



GOLD COUNTRY BRANCH 95

SIR is a non-profit organization whose mission is to enhance the lives of our members through fun activities, luncheons and events while making friends for life.

Bulletin 400

March 2023

Kevin King, Editor

BIG SIR | Jay Muzio 650-302-1902



It looks like March is upon us, and with it comes the end of winter and the first day of spring on the 20th. The days are getting warmer and longer with daylight savings starting on the 12th. March madness begins on the 20th with the national championship on April 4th. And baseball spring training is well underway. March is National Women’s History month. Let’s commemorate, celebrate, and encourage the study of the vital role of women in American history. March is also Irish American Month and St. Patrick’s Day is on the 17th. Many celebrate this day by wearing green and having a pint or two. It is estimated that 162,719 pints of Irish stout are lost every year in men’s mustaches. I hope this year we all will try to minimize this terrible waste. On a more somber note, March 29th is National Vietnam War Veterans Day. I want to give a heartfelt thanks to all our members who served and sacrificed in the most impactful and controversial conflict of our generation.

A personal anniversary for me is my retirement from dentistry on March 1st, 2018. I practiced for 44 years. I at one time had three partners, two of which I outlived and one I bought out after the other two passed away. I had over thirty associates over the years and for many years multiple locations. I had dozens of employees over the years, but my head dental assistant and my lead hygienist were with me for 44 and 43 years respectively. Most of my staff were at least ten-year staff members and a couple had fifteen

or more years on the team. I had planned carefully for my transition out of practice. My successor initially worked for me as an associate, and then I worked for him as an associate in my last years. This provided a stable transition for my staff and my patients. When I retired, I had done everything in dentistry that I wanted to do and was happy to move on to new adventures and the autumn of my life.

One of the greatest pleasures I have found in retirement is my affiliation with the guys in SIR Branch 95. When Irene and I moved here to El Dorado Hills, we knew very few people other than my oldest son and Roy and Marsha Frank. Roy sponsored me into Branch 95 in February 2019. While Roy is gone now, the friendships I have developed with many of you has truly enriched my life. You know you can’t make old friends, and old friends remain even when distance separates, but you can certainly make new friends in your new place. One of my partners who passed away at a very young age always used to say, “All you need in life is someone to love, something to do and something to look forward to.” SIR helps us to fulfill at least two of these needs. Accordingly, studies indicate that the highest predictor of longevity is connection to other people, close personal relationships and face-to-face interactions - not diet, not exercise, not lowering cholesterol, not lowering blood pressure nor quitting smoking. So, use your affiliation with SIR wisely. Come to meetings and talk to fellow SIRs. Join activities, interact, compete and enjoy face-to-face time with friends. I have included a link to a Ted talk by Susan

See **BIG SIR** next page

Gold Country Branch 95 2023 BEC Members- (PBS) denotes Past Big SIR

Big SIR Jay Muzio 650-302-1902	Little SIR Lew Chapman 510-912-5658	Secretary Terry Starkel 916-817-1524	Assistant Secretary Bob Carlson 916-817-1181	Treasurer Oli Bohlman 916-844-4067	Assistant Treasurer Tim Irish (PBS) 916-933-3466
Director at Large Kevin King (PBS) 916-337-9811	Director at Large David Chighizola 530-558-9336	Director at Large Ken Mahar 650-504-1393	Director at Large Marshall Armstrong 650-438-7802	Director at Large OPEN	Director at Large OPEN

BIG SIR continued from previous page

Pinker. Take the time to listen and see how personal relationships can enrich and in fact, lengthen your life. [Click here](#) to listen to this talk or go to [Susan Pinker: The secret to living longer may be your social life | TED Talk](#)

Our next meeting is March 8th at the Cameron Park Country Club. Happy hour starts at 11:00 am and the luncheon meeting starts at 12:00 noon. Please support all the efforts of those who work so hard to provide an enjoyable experience by honoring us with your attendance.

"Some tasks have to be put off a dozen times before they slip your mind."

~ National procrastination week, March 6th–12th

"We do not stop playing because we grow old, we grow old because we stop playing."

~ Benjamin Franklin

LITTLE SIR | Lew Chapman

510-912-5658

Adventure. What would life be like without it? I am excited to announce our speaker for our luncheon on March 8, 2023. His name is Fredrick Chapman. No relation that either of us can discern. Fred is one of us...and will speak about some of his life's adventures.

