

SENIOR TIMES

SIR
SOCIAL ACTIVITIES FOR MEN

"OUR MISSION IS TO IMPROVE THE LIVES OF OUR MEMBERS THROUGH FUN ACTIVITIES AND EVENTS WHILE MAKING FRIENDS FOR LIFE"

APRIL 2025 Newsletter - Turlock Branch #143

**FIND US ON FACEBOOK: SIR #143 - Also Find Us on the
WEB: sirinc2.org/branch143**



**PLEASE FIND
BELOW OUR
QR CODE.**

The way it works if you don't know already, take your cell phone, open your camera app and take a picture of the QR code. If you have a QR code reader app you simply open your QR code reader on your cell phone and hold it over the QR code and your cell phone will open the SIR BRANCH 143 WEBSITE.



Message From The Big Sir...

Hey Brothers,

April is here, and with it comes fresh air, warmer weather, and plenty of opportunities to step up, connect and enjoy life. We hope you and your family are all doing well and you are looking forward to the activities we have planned for this month.

But before we get into all that serious stuff..... let's be honest.....who else fell for at least one April Fool's prank? If you didn't, congratulations, you're officially too smart for the rest of us!

Now, with the change of seasons, it's a great time to focus on those outdoor activities. Walking, gardening, and even light stretching in the fresh air can do wonders for your energy and well-being. Remember to put your health first by exercising, eating right, staying hydrated and protecting yourself from the sun! But, do concentrate on the FUN!! Let's be sure to make April a month of connection and growth. Send a message or call a brother you haven't talked to in a while. No agenda – just check in and remind him he's not alone in this journey. Please invite your friend(s) to join us at SIR! Include your friend(s) in our activities, that's a great start at including them in our group! Invite them to the May Dine Out!

Upcoming Events for April

Date: Monday Mornings – Golf - (Ken Kajioka)

Date: April 4 and 18- Bocce Ball at the Dust Bowl - 10:00 a.m. (Mike Johnson)



Date: Every Tuesday Afternoon - Bowling at McHenry Bowl (Tom Mickelsen)

April 16 – Monthly Luncheon Meeting, breakfast or lunch and great conversation at Black Bear Diner at 10:30 AM. It's a wonderful chance to catch up with friends!

Guest Speaker:

Dr. Britt Rios-Ellis - is an American academic administrator who is the thirteenth president of California State University, Stanislaus.

April 18 – Board Meeting at My Garden Café - Breakfast 7:30 / Business Meeting at 8:30 a.m.

April 27 – May 2 – RV Group goes to Jackson Rancheria. We have 12 rigs converging on Jackson Rancheria! Please consider joining us! Take a road trip for the day and make it an adventure! You will enjoy the camaraderie and scenery!

Member Spotlight

This month, we're celebrating one of our long time members. He has been a member of SIR since September of 2001. This member serves on our SIR Board. He always fills in where needed. He is a member of our RV group. He enjoys a great bocce ball game and is very competitive! He manages to keep up with his lifelong friends by meeting with them at Starbucks, several times each week! He has been married to his wife for 60 years!

Quote for the month of April

"Whether you think you can or can't, either way, you're right." – Henry Ford

REMEMBER SIR LUNCHEON

11:00 am - Sir Lunch meeting Wednesday, APRIL 16th - WILL BE HELD AT BLACK BEAR DINER, doors open at 10:30.

NOTE: When you arrive at Black Bear Diner Order your food as soon as possible. Our speaker will start at 12 noon, also please try to finish your meal by 12 noon.

