

SENIOR SIR TIMES

SIR
SOCIAL ACTIVITIES FOR MEN

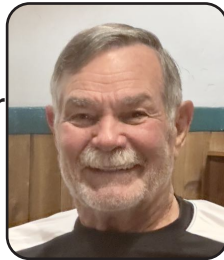
**" OUR MISSION IS TO IMPROVE THE LIVES OF OUR MEMBERS THROUGH
FUN ACTIVITIES AND EVENTS WHILE MAKING FRIENDS FOR LIFE"**

JANUARY 2024 Newsletter - Turlock Branch 143



Big Sir Message from Bob Holly...

Happy New Year! We are looking forward to a great year ahead. Again this year we will have many activities for our members and their guests as well as informative guest speakers at our luncheons. We are looking forward to growing our membership this coming year. We welcome any suggestions you may have in order to accomplish this. Please feel free to contact any of the members of the SIR



Branch 143 Administrative Personnel for the year 2024 with your suggestions or concerns. Please note that our dues remain at \$40.00 for the coming year. You can pay your dues at our general meeting the 3rd Wednesday of this month. We hold our luncheon meetings at Black Bear. Doors open at 10:30 and we hope to see you there. Come see your old friends and make new friends. Lets have a great year! Your Big SIR Bob Holly

DEADLINE: FEBRUARY 1-2 and 3 of 2024

JOIN US IN JANUARY

11:00 am - Sir Lunch meeting JANUARY 17th -

WILL BE HELD AT BLACK BEAR DINER, doors open at 10:30.

BEC meeting JANUARY 19th Come early have breakfast before meeting

My Garden Cafe 8:30 am start time.

Luncheon Location: BLACK BEAR DINER

3050 N. Tegner Rd., Turlock



SIR TRAVEL

John Cardoza, Travel Chairman
209-483-7722 - johncardoza@hotmail.com



11 Night Inside Passage Cruise Aboard the Crown Princess

Sailing Round-Trip
San Francisco, May
26-June 6, 2024



Price: **Ocean View Stateroom:** \$2590 double
occupancy, Single \$4795

Balcony State Room - Double \$2855, Single \$5325

Mini-Suite - Double \$3322, Single \$6259

Deposit of \$500 per person to hold reservation

Tour Features: Transfers from Turlock/Modesto to the pier in San Francisco ROUND TRIP, 11 Night round-trip inside passage, All taxes including Port Taxes.

Escorted by John Cardoza 209-483-7722

TOUR HIGHLIGHTS:

- Sunday Board Crown Princess
- Monday at Sea, Tuesday at Sea
- Wednesday Ketchikan
- Thursday Juneau
- Friday Skagway
- Saturday Endicott Arm and Dawes Glacier
- Sunday At Sea
- Monday Victoria, Canada
- Tuesday at Sea, Wednesday at Sea
- Thursday Arrive San Francisco



CONDITIONS APPLY

FINAL PAYMENT DUE: JAN. 31, 2024

**ADD THE PRINCESS PLUS PKG FOR
AN ADDITIONAL \$660 Per Person!**

INCLUDES: beverage package (drinks up to \$15 each),
Wi-Fi, Crew Appreciation, Premium Dessert (2-per day),
Fitness Classes (2 per Cruise),
and Unlimited Juice Bar

Turlock SIR #143 TRAIN EXPERIENCE



Turlock to Reno February 1 - 2, 2024

\$110/person - Roundtrip (rates subject to change)
Book Flex-Rates / Senior-Military Discount (10%)
Amtrak Website link: www.amtrak.com