Fred Chapman is a former Big SIR of Branch 33 in Carmichael and their current branch newsletter editor. He has a BA from Western New England College and a Masters degree from the University of Connecticut. He has been enlisted in the Army, with 2 tours of duty in Vietnam, and after attending college, was a naval officer and aviator. He is retired from Federal service first as a management analyst and later as a criminal investigator. Over the last several years he has hosted or co-hosted a number of classes at the Renaissance Society at Cal State Sacramento. Perhaps he will tell us more about that when he speaks.

The presentation on March 8 is titled: "Mountaineering in Nepal." This climbing expedition was for 5 weeks in 1999 and consisted of 4 Americans and 4 Europeans, 2 English climbing guides and over 40 Nepalese porters. Mera Peak, 21,150', 20 miles SSW of Mt Everest, was the main goal. A second peak,



See LITTLE SIR next page

General Meeting

Wednesday, March 8, 2023

Buffet lunch \$30 per person

CAMERON PARK COUNTRY CLUB

3201 Royal Drive

Cameron Park, CA 95682

Check-In & Social Hour

11:00 - 12:00

General Meeting, Lunch & Speaker

12:00 ~ 2:00

~ Menu ~

Asian salad - teriyaki chicken - rice
sesame broccoli - veggie spring rolls

March Birthdays



Ed Bowman
Bob Burdt
David Chighizola
Tim Irish
Norman Orrick
Dennis Petersen
Jim Peterson
Hugh Thompson
Ed Walsh
Bill Yeager

March Milestone SIR Anniversaries

Dennis Eyler - 5 years
Stephen Paulick - 5 years

Membership

Welcome new members:
Bob MacDonald, Thor Halseth,
Bill Douglas and returning member,
Norb Witt

Left the branch: 3

Current number of members = 83

Let Jay or any BEC member know if someone is ill or, otherwise, in need. We want to be able to provide our members and their families support and encouragement during difficult times.

LITTLE SIR continued from previous page

Pokalde at 19,000' and 5 air miles from Everest, was climbed by Fred Chapman, an English climbing guide and 3 Sherpa.

Please plan to join us for the luncheon on Wednesday, March 8th for what promises to be a very interesting adventure presentation.

BRANCH HAPPENINGS / SIR COMINGS & GOINGS | Kevin King (PBS) 916-337-9811

We added three new and one returning member since our February meeting. Please greet them and welcome them to the branch the next time you see them. Also, be sure to thank our Membership Chairman, David Chighizola, and our Member Relations Chair, Brian Lemley, for the great job they're doing in bringing new members in and ensuring they're assimilated into our branch.



Thor Halseth is Founder/President and Industrial/Product Designer for Flxion Medical - a company that is transforming the delivery of injectable emergency medications. He learned about our group via The Clipper magazine and joined us at our January meeting. He listed a number of activities that he is interested in participating in including golf, pickleball and wine tasting. He is also a skier for those in our group that enjoy hitting the slopes. He also listed several areas where he felt he could help the branch. Of note were in the areas of activity leadership, guest speaker search and our website. Thor and his wife, Karla, live in Shingle Springs.



Robert ("Bob") MacDonald worked in construction management for Bechtel and Environmental Chemical Corporation. Mike Long, a recent new member, invited Bob to our January meeting and Bob joined shortly afterwards. Bob served in the U.S. Naval Reserve in the 60's. He and his wife Peggy live in El Dorado Hills. You're likely see Bob and Peggy spending time together on the bocce courts during bocce season.



William ("Bill") Douglas is a Medicare Insurance Broker for K & B Douglas Insurance. He's sponsored by Ron Wadsworth. Bill enjoys bocce, golf, pickle ball, pool and riding his Harley with friends. He and his wife, Karen, have lived in El Dorado Hills the past 23 years.



Norb Witt, who left our branch in 2020 during COVID, has decided to return. He had originally joined our branch in 2000. He and his wife, Judi, are busy prepping their El Dorado Hills home for sale. As you may have been able to tell, Norb's photo was not available at press time.

Among other membership news, Charlie Gomez (unspecified), Shoji Kumagai (other personal commitments) and Jack May (health) have chosen not to renew their memberships in 2023. We wish them well and would welcome them back should their circumstances change in the future.