Luncheon Location: BLACK BEAR DINER
3050 N. Tegner Rd., Turlock



SIR TRAVEL

Travel Chairman John Cardoza



RIVER CRUISE

**9-Days MEMPHIS
to NEW ORLEANS**

**Cruise the Lower Mississippi
in style, from Memphis to
New Orleans aboard the
180 guest American Splendor
9 Days-September 30-October 8, 2025**

- ★Roundtrip airfare from Sacramento
- ★Transfers to and from the Sacramento Airport
- ★1 night pre-cruise hotel stay at the Guest House at Graceland with free ground-transfers airport to hotel and hotel to ship
- ★Post cruise Premium New Orleans City excursion with drop off at the New Orleans Airport
- ★All meals and snacks
- ★24/7 alcohol/non-alcoholic beverages and nightly evening cocktail hour with hors d'oeuvres and top-shelf liquors
- ★Wi-Fi
- ★Prepaid gratuities
- ★Onshore featured excursions
- ★Full enrichment package with guest speakers and nightly entertainment



Price Per Person Based on
Double Occupancy

\$6655 pp to \$7900 pp

**BOOK BY JANUARY 15,
2025 and RECEIVE A \$100
PER PERSON DISCOUNT!!**

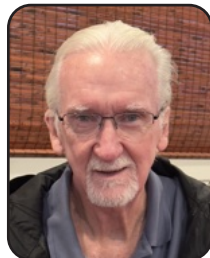
QUESTIONS? Please contact John Cardoza (209) 483-7722

SIR 143 - 2025 OFFICERS

Working For You!



Roger Jackson
Big Sir



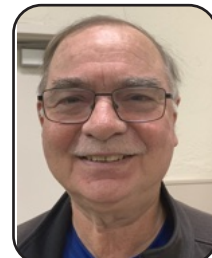
Dan Gorman
Little Sir



Greg Back
Secretary/Web Master



Rock Libby
Assistant Secretary



Leonard Zumstein
Treasurer



John Cardoza
Travel Chairman



Mike Johnson
Membership



Fred Courter
Newsletter



Vern Segars
Assistant Treasurer



Gary Toombs
Dine Out

SPEAKER FROM OUR MARCH LUNCHEON

Stan State
Athletic
Director,
AARON
ALLAIRE



NEXT BEC MEETING

to be held at

MY GARDEN CAFE
FRIDAY APRIL 18th

Meeting Starts at 8:30am

Be there early for breakfast starting at 7:30am

SIR BRANCH #143 BOWLING EVERY TUESDAY



at McHenry Bowl
CONTACT:

Tom Mickelson
209-632-2917



Turlock SIR #143 BEC Meeting

My Garden Cafe, Turlock

March 21st 2025 - 8:30AM

Officers Present: Bob Holly, Roger Jackson, Greg Back, Leonard Zumstein, Vern Segars, Fred Courter, John Cardoza, Mike Johnson, Dan Gorman.

Members/Guests Present: Rick Kindel

Quorum: Secretary Greg Back reported that a quorum is present.

Minutes from Previous Meeting: Motion to accept the minutes as published in the newsletter by Leonard Zumstein and seconded by Bob Holly. Motion carried unanimously.

Treasurer Report: Treasurer Leonard Zumstein reviewed Form 28 from last month and reported –

Checking = \$4,961.51
Cash on hand = \$275.00
Receipts = \$915.00
Expenditures = \$1,243.36

Receipts consisted of \$560.00 in dues, \$80.00 from raffle and \$315.00 in ticket sales for Castle Noz dinner.

Expenditures consisted of \$99.00 for printing, postage and Constant Contact subscription and \$1,144.36 for branch advertising and promotion/recruitment.

Fred Courter submitted receipts totaling \$22.10 for printing/postage and Rick Kindel submitted receipts of \$137.50 for advertising expenses. Motion to approve reimbursement of these expenses by Dan Gorman and second by Bob Holly. Motion carried unanimously.

Membership Report: Chairman Mike Johnson reported we had 29 members and the guest speaker attending our monthly luncheon. Mike also reported that we currently have 91 members on the branch roster with 30 who have not paid their dues.

After discussion it was agreed that members on the roster who were unpaid for 2024 and 2025 were to be dropped immediately. Those unpaid for 2025 only have already been reminded several times via email but would be called and invited to come to our next lunch and also pay their dues if they want to continue to be a member. Results to be reviewed at next BEC meeting.