ITINERARY

| TRAIN | ORIGIN | DATE | DEPARTURE | DESTINATION | DATE | ARRIVAL |
|-------|--------------|---------|-----------|--------------|---------|---------|
| 711. | TURLOCK | 2/1/24. | 7:45 AM | Stockton | 2/1/24. | 8:36 AM |
| 3711 | Stockton | 2/1/24. | 8:45 AM | Sacramento | 2/1/24. | 9:50 AM |
| 6 | Sacramento | 2/1/24. | 11:09 AM | Reno | 2/1/24. | 3:56 PM |
| 5 | Reno | 2/2/24. | 8:36 AM | Martinez, Ca | 2/2/24. | 3:26 PM |
| 718 | Martinez, Ca | 2/2/24. | 6:26 PM | Turlock | 2/2/24. | 8:06 PM |

Please join us on this train experience when we take Amtrak to Sacramento and the California Zephyr from Sacramento to Reno. We will make stops in Roseville, Colfax and Truckee, before arriving in Reno.

The higher up we will go in elevation, the more stunning and gorgeous the views will become. We will see bright, sunlit woody meadows, farmland, mountains, huge pine trees, Donner Lake and the Truckee River, which flows right beside us. We will travel through several dark tunnels. The views will change from bright green grass to snowy mountains, and the skies will go from sunshine to thick cloud cover. Gradually, we will start seeing patches of snow higher up and then maybe a foot or more of snow on either side of the train. Once the train arrives in Reno around 4 p.m., we will walk a short distance to the hotel.

**It's recommended you make reservations,
for Thursday night,
February 1st, at the Silver Legacy 775-329-4777.**

**Contact John Cardoza at 209-483-7722, if
you have any questions or need help!
PLEASE contact John when you
have booked your trip.**

**YOU CAN CONTACT JOHN CARDOZA email at johncardoza@hotmail.com
to receive a brochure and Remember that relatives and friends may also go on all trips.**

SIR 143 - 2024 OFFICERS

Working For You!



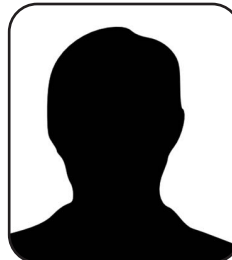
Bob Holly
BIG Sir



Roger Jackson
Little Sir



Greg Back
Secretary/Web Master



Assistant Secretary



Leonard Zumstein
Treasurer



John Cardoza
Travel Chairman



Mike Johnson
Membership



Fred Courter
Newsletter



Vern Segars
Assistant Treasurer



Gary Toombs
Dine Out

NEWS and NOTES SIR Branch 143

In this month's issue of Discover Magazine, US Surgeon General, Vivek Murthy states that in part due to Covid, in part due to working from home, about 50% of Americans have experienced loneliness which comes with a hefty dose of adverse effects. Lonely people, as Murthy's report warns, run the same mortality risk as people who smoke 15 cigarettes per day.

Institutions that once fostered social connection, such as churches, community based organizations such as Rotary Clubs, are shrinking or disappearing. It's hard to fathom how a lack of companionship could be as threatening as an addiction or a global pandemic but humans are so biologically wired to

be social that isolation wreaks surprising havoc on our systems. People who lack social support have a 29 percent higher risk of heart disease, a 32 percent higher risk of stroke, and a 26-29 percent higher risk of premature death. What's more, such health effects in isolated older adults have led to about \$6.7 billion in excess Medicare spending each year. Luckily, we can avoid all this by wait for it attending SIR Luncheons, activities, trips and so on. Get out there and circulate with your fellow SIR members, become more active in your SIR organization. Bring in a new member. It could save your life according to Dr. Murthy.

- Rock

BEC MINUTES

BRANCH 143 - SIR EXECUTIVE BOARD MEETING

Held on - DECEMBER 22,, 2023

Venue: Black Bear Diner

Note: * indicates past Big SIR

Attendees: Gary Toombs*, Robert Holly, Roger Jackson, Leonard Zumstein, Fred Courter, Rick Kindle *, Mark Taylor *, Kevin Byrne, Rock Libby *, Mike Johnson, John Cardoza, Greg Back*, Ken Kajioka

Absent: Vern Segars, Dan Gorman

Agenda

Call to order: The Secretary has noted that a quorum of BEC members was present. Big Sir, Rock Libby called the meeting to order at 8:05 AM.

