



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 401

April 2023

Kevin King, Editor

BIG SIR | Jay Muzio 650-302-1902



Dear Fellow SIRS,

This month we note that spring is in full swing. Yes, it is hard to imagine that the first quarter of the year is already behind us. The trees and hills are green, spring flowers are in bloom, though due to the cold and rain, somewhat behind last year, and the wildlife around my house are frantically nesting, mating and hunting.

This year in April we note major world religious observances for four of the world's major faiths. For the Muslim faith, Ramadan which started on March 23rd will end at sundown on April 21st with Eid al- Fitr. April 8th is the birthday of Buddha (Prince Siddhartha Gautama) the founder of Buddhism. April 5th at sundown is the beginning of Passover for the Jewish faith and April 9th is Easter Sunday the most holy day of the Christian faith. These holidays are celebrations not only of diverse religious faiths, but taken all together, acknowledge the existence of powers greater than ourselves. They help us to connect with our families, our friends and our traditions.

As we go through life, we encounter a lot of different challenges, ranging from personal struggles to external obstacles. However, research has consistently shown us that one factor that is essential to our longevity is human connection.

Numerous studies have been done that have found that social isolation and loneliness can have a

profound impact on our mental and physical health. A lack of social connection increases the risk of depression, anxiety, heart disease and other conditions.

One of the reasons that human connection is so important is that it can provide us with a sense of purpose and belonging. When we have people in our lives who care about us and who we care about in return, we feel like we have something to live for. Human connection can also offer support and encouragement during hard times, which can make all the difference in the world.

Moreover, human connection can help us feel more engaged in our communities and in the world around us. When we form meaningful relationships with people, we are more likely to feel like we have a stake in the well-being of our communities, and we are more likely to work towards positive change.

If you want to live a long, happy and healthy life, it is important to prioritize human connection. Joining a club or volunteering for a cause you care about, fostering strong bonds with friends and family, or simply taking time to connect with strangers each day are all great ways to start building more human connection to your life. Remember, people are not meant to go through life alone, and there is no reason to do so. Embrace the connections that make life worth living.

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

I would like to thank all of you for renewing your membership with SIR Branch 95. You are the backbone of this organization, and you are the ones who are benefiting from our fellowship and our activities. Make the most of this time in your life by sharing it with others.

Here is something that some of you may find interesting. Paragraphs three through seven in this month’s article were written by Chat GPT (an AI app). I asked it to write an article on the importance of human connection and longevity. This is what it produced in about twenty seconds. The world is changing very rapidly. Fasten your seat belts; the future will be more than we could have ever imagined.

The next general membership meeting is April 12th. It will be at the Cameron Park Country Club. The happy hour starts at 11:00 am and the meeting starts at 12:00 pm. Please support all the efforts of those who work so hard to provide an enjoyable and worthwhile experience by honoring us with your attendance.

“Believe in a bright future and you’ll find yourself surrounded by endless possibilities.” ~ Unknown

LITTLE SIR | Lew Chapman
510-912-5658

I am pleased to announce our SIR Branch 95 April Luncheon Speaker: Officer Andrew Brown, California Highway Patrol, Public Information Officer.



Hello officer: My driver license and registration? Sure, I have my license in my wallet. I keep my registration in the glove box, may I get it out for you? And may I ask why you pulled me over? Gulp.



Ever had this conversation before? I know I have...

Andrew Brown is the Public Information Officer (PIO) of the Placerville Office of the California Highway Patrol. In this role he is the voice and right arm of the Commander of the office. He will speak to us at our April 12 meeting in a talk entitled “The Modern CHP.”

If you didn’t know, the California Highway Patrol is a state law enforcement agency of the U.S. state of California. The CHP has primary patrol jurisdiction over all California highways and roads and streets outside city limits, and can exercise law enforcement powers anywhere within the state.

See **LITTLE SIR** next page

General Meeting

Wednesday, April 12, 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 ~

Spaghetti and meatballs (marinara & Alfredo) , caesar salad, grilled veggies and garlic bread

April Birthdays

Jim Canty
Randy Hood
Michael Long
Norm Matzen
Ed Ricci
Alan Sherman



**April Milestone
SIR Anniversaries**

Peter Apel - 5 years
Rich Christensen - 10 years
Don Nicholson - 5 years

Membership

Welcome new members:
Iain Marshall and Rick Willson

Left the branch: 4

Current number of members = 81

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

If available, Officer Brown may be accompanied by one of their local patrol officers to give us a view of a day in the life of an officer on patrol.

This promises to be a very interesting presentation, and as we all know, it can be a good thing to know a CHP Officer from Office 245 of the Valley Division.