Committee Reports

Bocce Ball: Chairman Mike Johnson reported that Bocce

Ball is going well with attendance averaging about 8-10 members.

Golf: Chairman Ken Kajioka was not present, no report.

Travel: Chairman John Cardoza reported that the Mississippi river cruise is full up with a waiting list.

RV: Wagon Master Roger Jackson reported that there are 12 rigs signed up to attend the spring RV outing to Jackson Rancheria. The fall RV outing has not been finalized but may be to Moss Landing with about 6 rigs interested in going there.

Dine Out/Other Activities; Chairman Gary Toombs was not present but Big SIR Roger Jackson reported that he visited the Modesto SIR branches and invited those members to attend the Castle Noz dinner event. There are 40 currently paid and he is targeting 50 attendees for the event.

Recruitment & Publicity: Chairman Rick Kindel reported that he conducted a survey of members about our ad campaign and presented the results. Members suggested that we also use ads on Facebook to target prospective members. Rick will work with Greg Back and see how to proceed. More to follow.

Old Business: Little SIR Dan Gorman reviewed the schedule of branch operations. Big SIR Roger Jackson reviewed our program/speaker lineup for the year. Roger reviewed our current lunch venue (Black Bear Diner) and expressed that we need to have an alternate location identified in case we lose the current venue.

New Business: John Cardoza suggested we change our raffle ticket sales to 1 for \$5 or 3 for \$10 to make counting and separating ticket halves easier and more efficient for the ticket seller. The BEC was ok with the change but deferred to the raffle ticket seller to make the decision.

The Day Trip Committee had nothing new to report. Additional trip suggestions were for a SIR group outing to a Stanislaus State game or a bay cruise for Fleet Week.

Motion to Adjourn: Motion by Dan Gorman and seconded by Leonard Zumstein. Motion carried and meeting adjourned at 9:41am.

Minutes respectfully submitted by Secretary Greg Back.

SIR FIELD TRIP

THURSDAY, JUNE 12th - 2p.m.

TICKETS ARE \$30 EACH

Playing at the East Sonora Theatre, 13891 Mono Way, Sonora, CA
1/4 mile east of The Junction Shopping Center.



Surf's up! Get ready for an unforgettable experience as we celebrate the timeless sounds of The Beach Boys. Join us for a thrilling "live show" featuring all their classic hits alongside hidden gems from their incredible catalog. Jam out to the soundtrack of an Endless Summer brought to life on the East Sonora stage. **You don't want to miss this chance to relive the magic of The Beach Boys!**

Deadline: April 16th

MAKE CHECK PAYABLE TO: KEN KAJIOKA

MAIL CHECK TO: Ken Kajioka
2240 POLYVIEW DR.
TURLOCK, CA. 95382

NOTE: Dine Out afterwards (To Be Determined)

Let Ken know if you want to be included in the dinner reservations: **209-602-8351**

PHOTOS FROM OUR LAST DINE-OUT AT THE OLIVE GARDEN





THE WINE LINE

By Russ Winton

Wine Investigation for Novices and Oenophiles (W.I.N.O.)



Santa Maria Valley: No Crowds, Great Food, Friendly Folks and Award Winning Wines

Winter is the best time of the year to visit wine country. With the harvest/crush completed, crowds are non-existent and your tasting room host might be the winemaker or owner. We do most of our tasting....(I mean 'research') in January on the Central Coast. Having a timeshare available and close to great restaurants and incredible wines made by talented winemakers makes this research tolerable.

Recognized as one of the world's most dynamic wine-growing regions, the Santa Maria Valley is the heart of the Santa Barbara County wine region. In 1981, the federal government granted American Viticultural Area, or AVA, status to the Santa Maria Valley. Today, Santa Barbara County has more than 200 wineries producing more than 400 brands of wine from more than 20,000 acres of vineyards, planted to 40 different grape varieties.