EVERYONE IS
Irish ON
ST. PATRICK'S DAY

HAPPY
St. Patrick's
DAY

A LIGHTER MOMENT

A man walks into a bar and orders a drink. The bartender gives the man his drink and the man asks, "If I show you something crazy, would you let me have free drinks for the rest of the night?"

The bartender thinks for a minute and then says, "It would have to be something spectacular to take that offer."

The man leans down and picks up a box and sets it on the bar. He opens the box and inside is a small piano man, who is only 1 foot tall, and a little piano. The piano man starts playing classical music like Beethoven and Chopin.

Once he finishes, the bartender is in utter disbelief. He tells the man, "You can have free drinks for the rest of the night, but only if you tell where you got this."

The man says, "In the alleyway behind your bar, there is a Genie who is granting free wishes to everyone who wants them."

Elated, the bartender heads behind his bar to see if it was true. A few minutes pass and out of the alleyway erupts a cacophony of quacking. The bartender rushes back into the bar and shuts his door against a wave of thousands of ducks.

He manages to secure the door and says to the man, "I think that the Genie is hard of hearing because after I asked for a million bucks, these ducks appeared by the thousands."

The man chuckles and says, "Did you really think I wished for a 12-inch pianist?"

MENSA CORNER

Think you're Mensa material? Mensa is an organization for people with IQs in the top 2%. Test yourself by taking this mini-quiz. Answers can be found on page 7.

1. What is the 4-digit number in which the first digit is one-fifth the last, and the second and third digits are the last digit multiplied by 3? (Hint: the sum of all of the digits is 12.)
2. Which of the words below is least like the others? The difference has nothing to do with vowels, consonants or syllables.

MORE, PAIRS, ETCHERS, ZIPPER

3. What is the number that is one more than one-tenth of one-fifth of one-half of 4000?
4. Find the number that best completes the following sequence.

1 2 4 7 11 ? 22

5. Marian bought 4 oranges and 3 lemons for 90 cents. The next day she bought 3 oranges and 4 lemons for 85 cents. How much did each lemon and orange cost?

Learn more about Mensa at www.us.mensa.org. Ready for the REAL test? Find a test site near you by visiting www.us.mensa.org/testingcalendar.

BRANCH 95 GOLF | Terry Starkel, Golf Chairman 916-817-1524



The 2023 golf season has started. It has been a pretty cool start, temperature wise, but it will get better. This summer when it is in the 90's we will be wishing for some cooler weather. With the start of the new season, that also means the start of the race for the Gold Country Cup and the Marksman of the Year awards. Remember, you must participate to win, so when the golf signups are sent to you, please respond as soon as you can. If something comes up and you need to cancel, please also inform the Golf Director for that tournament that you need to cancel.

We now have two golf courses that we play that require us to make one payment. That means that for play at Mather and Diamond Oaks, you need to be prepared to pay cash for your green fees so that we can make one payment to the pro shop. I know this is a pain, but as the courses have a lot more business now, they are more particular about how they set things up to make the most of the tee times they have.

We currently have 48 golfers on our SIR 95 Golf Club roster. That will change as we have had a couple of golfers drop out of SIR 95. They will still be on our roster, because they have paid the NCGA/SIR 95 golf dues for the year, but will be dropped from the mailing list because they no longer maintain the Club membership. Golfers, remember also, that you need to be active with SIR Branch 95. Please try to make the luncheons whenever possible. This helps you to stay informed, get a quality lunch and meet with guys you may not know very well, but would enjoy getting to know better.



SAND TRAPS

Terry Starkel, Golf Chairman
916-817-1524

Golf Director (Mather)
Dennis Petersen 916-817-1149

Golf Director (Wildhawk)
Ron Wadsworth 916-417-1484

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SIR Branch 95 Results 2023 Tournaments

February 7th - Empire Ranch

- 1st - Bob Carlson
- 2nd - Randy Hood
- 3rd (tie) - Bill Yeager and Jay Guertin
- Closest to the pin - Mel Hallett

February 14th - Mather

- 1st - Mel Hallett
- 2nd - Peter Apel
- 3rd - Don Nicholson
- Closest to the pin - Bill Yeager

February 21st - Wildhawk

- 1st - Chad Barrow
- 2nd - Craig Smith
- 3rd - Tim Irish
- Closest to the pin - Bob Carlson

February 28th - Diamond Oaks

- 1st - **CANCELED**
- 2nd - **DUE TO RAIN**
- 3rd -
- Closest to the pin -

A "gimme" can best be defined as an agreement between two golfers... neither of whom can putt very well.