Those that were at our last meeting may have been expecting KCRA 3 Meteorologist, Tamera Berg, as this month's speaker. Unfortunately, she had a previously planned trip that, a couple of months ago when she agreed to speak to us, she didn't realize overlapped with our meeting date. We were fortunate that Officer Brown was already scheduled for May and both speakers had the flexibility to swap dates. Tamara will now be joining us at our May meeting.

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

Please welcome our two newest members, Iain Marshall and Rick Willson. Both came to last month's meeting and submitted their applications shortly thereafter. Both are expected to be approved and inducted at our April meeting.



Iain Marshall spent his career as a Financial Advisor for Edward Jones. He learned about our branch from his sponsor, David Chighizola. Among the activities we currently offer, he indicated an interest in bocce, golf and wine tasting. He and his wife, Sally, live in Cameron Park.

Richard ("Rick") Willson was also introduced to SIR by David Chighizola. Rick was a Risk Manager for Pacific Coast Building Products. His interests include biking, bocce, bowling and golf. He also expressed an interest in an activities leadership position as well as being able to assist at the luncheon check-in table and at special activities. His insurance background has already proven invaluable to member, Hugh Thompson, on a project Hugh's working on for State SIR. Rick and his wife, Julie, also live in Cameron Park.



Robert Gordon (not his thing), John Ninan (family matters), John Guisto (unknown) and Bob Hendrickson (health) have chosen not to renew their memberships this year. It's difficult losing members but life happens and priorities change. Incidentally, Bob was our oldest member at 92, recognized as a Senior SIR by State SIR two years ago when he turned 90 and remained an active and consistent golfer as recently as a year ago. He had been with the branch for 16 years. I wish all of them well and trust that members will remain in contact with them in the hopes of them one day returning to our branch.

SIR is a social organization. At its core, SIR provides fun activities for its members. A shout out goes to Norman Orrick. Norman had an idea about a Breakfast and Walking activity, ran it by the BEC, got it approved, found some members who thought they'd enjoy it and got the new activity launched. That's all there is to it. If you have a hobby or interest that you think other members would enjoy, let Jay or another BEC member know. It could be our next activity. Remember what Benjamin Franklin said, "*We do not stop playing because we grow old, we grow old because we stop playing.*"

Lastly, preparing others to step in to take over critical positions is key to the continuous and smooth operation of any organization. To that end, I'm looking for an interested member (or two) to back me up in my roles as webmaster and newsletter editor. No prior experience is necessary but computer skills and an interest in technology is helpful. Drop me an email or give me a call if you think one or the other function would interest you.



Wednesday, June 14, 2023

11:00 am to 3:00 pm

**SIR Annual Ladies Day Picnic
Promontory Park • El Dorado Hills**

Mark your calendars now for the 2023 SIR Branch 95 Annual Ladies Day Picnic, one of the highlight activities of the year. Be sure to let your wife or significant other know NOW, they need lots of lead time. As usual, there will be some great food. Back by popular demand, Back Forty Texas BBQ. Buffet lunch includes BBQ beef brisket and chicken, their yummy BBQ sauce, potato salad, coleslaw, rolls and, of course, plenty of beverages and cookies. Get your game on with bocce ball, putting and corn hole as well as the usual trivia, bingo and door prize opportunities. Following are some photos of past fun picnics.



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



We have not had much luck with the weather this season. It seems like it has rained almost every Tuesday. Most of us do not like to play in the rain, when the wind is blowing at 30 miles per hour and the temperature is around 50 degrees. We much prefer playing when it is in the mid to upper 70's with an occasional breeze.

We will get there eventually. Then we will get to the point where it is 100+ degrees, with no breeze and working to stay hydrated. One of the joys of this game is, I guess the fact that every shot has its own challenge and it is a constant struggle to overcome that.

We have some changes to the schedule that you should be aware of. Because of the rain, Mather had to move their aeration schedule, which meant that they would do the front nine holes the day before we played and the back nine holes the day we played. We had the option of playing the front nine twice on our date or cancelling that round and playing somewhere else. Because of the weather, it didn't look like we would be playing Lincoln Hills at the end of March, and they offered to have us on April 11th to replace Mather. It will be the Orchard course, which is the harder course and at a higher price because of being a more desirable time of the year, but it has been a while since we have played there, so it should be an interesting day.

We welcome Bill Douglas and Mike Long to the SIR 95 golf group. We look forward to having some good weather so they can join us in play.

It was the end of the school year, and a kindergarten teacher was receiving gifts from her pupils. The florist's son handed her a gift. She shook it, held it overhead, and said, "I bet I know what it is. Flowers." "That's right," the boy said, "but how did you know?" "Oh, just a wild guess," she said.