Secretary – Roger Jackson

The Secretary requested approval of the Minutes for the November 17, 2023, BEC meeting. Greg Back put forward the motion and Leonard Zumstein seconded. The motion to approve the minutes carried unanimously.

Treasurer – Leonard Zumstein

Leonard Zumstein (see Form 28) - reported the Turlock Branch's checking account balance at the end of October was \$ 2,333.99. Petty cash available is \$275.00. The checkbook balance is \$ 2,608.99. There was \$60 accrued from raffle. Leonard reported we spent \$142.41 for printing and supplies to Rick Kindle, \$32.10 for stamps and \$99.36 for poinsettias for the December's luncheon. Leonard paid SIR Quarterly dues in the amount of \$178.00. Approval for the Treasurer's report was made by Greg Back 1st and Gary Toombs 2nd.

Applications for new members: N/A

Robert Boyd – The BEC unanimously approved the membership of Mr. Boyd, in November. Mr. Boyd will be inducted in January.

Standing Committee Reports:

Membership – Mike Johnson (absent) –See report (Form 27) - Mike emailed a copy to BEC members. Roger Jackson read the report.

Bocce Ball – Bocce Ball at the Dust Bowl. First and Third Fridays. Next Bocce Ball is at 10:00 a.m. on January 5th at Dust Bowl on Fulkerth Road. See Mike Johnson if you are interested. We had 6 members in attendance in December.

Golf – Joe Adams reported about the upcoming golf activities.

Travel – John Cardoza –John reviewed information on his Alaska trip. It is May 26 – June 6, 2024. John has been taking deposits for the trip. A \$500.00 deposit is required to begin the process. So far 5 cabins have been booked. Please let John know if you are interested.

John reviewed the Train trip he has planned to Reno for February 1 and 2nd. See flyer for information on signing up. Another flyer showing an alternate trip via bus on the return trip will be

sent to members.

John reviewed the cruise to The Panama Canal. This trip is planned for January 2025.

John will need to fill out a FORM 52 for each of these trips:

Cruise to Alaska, Train trip to Reno and Cruise to Panama

R.V. Ken Kajioka – At Sirs December 20th luncheon mentioned the next RV trip is to Black Oak RV in Tuolumne County April 28 – May 3, 2024. See flyer or upcoming newsletter for information.

Big SIR – Rock Libby

Gary Toombs – Gary reported on Dine out. The next dine out is THURSDAY, JANUARY 25th at LaTiff's on Golden State in Downtown Turlock.

Little SIR – Robert Holly

Branch Schedule of Operations – Robert Holly

Little Sir, Robert Holly indicated there were two important items on the November Schedule of Operations:

(1) Verify that the Form 27 & 28 is sent to the Recipient@sirinc.org and to the Area Representative (AR) by the end of each month. and (2) Membership Chairman ensures that on-line Branch Membership Status report is completed by the end of each month.

(2) Leonard Zumstein mentioned the quarterly assessment is paid.

Honorees – None mentioned.

Recruitment & Publicity – Rick Kindle – (nothing to report)

Old Business –

Some members brought up the cost of membership dues. The cost of membership was discussed by the BEC. Previously, the BEC had discussed and approved a reduction of fees from \$40.00 to \$20.00. After a review and a look at operational costs over time, it was decided it would be prudent to keep the original fee of \$40.00.

New Business –

Robert Holly brought up the need to have better planning in letting members know at least 3 months in advance the names of the presenters for our monthly Sir meetings. It was suggested we should also be advertising the presenters well in advance, in the monthly newsletters, to capture the interests of members.

Ted Thorn has been taking care of the needs of Sunshine for our membership and would like to be relieved of these duties. It was asked that we look for someone new to take on this chore.

