

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 405

August 2023

Kevin King, Editor

BIG SIR | Jay Muzio 650-302-1902



Greetings fellow SIRs. Here we are deep into the dog days of summer. The weather is about what we expect for this time of year, HOT. The days are long, but getting shorter, schools will be starting back this month, and many are planning fall travel.

August is also SIR 95's target month for filling all our critical leadership positions for 2024. As we still have positions to fill, I am again asking for volunteers to lead and assist in these roles. Just as social interaction is important to good health and longevity, volunteering can be incredibly beneficial for seniors in a multitude of ways. First, it provides them with a sense of purpose and fulfillment. Additionally volunteering promotes mental and physical well-being. It keeps minds sharp by offering new challenges and learning opportunities. Furthermore, volunteering offers seniors an opportunity to connect with others and combat feelings of loneliness or isolation. In summary, volunteering is an excellent way for seniors to find purpose, maintain good mental and physical health, and foster meaningful relationships. By giving back, seniors not only help others but also experience a sense of joy, self-worth, and fulfillment in their lives.

So, I ask you to do yourself and Branch 95 a favor by volunteering to take on one of these positions. Most of these positions only take a couple hours a month, do not need special skills and come with experienced members to help. Just come up to me, Lew Chapman, or any BEC member and we will help you get involved at any level that you feel comfortable in trying.

Remember, volunteering is like peeing in your pants. Everyone sees you doing it, but only you get the warm feeling from it.

I would like to thank past Little Sir, Ken Mahar, for starting a new activity, Texas Hold'em (poker of course). Contact Ken if you would like to join this group. He already has seven or eight players, and their first meeting is set for August 2nd. See how easy it is to start a new activity? Let's see who will be the next to sponsor an activity or interest group.

A big event coming up is a social evening for Assistance League Sierra Foothills and SIR Branch 95. Save the date, September 16, 2023, 5:00 to 8:00pm for this Fall Fest. It will be held around the pool of a beautiful private home in Shingle Springs. \$35 per person includes dinner bites and music from

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 David Chighizola 530-558-9336	Director at Large Ken Mahar 650-504-1393	Director at Large Marshall Armstrong 650-438-7802	Director at Large Craig Smith 916-833-8366	Director at Large Bill Yeager (PBS) 916-941-6632	Director at Large OPEN

BIG SIR continued from previous page

our own Brian Lemley and his *Neon Moon Band*. Dessert bites, beer and wine will be available for purchase. You can also participate in the Ducky Dunk! Proceeds will go to fund Assistance League Sierra Foothills' six philanthropic programs. Elaine Armstrong (wife of our BEC member Marshall Armstrong) will be at our August 9th luncheon meeting to sell tickets and promote the party. Learn more about Assistance League Sierra Foothills at <https://www.assistanceleague.org/sierra-foothills/>. Be there or be square!

Our next meeting is Wednesday August 9th, at Cameron Park Country Club. Our speaker is Deborah Seiler, President of The Renaissance Society of Sacramento. Members are invited to attend the BEC meeting at 10:00am to see what the board does for our organization, and to maybe explore your interest in helping with leadership positions. Your attendance in no way will assume a commitment. Our happy hour starts at 11:00 o'clock and our general membership meeting starts at 12:00 noon.

I want to thank all the members that participate in our activities including our monthly luncheon meetings. We commend you all for your commitment to our SIR Branch 95 and count on you to continue to support the branch in any capacity for which you feel capable.

"We make a living by what we get. We make a life by what we give."
~ Winston Churchill

AL
assistance league
Sierra Foothills

first annual
Fall Fest

September 16, 2023
5pm to 8pm
Shingle Springs
Adults Only

\$35 per person includes dinner bites and music from the *Neon Moon Band*.

Dessert bites, beer, and wine available for purchase.
Look for the Ducky Dunk!

Limited parking so please try to carpool.
Seats available, but feel free to bring your own lawn chairs.
No outside food or alcohol allowed.

Tickets are available online at <https://www.assistanceleague.org/sierra-foothills/fall-fest/> or at our SIR August and September meetings (checks and cash only).

