studies major. I then spent two more years earning a master's in that field.

Grad school gave me my first big life lesson: that I didn't want an academic career. My first post-university job, as a Peace Corps volunteer, was in a village in India where I worked with farmers growing new strains of wheat that can quadruple crop yields. This was in 1968-70 — the second-most-interesting two years of my life.

After several months traveling home across Asia, I joined the U.S. Foreign Service where for 15 years I was posted to U.S. embassies and consulates in Brazil and the USSR and enjoyed several interesting Washington assignments and another in Japan. In Brazil I added Portuguese to the Russian and Hindi I'd previously learned. (I can still fake it in Brazilian, Russian and Indian restaurants.)

My USSR post was at our consulate in Leningrad (now St. Petersburg), the Soviet Union's second-largest city. Thanks to the people I met there and the first-hand experience of the totalitarian country I had studied, those two years, 1976-78, were THE most interesting of my life.

I left the Foreign Service in 1985 and moved to Hawaii for an opportunity on an entrepreneurial project that didn't ultimately pan out. But Hawaii is where I met Sandra. It's also where I landed my first full-time writing job, as the governor's speechwriter. I then went into public relations, where I mostly wrote for clients and edited my colleagues' writing, making it as clear and engaging as possible.



When Sandra retired, we moved here to be a few thousand miles closer to our kids. I continue to write and edit. It keeps me active and my brain engaged, and I greatly enjoy its creativity, so it's not most people's idea of work. Anyone interested can see tales from my experiences living and working around the world on my Pen-for-Rent blog (<https://pen4rent.com/braindrops-a-blog>).

## THE ROOSTER CORNER



For those of you unfamiliar with the Rooster, it has been around our branch for years. Traditionally, it was a monthly golf trophy handed out at our luncheon to someone who made a funny or grievous error. That honored person would bring the Rooster home for a month and garnish it with a relevant trinket and return it to the following luncheon. Previously, perhaps numerous times, it has been so laden with trinkets that they were removed and once again, trinket placements began. There was no award given in June due to the picnic, but I'm sure someone has or soon will be earning it.

## 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 3 July.**



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 **14 July** 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>

## TRAVEL FROM STATE SIR:

### GOOD NEWS !!!

**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](mailto: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"><li>Angor Wat Post-Trip Included available</li><li><a href="#">LINK HERE</a></li><li>Group code is G5-30339</li></ul>	1/7/26 to 1/25/26 (5295/7645) <ul style="list-style-type: none"><li>Both Melbourne Pre-Trip and Fiji Post-Trip available</li><li><a href="#">LINK HERE</a></li><li>Group code is G6-30339</li></ul>	4/1/26 to 4/16/26 (7495/9095) <ul style="list-style-type: none"><li>Hiroshima post-trip available</li><li><a href="#">LINK HERE</a></li><li>Group code is G6-30339</li></ul>

*...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](mailto:glennbreslin@gmail.com)  
925-788-6520



FOR THE LIGHT HEARTED:



Sometimes I get road rage walking behind people at the grocery store.



2025 SIR Branch 176 Officers:		
<b>Big SIR</b> Thomas Palmer 619-920-9175	<b>Little SIR</b> Steve De La Montanya	<b>Secretary</b> Dave Harrison 707-838-8155
<b>Assistant Secretary</b> Larry Doherty 707-484-5308	<b>Treasurer</b> Garry Trojanowski 203-988-5366	<b>Assistant Treasurer</b> 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			