Adjourn – A motion was made to adjourn the meeting. 9:33 AM

Next meeting– January 17, 2023, at the Black Bear Diner
Respectfully submitted, Roger Jackson
Roger Jackson, Secretary, Branch 143



RV TRAVEL

Ken Kajioka
RV Chairman



Black Oak RV in Tuolumne County April 28 – May 3, 2024



SUNDAY April 28 Arrival, meal decions to be made for week
MONDAY April 29. Activities: Bocce Ball, Corn Hole, Card Games
TUESDAY April 30.
WEDNESDAY May 1
THURSDAY May 2, Dinner, Casino Restaurant
FRIDAY May 3. Drive home safely

Wagon Master: Ken Kajioka 209-602-8351
kenkajioka@gmail.com
Reservation Transferable
Invite Friends and Neighbors

SIGN UP PROCEDURE

1. Call Black Oak RV Park for reservation 1-877-747-8777
 2. IMPORTANT Let them know you are with KEN KAJIOKA group
 3. Call or text Ken Kajioka after registering. 209-602-8351
- Reservation will ask for a credit card # but will not be charged.

IMPORTANT: RESERVATIONS ARE FILLING UP FAST!

BIRTHDAYS IN JANUARY

Gene Evans, Ed Freidberg, Charles Golding, Chuck Greer, Rob Hackler
Bill Nixon, Walter Ott, Marvin Souza,
Wally Spycher, Kevin Storms



ANNIVERSARIES IN JANUARY

John Togliatti, Russ Winton



A Message from Dale Decker, President of SIR, Inc.

Fellow Sirs,

I am deeply honored to serve as your new President as we step into 2024. It's with great enthusiasm that I assume this role and with it the opportunity to evolve and strengthen our organization.

Our mission at SIR is clear: to enhance the lives of our members through fun activities, special events, and lunches while forging friendships that last a lifetime. Our vision is compelling: to be the best active senior's organization in Northern and Central California by promoting physical, mental, and social engagement which research shows will improve our quality of life and longevity.

Our number one challenge is to embrace the purpose and increase the vitality of our organization. It is clear we need to attract younger members as our older members are becoming less active. New members will play a pivotal role in leading us into an exciting new time. They bring fresh ideas and perspectives, ensuring a dynamic blend of the past with the future. In 2024, our primary goal is to reach out to our local communities and add new members and new life to every one of our branches.

I see the role of State SIR as a Service Organization to the branches. We offer you support for functions that 1) are needed by all branches (incorporation documents, management training, marketing material), 2) offer cost savings based on volume (liability insurance), 3) are one-time efforts unaffordable by a branch (Golden Gate Field party, travel programs), and 4) are Statewide athletic competitions to challenge to all members (Golf, Bowling). We promote these services through eMail and sirinc.org.

We need to improve the bi-directional flow of useful information between State SIR and all branches. Soon State SIR will introduce a new regular communication effort to provide informative, impactful organizational updates to Branch officers and a second effort to provide meaningful content such as innovative ideas and articles of interest to all our members. In return, we ask you to work with your Area Representatives to seek their consulting assistance on branch issues and inform State SIR on what is not working well for your branches.

I'm excited to announce that the fillable online management forms announced at the annual meeting to minimize your workload and reduce transcription errors are now being pilot-tested. State SIR will begin promoting their availability this month to the appropriate BEC members with instructions and helpful hints.

In closing, I want you to remember the sole goal of SIR is to Have FUN with FRIENDS. I want you to honestly evaluate how you can contribute to this legacy of SIR. As you do, remember SIR has simple expectations of its members: 1) be friendly to all, 2) actively participate in mental and/or physical activities, 3) eagerly volunteer and lead when asked, and 4) keep us vital by introducing SIR to your community and invite guests to our activities. Let's set a goal that we each bring one younger member into our branch to Have FUN with Friends.