General Meeting
Wednesday, August 9, 2023
Buffet lunch \$30 per person

CAMERON PARK COUNTRY CLUB
3201 Royal Drive
Cameron Park, CA 95682

Check-in & social hour
11:00am - 12:00pm

General meeting, lunch & speaker
12:00pm ~ 2:00pm

~ Menu ~

Chicken fajitas, Spanish rice,
refried beans, Mexican salad,
homemade tortilla chips

August Birthdays



- | | |
|--------------------|----------------|
| Marshall Armstrong | Bill Drummond |
| Chad Barrow | Ray Guenther |
| Bob Birgbauer | Rick Hernandez |
| Oli Bohlman | Dan Maglionico |
| Alan Bowles | Ken Mahar |
| Dan Cockcroft | Terry Starkel |

August SIR Anniversaries

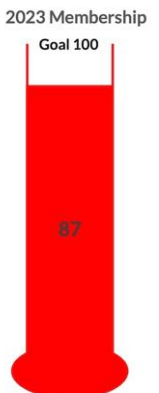
- 2 years - Jim Canty
- 3 years - Hugh Thompson

Membership

Welcome new member:
Gary Kretschmer

New members this year:
15

Current number
of active members:
87



LITTLE SIR | Lew Chapman 510-912-5658

Our speaker at the last luncheon was Bonnie Rea. She spoke about understanding Alzheimer's and Dementia. While some had trepidation about the topic, it was actually very interesting and enlightening. I received lots of good feedback about what a good speaker Bonnie was. My big takeaway was it's good to be a SIR and to stay active and engaged--it is good for your mental health. We found out age is the biggest risk factor for dementia and the more we do to stay young, the better off we all are. As Jay always says, Don't Let the Old Man In.



Next month's speaker is Deborah Seiler, President of The Renaissance Society of Sacramento. What is the Renaissance Society (RS)? I'm glad you asked. The RS provides opportunities for participatory lifelong learning and community engagement for older adults. Learning opportunities include seminars and other programs on widely varied subjects proposed and presented by members. RS is also involved with California State University Sacramento (Sac State) to provide other learning opportunities such as scholarships or volunteering for many Sac State departments. They have a wide variety of programs, five days a week. For the upcoming 2023 semester, programs are offered on Zoom Mondays through Thursdays, other programs are on the Sac State campus on Fridays. Fred Chapman our February speaker is a member, and as you might recall and he observed, Sac State students remark that Friday is the day they see Q Tips on campus!

Subject matter and topics run the gamut from history, science, business, investing/finance, entertainment, travel, nature, music, art, etc. under the formats of seminars, special interest groups, one-time presentations to forums. You'll learn a lot more about RS from Deborah.

Deborah Seiler became President of the RS in January 2022 and serves through 2023. Previously Deborah served as Assistant to California Secretary of State March Fong Eu for Elections and Political reform and many other positions related to elections and legislative committees. She also served as Registrar of Voters for Orange County.

Please plan to join us at our next luncheon at Cameron Park Country Club on Wednesday, August 9th for what promises to be a very educational presentation about the value of life-long learning and how the Renaissance Society of Sacramento provides a fabulous local opportunity in a college setting and atmosphere. It's like going back to your 20's and who does not want to do that?!

A LIGHTER MOMENT

When my brother began his psychiatric practice, his first patient was a particularly good-looking young woman. My brother motioned for her to lie down on the couch, but the woman hesitated until he reassured her that it was part of the therapy procedure. Once on the couch, she smoothed her dress around her legs and began to relax a bit.

"Now then," he asked, "how did your trouble begin?"

"Just like this," she said.

According to unofficial sources, a new simplified income-tax form contains only four lines:

1. What was your income for the year?
2. What were your expenses?
3. How much do you have left?
4. Send it in.



Another one bites the dust...the closing of the legendary Golden Gate Fields

SIR Day at the Races
September 25, 2023
Turf Club Buffet \$76 pp noon



Wish you were here!



Send personal check to:
Lee Moy
127 N. Helm Ave
Clovis, CA 93612

State SIR Sports
leehealthstudio@gmail.com
(559) 709-9851

An outstanding way to enjoy a Ladies Day Luncheon by the Bay; our Ladies Swan Song Farewell Horse Race ever.
Thanks for the fond memories.

deadline 9/20/23
\$76 per person

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

I was remiss last month in not mentioning SIR's 65th birthday. Sons in Retirement was founded on July 23, 1958 in San Mateo by Damian Reynolds and three of his lunch buddies. Did you know that Sons in Retirement was not the only name under consideration for our group? Other names under consideration back then included:

- Ancient and Honorable Sons of Rest
- Work Dodgers Luncheon Club
- Faithful Old Fellows
- The Honey Dews
- League of Aimless Fellows (L. O. A. F.)
- Fellow Oldsters
- Young Oldsters
- Restful Sons

Given the choices, I personally think our founding members chose the right name. In the past few years, we were rebranded as SIR. Happy (belated) birthday, SIR! Incidentally, our Branch was formed over 42 years ago in March 1981.