The next pupil was the sweet shop owner's daughter. The teacher held her gift overhead, shook it, and said, "I bet I can guess what it is. A box of sweets." "That's right, but how did you know?" asked the girl. "Oh, just a wild guess," said the teacher.

The next gift was from the son of the liquor store owner. The teacher held the package overhead, but it was leaking. She touched a drop off the leakage with her finger and put it to her tongue. "Is it wine?" she asked. "No," the boy replied, with some excitement. The teacher repeated the process, tasting a larger drop of the leakage. "Is it champagne?" she asked. "No," the boy replied, with more excitement. The teacher took one more big taste before declaring, "I give up, what is it?" With great glee, the boy replied, "It's a puppy!"

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

March 7th - Empire Ranch
CANCELED DUE TO WEATHER

March 14th - Mather
CANCELED DUE TO WEATHER

March 21st - Empire Ranch
CANCELED DUE TO WEATHER

March 28th - Lincoln Hills
CANCELED DUE TO WEATHER



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

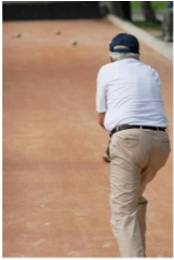
State SIR Officials

State President
Dave Gonzales (Br98 - Rocklin)
916-587-3538

Area 3 Representative
Jim Gragg (Br98 - Rocklin)
916-708-5154

BOCCE | Oli Bohlman

916-844-4067



Hoping it warms up and the rain stops, We have had as many as 12 show up for Drop-In Bocce with hopes to increase this number. A good time is had by all. 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)



BREAKFAST & WALKING |

Norman Orrick 916-844-4067

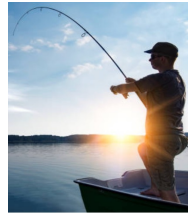


This is our newest activity. Meet fellow SIRs for breakfast and conversation every Thursday at 9:00am. For those that wish, breakfast is followed by a 2-3 mile walk. Breakfast & walking locations vary each week. For more information, contact Norman Orrick at znorte@gmail.com or 916-709-1693. I hope you'll join us

for a healthy dose of breakfast, fellowship and exercise.

FISHING | Dan Maglionico

916-719-6821



Not much in the way of decent fishing to report. The lakes are muddy and rivers are flooded. But rest assured, Summer is coming. An outdoor fishing show airs on KFBK radio (93.1 FM; 1530 AM) every Saturday morning from 5:00 to 8:00 am. If you miss the

live broadcast, you can catch the podcast on iHeart radio.

E-BIKING | Rich Christensen

916-817-1838



With Spring here and the rain ending soon, more of us will be getting out our bikes. Join SIR members and other biking enthusiasts on weekly rides in and around the Folsom and El Dorado Hills area. There are a lot of bikers among us. Let's see if we can get this activity going again.

WINE TASTING | Jay Muzio, Big SIR

650-302-1902



The wine tasting group met at Bacchus House Wine Bar and Bistro this month since we did not have a host house that could accommodate the group. There were six couples in attendance, and the change from our usual routine

worked out very well. Next month we should return to our usual routine of blind tasting followed by a potluck dinner at a host house.

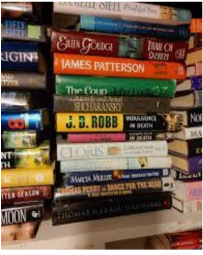
Note the day and format change of our next wine tasting. We will be meeting at Total Wine and More in Folsom for a "California Corked" wine tasting on Friday, April 14th. We're only permitted to have 20 people for the event; so, if you haven't already signed up with Jay, plan to do so soon. If you have not already joined the wine tasting group, and would like to join, contact Jay Muzio at jaymuzio@gmail.com.

With Spring upon us and warmer (and drier) weather around the corner, suggest a new activity during the month of April. If approved by the BEC and we can find someone to run it and they can get the activity off of the ground, the first person suggesting it will receive special recognition. Send suggestions to Kevin King at kmking00@gmail.com.

New member, Bill Douglas (heart bypass) and David Chighizola (hip replacement) recently had their surgeries and are now recovering at home. Let's keep them in our prayers for a full and speedy recovery. If you have a chance, I'm sure both would be grateful to hear from you.

BOOK EXCHANGE | Lew Chapman

510-912-5658



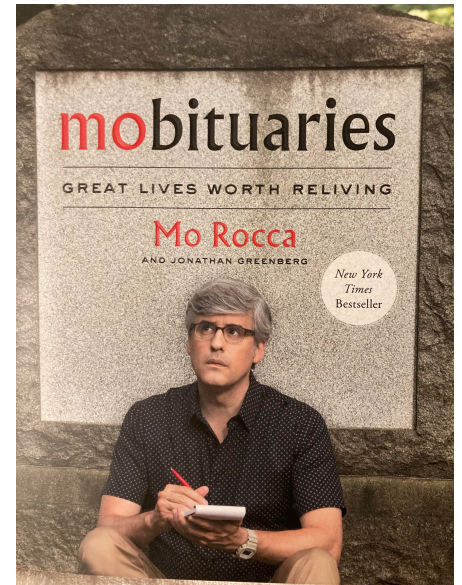
I obtained a new prescription for my eyeglasses this month and I am able to see better as well as read with less eyestrain. So, my reading has been going well, how about yours?