Here's to a promising New Year filled with growth, camaraderie, and memorable experiences within SIR!

Warm regards,
Dale Decker
President, Sons in Retirement Inc. (SIR)

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THE WINE LINE

By Russ Winton

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



Foppiano Winery Established in 1896

In 2021, Foppiano Winery celebrated its 125th Anniversary. Giovanni Foppiano arrived in New York in 1855 from Genoa, Italy and migrated to California via the Panama Canal. He purchased the 80 acre "Riverside Farm" and a working winery and the Foppiano Wine Company was established. Foppiano Vineyards is one of Sonoma County's oldest continually-operated family owned wineries. The family has supplied Northern California wine for years, surviving Prohibition in the 1920s by selling home winemaking kits. Foppiano was one of the founding members of the Russian River Valley AVA in 1985, helped found the Wine Institute in 1941, and started the Sonoma County Vintner's Association in 1944 with 14 other wineries.

Fifth generation Paul Foppiano is now President and Vineyard Manager. Petite Sirah has become Foppiano's flagship wine. The family's favorite wine is well known nationwide and has gained high praise from press and awards. Full bodied and robust, Petite Sirah offers enticing flavors of blackberries and spices with luscious and structured tannins through the finish. They have 40 acres Petite Sirah planted, including several blocks of a new Foppiano Clone. In 2006 Gianna was born to Paul and Jacqui Foppiano. Yep, that makes six generations. Do you think there might be a bit of farming in her DNA?

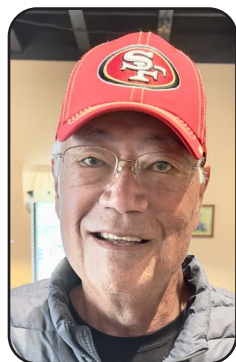
The location of Foppiano Vineyards is just a few miles north of

Windsor on the Old Redwood Highway. The Navigator and I went at 11am and had one of the best and most interesting tastings. Two flights were offered; the East Block Rock Stars were popular Russian River varietals, \$25 and the Block-Stars were the best blocks from the ranch, \$30. We ordered both and shared. We each tasted 8 wines and the pours were quite generous. All wines had 90+ ratings and the service was first class. Both servers were knowledgeable, professional and enjoyed relating the history of the Foppiano Wine Company. We agreed (for once), our favorite wine was a 2018 Gianna's Block Petite Sirah, with 26 months in oak, 50% new American and 50% new French. It scored a Triple Gold 2020 in Dan Berger's Tasting and a Double Gold in the Sunset Tasting. If you're a fan of Petite Sirah, I have one word, **GO!**

What's On Our Table

The 2020 Lyric Pinot Noir from Santa Barbara County is a steal at Costco for \$9.99 (regularly \$15.99). The 2019 Broken Earth Paso Robles Cabernet Sauvignon with a \$3 reduction is a good deal at \$12.99. Costco's prices are very competitive especially with those additional discounts. The 2019 El Coto Crianza from Rioja Spain is 100% Tempranillo, fermented and aged 12 months in oak and an additional six months in the bottle before release. The wine has red fruit flavors and a silky finish. The SRP is \$16.99 but Total Wine's price is under \$13. Happy wine hunting. Cheers!