Mark Thompson and Past Big SIR Joe Giacomini have moved to Roseville and Lincoln, respectively, and have been removed from our branch roster. We wish them both well and hope they keep in touch.



Gary Kretschmer is our newest member. He learned of our Branch from *The Clipper* magazine, found the Application for Membership and our Branch email address on our website, completed the application and emailed it to our Membership Chairman, Dave Chighizola. Dave established contact with Gary and we'll all get a chance to meet him at our next meeting. Gary retired from the Civilian Personnel Division of the U.S. Government in 2007 as an Electronics Technician/COMSEC Custodian. He was in the U.S. Air Force from 1969 - 1973, served in Vietnam and achieved the rank of Senior Airman. He and his wife, Gloria, reside in Shingle Springs. Be sure to welcome Gary to our Branch when you see him.



In last month's newsletter, I introduced Scott Hickey but didn't have his picture at press time. Scott was introduced at our last meeting - where he was inducted as a new member.

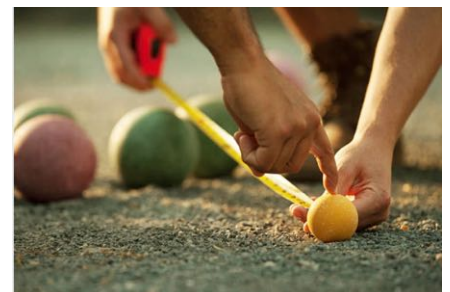
SIR REGIONAL BOCCE TOURNAMENT UPDATE | Dan Cockcroft (PBS)

The SIR 95 Bocce team made up of Jim Canty, Dan Cockcroft (team captain), Bill Drummond, Kevin King and Ken Mahar traveled to Carmichael last month to play in the third of five rounds of the SIR Regional Summer Bocce Tournament. That tournament also included teams from Branch 23 (Sacramento), Branch 37 (Auburn) and Branch 98 (Roseville). One other team in the tournament, Branch 55 (Grass Valley), had a bye.

We walked away with 2 wins and 1 loss, beating Branch 23 12-5 and Branch 98 12-5 and losing to defending champion Branch 37 6-12. There are two more rounds left in the tournament. One is on August 23rd in Penn Valley and the other is on September 19th in Auburn. We will be playing Branches 37, 55 and 98 in the Penn Valley round and have a bye the last round in Auburn. At the end of the tournament, the team with the most wins (or total points if there is a tie for most wins) will be awarded the SIR Regional Bocce trophy for the next year. Other members of our team include Dan Link, Jay Muzio and Terry Starkel.

Standings through the first three rounds of the tournament:

Branch 95 (El Dorado Hills)	7 wins and 2 losses (97 points)
Branch 37 (Auburn)	4 wins and 2 losses (63 points)
Branch 55 (Grass Valley)	3 wins and 3 losses (45 points)
Branch 98 (Roseville)	2 wins and 4 losses (62 points)
Branch 23 (Sacramento)	2 wins and 7 losses (44 points)



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



We are coming closer to the Club Championships that will be held in October this year. Are you peaking at the right time? Too early, too late? If you haven't qualified yet, check the [Golf page](#) on the SIR 95 website to see where you stand. Kevin has done an excellent job of keeping everything up to date.

Looking forward, we currently have a five-way tie for Marksman of the Year (Bowles, Carlson, Guenther, Hood and Starkel as of 7/25). I am looking at ways to break ties if it comes down to that. One option is to add two closest to the pins on some of the courses, which could help break the ties or expand it to more players. Another option is to use the distance to the pin from those players that are tied to see which players were closer to the other tied players. This could be done on the last few courses we play during the season. If it comes to the end of the season and there is still no winner, we could have the tied players play in the same group and do a play off on one of the par 3 holes. I am open to suggestions, and we still have time to fine tune the options. Let me know if you have ideas on possible solutions.

Last month we learned how the term "birdie" came about. This month we'll look at the origins of "bogey" (thanks to Bob Burdt).

Before the 19th century, golfers didn't have terms to describe specific scores. In competitions, whichever golfer finished with the fewest strokes was simply declared the winner.

But in the 1890's, a scoring system began to emerge, starting with the term "bogey". The word originated from a popular British Isles song called, "The Bogey Man", which detailed an "elusive figure who hid in the shadows", according to the USGA official website. "I'm the Bogey Man, catch me if you can", as the lyrics go.

Golfers started comparing the hunt for the Bogey Man to the hunt for the perfect score in golf. At first, the term "bogey" was used to describe the ideal score on a hole or a full round. By the early 1910's, "par" took over as the term used for the expected score on a hole, and "bogey" was eventually repurposed to mean a score of 1 over par.