Riverbench Vineyard & Winery

Planted in 1973, Riverbench is one of the oldest vineyards in Santa Barbara County. The gravelly soil and proximity to the ocean provide ideal conditions for growing Pinot Noir and Chardonnay. In 2008 they made 200 cases of sparkling wine, a blanc de blanc, which now has evolved into 2,500 cases of seven different sparklers. Later in 2015 they added Pinot Meunier vines to their Champagne line-up, being the only winery in California to do so. A 1920's craftsman-style house located on the Foxen Canyon Wine Trail is a beautiful tasting room and offers you three different tasting flight options. A second tasting lounge is in Santa Barbara's Funk Zone. The tasting fees are \$25 and refundable with bottle purchases.

Presqu'ile Winery

Located in the heart of Santa Barbara County, Presqu'ile (pronounced

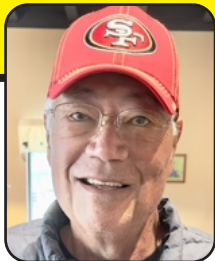
press-KEEL) Winery opened its doors in 2013. The name translates from Creole as "almost an island" and refers to a property on the Gulf Coast the owners had until Hurricane Katrina leveled it. The modernistic design of this new winery perched high on a hill south of Santa Maria fits the Creole word perfectly. Located just 16 miles from the ocean, the views from the tasting room deck are incredible. And the same word applies to the food, wine and hospitality. Using a minimalist approach, winemaker Dieter Cronje produces delicious cool-climate Pinot Noir, Chardonnay and Sauvignon Blanc. Presqu'ile wines consistently score in the mid 90's. Chef French, Julie Symon, continues getting high reviews for using local ingredients and seasonal produce from the one acre estate garden. The warm hospitality was evident in the top-notch servers which certainly reflects the style and grace of the Murphy family. Check out their website at presquilewinery.com for more information. The Food and Wine Experience is a very relaxed and unpretentious two hour Estate Tasting paired with the Chef's Mezzo Picnic. The Navigator raved about the food and I totally agreed with their wine scores. It was a perfect afternoon. We will definitely revisit Presqu'ile Winery and more of the 16 wineries on the Foxen Canyon Wine Trail. We look forward to our return to Santa Maria Valley in 2026.

What's On Our Table

When we visit new wine regions, we always check out the wines at the local Costco. Most carry some of the local wines, usually below suggested retail prices. On our trip to the Central Coast, I picked up five Santa Barbara County Pinot Noirs all under \$20. All were good but the 2022 Cambria from Santa Maria Valley was lights out delicious. So now, the 2022 Cambria Estate Winery Julia's Vineyard Cambria Pinot Noir is number-one on my "must find" list. Cheers!

Comments? Find me on Facebook or at

rgwinton@yahoo.com.



GOLF

Chairman
Ken Kajioka

SIR AREA 18 GOLF SCHEDULE 2025

MO	DATE	DAY	TIME	HOST	COURSE	GF	CART	PRIZE	TOT	REMARKS
Apr	7	Mon	8:00 SG	103B	Dryden	\$25	\$20	\$9	\$54	Carts Optional Revised 2-9-25
	14	Mon	8:00 SG	144	Creekside	\$27	\$20	\$9	\$56	Carts Optional
	21	Mon	8:00 SG	103A	Pheasant Run	\$55		\$9	\$64	Carts Included
	28	Mon	8:00 SG	103B	Elkhorn	\$44		\$9	\$53	Carts Included Revised 2-9-25
May	5	Mon	8:00 SG	144				\$9	\$9	
	12	Mon	8:00 SG	103A	Tracy GC	\$50		\$9	\$59	Carts Included
	19	Mon	8:00 SG	103B	Creekside	\$27	\$20	\$9	\$56	Carts Optional
	27	Tue	8:00 SG	144				\$9	\$9	

Every Thursday we will have Golf at Creekside Golf Course 9 hole or 18 hole, contact Ken Kajioka for more info or to sign-up.

REMINDER: When you sign-up for golf it also means you will attend 50% of the luncheons Every Third Wednesday.