Comments? Find me on Facebook or at rgwinton@yahoo.com



GOLF

Ken Kajioka,
Chairman

| SIR AREA 18 GOLF SCHEDULE 2024 | | | | | | | | | | |
|--------------------------------|------|-----|------|---------|-----------|------|------|-------|------|----------------|
| MO | DATE | DAY | TIME | HOST | COURSE | GF | CART | PRIZE | TOT | REMARKS |
| Jan | 2 | Tue | 9:00 | SG 103A | Creekside | \$25 | \$20 | \$9 | \$54 | Carts Optional |
| | 8 | Mon | 9:00 | SG 103B | Elkhorn | \$44 | | \$9 | \$53 | Carts Included |
| | 16 | Tue | 8:00 | SG 144 | Manteca | \$40 | | \$9 | \$49 | Carts Included |
| | 22 | Mon | 9:00 | SG 103A | Dryden | \$23 | \$20 | \$9 | \$52 | Carts Optional |
| | 29 | Mon | 9:00 | SG 103B | Swenson | \$40 | | \$9 | \$49 | Carts Optional |
| Feb | 5 | Mon | 9:00 | SG 144 | Creekside | \$25 | \$20 | \$9 | \$54 | Carts Optional |
| | 12 | Mon | 9:00 | SG 103A | Atwater | \$45 | | \$9 | \$54 | Carts Included |
| | 20 | Tue | 9:00 | SG 103B | Dryden | \$23 | \$20 | \$9 | \$52 | Carts Optional |
| | 26 | Mon | 8:00 | SG 144 | Manteca | \$40 | | \$9 | \$49 | Carts Included |

Speaker for month of January will be Josh Weimer from TID

Josh Weimer is the External Affairs Manager at Turlock Irrigation District, where he oversees the District's Government Affairs advocacy, Communications, and Energy Services teams.

In addition to his advocacy in Sacramento and Washington D.C., Josh works on special projects including the relicensing of the Don Pedro Project, the Sustainable Groundwater Management Act, Project Nexus (a first-in-the-nation pilot project), TID's Water and Power Podcast, and the SWRCB's Bay-

Delta Water Quality Control Update.

Josh provides regular counsel to TID's senior management in several areas of public policy and strategic planning, most recently including the support of emerging technologies in both the water and energy sectors.

Josh graduated from California State University, Stanislaus with a bachelor's degree in political science.



IT'S DINE-IN- DINE OUT TIME

Our next dine-out will be at

Latif's Restaurant

Located in Downtown Turlock on Golden State

Thursday,
January 25th

Meet 5:30 drinks - 6:00 dining
call Gary to RSVP 209-604-8406



TURLOCK BRANCH NO. 143 OFFICERS AND CHAIRMEN FOR 2024

| | | |
|-------------------------------|------------------|----------|
| Big Sir..... | Robert Holly | 668-2786 |
| Little Sir | Roger Jackson | 658-2673 |
| Secretary..... | Greg Back | 585-6862 |
| Assistant Secretary | OPEN | |
| Treasurer..... | Leonard Zumstein | 634-8878 |
| Assistant Treasurer | Vern Segars | 634-2142 |
| Membership/Roster | Mike Johnson | 613-6801 |
| Assistant Membership..... | Rick Kindle | 652-8608 |
| Recruiting..... | Rick Kindle | 652-8608 |
| Bowling | OPEN | |
| Travel Chairman | John Cardoza | 483-7722 |
| Travel Assistant..... | OPEN | |
| Mailing..... | Rick Kindle | 652-8608 |
| Golf | Ken Kajjoka | 602-8351 |
| Assistant Golf | Ray Walker | 606-9889 |
| Sunshine | OPEN | |
| Newsletter Editor/Photo | Fred Courter | 226-1173 |
| Bocce Ball..... | Mike Johnson | 613-6801 |
| Program | Gary Potter | 667-8516 |
| Catering/Hall Set-Up..... | OPEN | |
| Chaplain..... | OPEN | |
| RV Chairman | Ken Kajjoka | 602-8351 |
| Assistant RV..... | Roger Jackson | 658-2673 |
| Dine-In ~ Dine-Out..... | Gary Toombs | 604-8406 |
| Publicity/Web Master | Greg Back | 585-6862 |

Directors: Kevin Byrne, Bill Stires, Gary Toombs,
Fred Courter, Joe Adams, Greg Back

STATE OFFICERS

State President: Dale Decker - daledftg@gmail.com - 209-533-0455
State Vice President: Lee Lamp
Area 18 Representative: OPEN