The next time you're on the golf course, I wish you the best of luck in your quest to avoid the Bogey Man at all costs.

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

#####

SIR Branch 95 Results
2023 Tournaments

July 4th - No golf (holiday)

July 11th - Mather
 1st - Don Nicholson
 2nd - Terry Starkel
 3rd - Alan Bowles
 4th - Dennis Petersen
 Closest to the pin - Ron Wadsworth

July 18th - Wildhawk
 1st - Craig Smith
 2nd - Chad Barrow
 3rd - Rick Willson
 Closest to the pin - Ray Guenther

July 25th - Bing Maloney
 1st - Al Gurevich
 2nd - Don Nicholson
 3rd - Bob Birgbauer
 Closest to the pin - Bob Birgbauer

2023 GOLD COUNTRY CUP LEADERBOARD

Show 5 entries		Search:				
RANK	NAME	1ST (10)	2ND (8)	3RD (7)	4TH (6)	TOTAL POINTS
1	Irish	2	2	2	0	50
2	Starkel	3	1	1	0	45
3	Gurevich	2	1	1	0	35
4	Carlson	1	1	1	1	31
4	Willson	0	3	1	0	31

Results as of 7/25. See the complete leaderboard and other up-to-date golf news on our Branch's [Golf page](#).

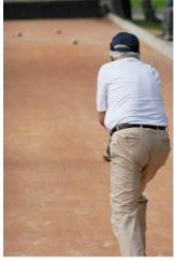
SIR Websites

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

Bocce is easy to learn and lots of fun. No experience needed. We play Thursday mornings at 9am at Promontory Park. Couples are welcome. Give me a call or email me at obohlman@sbcglobal.net for more information. Just drop in sometime if you want to roll a few balls.

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.



- EDH Community Services District gym (play resumes 9/12)
- Cameron Park Lake (outdoor)
- Cameron Park Community Services District Gym
- Andy Morin Sports Complex (Folsom)
- Lembi Park (Folsom; outdoor)
- Heritage Village Park (EDH; outdoor)

FISHING | Dan Maglionico 916-719-6821

A number of our members enjoy fishing. However, there hasn't been any activity to report in recent months. Let's see if we can jumpstart this activity perhaps by participating with another branch.

BREAKFAST & WALKING |

Norman Orrick 916-709-1693



We meet every Thursday at 8:00am at a local restaurant followed by an easy walk in a nearby area. Recent walks have been along portions of the El Dorado Trail and around Cameron Park Lake. For more information, contact Norman Orrick at 7norte@gmail.com or 916-709-1693. I hope you'll join us

for a healthy dose of breakfast, conversation and exercise.

E-BIKING | Ken Mahar 650-504-1393

I will now be taking over scheduling our bike rides. I would like anyone interested in joining in on these rides to email me at kmahar@comcast.net. Include your full name and phone number. For more information you can contact me at 650-504-1393.

I would like to start the rides around 9am and meet at various locations to be determined in advance through emails.

The rides are at a moderate pace. We will not be racing. Anyone with a non-electric road bike is welcome but there are some inclines and we don't want to hold up the entire group waiting for you.

We will be riding on paved trails only so you will not need a full suspension bike.

I know there are a lot of bicycle enthusiasts among us; so, I'm hopeful to get a good response in order to get this activity going again.

TEXAS HOLD'EM | Ken Mahar 650-504-1393

Based on the response to the email last month proposing Texas Hold'em as a new activity, I was able to get BEC approval for the activity and set our first date. There's still room for others

who want to join in on this fun activity. Future dates will be announced once overall interest is determined.

Texas Hold'em is a fun game played with a \$20 buy in. The ante is \$0.25 and \$0.50 with a \$4.00 max bet which hardly ever gets played.

We will hold the number of players to 8 at the table. Whoever signs up to play will also be required to host the game at their residence when it is their turn in the rotation. Everyone is required to bring the beverage of their choice while the host will furnish ice and glasses.

More information about Texas Hold'em rules and strategy can be found at <https://www.pokerzone.com/rules/texas-holdem/>. If this sounds like something that you might be interested in, please give me a call or email me at kmahar@comcast.net.

Do you have a hobby or interest in another activity that you think other members would enjoy? Contact Jay or another BEC member and let them know.

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



July's wine tasting was held at the El Dorado Hills home of Craig and Mary Smith. The featured varietal was Pinot Noir, a red wine which is a California and Oregon favorite and pairs well with grilled meat. There were fifteen people in attendance and the wines accompanied a potluck of grilled shish kebab, small bites and desserts, as well as great conversations.