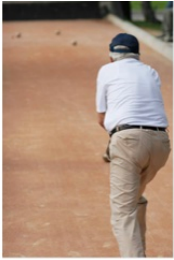
SIR Websites

Branch 95: sirinc2.org/branch95/
 State SIR: sirinc.org
 State SIR Marketing: WeAreSIR.com
 SIR Happenings (State SIR newsletters):
sirinc.org/newsletters
 SIR Merchandise: sir.ourproshop.com

State SIR Officials

State President Dave Gonzales (Br98 - Rocklin) 916-587-3538	Area 3 Representative Jim Gragg (Br98 - Rocklin) 916-708-5154
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BOCCE | Oli Bohlman 916-844-4067



We rather consistently are having around 7 players show up weekly and I think everyone is having a good time. There is plenty of court space available so join us if you can on Thursday mornings at 10am at Promontory Park. Couples are welcome. Contact me at obohlman@sbcglobal.net or 916-844-4067 or just show up!

PICKLEBALL | Dan Cockcroft (PBS) 408-781-0714

Drop-in play on local courts where you'll often find a few members playing. Call ahead for hours and fees.

- El Dorado Hills Community Services District Gym (Tu and Th 9-12; \$3)
- Cameron Park Lake (outdoor)
- Cameron Park Community Services District Gym
- Andy Morin Sports Complex (Folsom)
- Lembi Park (Folsom; outdoor)
- Heritage Village Park (EDH; outdoor)



BOOK EXCHANGE | Lew Chapman 510-912-5658



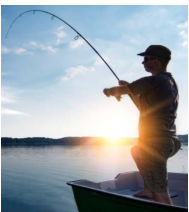
March! Already? I have made no progress on my New Year's resolutions. Yet. Perhaps I'll go back to my resolutions for 2022 and try to learn to play Ukulele after all. But I found that chords on the uke hurt my fingertips. When it starts to hurt, I just go read a book.

So, as I have said before, my column here has turned into somewhat of a book report. This past month I have picked up "*Pickleball for Dummies*." I gave an autographed copy to my grandsons for Christmas. I obtained my copies at the Margaritaville National Championships in November in Indian Wells. Turns out one of the authors, Mo Nard, is from Sacramento. Mo was there at the Pickleball Central tent signing copies. Mo is a certified teaching professional and founder of Positive Dinking pickleball instruction. Why am I reading this? Because it is my new favorite sport. And I want to get better. This book is amazingly well written and helpful. Need I say more?

I have this sticker on my car now. Read the book, or play pickleball and you'll learn what it means if you don't already know.



FISHING | Dan Maglionico 916-719-6821



The weather's not cooperating. Hopefully, conditions will change soon. Also, I'm always looking for others with boats. Let me know so that I can keep a list for future outings. I'm in the process of selling mine.

E-BIKING | Rich Christensen 916-817-1838



Join SIR members and other biking enthusiasts on weekly rides in and around the Folsom and El Dorado Hills area. Call Rich if you'd like to be added to his contact list in order to stay informed about future rides.

So, remember the benefits of the SIR Branch 95 Book Exchange: no cost, no library cards, no late notices, no fines. Recently the Book Exchange has seen some action, that is the book boxes got noticeably lighter. Perhaps this could be attributed to our lady friends who visited us in January??? Anyway, if you have a book or two to donate, the Exchange could use your contribution.

I'm looking for a book on how to fix automatic transmissions, but the library only has manuals.

WINE TASTING | Jay Muzio, Big SIR
650-302-1902



The February wine tasting event was held at the home of Jay and Irene Muzio. This month we had a great turnout with six couples attending. The featured varietal was Grenache and Grenache blends. Grenache is a wine of medium

acidity, medium tannins and high alcohol content. This boozy wine is a spicy, dark red wine that bursts with the flavors of cinnamon, black cherry and star anise. The examples this month were from Spain, France and California. Again, this month it was exceedingly difficult to pick a winner due to the excellent quality of the bottles that were presented for tasting.