This past month I read “mobituaries” by Mo Rocca, published in 2019 and a NYT Bestseller. It’s a book of light-hearted obituaries of well-known and some not so well-known people, historical and more contemporary. Subtitle: Great Lives Worth Reliving. From the dustcover: It is an insightful and unconventional account of the people who made life worth living for the rest of us, one that asks us to think about who gets remembered and why.

If you don’t know Mo Rocca, you probably actually do. He’s first came upon the scene on “The Daily Show” with John Stewart as a correspondent. Very witty and funny guy. He is also often on the NPR weekly radio show “Wait Wait... Don’t Tell Me.” He’s also often on CBS “Sunday Morning” a weekly newsmagazine show. [Aside: I have been watching Sunday Morning since Charles Kuralt first started hosting it 43 years ago. Charlie Osgood hosted it for 22 years between Kuralt and current host Jane Pauley. Great uplifting show worth checking out if you have never seen it.] Anyway...Mo, with the help of CBS producers has a podcast entitled mobituaries and this book.

The copy I picked up happens to be autographed by Mo at a book signing a while back. I will put it into our Book Exchange for our next meeting on April 12, Cameron Park CC. Hope to see you there!

So, remember the benefits of the SIR Branch 95 Book Exchange: no cost, no library cards, no late notices, no fines. AND, if you have a book or two to donate, the Exchange could use your contribution.



When a kid says “Daddy, I want mommy” that’s the kid version of “I’d like to speak to your supervisor.”

I thought growing old would take longer.

If I am ever on life support unplug me and plug me back in and see if that works.

I see people out there zip lining and mountain climbing and here I am feeling good about myself because I got my leg through my underwear without losing my balance.

Last night the internet stopped working so I spent a few hours with my family. They seem like nice people.

You know you are getting old when friends with benefits means having someone who can drive at night.

Some of my friends exercise every day, meanwhile I am watching a show I don’t like because the remote fell on the floor.

APRIL ACTIVITIES & EVENTS



6th, 13th, 20th, 27th -
Drop-in bocce - Promontory Park



4th - Empire Ranch
11th - Lincoln Hills (*note change*)
18th - Wildhawk
25th - Ancil Hoffman



12th - BEC & General Meeting
Cameron Park Country Club



14th - Wine Tasting
Total Wine and More - Folsom
Note one-time change of day and format



See upcoming events on the right.
Applications and results of all
tournaments are available online:

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



6th, 13th, 20th, 27th - Breakfast
& Walking - various locations



BOWLING | Ray DiBasilio

530-558-9727



SIR State Bowling and sponsoring Concord Branch 91, held a tournament at Clayton Valley Bowl in March. Sixty-seven bowlers competed in the two-day event.

These tournaments are not always profitable to the bowler, but my ball rolling skills placed me in the winner's column and earned enough \$\$ to replenish two gallons of gas toward our trip. As usual everyone had a great time and we look forward to the next few months as the SIR State Bowling calendar schedule continues to provide us a reason (excuse) to travel.

This year's SIR Annual State Tournament will be held in May at Fireside Lanes in Citrus Heights. Rancho Cordova Branch 112 will be our host. Our State Tournament is the only one that does not allow guest bowlers to compete. This year will be a singles/doubles active-SIR members only. The State Bowling Committee has again added \$500 to the prize fund. We're looking forward to a big turnout for this one.

Exciting news - we've recently confirmed we will be heading back to the National Bowling Stadium in August. We're working on room blocks. Stay tuned for more details.

UPCOMING EVENTS

April 17-20	Gold Dust West	Carson City, NV
May 16-17	Fireside Lanes	Citrus Heights
June 8-9	Gold Country Lanes	Sutter Creek
June 19-20	Earl Anthony's Dublin Bowl	Dublin
July 6-7	Foothills Bowl	Auburn
July 25-26	Clayton Valley Bowl	Concord
August 7-9	National Bowling Stadium	Reno, NV
August 23-24	Prosperity Lanes	Grass Valley
Sept. 11-13	Gold Dust West	Carson City, NV
Sept. 26	Brentwood	Brentwood
Oct. 17-18	Fireside Lanes	Citrus Heights
Nov. 2-3	McHenry Bowl	Modesto

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.