July's first place wine was Equoia, a Monterey County wine from Granite Coast Vineyards (\$18). Second place was a 2021 Kudos from the Willamette Valley of Oregon from Hyland Vineyard (\$26). Third place was a 2017 Sparrow Hawk from Sonoma County and Santa Barbara County grapes (\$18).

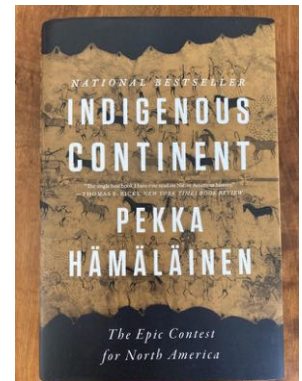
If you have not already joined the wine tasting group and would like to join, contact Jay Muzio at jaymuzio@gmail.com. Besides being able to sample a variety of great wines and wonderful food, the Wine Tasting Group provides a terrific opportunity to get out of the house and socialize with your SIR friends.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



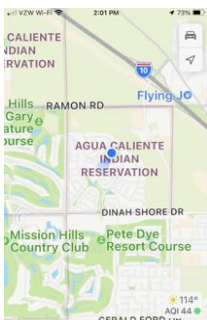
BOOK EXCHANGE | Lew Chapman 510-912-5658



Inasmuch as I can't think of anything interesting or original to write about for the Book Exchange, and considering that I continue to manage to read a new book almost every month, I might as well continue the book report theme and write about what I am recently reading. I picked up a book at another Book Exchange I participate in here at the Del Webb called Indigenous Continent by Pekka Hamalainen. The subtitle is "The Epic Contest for North America." I will donate it to our SIR Book Exchange as soon as I finish it. It's a fat one, 570 pages.



Mr. Hamalainen is Rhodes Professor of American History at the University of Oxford. It is a different history of Native American history than has been and is taught in school today, and I am not referring to anything "woke." Hamalainen presents a sweeping counter narrative that shatters the most basic assumptions about American history. He depicts a sovereign world of Native nations whose members, far from helpless victims of colonial violence, dominated the continent for centuries after the first European Colonial arrivals. He further contends that the very notion of "colonial America" is misleading, and that we should speak of an "Indigenous America" that was only slowly and unevenly becoming colonial. The evidence of Indigenous defiance is apparent today of Native Nations that still dot the United States and Canada.



I write this as I look out a window of my Rancho Mirage second home in Del Webb to see the casino tower of the Band of Agua Caliente Indians, on the land of the federally recognized tribe of Cahuilla Indians. Very interesting additional evidence of what this author is describing.

So, remember the benefits of the SIR Branch 95 Book Exchange: no cost, no library cards, no late notices, no fines.

AUGUST ACTIVITIES & EVENTS



3rd, 10th, 17th, 24th, 31st -
Drop-in bocce - Promontory Park



1st - Empire Ranch
8th - Mather
15th - Wildhawk
22nd - Ancil Hoffman
29th - no golf (5th Tuesday)



9th - BEC & General Meeting
Cameron Park Country Club



17th - Wine Tasting



7th - 9th Nat'l Bowling Stadium; Reno
23rd - 24th Prosperity Lanes; Grass Valley – to apply, see the link in the Bowling section



3rd, 10th, 17th, 24th, 31st -
Breakfast & Walking - various locations



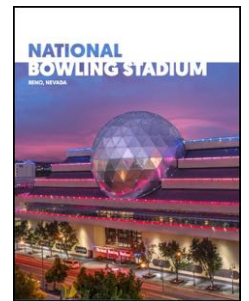
SIR bowlers competing at the newly renovated Foothills Bowl in Auburn.

BOWLING | Ray DiBasilio 530-558-9727



July found our bowler friends gathering in nearby Auburn at Foothills Bowl (see photo bottom left). The new ownership has nearly completed extensive remodeling which helped all 62 of us somehow bowl better. Is that possible? Grass Valley SIR Branch #55 gets the award for bringing 24 bowlers to the event. The new scoring monitors that were installed added a professional touch to our games, and the kitchen and food prep areas are near completion.

Anticipation is building for the ultimate tournament at the National Bowling Stadium in Reno, on August 7-9. Applications have already exceeded last year's participation numbers and we still have a few weeks to go. Our room block at the Silver Legacy filled quickly – we even needed to add more rooms! One thing is for certain, the future of bowling in SIR tournaments looks bright and full of possibilities. I can't wait to see how many Grass Valley Branch #55 bowlers show up!



Upcoming tournaments

Aug. 7-9	Nat'l Bowling Stadium	Reno, NV
Aug. 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

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.