The first-place winner was "R" (Jeff Runquist, Plymouth, CA) 2020 Grenache \$24. The grapes were from the Three Way Vineyard, Paso Robles, CA. Second-place went to Starfield Vineyards 2020 El Dorado Reserve Grenache \$38. Third-place was Tres Picos 2018 Granacha, a product of low yield, old vines from the famous Moncayo Mountain in Spain. Fourth-place went to another Spanish Granacha, San Gregorio Garbo, \$14. Fifth-place went to Shadow Ranch 2020 Grenache from high elevation vineyards, in Somerset,

El Dorado County \$23. And last but certainly not least, was La Celestiere 2015 Chateaneuf-du-Pape \$36. This was a blend of Grenache, Syrah, Mourvèdre and Cinsault. This is the predominant blend from this region of southern France.

A potluck dinner followed the wine tasting. The theme this month was Southern French to compliment the Grenache wines common to the Rhone region of France. The dishes included a gourmet assortment of appetizers to accompany the wine tasting. Cassoulet, a multi-day preparation of beans, duck confit, pork belly and garlic sausage was the entrée. In addition, a fruit salad and a green salad accompanied the main dish. Cream-filled chocolate finger cakes similar to Whopie Pies were served for dessert, accompanied by a Sorbon Estate 2019 Amador County Zinfandel Port.



Above (l to r): Elaine Armstrong, George Alboff, Gaye Johnson, Curtis Johnson, Marshall Armstrong, Micki Alboff, Maureen Canty and Jim Canty

To the right (l to r): Craig Smith, Mary Smith and Irene Muzio



Our next wine tasting will be March 16th. If you have not already joined the wine tasting group and would like to join, contact Jay Muzio at jaymuzio@gmail.com. Besides being able to sample a variety of great wines and a wonderful meal, the Wine Tasting group provides a great opportunity to get out the house and socialize with your SIR friends. Why not come and check it out?

ANSWERS TO MENSA CORNER ON PAGE 4

1. 1,155
2. Zipper (the others can be anagrammed into the names of cities: Rome, Paris, Chester)
3. 41 (4000/2=2000;/5=400;/10=40;+1=41)
4. 16 (each number adds 1, 2, 3, 4, 5 and 6, respectively, to the preceding number.)
5. Oranges cost 15 cents each; lemons cost 10 cents each

MARCH ACTIVITIES & EVENTS



2nd, 9th, 16th, 23rd, 30th - Drop-in bocce - Promontory Park EDH



7th - Empire Ranch
14th - Mather
21st - Empire Ranch (not a typo)
28th - Lincoln Hills



8th - BEC & General Meeting
Cameron Park Country Club



16th - Wine Tasting

Contact Jay Muzio at jaymuzio@gmail.com if you have ideas for expanding our existing activities and/or developing new ones and would be willing to step up to being Activities Director. As an activities-oriented organization, this role is critical for attracting and retaining members.



BOWLING | Ray DiBasilio



It's time to gear up for some summer leagues! As most leagues are beyond the midway point of the fall/winter season, it's exciting to think about the upcoming summer leagues. And guess what ... Red Hawk Casino has given us an opportunity to host a 14-week league, starting in May on Monday mornings. While the exact start time is still being worked out, this is a great chance for us to show off our skills and make new friends. We still have a few openings if you would like to join us. Contact me for more details.

In other news, SIR State Bowling and sponsoring Branch 69, recently held a fantastic tournament at Sacramento's Country Club Lanes. The tournament boasted a 10% increase over last year's participation. 97 bowlers competed in the two-day event. It was a pleasure to see friends from other branches returning to the lanes. The event was made even more special by the generous contributions of door prizes which included six bowling balls and several other bowling items donated by Robert Gonzales and the Lucky Bowler Pro Shop. We cannot thank them enough for their support and generosity toward SIR bowling.

Interested in competing in future SIR Tournaments?

Mark your calendars:

March 21-22	Clayton Valley Bowl	Concord
April 17-20	Gold Dust West	Carson City, NV

Applications and results of all tournaments are available online:

<http://www.sirinc3.org/sirBowling/index.html>

Striking up Friendships



Member Attendance

To maintain membership, a member is required to attend one-half of the regular Branch monthly luncheon meetings within the previous twelve consecutive month period, unless the Branch BEC has approved different attendance requirements (Policy 25; Bylaw 18).

SIR Non-Responsibility Clause

All activities arranged for, or by, or sponsored by SIR'S Inc. and its branches, are for the convenience and pleasure of the members and their guests who desire to participate. SIR'S Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property in matters pertaining to said events or activities.