Speaker for month of APRIL will be

BRITT RIOS-ELLIS - Stan State President

Britt Rios-Ellis, M.S., Ph.D., serves as the 13th president of California State University, Stanislaus. A bilingual and bicultural educational and community health leader with a focus on academic and inclusive excellence and an unwavering belief in the transformative power of higher education, in which she has more than 30 years of experience and a deep commitment to student success, diversity and community engagement.

She most recently served as executive vice president of Academic Affairs and provost at Oakland University in Michigan from 2021 to 2024, where she focused her efforts on strengthening and restructuring academic affairs during the pandemic. During her tenure Rios-Ellis also raised much-needed funds, helped spearhead much needed programs, collaborated on innovative interprofessional initiatives and shepherded the purchase of a new building adjacent to a highly underserved community. She also led the effort that garnered Oakland the Carnegie classification as a community engaged campus.

Her appointment at Stanislaus State marks her return to the California State University system, where she previously held leadership roles at Cal State Monterey Bay and Cal State Long Beach.

As founding dean of Cal State Monterey Bay's College of Health Sciences and Human Services, where she served from 2014 to 2020, she doubled and diversified underrepresented minority tenure-track faculty and co-founded its Master of Science Physician Assistant program, the first of its kind within the 23-campus CSU system. Additionally, she launched two academic departments, shepherded the Master of Public Health and led the Center for Community Health Engagement, a multipurpose, interprofessional space to optimize wellness for homeless populations.



From 1994 to 2014, Rios-Ellis was a professor of health sciences at Cal State Long Beach and the founding director of the Center for Latino Community Health, Evaluation and Leadership Training and the community-based Centro Salud es Cultura, an applied research center strengthened by community outreach and programming. In 2013, she was named Outstanding Professor.

Rios-Ellis has led more than \$59 million in student- and community-strengthening health- and education-related efforts funded by the National Institutes of Health, U.S. Department of Education, the Office of Minority Health, U.S. Department of Agriculture, National Institutes of Minority Health and Health Disparities and Substance Abuse and Mental Health Services Administration (SAMHSA), among others.

Her areas of funded research include Latinx HIV/AIDS, nutrition, maternal/child health, chronic disease and mental health, often incorporating and pairing promotores de salud models with student training in community-based participatory research and evaluation.

She holds bachelor's degrees in Spanish and political science, a Master of Science in Health and Fitness Management, a certificate in women's studies and a doctorate in community health from the University of Oregon. Rios-Ellis completed Harvard's Institute for Management and Leadership in Education and the HERS (Higher Education Resource Services) Program for

Women's Leadership in Higher Education at Bryn Mawr. She also completed the Provost and Student Success Academies and the Millennial Leadership Academy of the American Association of State Colleges and Universities.

Rios-Ellis is married to musician and music educator Enrique Rios-Ellis, DMA, and is the proud mother of Xóchitl, Enrique and Itzél, three budding artists who inspire her every day.



TRIBUTE TO THE BEACH BOYS THURSDAY, JUNE 12 - 2 p.m. East Sonora Theater

Limited Seating, Payment Due By April 16th
CONTACT KEN KAJIOKA 209-602-8351 (see page 5)



BIRTHDAYS IN APRIL

Jim Artrip, Greg Back, Lon Bishop, Charles Crivelli, Rick Kindle,
Mike Lazar, Bernie Mailloux, Timothy Pflueger, Vernon Segars, Anthony Silva

ANNIVERSARIES IN APRIL

Ken Kajioke, Rock Libby, Ron Martella, Jan Pyle,
Wayne Rickey, Jeff Wilson

HAPPENINGS IN SIR #143

SIR DISTINGUISHED SERVICE AWARD TO FRED COURTER AT THE MARCH LUNCHEON



New Inductee
from the
March
Luncheon -
Mike Barnard,
with Big Sir -
Roger Jackson,
Little Sir
Dan Gorman



FROM THE BOCCI BALL COURT



For those that were not at
Bocce today you missed a 6
point throw by Ed Michalec!!!



"SIR DINE-OUT"

MAY 16, 2025

5:30 – 9:00 P.M.

At

The Castle

6101 Keyes Rd, Snelling, CA

The cutoff date for reservations/payment is April 20

Tickets are \$45 / person

Send Your Check payable to: S I R

To: Leonard Zumstein → no later than April 20th

2645 Mira Flores Dr. Turlock, CA 95380

Dinner: Catered by Neto's

Tri-tip, Chicken Quarters, Scalloped Potatoes, Green Beans, Salad and Roll

Beer / Wine / Soda / Water

Music by: **"No Way Back"** 60s, 70s, 80s band



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(209) 668-1286



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Turlock, CA 95380

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Fax: (209) 667-1247
M-F, 7-5:30pm
donsmobileglass.com

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Email: netocatering1@aol.com
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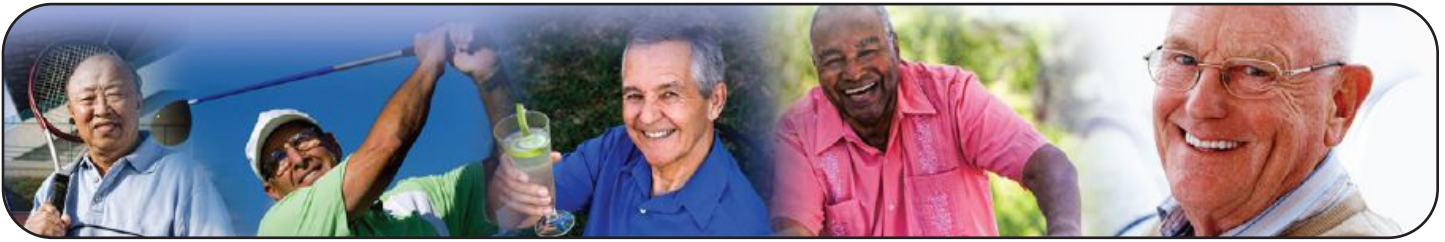
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KEVIN STORMS
Agent

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209-277-7644
kstorms@pmz.com
kstorms.pmz.com

3800 GEER ROAD, SUITE 105
TURLOCK, CA 95382





TURLOCK BRANCH NO. 143 OFFICERS & CHAIRMEN FOR 2025

Big Sir	Roger Jackson	658-2673
Little Sir	Dan Gorman	404-3799
Secretary	Greg Back	585-6862
Assistant Secretary	Rock Libby	634-6508
Treasurer	Leonard Zumstein	634-8878
Assistant Treasurer	Vern Segars	634-2142
Membership	Mike Johnson	613-6801
Assistant Membership/Mailing	Rick Kindle	652-8608
Recruiting	Rick Kindle	652-8608
Bowling	Tom Mickelson	632-2917
Travel Chairman	John Cardoza	483-7722
Travel Assistant	OPEN	
Golf	Ken Kajioka	602-8351
Assistant Golf	Ray Walker	606-9889
Sunshine	Rock Libby	634-6508
Newsletter Editor/Photo	Fred Courter	226-1173
Bocce Ball	Mike Johnson	613-6801
Program	Gary Potter	667-8516
Assistant Program	Ken Kajioka	602-8351
Chaplain	OPEN	
RV Chairman	Roger Jackson	658-2673
Assistant RV Chairman	OPEN	
Web Master	Greg Back	585-6862
Nominating Com. Chair	Greg Back	585-6862

Directors: Kevin Byrne, Gary Toombs, Fred Courter,
John Cardoza, Mike Johnson, Dan Gorman

STATE OFFICERS

State President: Richard Carlston - rich.carlston@icloud.com - 925-324-0838

State Vice President: Lee Lamp - lel4355@yahoo.com - 530-921-1375

Area 18 Representative:

Anthony Butera, Anthony.btr@gmail.com, 209-988-3473